

---

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

---

## Graeme Martin – Life Membership

The Committee of Management is pleased to announce the granting of Life Membership to **Graeme Martin**. The announcement was to have been made at the AGM on Thursday, 19 March. Graeme is a much valued and highly respected member of U3A Manningham who acts quietly to get the task at hand done expertly. He never draws attention to himself or seeks recognition. Graeme is very resourceful and draws upon his professional and personal skills to resolve difficult situations amicably.

Graeme joined U3A Manningham in 2005 and quickly became involved in the many organisational tasks at our then home at the Templestowe Leisure Centre. He was instrumental in our move to The Pines and the re-locating of all our equipment and supplies. Two photographs of Graeme in *Our Odyssey Continues* attest to his major role in our move.

Many members see him as the 'go-to' man for almost anything involving U3A Manningham. This is not so remarkable when one considers his long involvement with many facets of our organisation. Graeme has been able to use his knowledge and experience as a highly valued co-opted member of the Committee of Management for many years. He had a direct involvement in the formation of our policies and the rewriting of our Constitution in 2013. He is the perfect 'go-to' man because he is well known, approachable and knowledgeable.



Graeme has become synonymous with our U3AM functions. He has recruited and led a wonderful team who can be relied upon to organise and conduct our many functions each year. It is no wonder that he received an ovation for his work at the Tutors Meeting in January this year even though he was attending his granddaughter's wedding interstate. Even in his absence, Graeme is able to organise and run a very successful function. Surely, that is the hallmark of a good manager.

A question put to Graeme in the May 2013 Newsletter was "You are involved with organising catering for many events. How would you describe your ideal U3A function?" This was Graeme's answer - "An ideal function at U3A is an opportunity to meet with like-minded members in an environment that improves and stimulates the atmosphere of the organisation to which we all belong. As a life-long learning concept, U3A offers a vehicle for networking across and with other members and this increases the opportunity to socialise and mix with others instead of just passing in the passageway. An ideal function develops rapport amongst like-minded members."

Well said, Graeme, and congratulations from everyone on your Life Membership.

**David Jensz**

# President's Report



We will remember the year 2020 for the rest of our lives. This will also be the case for our children and grandchildren. It will be remembered in the same way that our parents and grandparents remembered World War 1, the Great Depression and World War 2. In the future, we will reminisce about what life was like before 2020, during 2020 and after 2020.

COVID-19 didn't feature anywhere in our planning for U3A Manningham for 2020. We are now operating a completely different U3A than what we envisaged in late 2019.

It is indeed heartening to see how we are functioning as a U3A Manningham Family and looking after each other in ways that are sometimes new to us. Many members are telephoning other members just for a chat that often turns out to be more than just a chat. Tutors are taking a leading role in contacting class members by telephone, email and, of course, the new wonder medium of Zoom. Thanks to all the tutors for keeping the U3A Manningham Family together.

The current arrangements will stay in place until further notice from the State Government. In fact, I believe that we may not get back to normal classes for a long time.

I hope that you are finding items of interest in *U3AM at Home*. Please note that the website has all this material available and it is very easily downloaded.

The Committee of Management has had a couple of virtual meetings and we have decided to take out six Zoom licences for tutors to run virtual classes. See Milly Ching's article in this newsletter. We are all 'Baby Zoomers' and I suggest that we try to get ourselves up to speed with zooming so that we might take part in U3A classes now that we have cleaned all our cupboards and drawers.

The Committee of Management has decided to hold the Annual General Meeting by Zoom on Thursday 28 May. The AGM Notice was emailed to all members on Tuesday, 12 May.

David Jensz, President

---

## U3AM 2020 Photography Competition – Our Wonderful World

Planning holidays doesn't seem to be on our agendas at the moment, so how about spending some time thinking about all those wonderful trips you have taken - around your area, throughout Australia and all over the world. Search through your photos and choose the best for the **U3A Manningham 2020 Photography Competition**.

Submit up to 3 photographs to [mu3aphotocomp@u3amanningham.org.au](mailto:mu3aphotocomp@u3amanningham.org.au). The photographs can be of anything: scenery, buildings, local people (but not you or your travelling companions). Please name the location.

