



The Pines Learning & Activity Centre, 2/520 Blackburn Road, Doncaster East 3109; PO Box 3288, The Pines, Doncaster East, 3109; Tel: 9894 5955; manunipines@gmail.com ; www.u3amanningham.org.au

President's Report

Welcome to 2013, I hope you enjoyed the summer break.

Sadly three tutors, **Susan Ferres**, **Warwick Pole** and **Barbara Byrne** have suffered serious health problems and their classes had to be cancelled for at least Term 1.

ENROLMENTS

At commencement of Term 1, 1527 applications had been processed. A big thank you to **Lyn Torrens** and her data team, and to **John Driver** and his enrolment team.

CLASSES

135 tutors have volunteered to provide 176 classes/activities for 2013, although I understand that continued negotiation may provide additional tutors and classes later in the year.

SUMMER SCHOOL

Yvonne Thompson again set up a successful program with the help of several tutors. Thank you to all involved and I understand the 250 participants enjoyed the respective activities.

EQUIPMENT

During the break, **Noel Hatton**, ably assisted by **Terry Smith**, constructed and installed two extra columns of 'pigeon holes' for class notes, rolls, etc. The workmanship is outstanding.

The purpose of adding the columns was to decrease the height of top-most shelves so that we minimised the health and safety concerns of people climbing on chairs, etc, to add or retrieve notices. In addition, Terry purchased a very strong, stable step-ladder which can also be utilised by people when accessing pigeon holes that are beyond reach.

An extra TV (includes WIFI connection, USB port) was also purchased and Terry constructed a mobile stand so that it can be moved to different rooms, and is visible from the back of rooms.

ANNUAL GENERAL MEETING

A reminder that our AGM is scheduled for Thursday, 21 March, at 12.30pm (See notice enclosed in this newsletter).

Bryce Normoyle

Please Help Our Tutors

- Wear your name tag to all classes
- Do not attend a class unless your name is on the class list

Maureen Mitchell

Office Manager's Report

Welcome back to all office workers for 2013 with a very special welcome to the 42 new volunteers. This year, we have 220 men and women volunteering their time to work in our U3A office - a mighty effort and my sincere thanks to everybody involved.

Special thanks to **Tess Gibbs** and **Ruth Jensz** and their support team, who planned, organised and participated in the special meetings and training sessions conducted in January for new and experienced volunteers, including the important task of roster preparation and distribution. Our wish is that every volunteer enjoys a pleasant and rewarding experience whilst carrying out their varied duties assisting the many members of Manningham U3A.

The office opened again on Tuesday, 29 January, and staff on duty continued to accept numerous enrolments on behalf of our neighbours in the back office - the enrolment team. Classes commenced on Monday, 4 February, and it certainly was a hectic time at the reception desk. All staff who were on office duty during this extremely busy time are to be applauded for the patience and courtesy they displayed whilst attending to the many and varied enquiries from new and renewing members.

I personally would like to congratulate everyone involved in the front office and the enrolment office for the efficient and friendly manner in which they carried out their various tasks - a great team effort!

My sincere thanks to all our wonderful office volunteers.

Ruth Foxwell, Office Manager

Monthly Talks

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

20 March: Wildlife Protection and Rehabilitation Adriana Simmonds is Victoria's Wildlife Education Officer. A biologist from Colombia, Adriana fell in love with Australia and its amazing creatures. For 11 years, she has run a wildlife shelter and rehabilitation centre where she cares for orphaned, sick and displaced animals.

17 April: Writing a Non-boring Family History Hazel Edwards is a National Reading Ambassador. If you are interested in writing or genealogy, come along to hear Hazel's talk. If you remember *There's a Hippopotamus on My Roof Eating Cake*, you will know Hazel as the author.

15 May: Yarra Riverkeepers Ian Penrose is a member of the Yarra Riverkeepers Association which is a member of the International Waterkeepers Movement. The Yarra River is Melbourne's most important natural asset. Come and hear about what they have achieved.

Coral Vercoe

Menzies Community Awards

Each Australia Day, the Menzies Awards are given to individuals who have distinguished themselves by their active community service. This year, two of our members were recognised with Menzies Awards. **Deidre Meredith**, a member of our U3A for more than twelve years, has contributed in a variety of ways to both Manningham U3A and U3A Victoria Network. **Dorothy Gannon** was recognised for her fourteen years of service as a Community Support Worker in the Doncare Information and Emergency Relief Program. Congratulations Deidre and Dorothy!

