

The Pines Learning & Activity Centre
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Office Hours: 9.00 am - 3.00 pm weekdays
 during U3A term times
 Term 3, 2011: 18 July - 23 September
 Term 4, 2011: 10 October - 25 November

President's Report

Annual General Meeting, 2011

Congratulations Manningham U3A on the twentieth anniversary of this organization. Such a milestone for a community organization established and maintained by volunteers is quite remarkable.

I am sure the founding members, some of whom are still active members with us, are justifiably proud of the organization's growth and development.

We will host a celebratory function later this year, **David Jenz** is currently working on the program and it should all take place late in Term 4.

As a part of this year's celebration, your Committee has decided that tutors and members who have contributed outstanding service over many years will be acknowledged by a special award. This award will be in addition to the normal awards which recognize years of service.

Strategic Plan, 2011-2013

As well as organizing the above celebrations, your committee has been working very hard to implement the Strategic Plan 2011-2013. The plan consists of 8 major categories which are then sub-sectioned into 28 items.

Each of these items was delegated to Committee members and some key working groups such as:

- Curriculum
- Enrolment
- Policy and Planning

and the newly formed Continuous Improvement Group.

Action by dates was negotiated, and the CoM receives reports at our monthly meetings from which it makes appropriate decisions and also measures its performance against the overall Plan.

Some of the key benefits this management approach has provided our U3A are:

- New, diverse classes added to the Curriculum, including the Summer School.

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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)

Strategic Plan, 2011-2013 (Cont'd)

- Detailed analysis of our membership database that has provided large quantities of information which will assist future decision making.
- Successful negotiation with Manningham Council staff to increase Disabled Parking space and improve signage in The Pines Learning parking area.
- The continued negotiations for maintenance of equipment and building issues which have been very successful.
- Successful implementation of a specific field on the enrolment form, which provides information in respect of impaired vision, hearing and mobility. This information has enabled us to purchase suitable equipment to assist our members when required.
- Manningham U3A has been invited to join a number of committees established by the Council. These include the newly formed Community Services Advisory group; Access and Equity committee and Arts and Culture committee.
- Also, four of our members have volunteered to serve on various U3A Network Victoria sub-committees.

The Continuous Improvement Group has recommended changes to software, hardware and tutor support - which the CoM has actioned progressively throughout the year.

Financial Status

The upgrading of equipment, etc, has resulted in Expenditure exceeding Income for the 12 months. However, our Financial position is still very sound.

The CoM wishes to thank all 2011 tutors and Level 1 PoRs as well as the 500+ members who assist us with the smooth management of this organization.

Finally, I wish to thank on your behalf, the 2011 Committee of Management, including ex-officio officers, who have worked very hard for Manningham U3A this year. Most of the people were new to their roles and the work they have undertaken has been outstanding.

Happy 20th Anniversary, and may the "Odyssey Continue".

Bryce Normoyle, President

SPECIAL RESOLUTION

Please see the notice below about the special general meeting. This will be held just before the Annual General Meeting begins (see page 4 for the AGM notice).

At this meeting, a proposal will be put to the members to alter our Constitution slightly so that the financial year ends on 31 December instead of 30 June.

Our Constitution requires that a separate meeting must be held at which 10 per cent or 40 members (which ever is the lesser) to be present and vote on the resolution through a show of hands.

The successful resolution will assist future Committee of Management members to improve on reporting activities earlier in the year (at the AGM), than currently. The earlier change in personnel will allow the new people to settle into their roles while financial budgeting and reporting will be relevant to the current operating year.

It is proposed that the AGM would be held late in Term 1 of the following year.

Thank you,

Bryce Normoyle, President

MANNINGHAM U3A INC
Registration No. A0026531J

Special Resolution Meeting **Thursday, 25 August 2011 - 11.30 a.m.**

Notice is hereby given that a Special Resolution Meeting of Manningham U3A Inc. will be held in the Pines Function Room, the Pines Learning and Activity Centre, 520 Blackburn Road, Doncaster East.

Order of Business

To amend Section 3: "Definitions" of the Constitution of Manningham U3A Inc.

from:

"Financial Year is the year ending 30 June"

to:

"Financial Year is the year ending 31 December".

