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President's Report

We are now well into 2012 and I am pleased to report that MU3A is growing at a steady rate, which is a testament to our tutors and the efficient organisation that supports them.

At our AGM, most of the CoM renominated and **Ruth Foxwell** volunteered to replace **Lyn Rigg** who stepped down. I would like to thank Lyn for her enthusiastic management of our Office and its volunteers and welcome Ruth to the Office Manager role.

U3A NETWORK PRESIDENTS' INFORMATION SESSION

This important meeting (24/4/12) provides all Presidents with up-to-date information regarding Network's plans and strategies being developed and implemented. The following topics were discussed:

- NETWORK PROGRAM 2012
 1. Continued discussions with Government Departments regarding Grants
 2. Planning for Seniors' Week and Festival of Learning (October)
 3. Assisting development of new U3As (up to 5)
- MARKETING
Sub-Committee is developing a program to implement standardisation of the U3A brand state-wide. The benefits will be to provide a consistent message to members, local community and partners.
- GRANT FUNDING
The government grants available to U3A Victoria for 2012 are \$300,000 (Department of Health) and \$150,000 (ACFE). Each grant is accompanied by a set of criteria and Network manages the distribution to participating U3As. MU3A received \$1,500 and \$4,000 respectively, the maximum available to an individual U3A.
- REGIONAL DEVELOPMENT
 1. Network has assisted U3As in various areas of Victoria to establish forums which enable sharing of ideas and resources, as well as assist new U3As and identify common needs and workshop opportunities.
 2. Currently, there are 5 country and 5 metropolitan regions. MU3A is an active participant in Eastern Metro Forum which meets quarterly.
- NETWORK EDUCATION COMMITTEE
This committee is in development and will: support educational programmes; organise the Network conference; identify funding opportunities; and resource support for educational activities as well as inform U3As of research findings.
- OUTREACH VOLUNTEERING
A small team has been established to: collate and report on U3A volunteer activities; record the activities; provide data for research; promote U3A value as a community service; and promote a focussed and positive image of ageing.

Some of the Outreach activities currently in place are: partnership projects with local schools (creative writing competition; mentoring senior students); choirs visiting retirement/nursing homes; and craft projects to help underprivileged people. MU3A's Migrant English project is an excellent example of Outreach Volunteering but I believe we can increase our community involvement into activities such as those above.

President's Report (Continued)

· PRIVACY and DATA SECURITY

A number of issues were highlighted and discussed relating to database security and information protection. One protocol that members may find useful is:

“When sending an email to more than one recipient, use the **bcc field rather than cc** when adding the email addresses - this protects email addresses from being publicly circulated.”

MANNINGHAM U3A ISSUES-BASED PLANNING

This project is continuing and the recently distributed News Update enables members to have input to it. Thank you to the members who have responded; your thoughts will be included in the project and will enable the team to identify the major issues and establish recommended strategies for action. One of the issues identified, Waiting Lists, will be analysed and any actions necessary will be implemented following discussion with the appropriate responsible officers.

At a recent meeting with **Lydia Wilson** (MCC CEO), **Celia Haddock** (Director, Community Services) and **Jan Loughnan** (Manager, Community Service), **Margaret Salomon** and I discussed some of the clearly evident issues MU3A faces currently and in the future. The main issue was our continued strong membership growth and how we can manage it.

The Council officers advised us that there will be emphasis on better utilisation of existing assets around Manningham and that they would research possible venues for use. One possibility offered was the new facilities being constructed in the MC2 building on Doncaster Hill which apparently comprises a hall (100 seat capacity) and five rooms which could be used as classrooms. We are awaiting an invitation to inspect these and other facilities.

U3A INSURANCE

A recent enquiry from one of our tutors regarding insurance cover has indicated the need for members to be reminded of the following:

U3A Network insurance policy covers only members involved in volunteer activity on behalf of U3A, e.g., tutors, class reps, office workers, NOT members attending activities. The MU3A insurance policy covers property and public liability within The Pines Learning Centre.

Bryce Normoyle

Migrant English

The Migrant English tutors continue to provide a most important service to those who need English language support, visiting their students in their homes or meeting regularly in the library, a coffee shop or some other suitable place each week. My thanks to you all.

A training course for future Migrant English tutors will be held in Term 3, on Thursdays from 1.30-4.20pm for six weeks commencing 19 July, in Room 13. Migrant English tutors and others who may be interested are welcome to attend a workshop, *Pronunciation Problems*, to be held on Wednesday, 25 July, 3.00-4.00pm in Room 14. If you plan to attend, please leave your name at the front office so we can be sure to have the right quantity of printing available.

Finally, a reminder to all Migrant English tutors that there is a meeting scheduled for Wednesday, 1 August, at 3.00pm in Room 13. We also invite our students to this meeting and ask them to bring along a plate of finger food (which relates to their own culture) for afternoon tea.

Joan Creber, Migrant English Coordinator

U3A Sunshine Coast Writing Competition 2012

A national writing competition is being held by the Sunshine Coast U3A. There are five entry categories with cash prizes for each. For entry forms, conditions of entry and further information, please check details on the U3A Sunshine Coast website: www.u3asunshine.org.au. The competition convenor is Jenny Riley and the deadline for all entries is 15 June 2012.

