

May 2011

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Office Hours: 9.00 am - 3.00 pm weekdays
 during U3A term times

Term 2, 2011: 2 May - 1 July
 Term 3, 2011: 18 July - 23 September

President's Report

Car Park Survey

Thank you to all tutors and class reps for responding to the Term 1 survey document. The resultant data was forwarded to Manningham Council officers, who have now submitted a 2011-12 Capital Works budget item for an additional Disabled Permit car park space to the front row nearest the building, in the south west corner. As the space required is larger than a normal parking space, some civil works will be required to widen it and adjust the pathway.

Thank you to **Jacquie Smith**, Council officer, who advocated successfully on our behalf.

Volunteers Required

Thank you to **Kevin Chan**, who responded to my request for a website designer/programmer. Kevin has recently retired from a 20 year career teaching at Box Hill Institute. He has already begun to develop a new website and will be looking for members to contribute articles, photos and video clips of our organisation in action.

Audio-Visual

We still need more volunteers to assist tutors to set up HDTV, computer laptops, data projectors, etc. If you have set up these devices at home, then please bring your knowledge to U3A. Contact either **Terry Smith** or myself, so we can add you to our roster.

Treasurer

John Meredith has advised me that he will not continue in this role next year. I am seeking a volunteer who has some Accounting, Financial Management, Budgeting, accounting software (Quicken) and online banking knowledge and skills.

Please contact me if you would like to discuss this role and perhaps get involved prior to the AGM in August.

Twentieth Anniversary Celebration

2011 is the 20th year of Manningham U3A's life and **David Jensz** is coordinating this event, which he is scheduling for either the end of November or early December. He has started negotiations with Manningham Council to use their main Function Room. He is currently contacting people for guest speaker and other honoured guests.

Thank you very much to **Sandra Dean, Lynne Deans** and **Laurie Bicknell**, who are coordinating a creative, artistic depiction of our 20 year history - it should be spectacular.

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MISSION STATEMENT

Our mission is to provide accessible and affordable education, cultural, physical and social opportunities appropriate to the needs of the people of the Manningham community, without discrimination or bias.



Adult Education in the Community

President's Report (Cont'd)



The Four Steps for Life

Membership Analysis

Lance Peters has been analysing our 2008 - 2010 membership data and some of his initial information is provided for your knowledge:

Our total membership has increased steadily: 75% of members are female, however, male participation is beginning to increase slowly.

The age range of members as a percentage is:

66 - 70 (26%); 71 - 75(21%); 61-65(20%);
76 - 80(11%); 56-60(10%); 81-85(4%); 51-55(3%)

Manningham City residents comprise 81% of our membership and of the remaining 19%, the cities along our border (Whitehorse, Banyule, Boroondara and Nillumbik) are home for these members.

Of our eight categories of activities:

Health and Fitness attracts 26% of our members, followed by *About Our World* (22%); *Computers* and *Creative Arts* (12% each); *Games and Hobbies* and *About Ourselves* (8% each) and *Languages* and *English as a Second Language* (6% each).

Our Policy and Planning sub-committee will use this data to help plan our future strategies.

Enjoy Term 2.

Bryce Normoyle, President

Office Report

I would like to welcome all the new office volunteers commencing 2011. We have a full complement of 230 office volunteers, 30 members being new to this team. By now, you will have had time to look over your copy of the Office Workers' Handbook which will help you become familiar with office procedures.

New lists of morning and afternoon office duties have been prepared and a detailed sheet for operating the photocopier when doing double sided copies is on the glass behind the photocopier. In any quiet time, please familiarize yourselves with these tasks.

I would like to thank Tess Gibbs and Ruth Jensz for the mammoth task of preparing and distributing the Office Rosters and a special thank you to the Office Sub-committee for the various roles they fill so efficiently. Everyone giving time at U3A is a volunteer so we hope the experience is a pleasant one. If there is an issue you would like raised, please leave a note in my pigeon hole in the back office.

Lyn Rigg - Office Manager

C.P.R. (Cardio-Pulmonary Resuscitation) Lectures

U3A will be presenting our C.P.R lectures and workshops in June and September. The lectures will be presented by Dr Ronald and Mrs Joan Myercough, who have generously offered their time and energy to assist us in this endeavour.

This program has been specifically developed to promote widespread awareness of and confidence in performing C.P.R. It will be an informal presentation, which will include a DVD, discussion and demonstration. This will be followed by an opportunity to attend a one to one practice session using a demonstration manikin.

We have been reminded that the Australian Resuscitation Council recommends 12 monthly refresher courses for all people, so even if you have done the program in the past, here is an opportunity to revisit it.