Alita Mossop,
Secretary Committee of Management

Manningham U3A's 20th Birthday

Manningham U3A will be 20 years old in Term 4 this year and we will be celebrating this event appropriately in November.

Preliminary meetings were held from July to September 1991 and classes at the Doncaster and Templestowe U3A began in October 1991. We became Manningham U3A in 1997.

From 1991 to 1997, our home was situated at the Templestowe Orchards Retirement Village and from 1997 to 2007 we were based at the Memorial Hall and Leisure Centre site in Templestowe. We moved to our current home in 2008.

For all of our 20 years, there has been a close partnership with the Manningham City Council and our celebrations later this year will reflect this very successful partnership. Most of our celebrations will take place in the last week of Term 4 with a major celebratory function on Wednesday 23 November.

David Jenz

Note: Other U3As who have recorded 20 successful years of activities are Nunawading (last year), Darebin (this year) and Box Hill (next year).



(Cardio-Pulmonary Resuscitation) Lectures

If you missed out on the earlier series of lectures and workshops, here is another opportunity to participate and revise your C.P.R. techniques with Dr Ronald Myerscough and Joan Myerscough.

Lecture: Friday, 2 September
1.30 - 2.50 pm, Room 13.

Workshops: Friday, 9 September
1.30 - 2.50 pm, Room 14

Friday, 16 September
1.30 - 2.50 p.m. Room 14

Friday, 23 September
1.30 - 2.50 pm, Room 14

Enrol at the office now.

Any further enquiries ring **Marg O'Connor**
9844 4024.

Office Manager's Report

Welcome to new office volunteers for Term 3. We now have an additional notice board in the main office which should help keep the front desk uncluttered with notices/updates. There are separate headings for Course Updates, Office Updates and other important information which should make it easier to answer some of the queries volunteers are asked.

Paper towels have now been provided in the kitchen for wiping hands rather than the use of tea towels.

There will be a combined class reps/office workers' afternoon tea on Thursday 13 October from 3 - 4 pm. Individual invitations will be given to all volunteers but you may like to make a note of this date in your diaries.

Once more, thank you to all the members who help to provide an efficient and friendly service on the front desk.

Lyn Rigg, Office Manager

Monthly Talks

These take place on the third Wednesday of every month, at 3.00 - 4.30 p.m. in Rooms 13 - 14.

Wednesday, 21 September - **John Martin** became a police Chief Inspector. He spent 35 years in the force, and covered all aspects of policing. He will share some of his experiences with us.

Wednesday, 19 October - **Grant Mackenzie** will tell us about the intricacies of moving from independent living to non-independent living.

Wednesday, 16 November - **Alison Rae Jones** is an opera singer who has sung as a principal for 20 years in Australia, Europe, USA and South Africa. Since returning to Melbourne, Alison has established *La Prima Opera* which offers something a little different.

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

Coral Vercoe,
Coordinator, Monthly Talks

MANNINGHAM U3A INC
Registration No. A0026531J

Twentieth Annual General Meeting

Thursday, 25 August 2011 - 11.35 a.m. - 12.30 p.m.

Notice is hereby given that the Twentieth Annual General Meeting of Manningham U3A Inc. will be held in the Pines Function Room, the Pines Learning and Activity Centre, 520 Blackburn Road, Doncaster East.

Order of Business

- Welcome and acceptance of apologies
- To confirm the Minutes of the last Annual General Meeting of 25 August 2010
- Business arising from the Minutes
- To receive, consider and adopt the Annual Report
- To receive the Statement of Accounts and Auditor's Report for the period 1 July 2010 to 30 June 2011
- Appointment of the Auditor
- Notification of Subscriptions for 2012
- Transact any other business as submitted one week prior to the Meeting
- Presentation of Awards
- Election of Committee of Management Members for 2011/2012

Guest Speaker: Ms Edith Farrell, Manager - Community Planning and Engagement, Manningham City Council

A light luncheon will be served following the meeting.

Alita Mossop, Secretary

All positions on the Committee of Management are declared vacant each year. The positions are - President, Vice President, Secretary, Treasurer and five (5) Ordinary Members.

Members interested in nominating for a position on the Committee of Management should have a commitment to the objectives of the organization and be prepared to accept an appropriate responsibility for an aspect of its management. Current role descriptions of the Committee of Management members are available in the Resource Folder in the office.