All photographs will be put onto the U3A Manningham website. If you would prefer that your name not appear, please let me know.

The competition commenced on 16 April and finishes on 15 June. Once the competition closes, members will be given three weeks to vote for their favourite photo (only one vote per person).

If you have any questions, please contact me on [mu3aphotocomp@u3amanningham.org.au](mailto:mu3aphotocomp@u3amanningham.org.au).

Trish Gilbert

# Living Through - and Beyond - a Pandemic



Hard to believe at the moment but eventually, we **will** emerge from this pandemic. What we don't know is what that future world will look like. What we do know is that the fallout from the current crisis will change our world in the least expected and most unforeseen manner. A brief glance at some historical precedents reminds us of this.

A hundred years ago, the world was in the grip of the Spanish flu pandemic. The high point of that crisis coincided with the end of the First World War and especially with the all-important meeting of the victorious allies, USA, Britain, France and Italy, in Paris for the Peace Conference and treaty negotiations of 1919. As the Conference's decisions were executed unilaterally and largely on the whim of these four countries, Paris became effectively the centre of a world government. The basis for the negotiations had been laid by the powerfully eloquent and idealistic President Wilson of the USA and the declaration of his 14 Articles in 1918. The most important of these was Article 14, the proposition for the founding of a League of Nations, a forerunner of the current United Nations Organisation. On 3 April, President Wilson succumbed to Spanish flu. According to contemporary reports, it exhausted his energies, made him quickly lose focus and patience, and behave in a strangely paranoid manner. Consequently, he was unable to offer his expected resistance to the rapacious and vengeful designs of Britain and France. We shall never know for sure - history isn't like that - but there is the distinct possibility that a more equitable treatment of the defeated Germany and a more powerful League of Nations, with the USA participating as Wilson wanted but was too weakened to achieve, could have prevented the rise of Hitler and the cataclysmic aftermath.

Going even further back in history, there was a far greater pandemic in the fourteenth century - the Black Death, which arrived in Europe in 1348/9, eventually reducing the population by between 30% and 50%. Before the pandemic, a rising population in Britain had kept wages low and rents and prices high, reinforcing the power and social supremacy of the local Lord and securing the survival of the feudal system. In the aftermath of the loss of such large numbers of the population, labour was in huge demand. For the first time, peasants could go where the pay and conditions were best; for the first time, the balance of power was shifting in the direction of the poorest in society. As expected, the ruling elites used the law to try to stem this tide and in 1349, the Ordinance of Labour was published which limited the freedom of movement for peasants around the country. However, even the power of the law was no match against the power of the market and the beginnings of what we would recognize as an embryonic modern demand and supply economy emerged.

Perhaps the most unexpected consequence of this cataclysmic period was the effect that it had on the English language. At the time of the Black Death, English was not uniform in pronunciation or even in vocabulary. It was a confused mixture of local dialects, but with the greater mobility of ordinary people, a marked change in pronunciation began to take place. Linguists know this as the Great Vowel Shift: for example, prior to the arrival of the printing press in the fifteenth century, the scribes had represented the pronunciation of a 'long' vowel (eg, the 'o' in *hope* as opposed to *hop*) by doubling the vowel. Hence, the word *goose* indicated its general pronunciation as similar to the 'o' in *ghost*. *Sheep* and *green* were pronounced as the modern *shape* and *grain*. Chaucer rhymed *food*, *good* and *blood* (sounding similar to *goad*). With Shakespeare, after the Great Vowel Shift, the three words still rhymed, although by that time they rhymed with *food*. In current Standard English, *good* and *blood* have independently shifted their pronunciations again. This is one of the reasons why English spelling and pronunciation are so notoriously wayward.

The fate of civilizations is determined by a complex interaction of different factors. Take one ingredient out of the mix and the result could be fundamentally and totally different. Nonetheless, it is fascinating to play the game of 'What if...?' In the months ahead, there will be much speculation about the outcome of our own crisis. At just such moments, a reminder of past seismic shifts is both timely and salutary; judging by previous experience, the only thing we can be sure of is that there will be unimaginable and unpredictable surprises.