Curriculum News

The success of our organisation is dependent upon the generosity of the many people who contribute to it. Each year, new tutors join and some tutors retire. Many tutors enthusiastically contribute year after year.

In 2013, we welcome the following new tutors: **Les Archdall** (Computers - Photoshop Elements), **Ian Bissett** (Morality and the Humanities), **Peter Cole** (French Conversation Level 2), **Beth Coote** (Rummikub), **Shirley Fung** (Introduction to Genetics), **Peti Leung** (Painting - Chinese Self Help), **Lynne Lloyd** (English ESL - Basic Writing), **Erroll Lovett** (Computers - Buying & Selling on eBay), **John Mitchell** (Convenor - Music Lovers' Group), **Frank O'Neill** (Painting - Acrylics Self Help), **Julie Ong** (Line Dancing Group B), **Liliana Orsini** (Italian - Self Help), **Jim Poulter** (History - Local Aboriginal), **Elizabeth Ross** (Book Group), **Lisbeth Wilks** (Watercolour Self Help), **Tim Wilson** (Understanding Financial Markets), **Robyn Sword** (Painting With Oils - Self Help). Many of the courses mentioned above are also new courses.

Some additional new courses are offered by tutors who took classes in 2012: **Geoff Sheldon** (All About Language), **Tess Gibbs/Arthur Michie** (Bridge - Practice/Social Group B), **Bernice Charity** (Computers - Email, PowerPoint), **Joseph Wong** (Exercise to Music).

One of the tasks of the Curriculum Team is "program planning". This involves, where possible, accommodating the needs and wants of our tutors and members. Once the program is finalised, all members of the Curriculum Team play a part in ensuring that classes run smoothly. Curriculum Team Members include: **Heather Bione** (Timetable), **Carol Cameron** (Computer Tutors), **Bernice Charity** (Minute Taker), **Francis Keogh** (Class Representatives), **Maureen Mitchell** (Coordinator of Tutors), **Tanya Gogorosis** and **Geoff Sheldon** (New Courses and Program Planning), **Margaret O'Connor** and **Milly Ching** (Short Courses/Workshops). Margaret and Tanya also share the Curriculum Coordination role. Margaret is a member of the Committee of Management and Tanya is an ex-officio member.

Throughout the year, the Curriculum Team holds several meetings to keep Tutors and Class Representatives informed. The first meeting for this year was the Tutors' Meeting held on 31 January. Tutors were given their class lists and informed of roles and responsibilities. A Class Representatives Meeting will be held on Wednesday, 6 March when we will discuss the many practical issues which arise in the everyday running of classes. We hope to see as many Class Representatives and Deputy Class Representatives in attendance as possible at this important meeting.

With such an exciting and broad range of classes ahead, we look forward to sharing a very enjoyable and interesting year.

The Curriculum Team

Enrolment Report

The enrolment period in November/December is always a busy time with many members involved in the process. In the enrolment area, it is obvious that **John Driver's** team enjoys its participation as the atmosphere is so warm and welcoming. The same can be said of the caretakers of the rosters and the office workers, who likewise, provide a friendly, helpful and efficient service. Many thanks to all the above and to the data entry people who were, as always, kept very busy - this year entering well over 1500 membership applications into the database.

Thanks also to **Jeanette and Lew Badge**, **Warren Trompf** and the collating team for preparing the enrolment material for posting, and to **Peter McQuie**, **Frances Langdon** and **Graeme Martin** for their essential contributions in the preparation of the material.

During the holidays, **Noel Hatton** spent many hours constructing additional frames for the class pigeon holes, cutting more shelves and altering the existing ones, to provide more space for extra classes without the uppermost shelves being out of reach to all but the tallest of Class Representatives. This U3A is very lucky to have Noel as a member. Thank you Noel and thanks also to **Graeme Newcombe** (and his tallness) for sorting, labelling and arranging the shelves in order prior to the year's commencement.

Lyn Torrens, Enrolment Coordinator

5Q

Five Questions for... Dawn Heffernan



1. You have contributed to Manningham U3A for more than 20 years. What inspires you?

I was fortunate to commence studying philosophy in my middle thirties and I became hooked. I was not simply studying to qualify for a job. I did a double major in philosophy and economics, an Honours year and began a Masters, so I have a very broad background. This work has been significant since running the Social Philosophy class, because it has allowed me to undertake in-depth studies in a wide range of issues. I am inspired (if that is the word) to continue with the teaching because of the enthusiastic response I have received from class members, some of whom have been attending for 20 years. Probably half have been with us for over 10 years.