Nominations of candidates for election as officers of the Committee of Management shall be in writing on the appropriate form available from the office. Forms must be signed by two members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the form of nomination) and must be delivered to the Secretary by 3.00 p.m. on Wednesday, 17 August 2011.

Nomination forms for the election of Committee of Management members are available from the office.

Photo Competition

As part of Manningham City Council's inaugural Heritage Week, the Council has organized an "Our Heritage" photographic competition, to obtain "unique views of our City's heritage".

Photos can celebrate historic buildings and gardens, rural and urban landscapes, architecture with recognized value or beauty, even people. Old photos may also be submitted.

Entries will be accepted until **26 August, 2011**.

Submit online at:
www.manningham.vic.gov.au/heritage
or in person at:

Civic Chambers
699 Doncaster Rd, Doncaster.

For more information see above website or phone: **9840 9121**.

Exhibition

U3A Nunawading is holding their bi-annual exhibition of work by the Quilting, Art, Needlework, Tatting and Bonsai classes.

The venue: Box Hill Town Hall.

Dates and times: Opening at 3 pm,
8 September
Then: 10.30 am - 4.00 pm 9, 10 and
11 September.

Enquiries: **9878 3898**

Accommodation

Manningham member **Heather Ambrose** wrote in Network Victoria's July newsletter about the Network's Accommodation Workshop, which was organized by Heather and **Bridget Halge**, also from Manningham U3A. It was attended by 32 U3A members and two state government representatives. Strategies for communicating with local councils were discussed at length, as well as ways to utilize other venues for classes and making the most of grants and other resources.

Following the workshop, many participants expressed their thanks for the practical guides to proceeding with situations that had seemed intractable.

MANNINGHAM U3A
SUMMER SCHOOL JANUARY 2012
 Tuesday 3rd 10th 17th 24th of January
 Thursday 5th 12th 19th of January
 (No classes on Thursday, 26th - Australia Day)

The above dates are for the various activities in our 2012 program.

Those wishing to participate will need to enrol next month on the one day set aside just for the Summer School.

Enrolment day

Wednesday, 14th September, 2011, 1.30 - 4.00pm, Room 13

There will be no priority booking for these courses. Applications will be processed on a first come, first served basis. Only Manningham U3A members are eligible to enrol for the Summer School.

Enrolment forms will be available on the day.

(If all places are not filled on Enrolment day, further enrolments will be accepted by the office.)

TUESDAY ACTIVITIES

WALKING - Tutor: Doug Brewer. (Code SS01)

Tuesday - 8.50 am

A walk in the local area. Easy walking approximately one hour.

BYO morning tea. Meet at 8.50am at different parks - locations to be notified.

LOOK GOOD - FEEL GOOD -

Tutor: Colleen van Hemert (Code SS02)

Tuesday - 10.45am - 12.30pm - Rooms 16-18

A 4 week course.

Colleen was a former Training Manager for Christian Dior, Orlane, Clarins and Feraud Aubry, all of Paris. She will conduct workshop sessions which will cover Skincare and age-appropriate make-up for mature ladies. An interactive, practical workshop, dealing with all aspects of skin ageing together with practical tips and tricks to ensure a flattering and subtle result.

BRIDGE (SOCIAL) -

Tutor: Deidre Raits (Code SS07)

Tuesday - 1.30pm - 4.15pm - Rooms 16-18

An opportunity for current Bridge players to meet for a social afternoon.

MANDALAS - Tutor: Lyn Colenso (Code SS08)

Tuesday - 1.30pm - 3.00pm - Room 13 A 4 week course.

Learn to design your own personal Mandalas. Awaken your creativity and attention to details with simple geometric skills. Lyn has a background of painting Mandalas which stretches over 40 years. Participants will need to bring medium coloured pencils

MARVELLOUS MELBOURNE -

Tutor: Arthur Rance (Code SS03)

Tuesday - Times and venues to be advised. A 4 week course.

Four excursions to the City of Melbourne. People to make their own way to the city for the commencement of each conducted tour of:

- Golden Mile
- Chinese Museum
- The Block Arcade
- Melbourne Town Hall.

