

# MANNINGHAM

# U3A

# NEWSLETTER

## University of the Third Age

## March 2012 Vol 21, 1

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### *President's Report*

Our twenty-first AGM in March is the first based on the new reporting period established by Special Resolution in August 2011. Our Constitution requires an AGM to be held every twelve months, so this one will only cover the six month period to 31 December 2011. All future meetings will cover the twelve month period, 1 January to 31 December. Your Committee of Management has continued to work towards satisfactory outcomes of requirements set out in the Strategic Plan 2011 - 2013.

#### **CAR PARK**

Manningham Council established another Disabled Permit parking space, following our representation of the significant demand for existing spaces.

Also, following representation from MU3A and Pines Learning, a NO ENTRY sign was installed and directional arrows amended, to clearly indicate the exit gateway from our car park.

#### **CONTINUOUS IMPROVEMENT**

A wireless internet facility was purchased and setup, enabling tutors to utilise online connection in all the classrooms (Rooms 13 - 18). To support this technology, a wireless printer was purchased and is available for printing items from any of our computers that have wireless modems.

Fifteen new computers and monitors have been purchased jointly with Pines Learning and have been installed in Computer Lab 1. Each contains significant hard-drive capacity which should allow our tutors to teach the various computer classes without the difficulties previously encountered. There are two internet connections available for these machines to help minimise the slow speeds and dropouts that occurred last year.

Our website ([www.u3amanningham.org.au](http://www.u3amanningham.org.au)) has been redesigned and updated and exhibits our organisation to the world through photographs, curriculum brochure and special reports about our activities.

#### **CURRICULUM 2012**

The Curriculum Committee has initially programmed 163 classes/activities and will establish some late starters from Term 2. The Summer School provided nine activities in which 250 members participated during January.

#### **MEMBERSHIP**

Around 1400 applications had been processed by 31 January with an average 3 classes per application. There are 73 classes with waiting lists due to greater demand than places available.

#### **ACCESS AND EQUITY**

The MU3A enrolment form has been amended to include a section for members to advise of any assistance required for vision, hearing or mobility. Class lists will show members who might need assistance and this information is to be used by tutors and class reps.

A wheelchair has been purchased for use by members when required; it is available from the office.

#### **POLICY**

Manningham U3A membership policy has been amended to better reflect our target base of retired and semi-retired people. The Equal Opportunity Act allows organisations to distinguish membership criteria without discrimination.

In August 2011, the Victorian government amended the **Equal Opportunity Act 2010** to make applicable Sexual Harassment provisions to cover volunteer organisations and their members. U3A Network advised all its members to develop a policy and procedures and provided reference to a model document written by Volunteer Victoria.

**Manningham U3A Sexual Harassment Policy and Procedures** has been written, approved and published; a copy is held in the office for members. **Deirdre Meredith** has agreed to be our first **Equal Opportunity Officer** and she is available to assist any member with concerns.

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# **President's Report (Continued)**

## **PLANNING**

A group has been established to examine, research, conduct forums and report to your Committee on issues relevant to membership, curriculum, accommodation and future matters relevant to Manningham U3A.

## **HEALTH and SAFETY**

Following a number of reported incidents involving Council tables, your Committee has purchased 21 new tables that are lighter, stronger and easier to setup and store away. Members have commented favourably on these purchases.

Two mobile mirrors were purchased for use by various classes so that members could check their technique whilst in class and under the watchful eye of the tutor. A First Aid kit was purchased and is stored in the room at the rear of the office area. A defibrillator was jointly purchased by Pines Learning and MU3A for use in extreme emergencies. It is stored in the small interview room off the foyer at the rear of Pines Learning Reception.

## **20<sup>th</sup> ANNIVERSARY**

During our 20<sup>th</sup> year, your CoM held a number of functions at which we recognised members for their outstanding contributions.

LIFE MEMBERSHIP AWARDS were presented to:

**Linda Chin; George Fiedler; Barbara Haye; David Lording; Jan Palmer; Vivienne Sterndale; Margaret Scott-Pross** and an honorary award to **Bill Larkin**.

DISTINGUISHED SERVICE AWARDS were presented to: **Margot Roth; Noel Hatton; Carmen Woodward; Audrey Killey; Leong Kwok; Lyn Torrens; Maureen Mitchell; Deirdre Meredith; Graeme Martin and Bernadine Williams**.

**Moira Axten** was our nominee for VICTORIAN SENIOR OF THE YEAR (Health and Fitness) award and **Bridget Halge** and **Joan Creber** were our nominees for the MENZIES AUSTRALIA DAY COMMUNITY SERVICE AWARDS. More details about our 20<sup>th</sup> Anniversary and these recipients are on our website ([www.u3amanningham.org.au](http://www.u3amanningham.org.au)).