To enrol, fill in a yellow enrolment form available from the office. **Please enrol in only one lecture (either Lecture 1 or 2).** Attendance at one lecture is a prerequisite for participating in the workshops. Workshop /demonstrations times will be allocated on the day of the lecture.

The new dates are:

Term 2

C.P.R Lecture 1:

Friday 10th June 1.30-2.50pm, Room 14
Code 3200

Demonstration Workshops

Friday 17th June 1.30pm Room 14
Friday 24th June 1.30pm Room 14
Friday 1st July 1.30pm Room 14

Term 3

C.P.R Lecture 2:

Friday, 2nd September 1.30-2.50pm Room 14
Code 3205

Demonstration Workshops

Friday 9th September 1.30pm Room 14
Friday 16th September 1.30pm Room 14
Friday 23rd September 1.30pm Room 14

Further enquiries contact:

Marg O'Connor 9844 4024

Drivers: Manners Please!

A member, who prefers to remain anonymous, hopes that her heartfelt plea will be heard far and wide - and duly acted upon. She writes:

Many U3A members have complained about drivers ignoring the "No Entry" sign at the top of the middle road area in the car park, and entering this one-way road. As well as being lazy and inconsiderate towards other drivers, it can be dangerous entering the wrong way.

One female member politely told a man that it was one-way, and was rudely told: "Mind your own business".

PLEASE, PLEASE, obey the sign and make life easier and happier for everyone. With us all in "the third age", surely we can do the right thing by everyone.

Monthly Talks

These take place on the third Wednesday of every month, at 3 - 4.30 pm in Rooms 13 - 14.

Wednesday, 15 June

Bill Pheasant spent 20 years in newspapers before joining World Vision in 2009. There he worked closely with Director Tim Costello as media adviser and speech writer. Bill has a chemistry degree, is a qualified counsellor and makes ukuleles in his spare time.

Wednesday, 20 July

Dr Geoff Crawford has made a study of Jack the Ripper. Come along and hear some of his discoveries.

Wednesday, 17 August

Grant Mackenzie specializes in "Elder Law" and will guide us through will making and powers of attorney.

Wednesday, 21 September
to be confirmed.

Wednesday, 19 October

Grant Mackenzie will tell us about the intricacies of moving from independent living to non-independent living.

\$2 donation Refreshments provided
All welcome - bring a friend.

Coral Vercoe, Coordinator, Monthly Talks

NEWSFLASH!

President **Bryce Normoyle** believes that all members should be kept informed of all U3A's activities at all times. Sometimes interesting things happen in the three-month interval between newsletters - too late or too soon for immediate relevance. Therefore, Bryce plans to produce a single information sheet during this interval, alerting members to current and future events.

This will be edited by **Diane Baird**.

So, to keep up with the latest U3A news, watch for this innovative flyer, which will be available at the office. First one will be out in June.

Interactive Association

The Chinese Community Social Service launched their Manningham Health and Wellbeing Program in March, and again *U3A Strength Training Group* was invited to participate.

Mary Chandler and I, as associate tutors of the Strength Training Group were its representatives.

Mary gave a 30 minute run-down of U3A's Strength Training program and its importance in relation to bones and muscle strength, and ageing. Balance and posture were also mentioned.

We performed most of the arm and leg exercises with two repetitions each, and showed some floor exercises to a captive audience. I performed the warm-up aerobics, eagerly joined by those present. We then ended the session together, with stretches and some balance exercises.

Our presentation was well received by those attending. Afterwards we had numerous enquires about our U3A Strength Training Program.

Mary and I were presented with Certificates of Participation and Appreciation and then invited to join the group for a sumptuous lunch.

Best of health and joy to all.

Telmay Dodd

Nametags

Dorothy Malin has had the task of providing name tags for new members and replacements for current members for a number of years. She is diligent in doing this and does a very good job. Dorothy, I'm sure, would just love her work to be appreciated - by members collecting their name tags from the office.

Lyn Torrens, Coordinator, Data Management.

The Library

As part of our program, Manningham U3A is pleased to offer a limited number of fiction books and magazines for members to enjoy.

These items are available on a read and return basis. They are housed in shelving located in the corridor outside Room 15. Books suitable for inclusion may be donated on Mondays between 10.00 and 10.30 a.m.

Happy reading!

Judy Shepherd, Librarian

Writing Competition

U3A Sunshine Coast is holding their fourth Writing Competition. This is open to anyone who is retired or semi-retired and thus eligible to join a U3A. The Guidelines and Entry forms for this competition are now available for download from our website: www.u3asunshine.org.au or can be obtained by contacting the office on 5430 1123, 9am - noon on weekdays.

