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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](mailto:manunipines@gmail.com) ; [www.u3amanningham.org.au](http://www.u3amanningham.org.au)

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## President's Report

It is indeed a pleasure to rejoin the Committee of Management after a break of almost nine years. We have a dedicated committee working hard for the betterment of our much loved U3A Manningham.

My five years on the Executive of U3A Network Victoria from 2011 to 2016 gave me the opportunity to see many U3As at first hand. I attended AGMs from Bairnsdale to Horsham and from Cohuna to Apollo Bay and many in between. My U3A Manningham experience was always important as it gave me a wonderful example of a thriving U3A. I was able to help and make positive suggestions at other U3As because I had the experience of a well-run and successful organisation.

Past President, **Geoff Sheldon**, correctly and repeatedly alerted us to the financial stresses we are facing due to our ever-increasing accommodation costs. This concern was addressed at the first meeting of the new Committee of Management on 1 April. The Committee resolved to hold two combined meetings of tutors and class reps on 1 and 2 May to commence a process to address this problem. This process will take some time and I do not expect very many changes before 2020. I would hope that we will be able to make more effective use of our rooms at The Pines and thereby substantially reduce our rental budget in 2020.

Room 1 (Computer Room) is under-utilised and steps could easily be taken to run more classes there. Our two premier rooms, Rooms 13 and 14, are also under-utilised when very small classes are timetabled in them. We should consider a minimum class size for these rooms.

I am sure that we can reduce our external accommodation costs and, at the same time, add additional classes to our already large selection of classes on offer. The addition of more classes will go a long way towards reducing our wait lists.

The Committee of Management co-opted three members at its April Meeting because of their special expertise and experience. The co-opted members are: **Graeme Martin**, **Tanya Gogorosis** and **Rita Williams**. Graeme and Tanya had been previously co-opted and Rita, our Minute Secretary, is new to the Committee.

U3A Manningham has had a wonderful relationship with the Manningham City Council over many years and it is widely recognised that we are the largest and most accessible voluntary organisation working for and with seniors in the municipality. I will continue to meet with Councillors and the staff of the City Council at every opportunity to keep this important relationship flourishing.

Many thanks to the retiring members of the Committee of Management for their contribution to U3A Manningham: **Geoff Sheldon** for his four years as President, **Michael Howard** for his four years as Vice President and **John Liew** for his three years as Treasurer.

**David Jenz, President**

# Committee of Management 2019-2020

The following Committee of Management members were elected at the Annual General Meeting on 21 March 2019:

President: **David Jenz**  
Vice President: **David McNamara**  
Treasurer: **Ian Gorman**  
Secretary: **Alita Mossop**  
Communications Manager: **Jillian Gange**  
Curriculum Manager: **Milly Ching**  
Enrolment Manager: **Warwick Wright**  
Equipment Manager: **Terry Smith**  
Office Manager: **Robyn Buttlng**

As well, **Tanya Gogorosis, Graeme Martin** and **Rita Williams** were co-opted at the first meeting of the new Committee of Management on 1 April 2019.

Brief backgrounds on our new members:



## **David Jenz - President**

David holds degrees in science and education from The University of Melbourne. He was a secondary teacher before his twenty-five year career as a secondary school principal.

David joined U3A Manningham in 1999 and has been a tutor since 2003.

He was President of U3A Manningham from 2006 to 2010 and Vice President of U3A Network Victoria from 2011 to 2016.

David holds Life Memberships of the Victorian Association of State Secondary Principals and U3A Manningham.



## **David McNamara - Vice President**

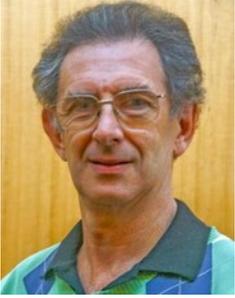
David has been an active member of U3A Manningham since 2013 and a tutor since 2017. He served as the Deputy Curriculum Coordinator in 2014-15. With over 40 years experience in Technical and Further Education as a teacher, divisional manager and associate director, David has qualifications in engineering, teaching and business.

He was also the first male Equal Opportunity Officer in Victorian Education.

David has always been actively engaged in the community having served as a School Council President, Rotary Club President (receiving a Paul Harris Fellowship honour), Chairman of Selectors in a local tennis club and currently serving with Probus.

Retirement interests, apart from family, include travel, tennis, current affairs and reading. Weekly highlights include 'grandpa duties' to two very active boys.