Office Manager's Report

As I am new in the job, I must first give sincere thanks to **Lyn Rigg** for the smooth and efficient way she handed over the position of Office Manager following the AGM in March. Lyn held this very busy role for 15 months and commented that she really enjoyed it as it was a great way to meet many members of Manningham U3A. Thanks, Lyn, you will be a hard act to follow.

"Aged" lost property was displayed on the office counter for one week prior to the end of Term One and any unclaimed items were subsequently donated to Doncare. I was amused that we couldn't find the owner of a pair of size 6 grey suede very high heels. If they are yours, please quickly check out the Doncare Opp Shop in Macedon Plaza, they may still be there.

As reported in the last newsletter, MU3A has 215 office volunteers with 35 new volunteers in 2012 and I do hope to meet each of you over the coming weeks/months. Please remember that the front office computers are there for your convenience to become familiar with any updated procedures, including the Office Workers' Handbook and any other information you may be seeking. Thank you all for generously giving your time to assist in the smooth running of the office and as a volunteer, may your office duty experience continue to be a pleasant and rewarding one.

Ruth Foxwell, Office Manager

Newsletter Delivery

A reminder to members that no newsletters will be posted for the May and August issues. The newsletter will be available by email and on our website www.u3amanningham.org.au, and paper copies will be available for collection from the office desk.

If you have not provided your email address, 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.

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 June: Manningham's Aboriginal History Dr. Jim Poulter has a unique knowledge of Manningham's Aboriginal and pioneer history. His family settled in Templestowe in 1840 and established a close relationship with local Wurundjeri people, a relationship Jim has maintained all his life. Jim has close knowledge of Aboriginal religious and social structure and how the totemic system acts as a species conservation and land management system.

18 July: Climate Change Dr. Mike Murray is a physicist who studied in England at King's College and University of Durham. He joined CSIRO and was Corporate Executive for 26 years in the case for the Synchrotron.

Climate change is his subject and Mike suspects that he will be preaching to an audience that overwhelmingly supports the case for the current human influence on carbon dioxide in the atmosphere and the consequent global warming, sea level rise and increasing acidity of the sea. If not, he shall relish the debate!

15 August: From Dawn to Dusk, You Can't Escape CSIRO's Touch. Jenny McKimm-Breachkin

We Couldn't Do Without – Our Equipment and Functions Team

Have you ever wondered who looks after buying and maintaining all the equipment used at MU3A and who organises all the many things that make our functions so successful? **Terry Smith, Graeme Martin** and their many helpers do everything required to enable our classes to operate. Not only are the tables, computers, projectors and screens provided, but also up-to-date equipment like amplified sound and the 'Phonic Ear' that assist all members to participate in classes. Whenever a function is held at MU3A, a team of people led by Graeme organises the food, sets up the tables and tidies up afterwards. Thank you Terry, Graeme and all your helpers - we couldn't do without you.



5Q Five Questions for...

Bryce Normoyle President, Manningham U3A



Photo by
Lindsay Roberts

How do you relax?

Cooking, reading, watching sport, participating in family activities.

What were some of your 'day jobs'?

Customer service, superannuation investment, auditor, logistics manager, owner/manager small business.

What is one of the strangest/funniest things that has happened to you at MU3A?

I found a very well hidden artistic "talent".

You devote a lot of time in various ways to this U3A. What inspires you?

My fellow members, particularly the tutors and also members who have suffered severe illness or injury but keep on coming back to learn and enjoy life.

What's on your Wish List for MU3A?

Continuous improvement, management of our growth and equitable opportunity for all to enjoy this community service.

Bryce has been President of MU3A for three years. He and other members of our U3A are working on future plans to identify issues, establish strategies to address them, develop action plans and then implement the plans. If you have not already done so, please share your ideas with Bryce by sending an email (manunipines@gmail.com) with the subject line 'Issues Based Planning' or by leaving a note for him at the office desk.

CPR and the Heimlich Manoeuvre Update

Due to reported adverse outcomes, St John's Ambulance announced, and the Australian Resuscitation Council have confirmed that, for the removal of foreign bodies when choking, the Heimlich manoeuvre should no longer be performed.

It is now recommended that you give five slaps in the middle of the back with the heel of the hand, and then if necessary, five compressions of the chest (but not as forceful as in CPR). If the patient becomes unconscious, then commence the '4 Steps for Life'.

Ron and Joan Myerscough

Manningham U3A Website User Survey

Help us improve our website by completing the 1-2 minute anonymous user survey found on our home page at www.u3amanningham.org.au. No private information is asked for in the survey.

If you haven't visited our website recently, now you will find a weekly updated course enrolment summary.

Kevin Chan

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.

Last Regrets

We aren't all like Edith Piaf who claimed "Je ne regrette rien." Most of us are flawed specimens of perfection, so we are closer to Frank Sinatra in saying, "Regrets, I've had a few."