The competition closes on **10 June, 2011**.

There is a new category this year: Short Story - Autobiography as well as the ones from previous years. These are: Short Story - Fiction, Rhyming Poetry, Free Verse and the Challenge.

The Challenge this year is to write a story with the theme: *Oh, no! Not again?* This can be the title, theme or just included in the text (or all three!).

If you have any queries please email me at:

bjriley63@westnet.com.au

We look forward to your entries!

Jenny Riley, Competition Convenor

[The above is from U3A Network's newsletter. Guidelines and Entry Forms are also available on their website: www.u3anetvic.org.au - go to "Events" page and click on "Writing Competition 2011".]

Changeover Times

Members are reminded that the 10-minute changeover time between classes held at The Pines was introduced to operate as follows:

- First five minutes - for outgoing class to tidy up before vacating room; and
- Next five minutes for incoming group to set up room for class to commence on time.

Please ensure that the above arrangements are followed so that each class is allowed its maximum allocated time.

Bryce Normoyle, President

Tutor Profile

Don Gay: Petanque (French bowls)

Don Gay has been involved with Manningham U3A since the very early years and as with so many of our early members, we are fortunate to have Don continuing to contribute to our success.

Don joined 17 years ago, when our organization was much smaller, with an enthusiastic group operating out of the Templestowe Orchards Retirement Village, then run by the Baptist Church in East Doncaster.

He enrolled in the *Philosophy* course conducted by **Dawn Heffernan** and has been attending this stimulating class ever since. Don then joined the committee and served as Vice President. He was involved in writing our constitution and the establishment of roles and responsibilities. As the membership continued to grow, MU3A moved to larger premises at the Doncaster Leisure Centre as well as using other venues to accommodate the swelling numbers and classes.

Don worked for 35 years for a large French company, Air Liquide, dealing in the production and application of industrial medical gases and equipment in over 70 countries. He joined the company in Melbourne, following its entry to Australia. This involved travel, leading to contact and friendship with many French personnel. It was through his French friends that he was introduced to Petanque.

His enthusiasm for the game is evident as he says, "It is such a fun, social game for all ages and a game all the family can play." Don mentioned how he is about to hand on an old set of French boules to his great grandchildren. His class has 27 members who attend consistently and are keen players. Don has been tutoring Petanque for the past five years and still enjoys sharing the passion.

He also attends **Lesley Catt's** *Hatha Yoga* class and often amuses all of us in this class with his quick wit.

Don and his wife, Jean, have five children, seven grandchildren and three great-grandchildren.

Thank you Don for all your contributions and we are glad you joined *our* U3A!

Wendy Donovan

Room Bookings

Please note that the procedure for booking a room for a meeting, seminar/workshop etc, has changed slightly.

In future, please direct all queries regarding room bookings to: **Marg O'Connor**, Co-curriculum Coordinator. Phone: **9844 4024**.

What Grandmas Said

Between 2008 and 2010, **Professor Susan Moore**, Swinburne University of Technology, and **Professor Doreen Rosenthal**, University of Melbourne, conducted a study on modern grandmothering: what it feels like, what roles grandmothers play in the lives of their grandchildren, the joys and stresses of grandmothering and how it changes you and your relationships. They wondered if today's grandmothers were doing things differently from those in earlier times, and whether women's changing roles in general had altered the place of grandmothers in family life. The professors are both psychologists and experienced grandmothers. Their comments on the results are as follows:

The response to the study was amazing! About 1400 grandmothers had a look at our survey online. Over 1200 completed part or all of the questions. Some grandmothers did the survey in hard copy mail-back form, but most (90%) did it online, which tells us that modern grandmas are not shy of technology. We received more than 200 emails offering comment, congratulations (for tackling this issue), suggestions, offers to be interviewed and more stories of grandmothering.

Because of limited funding we were only able to interview 24 of the grandmothers who offered, so we chose a wide range of 'types' - older and younger, those with many grandchildren or just one or two, 'hands on' nanas and those who only saw their grandchildren occasionally (usually either because of distance or relationship issues).

The rich and detailed information from the grandmother interviews, combined with the survey data, form the basis of a book we hope to publish within the next year. The book's tentative title: *Being Grandma* uses the voices of our study participants to describe what it feels like to be a grandmother, how grandmothering is learned, the grandmothering role and how it changes as both children and grandmothers age, and changes in the self and relationships that occur through the process of grandmothering, including some of the difficulties and stresses of negotiating the role.

