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President's Report

I hope you are all continuing to enjoy your involvement in U3A Manningham and, more importantly, maintaining your health and well being.

ISSUES-BASED PLANNING PROJECT

As you may remember, in February, approval was given for a working group to evaluate issues which may affect U3A Manningham currently, or in the future. The terms were to: Identify Issues; Suggest Strategies and Develop an Action Plan to manage the issues. A working group conducted research through: a member survey (thank you to the 50 respondents for your considered comments), small forum groups, review of current practices and procedures, and analysis of data from our enrolment system.

The working group concluded that U3A Manningham has only ONE issue, which is CONTINUOUS MEMBERSHIP GROWTH (it averages 4-5% growth annually). All the other matters identified such as Waiting Lists; Class sizes; Accommodation, etc, are directly related to the growth issue. This issue has been periodically identified throughout the organisation's 20 years and successfully managed.

Our current membership (1600) represents 1% of the eligible age group living in Manningham. The recently released Council paper, *Ageing Well in Manningham Strategy 2012 - 2018 (Draft)*, indicates this age group will increase rapidly in the forecast period. If we continue to attract only 1% of the eligible age group, our membership forecast would be 2000+ during this period.

The task for the current (and future) Committee is to manage the issue successfully. A number of strategies have been identified and Action Plans will be put in place.

U3A NETWORK MARKETING REQUEST

All U3As have been issued by U3A Network Victoria with a standardised logo design. We have been requested to adopt it and change our banners, documentation, etc, to show it as follows: U3A MANNINGHAM.

The first change has been made to our website, and to the recently redesigned newsletter masthead. Other changes will occur progressively.

THANK YOU

Several functions will be held during the next few months to thank Tutors and other volunteers for their continued outstanding service to our organisation. Over two-thirds of our members volunteer to help us during the year and the Committee is very grateful for the support.

FESTIVAL OF LEARNING - SENIORS WEEK (OCTOBER 1 - 7)

2012 is the 30th year this event has been held. The State Government enjoys the opportunity to showcase seniors' activities in the Victorian Community. U3A Manningham is participating again through demonstrations by our Art and Craft classes; an exhibition of Petanque and our choir participating in a mass Choral event (500 voices).

Thank you to **Margaret Salomon, Wendy Donovan** and their team for organising our involvement.

President's Report (Continued)

RESEARCH PROJECT ON SUCCESSFUL AGEING

Sherena Ismail, a Masters of Clinical Psychology student at The University of Melbourne is exploring the demographic factors that may contribute to good mental health in older adults. She has been interviewing U3A Manningham members and is seeking MORE volunteers to undertake a research interview and survey. Please contact Sherena on 0447418698 to make an appointment.

OUTREACH VOLUNTEERING (Making a Difference in the Wider Community)

U3A Network is encouraging all U3As to establish contacts within their communities to broaden the community service opportunities.

A recent information session conducted by TIMEHELP (not-for-profit) introduced its objective of linking retired people with local primary schools. Twenty-eight primary schools in Manningham indicated a willingness to accept help and work with volunteers.

Six of our members have volunteered to date, and there are many more opportunities available. You can volunteer by calling 5277-3411, or check out the website www.timehelp.com.au. Jennifer is Manningham's TIMEHELP coordinator.

Bryce Normoyle

5Q Five Questions for...

Leong Kwok



You have a big job looking after all things related to our computer system. What's the biggest challenge for you?

I don't look after *all things* related to our computer system. There are quite a few other members looking after various aspects of software and hardware issues. My job is only concerned with the development and maintenance of the membership database. I guess the biggest challenge is to satisfy some of the changing requirements to a system that was perhaps not designed to accommodate these requirements in the first place.

How do you relax?

More computers! Also, bushwalking, watching documentaries, reading, cooking, playing bridge.

What were some of your 'day jobs'?

Civil engineering, including the use of computers for the analysis and design of structures.

Is it important for older people to be familiar with computers? Why?

To be familiar with modern technology in general, and computers in particular, is useful in communicating with their grandchildren and in having an appreciation of what they are up to.

What's on your Wish List for U3A Manningham?