2. Your philosophy course continues to be one of our most popular classes. How has it changed over the years?

Initially, we studied what might be called formal philosophy and the ideas developed by philosophers over the past 2400 years. Suddenly, philosophy books became popular and class members introduced several which have suited the interest level of most participants. The history of philosophy became the central thrust of the course for several years.

Since there are philosophical aspects to all areas of knowledge, I began introducing topical issues where I could see interesting underlying aspects which gave a deeper insight into problems. At this stage, the class numbers began to swell. This seemed to be what people wanted, so now I search many avenues, looking for topics that depend on quite controversial bases. We range across Political Philosophy, Ethics, Philosophy of Science, general theories of knowledge and Logic.'

3. Why is philosophy important in daily life?

Every discipline depends on assumptions which often are unchallenged. Over the centuries, philosophers have exposed these assumptions and challenged previously accepted beliefs. Many of these solutions are very relevant to issues today. Another valuable contribution of philosophy is the clarification of meanings of words or propositions. When discussing any ideas with others, it is extremely important to understand exactly what your opponent is claiming. Logic helps here.

4. How do you relax?

I read philosophy. I must admit this makes me a pretty boring person and I fail to keep up with much in the field of literature but it has really become an obsession for me.

5. What is on your Wish List for our U3A?

My Wish List for the U3A is that it continues to expand. I continually meet people who have never heard of us. It is surely one of the best organisations in the world and I want every eligible person to benefit from the wonderful social life which it produces and the continued mental stimulation and creative and physical outlets it gives us.

MANNINGHAM U3A INC.

Registration No. A0026531J

Twenty-Second Annual General Meeting

Thursday, 21 March 2013, at 12.30 pm

Notice is hereby given that the Twenty-Second 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 29 March 2012
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 January 2012 to 31 December 2012
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 2013

Guest Speaker:

Inspector Geoff Darlison,
Local Area Commander,
Victoria Police

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 organisation 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, 13 March 2013.

Nomination forms for the election of Committee of Management Members are available from the Office.

Views and Reviews

Views and Reviews is a forum for U3AM 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.

The Dangers of the Daily Shower

Many of the most serious injuries to older people occur in the home. Of course, swimming with sharks and climbing mountains have risks too, but activities at home can have a serious element of danger. The more often you are in some situations, the greater your chance of getting hurt.

Jared Diamond, an anthropologist and author, has spent more than fifty years in villages in New Guinea. Not only has he done detailed studies of the people there, they have taught him some important tips for life away from jungles. When Diamond started thinking about daily activities, he realised that the potential danger of a situation increases with the number of times you experience it. Showers can be places where it is easy to slip and fall. When you enter this slippery situation every day, you increase your chances of falling and hurting yourself. In an article published in *The Guardian* newspaper, Diamond explains it this way:

“If I’m to achieve my statistical quota of 15 more years of life, that means about 15 times 365, or 5,475, more showers. But if I were so careless that my risk of slipping in the shower each time were as high as 1 in 1,000, I’d die or become crippled about five times before reaching my life expectancy. I have to reduce my risk of shower accidents to much, much less than 1 in 5,475.”

Diamond uses the term ‘constructive paranoia’ to describe the attitude of taking a cautious approach to daily life. The people in New Guinea have to be extra careful each day because they do not have the emergency back-up resources we take for granted. On the other hand, people in developed countries sometimes place an emphasis on the wrong things. They worry about terrorists, thieves or fires, but do not give much thought to falling down stairs, having a car crash or slipping in the shower. As Diamond says, “We obsess about the wrong things, and we fail to watch for real dangers.”

If you think about ‘constructive paranoia’ enough, you might be limited in what you actually do each day. You can’t stop living your life, but you can keep living a safe one. Diamond concludes:

“My hyper-vigilance doesn’t paralyse me or limit my life: I don’t skip my daily shower, I keep driving, and I keep going back to New Guinea. I enjoy all those dangerous things. But I try to think constantly like a New Guinean, and to keep the risks of accidents far below 1 in 1,000 each time.”