## Committee of Management 2019-2020 (Cont'd)



### Ian Gorman - Treasurer

Ian has been a member of U3A since 2013 and a tutor since 2017. He also currently serves as New Courses Coordinator on the Curriculum Committee.

Over the last three years, Ian has been responsible for the addition of more than 30 new courses or tutors to the U3AM timetable.

A practising petroleum engineer with some 38 years' experience, Ian has served his professional society of International Petroleum Engineers in several leadership positions.

This volunteer organisation has more than 60,000 members in over 100 countries. Ian was previously Chairman of the Australian region and a former member of the worldwide Board of Directors.

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## 2019 U3A Manningham Photography Competition

Yes, it's on again!

This year, the theme will be **STREETSCAPE** from anywhere in Australia.

A maximum of 3 photos per person can be submitted accompanied by information on where each photo was taken.

Our competition opens on 6 May and closes on 21 June. So get out there and find your favourite streets, boulevards, roads or tracks or go through your photo library.

Send your photos to [manuphotoscomp@gmail.com](mailto:manuphotoscomp@gmail.com) or leave a usb/flashdrive in my pigeonhole in the back office.

**Get those cameras flashing. Good luck to you all.**

**Trish Gilbert**

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## Curriculum Report

### New course for Term 3:

The Meaning of True Happiness  
Tutor: **Marcel Saxone**

An 8 week experiential course designed to inform participants of a way of finding 'true happiness' through meaning, in particular, exploring a pleasant life versus a good life. Will be held on Tuesdays from 1:30pm to 2:50pm.

**Milly Ching**, Curriculum Manager

# It's Election Time Again So Let's Look at Australia's Electoral History



Des Thornton

Generally speaking, lining up for anything is not a favourite activity for Australians - we don't really like to queue.

However, there are two exceptions: the first, waiting in line for a barista-made coffee; the second is much more mundane but nevertheless important - queueing at polling venues for elections.

Many of us would choose to be elsewhere, but the *Commonwealth Electoral Act of 1918* required us to attend a polling place, have our names marked off the certified list, receive a ballot paper and take it to an individual voting booth, mark it, fold it and place it in a ballot box. This was the actual process for voting and followed compulsory registration or enrolment of voters in 1911.

Noteworthy though, is the fact that **voting in 1911 was not compulsory.**

Compulsory voting was first proposed by Alfred Deakin, later three times Prime Minister in the first decade of federal government. Then in 1915, consideration was again given to introducing compulsory voting for a referendum but since the referendum was not held, the move lapsed.

Compulsory voting was first introduced to the Queensland State elections in 1915 by a conservative government, which was concerned that ALP shop stewards were better at 'getting out the vote'. It was argued that compulsion to vote would make for a more even playing field for the conservative forces.

Voting in federal elections declined significantly after the Great War. The turnout at the 1919 election was about 71%, but the subsequent 1922 federal election saw even less Australians vote; the turnout fell to 60%. The conservative Nationalist-Country Party (Bruce-Page) coalition government was reluctant to be associated with any move to make voting compulsory and no change occurred.

In 1924 though, a Tasmanian Nationalist Party Senator, HJM Payne, introduced a private member's bill to amend the *Electoral Act*, in the House of Representatives. Edward Martin, a Nationalist Party member from Perth, supported the move. The private member's bill was passed. There was an immediate impact at the 1925 federal election. The turnout was 91%.

Specifically, the *Commonwealth Electoral Act of 1918* provides access to an individual voting booth so that your vote would be a **secret ballot**.

In the late 19<sup>th</sup> and early years of the 20<sup>th</sup> century, the Australian political scene was a harbinger of new ideas about democracy and its outcomes. One significant idea was the widespread implementation of the secret ballot, first introduced in South Australia and Victoria in 1856. It became known throughout the late 19<sup>th</sup> century as the 'Australian Ballot' when other countries implemented it in their electoral systems.

Interestingly, other English-speaking nations were wary of its introduction because a secret ballot was perceived as '*unEnglish*', not the conduct expected of John Bull's sons. Secrecy was women's domain!

Only nineteen of the world's 166 democracies have compulsory voting and only a few of these strictly enforce it. Australia is the only English-speaking democracy that enforces compulsory voting.