More courses to cater for the vast range of interests of our members.

We Couldn't Do Without – Our Tutors

One of the most important aspects of any U3A is the courses it offers. Without our tutors, we literally would not have a U3A! All our tutors provide their dedicated hours of work free of charge and enable us to maintain high standards at low costs. We are fortunate at U3A Manningham to be able to choose from a wide range of courses, from art to philosophy and sport to languages. In 2012, we have 130 tutors teaching approximately 163 courses. Thank you to all our tutors - we couldn't do without you!

Images from the Annual Tutors' Luncheon, July 2012



Office Manager's Report

"One of the lovely things about U3AM is that there are always helping hands available when you need them."

The above words were offered to me by a fellow U3A Manningham member when I first moved into the position of OM last March and I am indeed fortunate to say that I have experienced just that, *many helping hands*, both from office volunteers and U3AM members in general. Thank you all so much.

If you are new at office volunteering, a hearty welcome and please remember to acquaint yourself with both your Office Workers Handbook and the various folders on the rear bench that contain all the information you will need for office tasks. A hard copy of all classes, the number enrolled, whether there are any vacancies, the number of people on a waiting list, or if a class has been closed or cancelled, can be found under the reception counter near the daily diary and this is updated on a regular basis. Access to a waiting list on the office computer is not available to office volunteers as this is a function entirely for the enrolment committee.

Volunteers, as the face of U3AM, allow the office to hum along in a most professional manner to the many people who phone the office or turn up at the reception counter every day with enquiries about the organization and its classes. My grateful thanks to you all for the marvellous job you are doing as 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.

15 August, 'From Dawn to Dusk You Can't Escape CSIRO's Touch: Jenny McKimm-Breshkin has been a scientist with CSIRO for 25 years and will talk about the organisation and her work.

19 September, 'Yehudi Menuhin: Prodigy and Phenomenon': Phillip Bailey worked with and travelled with the Menuhin staff for twenty-two years. This lecture will be lively and includes DVD film clips, slides and a rare recording of Yehudi playing solo Bach.

17 October, 'Ayurveda - the Science of Life': Chara Carruthers was an engineer before her journey took her into the secrets of this ancient and empowering science of living. Chara will talk about the connection between your food and your emotions, why good digestion is critical to good health, how healing is a matter of awareness and choice... and much more!

21 November, 'Asylum Seekers': Jenn Clark is from the Asylum Seeker Resource Centre and will talk about current asylum seekers' humanitarian and social issues.

Coral Vercoe

Help When You Need It!

The 'Vial of Life' is an emergency lifesaving information programme. A small plastic sleeve contains a sheet that allows individuals to provide pertinent medical information and emergency contact details. A blue sticker identifies the sheet so emergency personnel can find the details in an emergency.

'Vial of Life' programmes are usually sponsored and promoted by Senior Citizens' organisations, local fire departments, SES, and hospitals, though it may be utilised by anyone. The programme is nationally recognised as saving countless lives each year and using the 'Vial of Life' could mean the difference between life and death.

A 'Vial of Life' packet is available free from the U3AM Office upon request.

Marg Salomon

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.

My Adventures in Italy by Dorothy Dickey

After two years of serious training (by my standards), my trip to Italy to compete in the 14th FINA World Masters Swimming Championships arrived. This year, it was held in Riccione, Italy, a holiday resort. Hotels and their deck chairs stretch for miles along the beach with part of the beachfront being allocated to each hotel. Out of the pool, many a spare hour was spent walking amongst the shops and eating at one of the many restaurants. (Goodbye to quite a few euros.)

This is my 13th FINA World Masters Swimming Championship. I missed out on Casablanca as my husband would not contemplate going to that city. The championships are held every two years around the world. Four years ago, Perth was the host city.



This year, 9700 swimmers took part with 100 water polo teams, plus synchronized swimmers and divers. Needless to say, the two 50-metre pools, and the two 25-metre pools were absolutely packed every day. It seemed to be wall-to-wall people; the only relief was when we were marshalled and placed behind our lanes. About 3000 took part in the Open Water Swim, which was run over two days. (The Lorne Pier to Pub had 5000 swimmers last January.)