The one good thing about having a feeling of regret is that we can use it as one of life's lessons. Your own experience can be a good teacher—and we also can learn from the regrets of others.

Bronnie Ware, an Australian palliative care nurse, has heard more than her share of regrets. In talking with patients in their last twelve weeks, Ware was both inspired and surprised by people's reflections on their lives. Over several years, she collected her observations and has recently published a book titled *The Top Five Regrets of the Dying*.

Susie Steiner, writing for *The Guardian* newspaper, summarised the common themes that Ware heard repeatedly from her patients. The top five regrets, with Ware's comments, are:

1. **I wish I'd had the courage to live a life true to myself, not the life others expected of me.** "This was the most common regret of all. When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made."
2. **I wish I hadn't worked so hard.** "This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence."
3. **I wish I'd had the courage to express my feelings.** "Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result."
4. **I wish I had stayed in touch with my friends.** "Often they would not truly realise the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved."
5. **I wish that I had let myself be happier.** "This is a surprisingly common one. Many did not realise until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to themselves, that they were content, when, deep within, they longed to laugh properly and have silliness in their life again."

Laughter, friendship and a fulfilling life are not causes for regret. We should make them first priorities, rather than last regrets.

Diane Baird



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.

For more details, see www.home.vicnet.net.au/~mannband/

Our History Told in Art

At a Tutors' meeting in 2010, President **Bryce Normoyle** mentioned how impressed he was with the Nunawading U3A commemorative quilt to celebrate 20 years. Bryce mentioned that he was a bit envious and my instant thought was "I'm sure Manningham U3A can produce a worthy artistic mural for the upcoming 20th Anniversary." It needed to be artistically colourful and informative - telling the story of humble beginnings at Templestowe Orchard Retirement Village in 1991 with 30 members, then with the expansion of numbers of members (460 attending 46 classes by 1997), re-locating to the Memorial Hall and Leisure Centre in Templestowe. In the following years, the popularity and high quality of the classes provided by MU3A made it necessary to build larger premises, so the present location at The Pines Learning and Activity Centre opened its doors in 2008 and currently has 1600 members attending 173 classes.



The mural is a triptych and shows the journey MU3A travelled and the many exciting and brilliant classes that were experienced. There were so many classes added over the years that often several had to go under one heading on the mural.

Laurie Bicknell produced the calligraphy and **Sandra Dean** did the woodwork. **Trish Bevan** and **Terry Smith** were most helpful with the computer and practical skills they willingly offered. **Margaret Saloman** provided valuable support and we often met and worked at her home.

I hope that Manningham U3A can now share with pride the journey that we have travelled, celebrating 20 years of discovery, enlightenment, fun, companionship and fulfilment.

Lynne Deans, Artistic Director for the project

Kaffeeklatsch

The June meeting will be held on **Monday, 18 June**, not 11 June as advertised, as it is the Queen's Birthday holiday. We meet at 9 am at Indulgence Café at The Pines.

Travellers or Beginners German for Terms 3 and 4:

This class will commence on **Thursday, 26 July**, not 19 July, as advertised. It will run weekly from 9.00-10.20am in Room 13.

Please address any enquiries to the MU3A office.

Online Course Leader for 'The Story of Science'

U3A Online Inc presents online courses for members who cannot attend their local U3A. Members who are isolated geographically or socially have access to professionally presented courses with a course leader or are self-paced.

The course leaders are volunteers, as are the administrators, course writers, editors and proof readers.

'The Story of Science', in four parts, was written by **Les Dale**, and we are currently looking for someone who has done this course and would be interested in leading it online. Les would be available as a mentor.

We also need a course leader for 'The Evolution of Life on Planet Earth', another course written by Les Dale.

CALENDAR OF EVENTS

Terms 2 & 3, 2012

Monday, 16 April	TERM 2 commences (10 weeks)	
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	
Monday, 16 July	TERM 3 commences (10 weeks)	
Monday, 16 July	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 18 July	Monthly Talk (Rm 13)	3.00pm
Friday, 20 July	Newsletter Deadline	
Thursday, 26 July	Tutors, POR's assisting COM Luncheon (PFR)	12.30pm
Wednesday, 1 August	Migrant English Tutors Afternoon Tea (Rms 13/14)	3.00-4.20pm
Wednesday, 15 August	Monthly Talk (Rm 13)	3.00pm
Monday 20 August	Committee of Management Meeting (Rm 8)	2.30pm
Thursday, 13 September	Summer School Enrolment (PFR) Set up Room	2.00-2.30pm
	Enrolment	2.30-3.30pm
Monday, 17 September	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 19 September	Monthly Talk (Rm 13)	3.00pm
Thursday, 20 September	Class Reps. Afternoon Tea (PFR)	2.30-3.30pm
Friday, 21 September	TERM 3 finishes	

PFR - Pines Function Room

National Volunteer Week 14-20 May 2012

'Volunteers - Every One Counts'

Thank you to all our Manningham U3A volunteers. Everything you contribute makes a difference. In fact, without our volunteers, our U3A would not exist!

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 educational, cultural, physical and social opportunities appropriate to the needs of retired and semi-retired people.



Adult Education in the
Community