The tours are often followed by either lunch or afternoon tea. Further directions will be supplied on enrolment. Cost **\$34.50**.

THURSDAY ACTIVITIES

STRENGTH TRAINING -

Tutor: Bryce Normoyle (Code SS04)

Thursday - 9.30am - 10.45am - Pines Function Room. A 3 week course.

For those who have participated previously in U3A Level 2 Strength Training and who wish to keep up their strength and agility levels.

BEYOND THE MIND -

Tutor: Wade Dickson (Code SS05)

Thursday - 11.00am - 12.30pm - Room 13

A 3 week course.

Phenomena such as Synchronicity, Mind Reading, Telepathy, Psychic Healing etc. have intrigued man for millennia but have mostly been beyond our grasp and have not been supported by science. However, some scientists are now turning to the new physics and a new paradigm of consciousness in an attempt to explain what was previously the inexplicable. Come with an open mind and consider the exciting possibilities.

CREATIVE FLOWER ARRANGEMENT -

Tutor: Esther Ho (Code SS09)

Thursday - 1.15pm - 2.45pm - Room 15 A 3 week course.

- Week 1 - Hand Bouquet or Posy Arrangement
- Week 2 - Gift Box Flower Arrangement
- Week 3 - Flowers for Receptions.

GOING PLACES -

Tutor: Arthur Rance (Code SS06)

Thursday - Times and venues to be advised. A 3 week course.

Three excursions. People to make their own way for the commencement of each conducted tour of:

- Golden Mile Part 2
- From Federation Square to Exhibition Buildings via the Windsor Hotel
- Como House South Yarra and Melbourne Cemetery. Total Cost **\$43.50**. Further information on enrolment.

Yvonne Thompson, Coordinator

Profile

Margot Roth - Editor, Newsletter

Margot has been the editor of our newsletter for over nine years, indeed a massive commitment. She has led and encouraged the newsletter team and been responsible for changes and improvements to this publication over the years. This is Margot's last year in this role, and she is confident that **Diane Baird** will be a marvellous replacement, supported by the capable team of **Fran Langdon** and **Liew Staras**.

Margot was born and educated in New Zealand.

She spent a couple of years at Auckland University, participating in student publications and playing hockey. Then, she began working as a reporter with the *New Zealand Herald* during the Second World War. She ended up in Wellington as women's editor of the *Southern Cross*. Margot married and had three children. Her daughter still lives in New Zealand, but in 1999, Margot came to live near her elder son, his wife and their three sons here in Melbourne.

For over 50 years, she has been involved in the production of newsletters of largely educational organizations in New Zealand - such as the Campaign for Nuclear Disarmament (CND), the Workers' Educational Association (WEA), Women's Studies Association (WSA) and here, U3A. She was a regular columnist for a couple of radical magazines and was the founding editor of WSA's *Journal* in 1984 - and still writes a column for the Association's newsletter.

At the age of 50, she returned to Auckland University and was a student, and later a tutor in the Sociology Department.

Margot also supports Oxfam and ANTaR (Australians for Native Title and Reconciliation) and, having been involved in education for much of her life, decided to join U3A.

Margot says, "My sight and hearing aren't so good these days and that's why U3A is so valuable to me and others like me who need hearing assistance equipment. I've been in quite a lot of voluntary organizations in New Zealand, and this is one of the best-run I've come across".

That is high praise for our organization, but it is only so because of members like Margot who dedicate so much of their time and energy and share their skills.

In 2009, Margot received a Menzies Award and we have nominated her for the Manningham Promoting Character Award 2011. For the past four years, she has also been the assistant tutor for Psychology A and B to **Heather Ambrose**. On behalf of the Publicity & Publications Committee, a huge thank you Margot and best wishes for your special birthday this year.

Wendy Donovan

Kaffeeklatsch

Time: 9.00 -10.15 a.m.

Place: Indulgence Café The Pines Shopping Centre, opposite U3A

Cost: A cup of coffee, or ?

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

Future dates for Kaffeeklatsch are:

5th September

7th November

17th October

5th December

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

Sie sind herzlich willkommen!

Enquiries: **Jutta Szwed**

Having the Last Word

U3A members are sensible and well-informed, so they have all made their wills and appointed Powers of Attorney. However, there is another document that may be of interest to anyone who has not come across it. This is an Advance Care Planning document, or Living Will.