# It's Election Time Again so Let's Look at Australia's Electoral History (Cont'd)

## Women's Suffrage.

The first federal election was held in March 1901 but voting for women was not a given.

The story of women's suffrage in Australia dates back to the mid 19<sup>th</sup> century. Propertied women in the colony of South Australia were granted the right to vote in local elections in 1861 and over thirty years later, the SA Parliament endorsed the right of women to vote and stand for parliament. Not every colony was as progressive as this.

So, following federation in January 1901, the first election in March of that year for the Parliament of the Commonwealth of Australia was based on the electoral laws of the six federating colonies, which meant that women who had the right to vote and stand for parliament at the colonial level (SA, WA and the Northern Territory) had the same rights for the 1901 election.

In 1902, the Commonwealth Parliament passed the uniform *Commonwealth Franchise Act 1902* which allowed women 21 years of age and older to vote at elections for the Federal Parliament.

The other States soon gave women over 21 the vote: New South Wales in 1902, Tasmania in 1903, Queensland in 1905 and Victoria in 1908.

However, Indigenous women and men did not gain these same rights until the 1960s.

It is true that when governments change at elections, Australia also changes. So, when you vote at the forthcoming federal election, consider carefully your options, knowing that your ability to have a say in your representative democracy and the direction of the nation is the result of hard-fought campaigns over the past century.

And, by the way, if you attend on polling day, you can treat yourself to a 'democracy sausage'.

Des Thornton, Honorary Tutor, Australian History

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## Max Howard



Max joined U3A Manningham in 2012 and was a very keen member of both the tennis and golf groups. He had been class rep for tennis and took over the role of tutor at the start of this year but became very ill with an aggressive melanoma and died on 28 March.

Max was a very keen middle and long distance runner. He was a long-time member, including being President for 17 years, of the Midday Milers, a large group of runners who regularly run around 'The Tan' in their lunch hour.

The speakers at Max's funeral all spoke of his love for running, tennis and golf. His boyish enthusiasm was always evident and he had a particular flamboyant style when he played tennis. He loved being with people and people loved being with Max.

Our thoughts are with Max's partner, **Bev Black**, and his family. Many U3A Manningham members attended his funeral service on 18 April.

Valerie Lierse

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# Keeping Fit and Enjoying Life

U3A Manningham offers 41 physical activity classes each week for participating members to enjoy and gain health benefits.

In these classes, 1,655 opportunities have been taken up. Most classes are full but there are still some vacancies in a few. Many members have enrolled in more than one activity class so, with a membership of 1742, what are the others doing to keep fit?

Government guidelines recommend that the amount of physical activity needed for 'older adults' (yes, that applies to most of us!) to keep the heart, lungs, muscles and bones in good order should be at least 30 minutes each day but more benefits will be gained if you do more and also vary the activities.

*'Move it or Lose it'* is a famous slogan we should all be mindful of.

Regardless of age, health problems or ability, some activity is better than none at all. If you have *not* been used to exercising and have some health problems, it is important that you check with your doctor or health professional/physiotherapist as to what type of exercise would be suitable for you. Start slowly over a shorter time and work up to 30 minutes of exercise. This can be broken up into 3 x 10 minute or 2 x 15 minute sessions. Over time, gradual progression in the amount of time and intensity of the activity is important to gain the maximum health benefits.



*Moira Axtens*

In order to achieve improved health and maintain independence for as long as possible, there are the main categories of physical activity which should be experienced. Many activities will incorporate elements from more than one of these categories:

**ENDURANCE** - where the major emphasis is on increasing the demand on the heart and lungs, e.g., walking briskly, playing tennis, badminton, dancing, swimming.

**STRENGTH / TONING** - by developing strong muscles, joints will be protected and so are less likely to suffer from stress or strain, e.g., resistance exercises using bands or weights, carrying or moving heavy loads such as groceries, digging, shovelling.

**FLEXIBILITY** or suppleness is the mobility or range of movement in a joint. Muscle shrinkage occurs naturally with age and this results in problems of stiffness and lack of mobility. 'Short' muscles limit the range of movement. 'Long' muscles allow the full range of movement.

Lack of flexibility can create poor posture, resulting in mechanical imbalances in the neck, back and hips and can also contribute to chronic back pain, sciatica and joint problems. Stretching is therefore important and should be carried out after exercising to relieve tension and minimise stiffness and return muscles to their normal length.