## **FINANCIAL REPORT**

Manningham U3A's net worth at 31/12/2011 was slightly higher than the equivalent period in 2010. Continued growth in membership and reduction of costs have again allowed your CoM to maintain the membership fee at \$40. However, with various costs escalating over the next twelve months, it may be necessary to review the fees relevant to future years.

## **THANK YOU**

To all Committee of Management members, PORs, tutors, class reps, office workers, sub-committee members and also to all our members who conscientiously represented MU3A as delegates to many external bodies.

**Bryce Normoyle**

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## **Enrolment Report**

Congratulations to the Enrolment Officer, **John Driver**, and his able and willing team of supervisors and enrolment assistants for the successful period of enrolment processing for the 2012 membership. To **Kathy, Joan, Trish** and **Maureen** and the data entry volunteers, and those who manned the office - many thanks to all concerned. By the end of the sessions on 2 December 2011, 1317 applications for membership had been processed. **Dawn Wright** is now the "CEO of name tag production" for all members.

**Lyn Torrens**

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## **Monthly Talks**

Monthly Talks are held on the 3<sup>rd</sup> Wednesday of each month at 3.00pm in Room 13. All are welcome - bring a friend. Entry by \$2 donation; refreshments are provided.

**21 March: Architecture, Truth and Sustainability:** Peter Sofarnis is a partner at Evolva Architecture. He has practised for 23 years but has not always found it to be sustainable. This talk is a personal reflection on his search for truth and meaning in architecture and life.

**18 April: State Emergency Service Talk:** Heather White and Sue Whitten are members of the State Emergency Service and will talk to us about what they do and how we can prepare ourselves and our property to our best advantage.

**16 May: Golden Days Radio:** Radio station 95.7FM has as its mission statement to promote on community radio the nostalgic sound of music and information that has broad appeal for people of any age, particularly senior members of the community. A speaker from 'Golden Days Radio' will talk about their service and program.

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## We Couldn't Do Without – Our Enrolment Team

The MU3A enrolment process is a model of fairness and efficiency. Each year, **Lyn Torrens, John Driver** and the enrolment team work hard to set up the guidelines, process applications and enter data. All these people make it possible for members to enrol for classes and volunteer to help at MU3A. For the 2012 year, over 1500 people have been enrolled with more than 4000 placements into 164 classes. Thank you Lyn, John and everyone in the enrolment team! We couldn't do without you.



### Free Concert

The Manningham Concert Band will present a *Winter Favourites Concert* on Sunday, 17 June, at 3.00pm at The Ajani Centre, Ted Ajani Reserve, 284 Thompsons Road, Lower Templestowe. All Manningham U3A members (and a friend) will be given free entry on presentation of their MU3A member name tag. Refreshments will be provided.

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# MANNINGHAM U3A INC.

Registration No. A0026531J

## Twenty-First Annual General Meeting

Thursday, 29 March 2012 at 12.30 pm

Notice is hereby given that the Twenty-First 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

1. Welcome and acceptance of apologies
2. To confirm the Minutes of the last Annual General Meeting of 25 August 2011
3. Business arising from the Minutes
4. To receive, consider and adopt the Annual Report
5. To receive the Statement of Accounts and Auditor's Report for the period 1 July 2011 to 31 December 2011
6. Appointment of the Auditor
7. Transact any other business as submitted one week prior to the Meeting
8. Election of Committee of Management Members for 2012.

**Guest Speaker:** Lisa Young, vocal artist and composer,  
2007 Bell Award Winner "Best Australian Jazz Vocal Album"

*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. 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 pm on Wednesday, 21 March 2012.**

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

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## Vale Virginia Malios

Virginia Rosemary Malios passed away on Tuesday, 27 December 2011. She was an extraordinary woman and I was proud to call her a friend. Virginia was caring, dynamic and generous to a fault, with a larger-than-life personality and a wonderfully infectious sense of humour.



Virginia was an enthusiastic proponent of life-long learning, an avid student who partook of the U3A smorgasbord of classes with great relish. She was very proud of her Greek roots and loved passing on that knowledge through her U3A Greek language and dancing classes. The public performances of her multicultural U3A Greek dancing troupe were always well-received. Nothing was too much trouble - she was completely devoted to her students who adored her; she even managed to make grammar interesting.

She was a beautiful soul who enriched our lives, who walked the corridors of The Pines Learning and Activity Centre, always with that radiant smile. She believed that life should be eagerly grasped with both hands and was a joyful paradigm of this philosophy. Her positive personality, her love of life, made her a wonderful role model.

Her passing is a great loss to the MU3A family, both for those who knew her and also for future students who will not have the opportunity to be taught by such a dedicated teacher. The world would be a kinder, better place if we had more Virginias.

Vale, Virginia, you will be sadly missed.