According to its information sheet: "Advance care planning is a process for making and writing down future health care wishes in advance. What you write down.... comes into effect if and when you become unwell and are unable to make or communicate those wishes for yourself".

More specific information is available from the Public Advocate's office, phone: **1800 677 402**.

Or, Google search *advance care planning victoria*

Click *Victoria* from the list under **Quick Links**

Click *Advance Care Planning Information Sheet*

This will (at last) bring you four pages. The first two consist of a very detailed explanation of precisely what is entailed in expressing your wishes about your future health care.

The third and fourth pages are headed **Statement of Choices**. Page three is a form where you can indicate whether or not you wish to have medical treatment, and, if so, what form it should take. Importantly, clause 5 adds: "I will continue to be cared for, including care to relieve pain and alleviate any suffering"

The last page is another form where you say what things are important to you, such as "independence, talking to family and friends" (U3A would probably rate here).

This is only a very brief summary, and I suggest you follow up the extensive information for yourself, if you are interested.

Margot Roth

Carnival of Learning

Once again, Seniors Week will open in Federation Square, with U3As from all over Victoria joining other groups catering for seniors.

This is the Carnival of Learning, on:

Sunday, 2 October, from 10.30 am to 4 pm.

This year **Margaret Salomon** and **Wendy Donovan** are the organizers of the event, where Manningham's representatives will strut their stuff as successfully as they have done before. At the time of the newsletter going to press, our main attractions on show so far, will be the various Arts groups, Greek dancing and line dancing - with possibly more to come.

And don't forget - public transport is **free** for seniors. all this week.

Come Out to Play?

The Manningham City Council's July newsletter announced that at the end of the month it planned to complete the "innovative exercise and play equipment at The Pines Reserve on Blackburn Road.

The new equipment has been specially designed to cater for the senior community, and can provide health benefits to anyone who wants to promote their mental and physical wellbeing. It is the first of its kind to be installed in Victoria".

Situations Vacant

U3A Network Victoria is looking for volunteers from member U3As for four areas:

- An assistant treasurer, prepared to sit on the Network executive. Knowledge of MYOB would make the job easier.
- Clerical types to work in the Network office on maintaining its members' data base, using MS Access software.
- Experienced marketing types to join the Marketing and Publicity Committee, and help develop the marketing analysis and plan.
- Members interested in working with Network's existing webmaster and staff on a Website Development Task Force.

Those interested in any of these activities can talk to Susan Webster (Hon. Secretary) or President Elsie Mutton. Contact them at the Network office: 8th floor, 341 Queen St, Melbourne 3000.

e-mail: info@u3anetvic.org.au

Phone: **9670 3659**

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 3 & 4, 2011

Monday, 18 July	TERM 3 commenced (10 weeks)	
Wednesday, 17 August	Monthly Talk (Rms 13-14)	3.00pm (details elsewhere in the Newsletter)
Thursday, 25 August	ANNUAL GENERAL MEETING & Luncheon	11.30am
Monday, 19 September	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 21 September	Monthly Talk (Rms 13-14)	3.00pm (details elsewhere in the Newsletter)
Friday, 23 September	TERM 3 finishes	
Sunday, 2 October	Carnival of Learning, Federation Square	10.30am
Monday, 10 October	TERM 4 commences (7 weeks)	
Thursday, 13 October	Combined Class Representatives And Office Workers afternoon tea (PFR)	3.00-4.00pm
Friday, 14 October	Newsletter deadline	
Monday, 17 October	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 19 October	Monthly Talk (Rms 13-14)	3.00pm (details elsewhere in the Newsletter)
Tuesday, 1 November	MELBOURNE CUP DAY	
Monday, 7 November	Newsletter posted (Rm 15)	1.30-4.30pm
Wednesday, 16 November	Monthly Talk (Rms 13-14)	3.00pm (details elsewhere in the Newsletter)
Monday, 21 November	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 23 November	20th Birthday Celebrations	
Friday, 25 November	Concert & Christmas Luncheon (PFR)	10.45am
Friday, 25 November	TERM 4 finishes	

PFR - Pines Function Room
(COM meetings usually held 3rd Monday of month)