Some tentative chapter titles include:

- *A magical love*: The arrival of a grandchild
- *That's what nanas do*: The role of grandmothers
- *I've got a new perspective*: A sense of purpose
- *My knees slow me down*: Health and ageing
- *It's a bit of a breeze*: Grandmothering versus mothering
- *I'm not the parent*: Grandmothers and discipline
- and 12 more!

There is no doubt that grandmothers love what they do. We've been overwhelmed by the sense of joy that emanates from the survey comments and emails that we've received. We asked "What's the best thing about being a grandma?"

There were many comments about how having grandchildren can bring you closer to a son or daughter, make you more strongly feel part of a family, give you a sense of purpose and of being needed, even heal family rifts. Watching young children grow and develop and watching your son or daughter develop as a parent are life enhancing experiences, as is being able to offer a special relationship to a grandchild. Many grandmothers commented how they were more patient and relaxed than when bringing up their own children - perhaps because they had more time, fewer worries and pressures, perhaps just more confidence. Some grandmothers said their grandchildren helped to keep them young, kept them up to date with what's happening in the world, and motivated them to keep interested.

Of course, we also asked "what's the worst thing about being a grandma?" and that proved just as interesting. More than 10% couldn't think of anything they didn't like, except things like "*having to hand them back*", or "*not enough time to spend with the children who are now at school*". Another 10% regretted living too far away to see the grandchildren as often as they wanted to. Probably the most common complaint was couched in terms of 'getting old' - experiencing poor health or not always having enough energy to cope e.g., "*the physical tiredness of caring for a robust, active 18 month old*", getting tired after longer baby-sitting stints, perhaps just being "*expected to look after them too often*". And of course, everyone's pet hate, "*dirty nappies*" featured strongly.

More seriously but less commonly, there were conflicts with the children's parents (in-laws being particular culprits here) about discipline, or expectations of the grandparenting role, and also occasionally conflicts with the other grandparents about some aspect of a grandchild's life. A few of our respondents found themselves in very difficult circumstances because divorce or family conflict was jeopardizing their relationships with their grandchildren. Here are some of the worries and stresses that grandmothers faced.

What Grandmas Said (Cont'd)

Thank you to all those who participated; you were an enthusiastic, vibrant and interesting lot, with so many different views to share. We appreciate your honesty and generosity in sharing your experiences and thoughts. We have tried to distill them in a way that will be useful to others in our forthcoming book tentatively titled *Being Grandma*.

Experiences of Grandfathering

Are you a grandfather? How central is this role in your life?

Grandfathers of all ages, would you like to participate in a study of what it is like being a grandfather? How did you feel when you became a grandfather? What are the good things and even the bad things about being a grandfather? How do you compare with your own grandfathers?

Novels, stories and perhaps our own experiences tell us that grandfathers can play an important role in their grandchildren's lives. Yet we know very little about the experience of being a grandfather, what it's like for you. We are interested in all kinds of grandfathers, older and younger, in the paid workforce or retired, from all different backgrounds.

Your participation in this project will contribute to our understanding of what it means to be a grandfather in Australia today. Whether your experiences as a grandfather have been good or not so good, hands-on or relatively distant, we'd still like to hear from you.

This is the link you need: www.grandresearch.com/grandfather

Professor Susan Moore
Psychological Sciences and Statistics
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PO Box 218,
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Professor Doreen Rosenthal
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THE UNIVERSITY OF MELBOURNE VIC 3010
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Swimming to the Top

Most of my friends in U3A know that I am involved in Masters Swimming and have been since 1984. Since that time, I have competed in all state and national events, Masters Games, Pan Pacs and the FINA World Masters and the World Masters Games.

These events have taken me to every state in Australia, New Zealand, USA (twice), Canada (twice), UK, Sweden, Japan, Brazil, Italy and Germany. Coming up in 2012, the next FINA World Masters Swimming is again being held in Riccione, Italy, and the World Masters Games in 2013 will also be held in Italy in Torino.

Every year, FINA, the world body of Masters Swimming, prints out a list of the top 10 swimmers in the world. Because I turned 80 in 2010, I swim in the 80-84 age group. Before I continue, I must explain about *short and long course*. Those of you who are swimmers would understand but the non-swimmers would not. The short course pool is 25 metres long and the long course 50 metres long. Therefore, 1500m in a short course is 60 laps and in a long course 30 laps. Fortunately, I don't have to swim against the young 25 year olds, only ladies in my own age group; and 2010 saw me make the top 10 in the world in the 50, 100, 200, 400, 800, 1500 metres freestyle in both the long and short course, 50m butterfly and 100m individual medley in the short course and the 100 and 200 backstroke in the short and long course.