**Lula Black**

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# Views and Reviews

*Views and Reviews* is a forum for MU3A members. Contributions on a range of topics of interest to our members are invited, with a limit of 500 words. Selection for publication will be made by the Editorial Committee. Send contributions to [dianeбайд@yahoo.com](mailto:dianeбайд@yahoo.com).

## On Being a Volunteer

Our U3A's enrolments occur at about the time that Christmas is beginning to engulf us. So last November, when I was thinking of 2012 classes, I also was receiving in the post urgent appeals for Christmas donations to various charities - all glossy pamphlets, illustrated mainly by images of children. My benevolence is, alas, limited by limited finances and could not be extended to additional causes, however worthy of support. I did not enjoy setting aside for recycling those wide-eyed, wistful little faces (which included those of a couple of loveable puppies).

Because I was focusing on another happy year with U3A, I was also mentally admiring the competence of the volunteers who keep the organization running smoothly. As I opened another appeal, it occurred to me that these not-for-profit groups probably depend on volunteers too. This thought brought me to cogitate on volunteering in general.

U3A members performing voluntary tasks are probably not aware that they have global recognition. There is an *International Volunteer Day* on 5 December each year, established by the United Nations in 1985. "Volunteering", says the UN Declaration, "is a fundamental building block of civil society. It brings to life the noblest aspirations of humankind: the pursuit of peace, freedom, opportunity, safety and justice for all people". (Such a statement certainly adds lustre to office duty!)

Since 1985, there has been increasing attention paid to volunteering. There is *Volunteering Australia*, the body that makes submissions to government about the not-for-profit sector. *Volunteering Melbourne* engages in activities like holding workshops, conferences, organizing the International Day and listing the available voluntary positions. According to the national body, volunteering has been worth 45 billion dollars to the Australian economy. (Just call us volunteers Goldfingers.)

Professor Jeni Warburton of La Trobe University has written extensively about seniors who volunteer. She points out that volunteering "has an economic and a social value...volunteering improves health outcomes of older people with large scale studies showing that volunteers are better able to maintain function, have improved psychological health and even reduced mortality". Yet, despite all the benefits lauded for old and less old, organizations need many more volunteers. There are helpful hints on the Internet on how to recruit, train, motivate and retain volunteers, with some comments on the off-putting nature of increasing bureaucratic regulations (which occasionally do recall the adage that a camel is a horse designed by a committee).

But how different our U3A is. There are plenty of skilled, highly motivated volunteers, with many tending to stay for years. Obviously, one motivation is to do with priority acceptance into classes of our choice. But I believe there is more to it. For example, it took a minimum of arm-twisting before I volunteered to write this article - because, like my U3A colleagues, I enjoy finding information new to me and talking about it. Just listen to the buzz of excitement when classes begin after the long break, as we happily greet old and new friends. As members of a popular organization run entirely by hardworking volunteers, we have much to be happy and excited about.

**Margo Roth**

*Margot Roth has been involved in volunteer work for most of her life. At MU3A, she edited the newsletter for nine years, is an assistant tutor, and edited the book *Our Odyssey Continues*. For more than fifty years, Margot has volunteered in community and educational organizations both here and in New Zealand.*

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## Office Manager's Report

I would like to welcome all the new office volunteers commencing in 2012. We have 215 office volunteers so far for 2012, with 35 members being new to this team.

A defibrillator has been purchased in conjunction with The Pines Learning. There is a notice on the notice board in reception giving more details about this. The contents of the Lost Property box will be displayed in the front office on Monday 26<sup>th</sup> March. All articles unclaimed by end of Term 1 will be donated to a local charity.

I would like to thank **Tess Gibbs** and **Ruth Jensz** once more 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. All those members giving their time at MU3A are volunteers, so we hope the experience is a pleasant and rewarding one.

If there is an issue you would like raised, please feel free to leave a note in the Office Manager's pigeon hole in the back office.

**Lyn Rigg**, Office Manager

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## Newsletter Delivery Trial

The CoM makes every effort to provide excellent programs and facilities for its members. They also try to ensure that cost to members does not increase, but this requires a close look at our annual budget to identify where savings in some areas can be made.

One of the areas where costs could be reduced is in the delivery of the newsletter. We will have a trial of a change to the delivery of the newsletter for the May and August issues. The newsletter will be sent to members by email, will be available on our website to read or to download, and a small number of paper copies will be available for collection from the office. No newsletters will be posted for the May and August issues.

Many members have provided their email addresses for correspondence from MU3A. If you have not done so, or if you have changed your address, please advise the office. Most libraries have computers available free of charge for accessing the MU3A website if you do not have a computer at home.

No one will be disadvantaged by this trial. Volunteers who help with newsletter distribution for issues 2 & 3 will have the option of doing other tasks. We hope all members will support this trial change to ensure the continued quality of our U3A.