**BALANCE** starts to decline slowly when we are in our 40s and about 30% of people over 65 fall at least once a year. This could have serious consequences particularly for someone with osteoporosis, but strength and bone density can be improved if a suitable program is followed.

## **To conclude:**

Everyone can gain many benefits from being active, not just physically but socially and emotionally as interaction occurs with others. In a friendly and non-competitive environment, support and encouragement from fellow exercisers will always be at hand so try something new and enjoy what you do.

## Keeping Fit and Enjoying Life (Cont'd)

Of course, you can carry out your own individual program but that requires a high degree of motivation and commitment! It is so easy to make excuses for missing a session or two!

For those of you who are already involved in programs, CONTINUE!

For those of you who are not, give serious thought as to what you can do to help yourself live a healthy, independent, more fulfilling life. It is never too late to start! There are many organisations, other than our U3A, which run good programs and there are many parks and aqua centres where you can walk and swim. START NOW, DO NOT GIVE UP and be aware that improvements do NOT happen overnight!

**Moira Axtens**, Leader of the U3A Manningham Strength Training Program

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## Where Did You Come From?

Continuing our series of articles on members' arrival in Australia, **David Jenz** is sharing with us the history of his family's early arrival.

### A Convict Family

In the convict history of Australia, the marriage of my maternal grandparents, Albert Edward (Bert) Fulton and Clara Victoria Shemeld at Bangerang near Warracknabeal, Victoria in 1908 was quite significant. Bert and Clara knew very little, if anything, about their convict ancestors and if they did, they certainly didn't say anything.

Clara's maternal grandmother was Sarah Nichols. Both Sarah's parents, John Nichols and Ann Pugh, were convicts. John Nichols arrived in Sydney on the 'Scarborough' on 26 January 1788 and Ann Pugh arrived in Sydney on the 'Earl Cornwallis' on 20 June 1801. The 'Scarborough' was one of 11 ships in the First Fleet. Clara's paternal grandfather, John Shemeld, was also a convict, having arrived in Sydney on the 'Marquis of Huntley' on 21 August 1830.

Bert's paternal grandparents, Jacob Fulton and Harriet Hewins, were also both convicts. Jacob Fulton is Convict No. 27633 in the Tasmanian convict records and Harriet Hewins arrived in Hobart on the 'Sir Robert Seppings' on 8 July 1852.

Therefore, my maternal grandparents, Bert and Clara Fulton, could each claim to have 50% convict blood in their veins, meaning that I have 25% convict blood in mine.

The marriage of two people with so much convict heritage in a remote Victorian Methodist Church in 1908 is noteworthy. We do know that many ex-convicts and their children moved from New South Wales and Tasmania to South Australia and to Victoria to start a new life and sometimes with new names.

John and Ann Nichols had 12 children and 96 grandchildren. Sarah, their youngest child and my great great grandmother, died in Dimboola in 1907. She was the last child of any First Fleeter. The John Nichols Family Society believes the family of John and Ann Nichols to be the largest First Fleet family in Australia.

## A Convict Family (Cont'd)

John Nichols' crime wasn't insignificant. He featured on page 72 of *The Fatal Shore* where details of the goods he stole from his employer in 1785 were listed. By 1800, John was a free man with a farm in Parramatta, living next to Andrew Hume, father of Hamilton Hume the explorer. Life turned a full circle for John Nichols because by 1803, he was the Chief Constable of Prospect Hill.

My great grandfather clearly knew that his parents were convicts because of the lengths he went to in the 1880s to obtain money left in a bank account in 1872 by his father when he died. The court documents show that the stories he told about his early life were all fictional. My mother and all her siblings thought that their grandfather was a lovely old man and they all believed his stories. Perhaps my family was fortunate to not know about our convict past until quite recently.

**David Jenz**  
First Fleeter

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## Loula Polites



Loula Polites passed away on Tuesday, 2 April 2019 after a year-long battle with cancer.

Loula was a lifelong friend to Lula Black as their parents came to Australia from the same area of Greece.

She encountered tragedy in her life when she was left a widow at a very early age with two young children, Annette and Michael, to bring up. She cherished her children and grandchildren and when she spoke of them, you could see the pride in her face. She was happiest when the people she loved were happy. She continued to face life with courage, wit and humour despite her adversities.

Loula was very involved in U3A: as a tutor in the Thursday Walking Group and a member of many classes including Ballroom Dancing, Psychology, Yoga and she thoroughly enjoyed her time there.