But the most exciting thing is I made Number One in the 400, 800 and 1500 in the short and long course pools. So, 2010 was an exciting year and I will probably have to wait till I turn 85 and swim all those events again to make the World Top Ten in 2015. (Of course, that is, if I am still around.) At the moment, I hold four national and 11 state records - long course - and six national & 15 state records - short course.

Just recently, the state championships were held at the Melbourne Sports & Aquatic Centre and I came home with five gold medals. The nationals were held in Perth in April, where I was lucky enough to win six gold and one silver with one national and two state records.

Now it is all systems go for Italy in 2012.

Dorothy Dickey

Coming from Everywhere

A Manningham member, **Paul O'Connor**, edits the newsletter of U3A Network Victoria. In the April issue, he has an interesting article about our U3A's international membership and suggests that other U3As do a similar analysis of their diversity. He writes:

"Many discussions are held at U3A Network Victoria about the desire to be more inclusive in respect of newcomers to Australia.

From my experience in the enrolment process at Manningham U3A, I was very much aware that we had members from a great number of countries. So, I requested an analysis of the Manningham U3A membership, one of the biggest in Victoria.

People from more than 60 countries, from all continents, are members. Some 62% are Australian born and there are 38% from overseas.

In descending ranking order, the greatest numbers after Australia come from: United Kingdom, Malaysia, Hong Kong, Italy, Greece, Germany, China, New Zealand, Poland, India, Singapore, South Africa and Iran."

(See also the analysis of our membership by age, in the President's Report).

Kaffeeklatsch

Do you wish to have a friendly chat in German over a cup of coffee?

Date: Monday, 20 June
Time: 9.00 -10.20 a.m.
Place: Indulgence Café The Pines Shopping Centre, opposite U3A
Cost: A cup of coffee, or ?
Apply to: Our U3A Office

Your level of German doesn't matter - however, we would like you to participate in German.

Future dates for Kaffeeklatsch are:

25 th July	17 th October
15 th August	7 th November
5 th September	5 th December

Same time, same place and same cost, as above.

Sie sind herzlich willkommen!

The Newsletter

The newsletter was planned, typed, formatted, addressed and distributed by the following members (and their helpers): **Wendy Donovan** (co-chair, Publicity and Publications Committee); **Margaret Salomon** (co-chair, Vice-President); **Jeannette and Lewis Badge** (coordinators, mailout team); **John Driver** (e-mailing); **Frances Langdon** (formatter); **Margot Roth** (editor); **Liew Staras** (assistant editor); **Warren Trompf** (sponsorship).

If you wish to make a contribution to the newsletter, please

e-mail me at margotr@netspace.net.au or put it in my pigeon-hole in the office.

E-Mail Addresses

If you can receive the newsletter by e-mail, U3A saves postage. If you have changed your e-mail address, please be sure to let the office know. This saves time and trouble for those trying to communicate with you. Office phone: **9894 5955**.

CALENDAR OF EVENTS

Terms 2 & 3, 2011

Monday, 2 May	TERM 2 commences (9 weeks)	
Monday, 30 May	Newsletter posted (Rm 15)	1.30-4.30pm
Monday, 13 June	QUEENS BIRTHDAY	
Wednesday, 15 June	Monthly Talk (Rms 13-14) (details elsewhere in the Newsletter)	3.00pm
Monday, 20 June	Committee of Management Meeting (Rm 8)	2.30pm
Friday, 1 July	TERM 2 finishes	
Monday, 18 July	TERM 3 commences (10 weeks)	
Monday, 18 July	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 20 July	Monthly Talk (Rms 13-14) (details elsewhere in the Newsletter)	3.00pm
Friday, 22 July	Newsletter deadline	
Thursday, 28 July	Tutors, POR's assisting COM Luncheon (PFR)	12.30pm
Wednesday, 3 August	Migrant English Tutors Afternoon Tea (Rm 13)	3.00-4.20pm
Monday, 15 August	Newsletter posted (Rm 15)	1.30-4.30pm
Monday, 15 August	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 17 August	Monthly Talk (Rms 13-14) (details elsewhere in the Newsletter)	3.00pm
Thursday, 25 August	ANNUAL GENERAL MEETING & Luncheon	11.30am
Monday, 10 September	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 21 September	Monthly Talk (Rms 13-14) (to be confirmed)	3.00pm
Friday, 23 September	TERM 3 finishes	

(COM meetings usually held 3rd Monday of month)