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## The Profiler Profiled

Eight years ago, **Wendy Donovan** joined Manningham U3A with her husband, Bob, when she retired after more than 30 years as a primary school teacher, a profession she loved with a passion. In fact, in 2002, she was nominated in the primary individual category for *The Herald Sun* Teacher of The Year award! Born in Shepparton, Wendy was educated at MLC and Toorak Teachers College and has lived in the eastern suburbs of Melbourne since.

Wendy comments that initially, she volunteered at MU3A partly to get into more classes of her choice, but then found the experience highly stimulating and rewarding. Actually, it was so thoroughly enjoyable that she wonders why more members do not get engaged - "Our U3A has such a large pool of skills and talents. We need volunteers to ensure U3A's future as the dynamic and vibrant organization that it is".

Wendy praises our U3A for the support and acknowledgement shown to its volunteers. At first, she contributed with food and catering and then joined the Curriculum Committee. Her next role was as Volunteers' Coordinator and subsequently, she became a member of the CoM. Last year, she was its Publicity & Publications Coordinator. Of course, she has also written many interesting profiles of members.

Bob's unfortunate accident in late 2010 and subsequent rehabilitation, however, has prompted Wendy's decision to retire from the CoM to devote more time to her family (Wendy and Bob have 2 sons and 4 grandchildren) and to travel (she enjoys sailing a catamaran). Fortunately for us though, Wendy will continue to be involved with the Events Committee, working with **Margaret Salomon** to co-ordinate our participation in events such as the 2011 Carnival of Learning at Federation Square, Manningham's Healthy Living Week, and the End of Year Concert.

Margaret Salomon has this to say, " Wendy is a delightful and engaging person who brings passion and empathy to every task tackled, always on hand to mentor or give assistance to those in need, with the minimum of fuss. Those who have worked alongside her are the better for knowing her as a colleague and as a friend."

**Liew Staras**, Assistant Editor

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## Kaffeeklatsch

Would you like to have a friendly chat in German over a cup of coffee? Your level of German doesn't matter. We would just like you to participate in German. Native speakers are most welcome to join this group. It gives the students of German an opportunity to practise with competent German speakers, but it would also benefit native speakers with the friendship and interest of this group.

**Dates:** 19 March, 23 April, 14 May, 11 June, 23 July, 13 August, 10 September,  
8 October, 12 November and 10 December

**Time:** 9.00 - 10.15am

**Place:** Indulgence Café, Pines Shopping Centre, opposite U3A

**Cost:** A cup of coffee, or ?

Enquiries: contact Jutta Szwed ([nszwed@bigpond.net.au](mailto:nszwed@bigpond.net.au)) Sie sind herzlich willkommen!

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## From Our Librarian

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 on the left toward the end of the corridor.

If you have suitable books to donate to the 'read and return library', please bring them along on Mondays between 10.00 & 12.00.

Thank you and happy reading!

Helen Norman, Librarian

## Successful Ageing

A research study on the factors that lead to positive ageing is underway at the University of Melbourne. If you are 65 or older, speak English proficiently and can devote about one and a half hours to an interview, please ring Sherena on 044 741 8698 to make an appointment. Flyers with more information are on the notice boards in the corridor and kitchen.

### CALENDAR OF EVENTS Terms 1 & 2, 2012

Monday 6, February	TERM 1 commences (8 weeks)	
Wednesday, 29 February	Class Representatives Meeting (Rms 13-14)	3.00-4.00pm
Monday, 12 March	LABOUR DAY HOLIDAY	
Monday, 19 March	Newsletter Posted (Rm 15)	1.30-4.30pm
Monday, 19 March	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 21 March	Monthly Talk (Rm 13)	3.00pm
Thursday, 29 March	ANNUAL GENERAL MEETING	12.30-200pm
Friday, 30 March	TERM 1 finishes	
Monday, 16 April	TERM 2 commences (10 weeks)	
Monday, 16 April	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 18 April	Monthly Talk (Rm 13)	3.00pm
Wednesday, 25 April	ANZAC DAY	
Friday 4, May	Newsletter Deadline	
Wednesday, 16 May	Monthly Talk (Rm 13)	3.00pm
Monday, 21 May	Committee of Management Meeting (Rm 8)	2.30pm
Monday, 28 May	Newsletter posted (Rm 15)	1.30-4.30pm
Monday, 11 June	QUEENS BIRTHDAY	
Monday, 18 June	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 20 June	Monthly Talk (Rm 13)	3.00pm
Friday, 22 June	TERM 2 finishes	

## The Newsletter

Editorial team: Diane Baird, Fran Langdon, Liew Staras; Advisors: Margot Roth, Margaret Salomon; Distribution: Jeanette and Lewis Badge, John Driver, Warren Trompf (and their helpers).



### 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