Geoff Sheldon

# Ten Pound Poms

It was a windy autumn day in 1958 when my family visited Australia House on The Strand in London. On that day, my parents signed up to the Assisted Migration Scheme and paid ten pounds each for the fare; children travelled free. Six months later, we boarded the ocean liner *Fairsky* for the long voyage to Australia.

The Assisted Migration Scheme was created by the Australian Government in 1945 as part of its 'Populate or Perish' policy. The aim was to increase the population of Australia by subsidising the cost of passage by ship for British migrants to migrate to Australia. The scheme existed until 1972, during which time it had attracted over a million British migrants. These immigrants became known in Australia as 'Ten Pound Poms'. Under the scheme, they were obliged to stay in Australia for two years or repay the cost of their passage.

So why did my parents answer the advertisements and decide to migrate to Australia?

Up until the time of departure, our family, my parents, my younger brother, a collie dog and I, lived in a typical two-storey terrace house in Colliers Wood, southwest of central London. We occupied the two-bedroom flat on the top floor. As three rooms were used as bedrooms, the dining area in the middle of the flat had to serve as our living room. With our big dog lying on the mat in front of the open fire, there was little room to move. My parents searched for some time for a larger home in London and neighbouring Surrey but without success. Houses to rent or buy were not easy to find in London after the Second World War. This was the main reason prompting them to migrate to Australia.

Early in 1959, everything familiar in my life changed. The house, car and TV were sold. Furniture was sold or given away. Clothes and other possessions, apart from what could be fitted into a few suitcases, packed into wooden crates and taken by lorry (truck) to the docks. Our dog was given away to a farmer. We travelled by train with our suitcases to Southampton to stay with my father's aunt and her husband for the few weeks before the *Fairsky* was due to sail.

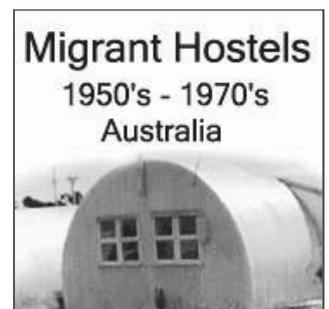


*The Fairsky*

We boarded the *Fairsky* on 31 March 1959. The majority of the passengers were families with three or more children originating from all parts of the British Isles. This was no cruise ship. The only stops were along the Suez Canal where traders in small boats came alongside selling souvenirs and toys (most of which were later confiscated by Australian Customs). The *Fairsky* had a pool on one deck, bars, ballroom and theatre for the adults but little for us children to occupy our time. Finally, after five weeks at sea the *Fairsky* berthed at Fremantle. Some passengers disembarked there. A few days later, we berthed in Melbourne and our family was amongst those who disembarked. Most of the passengers continued on to Sydney. Passengers were not told in advance of their final destination. My parents had hoped to go to Sydney.

On arrival, after passing through immigration at Port Melbourne, the families were taken by bus to a reception camp: rows of timber huts built behind the Exhibition Buildings in Carlton. During that time, we visited central Melbourne on several occasions. Melbourne seemed to me to be a very quiet place. Once the shops shut, the city was almost deserted.

A few weeks later, along with many other families from the *Fairsky*, we were again taken by buses, this time to the Commonwealth Migrant Hostel at the Broadmeadows Army Camp. The camp, as we called it, consisted of rows and rows of tin army huts with round Nissan huts around the perimeter. At the entry of the camp was a small playground next to a large canteen hut. Along one boundary were the toilet/shower and laundry blocks similar to camping ground facilities. The camp was surrounded by fields. Buses stopped at the front entry taking people to the railway station and the children to school in Broadmeadows.