One of our U3A members shared a story about caring for her elderly mother at home. She said:

“I needed to help mum shower and even with taking all possible precautions of hand rail, shower chair, etc, one morning she managed to slip. Luckily, apart from getting a terrible fright, she only sustained minor injuries; a bump on the head and a couple of bruises...but it could have been worse. Floor tiles are very slippery when wet. My house in Doncaster was originally built for a lady in a wheelchair. The shower was wide with no door for wheelchair access. The floor of the shower sloped slightly down to allow the water to drain. Mum could only walk with the aid of a walker. Quite dangerous as to exit the shower she needed to hang onto the rail and then transfer to her walker. I'm sure that we all need to be reminded to take care when taking a shower (and also when cleaning them).”

You don’t need to put a skull and cross-bones sign on your shower, but maybe keeping that image in mind when you step into the water will ensure you get out safely.

Diane Baird



Strong Response from Volunteers

Many volunteers may be wondering when they will be contacted about their offer to help. Names of all volunteers have been sent to the appropriate co-ordinator who will contact you when a vacancy occurs. Sometimes in the past, volunteers have not been contacted as there have been no vacancies. To address this problem in 2013, the Volunteers Co-ordination Team is working to create many new tasks to offer such volunteers. You will hear more about this in Term 2. The Volunteers Co-ordination Committee extends a thank you to all continuing volunteers and a welcome to those who are volunteering for the first time. Approximately 80% of members have offered to help in some way with the running of Manningham U3A in 2013, a strong indication of the appreciation people have for the organization.

If you have a particular query or comment relating to your volunteering offer, please put a note in the pigeon hole for the Volunteers Co-ordination Team.

Heather Ambrose, Colleen van Hemert, Graeme Shaw

Archive for Digital Materials

Over the years, many digital images have been taken of our events, celebrations, and special award ceremonies. Until now, these images have not been collected in one place. Now we have begun the creation of a Digital Archive so these materials can be stored, organised and filed for future access.

If you have any digital images (or DVDs) that you have taken of U3A Manningham events over the years, we would love to make a copy of these. Also, if you have experience working with digital archives and are interested in helping with this project, we would welcome your assistance. Please contact Diane Baird (dianeбайд@yahoo.com) if you would like to share your U3A images or get involved.

Diane Baird

Kaffeeklatsch 2013

Do you wish to have a friendly chat in German over a cup of coffee? Then come and join us!

Date: Monday, 18 March
Time: 9.00 - 10.15 am
Place: Café, Pines Shopping Centre, opposite U3A
Cost: A cup of coffee or?

Your level of German doesn't matter. We would just like you to participate in German.

Native Speakers: You 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.

Future dates for Kaffeeklatsch in 2013 are:

- 22 April
- 13 May
- 17 June
- 22 July
- 9 September
- 14 October
- 11 November
- 2 December

Just join up at the front office of MU3A. Enquiries can be made to Jutta Szwed by leaving a message at the office desk.

Sie sind herzlich willkommen!!

CALENDAR OF EVENTS

Term 1 & 2, 2013

Monday, 4 February	TERM 1 commenced (8 weeks)	
Wednesday, 6 March	Class Representatives Meeting (Rms 13-14)	3.00-4.00pm
Monday, 11 March	LABOUR DAY HOLIDAY	
Monday, 18 March	Committee of Management Meeting (Rm 8)	3.00pm
Wednesday, 20 March	Monthly Talk (Rm 13)	3.00pm
Thursday, 21 March	ANNUAL GENERAL MEETING	12.30-2.00pm
Thursday, 28 March	TERM 1 finishes	
Monday, 15 April	TERM 2 commences (10 weeks)	
Monday, 15 April	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 17 April	Monthly Talk (Rm 13)	3.00pm
Thursday, 25 April	ANZAC DAY	
Friday 3 May	Newsletter Deadline	
Wednesday, 15 May	Monthly Talk (Rm 13)	3.00pm
Monday, 20 May	Committee of Management Meeting (Rm 8)	2.30pm
Thursday, 23 May	POR's Luncheon (PFR)	12.30pm
Monday, 10 June	QUEENS BIRTHDAY	
Monday, 17 June	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 19 June	Monthly Talk (Rm 13)	3.00pm
Friday, 21 June	TERM 2 finishes	

And finally...

How did we manage to put a person on the moon before we figured out it was a good idea to put wheels on suitcases?

The Newsletter

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

Information contained in this Newsletter was correct at the time of publication. U3A Manningham makes no guarantee that the information contained in the newsletter is always accurate.



MISSION STATEMENT

Our mission is to provide accessible and affordable educational, cultural, physical and social opportunities appropriate to the needs of retired and semi-retired people.