Despite the tragedies she had encountered, Loula persevered with spirit and a great sense of fun. She had a vivacious personality and an overriding appetite for life, embracing it with passion and believing that it should be grasped eagerly with both hands. She was a great role model for this philosophy. Loula was a fearless, life-loving, generous friend and we will miss her very much.

**Lula Black and Jo Grant**

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## Outstanding External Venue Fees

Please check your profile on MyU3A to ensure that you have paid your external venue fee of \$15 per class. Don't forget that, for the purposes of this fee, the Pines Function Room ('PFR') is an 'external venue' as it is not included in our agreement with the Manningham City Council.

# Office Report

We are now into Term 2 and the office has been busy with new members joining and current members adjusting their programs by adding or withdrawing classes. If you are on a waiting list, don't despair, you may still get into the class you are waiting for but, in the meantime, check out all the 99 courses that are still open. There is a lot on offer.



This term, we are collecting non-perishable food again for Doncare. We have many families in the Manningham area who need your help. Next time you are in the supermarket, pick up a couple of extra tins or packets and drop them into our U3A office. All food is then delivered to the Doncare office for distribution. Thank you for your support.

Please read through the Current Notices Folder on the front desk every time you are on duty to make sure you are up-to-date with all the latest information you need.

Once again, many thanks to everyone for their assistance.

**Robyn Buttlng, Office Manager**

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## Report from Volunteer Coordination Team

Thank you to all members who have offered to volunteer for one of the many tasks we have in making U3AM efficient and enjoyable. Most of you are busy with your tasks while others have yet to find an appropriate role. Do contact us via my pigeonhole if you would like some assistance in finding a task.

Those who have accepted management positions are:

**Lynette Gilbert** - Assistant Secretary  
**Rita Williams** - Minute Secretary  
**Colleen Danaher** - Coordinator of Computer Tutors  
**Lyn Welsh** - Assisting with functions, catering and displays  
**Diane Banks** - Community Directory and food supply.

We are continuing to work with other members, some of whom are new to our U3A, to develop courses, become tutors, as well as taking on management and administrative roles. We greatly appreciate their interest and input.

Best wishes for an enjoyable and rewarding year.

**Heather Ambrose, Volunteer Coordinator**

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## Newsletter Contributions

We are always pleased to receive your contributions to our newsletter which may be sent to our dedicated email address ([u3amnews@gmail.com](mailto:u3amnews@gmail.com)) or put into my pigeonhole. The deadline dates for the remaining newsletters for 2019 are 26 July and 18 October. Please ensure that all contributions contain your name and contact details.

**Jillian Gange**

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# Calendar of Events

## Terms 2 & 3, 2019

(The calendar for the full year is available on our website.)

### TERM 2, 2019

Tuesday, 23 April	<b>TERM 2 commenced (10 weeks)</b>	
Wednesday, 15 May	Class Representatives meeting (Rms 13-14)	3.00pm - 4.20pm
Monday, 20 May	Committee of Management meeting (Rm 8)	1.30pm
Wednesday, 22 May	COM Volunteers luncheon (PFR)	12.15pm - 2.30pm
Monday, 10 June	<b>QUEEN'S BIRTHDAY HOLIDAY</b>	
Monday, 17 June	Committee of Management meeting (Rm 8)	1.30pm
Friday, 28 June	<b>TERM 2 ends</b>	

(Term Break - 3 weeks)

### TERM 3, 2019

Monday, 22 July	<b>TERM 3 commences (9 weeks)</b>	
Thursday, 25 July	Tutors Luncheon (PFR)	12.15 - 2.30pm
Friday, 26 July	Newsletter deadline	
Monday, 19 August	Committee of Management meeting (Rm 8)	1.30pm
Wednesday, 22 August	Migrant English Tutors (Rm 13)	3.00pm - 4.20pm
Wednesday, 11 September	Class Representatives luncheon (PFR)	12.15pm - 2.30pm
Monday, 16 September	Committee of Management meeting (Rm 8)	1.30pm
Friday, 20 September	<b>TERM 3 ends</b>	

(Term Break - 2 weeks)

**PFR - Pines Function Room**

## The Newsletter

Editorial: Jillian Gange, Liew Staras, Frances Langdon; Website Manager: Kevin Chan;  
Distribution: Warren Trompf, Kathleen Caffry and Robyn Lamprecht.

*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.*