## Ten Pound Poms (Cont'd)



My brother  
Clive & I

Everything was so very different from the life I had known in London. There was no underground railway or double-decker buses for trips into busy London to visit Trafalgar Square to see the statues of the lions, the fountains and the pigeons, to watch the men drawing pictures in chalk on the pavement near Westminster Bridge with the smell of roasted chestnuts in the air, or to see the changing of the guard at Buckingham Palace. The houses we passed on our way to school in Broadmeadows were single storey and mostly built of concrete. School in Australia was nothing like the multi-storey school in London with its bitumen playground. Here the school, like the houses, was single-storey and the classroom windows looked out onto a huge grassed playground. School was not as strict as it had been in London and the schoolwork was very different.

Some of our neighbours in the camp, perhaps due to the harsh camp conditions or homesickness, returned to Britain. My family left the camp after 15 months to finally start our new life in Australia and we, children of the Ten Pound Poms, grew up to become proud Australian citizens.

Frances Langdon

---

## Social Philosophy

I came to Philosophy in my late thirties. I had been trained as a primary school teacher and had been 'on loan' to secondary schools for more than 10 years when I was given study leave to qualify as a permanent secondary teacher. I was accepted at La Trobe University (which had the biggest philosophy department in the Southern Hemisphere) and became besotted with the subject. I completed a double major and Honours year and was accepted into the Masters level. Because of my commitment to U3A, I did not complete the Masters degree.



When I commenced with U3A 29 years ago, I ran courses in Pure Philosophy with 20 members and came to realise how significantly the developments in brain science, artificial intelligence and particle physics, etc, impacted on the ancient problems in philosophy.

As we read papers in these areas, and applied philosophical analysis to the new discoveries, the numbers in the course grew until we have had 130 in the class for the last few years.

Philosophy covers all areas of knowledge - Philosophy of Science, Logic, Ethics, Aesthetics, Political Philosophy, Philosophy of Mind, Consciousness, etc. All of these have philosophical underpinnings. The material we use comes from many different sources, but a number of papers are produced by class members.

I would find it difficult to define Social Philosophy so am presenting an example. One of our class members, **Judy Ryan**, came across an article entitled *The Pandemic is Putting Profound Philosophical Questions to the Test*, which was written by John Authers, a senior editor for US firm, Bloomberg LP. I believe the article represents the method of analysis which is used in Social Philosophy and is also very relevant to the decisions the world is making at the present time.

Please click on the link below to access the article.

<http://u3amanningham.org.au/docs/SocialPhilosophyArticle.pdf>

**Dawn Heffernan, OAM - Tutor, Social Philosophy**  
(Dawn's OAM was awarded specifically for her contribution to U3A)

# The Olympic Games – Up Close and Personal

The next Olympic Games will be the games of the XXXII Olympiad and were scheduled to be held in Tokyo from 24 July to 9 August 2020. However, because of the COVID-19 pandemic, they have now been postponed until 23 July to 8 August 2021. Let's hope that the world is back to normal by then and the games are able to proceed.

## History

The Summer Olympic Games were first held in Athens in 1896 and every four years thereafter, apart from the years when the First and Second World Wars occurred.

The Winter Olympic Games commenced in Chamonix, France in 1924 - in the same year as the Summer Games - and thereafter until 1992, when they were changed to being held two years after the Summer Olympics; that is, 1994 and so on.

## My Involvement

I was involved with the Olympic Movement from 1975 until my retirement in 2008.

I first met Julius (Judy) Patching in 1974 when I was working on the Organising Committee of the First Asian Volleyball Championships in Melbourne. In 1975, I received a telephone call from Judy who was then the Honorary Secretary-General of the Australian Olympic Federation (AOF), asking if I would take a position in the Olympic Office. It was a small room in the St James Building on the corner of William and Bourke Streets. As the organisation grew, we moved to South Yarra and later to South Melbourne.

I worked on the arrangements for the 1976 Montreal Australian Olympic Team and remember waving team members off at the airport. In 1980, I was selected to be part of the Australian Team's Headquarters Staff (HQ) for the Moscow Olympic Games. It was quite a challenge in the preparation phase in Australia because of the boycott, but the Games themselves turned out to be memorable.

I went on to be part of the HQ Staff for Los Angeles 1984, then Seoul 1988 and Barcelona 1992. I also attended the Sydney Olympic Games in 2000 but in a different capacity with accreditation to escort an IOC Member to various functions and venues. A highlight for me leading up to the Sydney Olympics was carrying the Olympic torch in the Torch Relay in Melbourne. In 2001, I had the honour to receive an Order of Australia Award for services to the Olympic Movement.

I remained in the Melbourne Olympic Office when the main office (now the Australian Olympic Committee [AOC]) moved to Sydney in 1991, working, in particular, for the Vice-President of the AOC who resided in Melbourne, and for the Prime Minister's Olympic Dinners (PMOD) from 1992 to 2008 which were held every Olympic year. These dinners were and still are the most important fundraiser for the Australian Olympic Team as corporate tables are purchased by companies all over Australia, and the Prime Minister is in attendance, along with many dignitaries and Olympians including many gold medallists. The biggest PMOD was in the year 2000, held at the Royal Exhibition Buildings with more than 2000 attendees.

I was a Committee Member of the Victorian Olympians Club for many years but stepped down in 2018 and now only attend the annual 'Olympians Dinners'.

The Olympic Movement has been a lifelong involvement with wonderful experiences for my family and I, and as my dear old friend, Judy Patching, said after the year 2000 - "It's all over now, Shirl - but wasn't it great!"



*Shirley Harris in the Sydney Torch Relay*

**Shirley Harris, OAM.**

# Yoga for Health



*Saroja Swami*

Yoga has been in existence for many centuries and is more popular today than ever. However, the true spirit or philosophy of yoga has a different connotation to what is understood by most of us. Yoga brings together physical, mental and spiritual disciplines to achieve a more harmonious and balanced body and mind. It helps to manage stress, increases flexibility, muscle strength and body tone. It is a great tool to strengthen and keep the body fit and, in fact, acts as preparation so that one can sit comfortably for a length of time in meditation.

Most of us consider poses or asanas as the most important part of yoga. Therefore, the science of yoga is the practical aspect of how it works on our body and how useful it can be. The maximum benefit of yoga can be gained when it is practised regularly and when we become aware of each of our movements.

Simple movements can help with a range of ailments including stiffness of the back and limbs which is a common problem for many of us. Yoga also works at a deeper level on the nervous system as well as the glands

There are various schools of yoga but the primary aim of all these schools are the same. One of the most well known forms of yoga is Hatha yoga or the eight limbs of yoga. This is a huge topic but for the purpose of this article, I will briefly cover the first four limbs.

The first limb is called yamas (do's) and the second limb is called niyamas (don'ts). Yamas and niyamas each have five aspects. The five yamas must be practised by everyone irrespective of race or religion and will bring healthy values into society and the niyamas are for individuals to bring out the inner beauty in each of us. Individuals make society and when these individuals have good principles, it reflects on society.

The third limb of Hatha yoga is asanas (poses), which brings about an alignment of the body and also free flow of energy channels in the body. The fourth limb is pranayama (breathing techniques) which is a very important aspect of yoga to complement the effects of the asanas.

## What yoga means to me

Having been involved with U3A Manningham for more than a decade, I wanted to give something back. As I have benefitted immensely from yoga, I decided to share this knowledge with those interested. I have also made some wonderful friends along the way who have inspired me to continue with the classes. I look forward to these classes and there are moments of laughter as we enjoy the different contortions of the body. Long before I moved to Melbourne, I had learnt yoga but did not know the value of it until recently. As well as tutoring at U3AM, I practise daily at home and also attend classes during the weekend. There is so much more to learn and improve upon. The biggest effect yoga has had on me is to rid me of a big spur on my upper arm without surgery.

## My message

Whether you call it a yoga circle or circus, regularity and commitment to the practice with a group of like-minded people is very important. In any form of exercise, one does not see the benefit overnight or after one or two classes. I have observed that the participants are ready to accept the challenge of the poses, even the difficult and complex ones. As a guide and teacher, it is pleasing to see this as I wish for all participants to have good health and a sound mind, which is especially important in these difficult times. However, I always caution against overextending as 'listening to your body' is the best way to go. With regular practice, though, you may be pleasantly surprised how much you can improve.

## Yoga for Health (Cont'd)

One of the best asanas that we have practised is the surya namaskar or sun salutation. The benefits of this practice are powerful. However, this practice is complemented straight afterwards with relaxation, which is also equally important for the body and the mind. A well rested mind and body also has immense power. In fact, at times in the class, some may be so relaxed that we hear a snore or two! In the hustle and bustle of life, we always have a 'to do' list but in these sessions, the focus is on the body and mind, nothing external. An integrated and rested body and mind keeps stresses away. There is no better time to keep oneself fit and still be active, all one needs is some space at home and a yoga mat. My main message is to keep fit and healthy through the practice of yoga.

I would like to take this opportunity to thank **Liew Staras** for inspiring and motivating me to contribute this article.

Saroja Swami - Tutor, Yoga for Health

---

## On-Line Learning

Even though we are unable to physically attend classes at U3AM, there are interesting developments happening. Many of our tutors are communicating with class members in various ways including email, phone calls and WhatsApp. Excitingly, some tutors have been using the video communication app, **Zoom**, to conduct their courses remotely.

One of the drawbacks of Zoom is that free sessions are for a maximum of 40 minute periods only, so to enable tutors to conduct their classes for the normal length of time, the Committee of Management has purchased a number of Zoom licences.

I would like to urge tutors who hesitate to use Zoom to try it out, and if you find it acceptable and relevant to your course, please don't hesitate to contact me via email or phone.

Tutors will be supported to enable them to use Zoom. As well as training sessions, clear written instructions will be provided to assist tutors in setting up and using the software. Also, we have mentors available to provide any other help which may be required.

**Colleen Danaher** has offered to assist members who wish to participate in these classes but are unsure about using Zoom. Colleen may be contacted on 9812 0678.

At present, 43 courses are being conducted via Zoom, including one term courses in Terms 3 and 4. The courses are being held at their normal scheduled times and I encourage class members to join them. Please see below the list of classes currently being conducted via Zoom.

There are plenty of spaces available for other tutors to join in so please don't hesitate to contact me if you wish to do so.

I would like to thank all the tutors who are participating in this innovation, as well as those who are using other ways of keeping in touch with their classes.

Keep well and stay safe till we are able to meet in person again at U3A.

Milly Ching, Curriculum Manger

---

## Zoom Classes as at 3 May 2020

Astronomy, Physics and Cosmology	Book Group (3 <sup>rd</sup> week of the month)	Bridge for Beginners
Chair Based Exercise	Current Affairs Behind the News	Current Affairs, Group A
Current Affairs, Group B	Current Affairs, Group C	Dance to the Beat
French - Bridging	French Conversation Level 2	French Conversation Level 3 Group A
French Conversation Level 3 Group B	German Advanced Level 1	German Advanced Level 3, 4 and beyond
German Intermediate (Beginners)	German Intermediate	Greek Conversation
Greek Level 1	Introduction to Genetics	iPad Advanced Users Group (2 <sup>nd</sup> week of the month)
iPad Advanced Workshop (T4)	iPad Intermediate Users Group (1 <sup>st</sup> & 3 <sup>rd</sup> week of the month)	Italian Conversation Intermediate/Advance
Italian Level 3	Music: Piano for Beginners	Painting Watercolour Level 2
Pathways to Inner Peace, Inner Power - Meditation	Photobook	Pilates for Beginners
Safer, Smarter Road User (Term 3)	Sketching and Drawing for Beginners	Spanish Conversation
Transforming Consciousness	Travellers Tales	Writing Poetry
Writing The Written Word	Yoga	Yoga Classical Group B
Yoga for Health	Yoga Hatha Integral (Monday)	Yoga Hatha Integral (Tuesday)

## Calendar of Events

The Calendar of Events is largely irrelevant until we know when we will be able to recommence our U3A activities. However, if you would like to check the dates and events which were scheduled for the remainder of the year, please click on the link below which will take you to the Calendar of Events on our website.

<http://u3amanningham.org.au/calendar.html>

### The Newsletter

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