I competed in the 80-84 years age group and was lucky to win the 800 freestyle, and came 2nd in the 400, 200 and 100 freestyle and 200 backstroke. My main competitor was Jane Asher from Great Britain, who holds world records in just about every event and every distance, so it was an honour just to swim beside her. I also came 2nd to her in the 3km Open Water Swim.

After the competition, a girlfriend and I went to La Spezia and then down to Rome to join an 11-night cruise on the Royal Clipper, the largest full-rigged sailing ship in the world. It sailed from Rome to Venice. We had the most perfect weather for sailing (28-30C), great company and great food. It was hard coming back to this COLD weather.

My daughter talked me into joining the local swimming club when I was 54 and it is the best thing she ever did. It has been part of my life for the past 28 years. I have met so many people and travelled to so many places, I could not imagine life without the swimming and the camaraderie of all the club members.

The next FINA World Championships will be held in Montreal in 2014 but whether I compete there is another question. The decision will have to be made at least by 2013, but I will be at the end of my age group. Of course, I could contemplate Turin next year for the World Masters Games which take in ALL sports: athletics, swimming, basketball, netball, etc. There are no qualifying times which make it easier for people from 25 years up to compete. For me for now, it is back to the training and some decision-making.

Well done, Dorothy! We admire your dedication and perseverance, as well as your stamina!

Summer School 2013

The Summer School program for January 2013 is now available. Pick up your Summer School brochure from the office. **ENROLMENT DAY IS THURSDAY, 13 SEPTEMBER 2012.**

Newsletter Delivery

A reminder to members that no newsletters will be posted for the August issue. 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 U3AM website, if you do not have a computer at home.

Fifteen Minutes of Thoughtfulness

We have had a request from **Kalli Taifalo**, Centre Manager at The Pines Learning Centre, to be more aware of the '1/4 P Only' parking signs. Parents who are dropping off or collecting their children from the Childcare Centre rely on being able to use these spaces.

All the signs in our car park are important and need to be obeyed. People other than our U3A use this car park so we need to be 'good neighbours' so we will not inconvenience anyone. Please pay attention to the signs.

Change of Dates for C.P.R. in Term 3

If you missed out on the earlier series of lectures and workshops, here is another opportunity to participate and revise your C.P.R. techniques. This program has been specifically developed to promote confidence in performing C.P.R. among people 50 years and over. The Australian Resuscitation Council recommends 12-monthly refresher courses for all people in the '4 Steps for Life C.P.R. Awareness Program'.

The next C.P.R. Lecture (Code 3205) will be on Friday, 17 August, 1.30-2.50pm, in Room 14. This lecture/DVD discussion will be given by Dr. Ronald Myerscough and Joan Myerscough. It will be followed by small group practice sessions or workshops on the dates below:

Code 3206: Friday 24 August, 1.30-2.50pm, Room 14

Code 3206: Friday 31 August, 1.30-2.50pm, Room 14

Code 3206: Friday 7 September, 1.30-2.50pm, Room 14 (only if there are sufficient numbers)

Attendance at the lecture is a prerequisite for acceptance into a workshop. Please enrol at the office on the yellow enrolment form using the code numbers above for the lecture and workshops.

U3A Online Learning

U3A ONLINE is the world-first virtual University of the Third Age delivering online learning via the Internet. All that's needed to study online is access to a computer with an Internet connection - and some basic computing skills. U3A Online offers many other useful resources for older people.

Courses are open to all older people and disabled younger people anywhere in the world. They are especially suited to older members of the community who are isolated either geographically, or through physical or social circumstances (including carers). It is also possible to download some courses to form the backbone for a class that you run at your own U3A. Check the website for details:

<http://www.u3aonline.org.au/>

A GEM of a U3A Online Resource

GEMs is a monthly e-newsletter published by *U3A Online*. It contains useful free resources, interesting research snippets for health and lifestyle, fun items consisting of interesting or amusing links, and technical bits and pieces. Anyone can subscribe and anyone can contribute (but the editor has veto rights). Use the information for your own purposes (with acknowledgment to GEMs please). Encourage interested friends to subscribe.

To access GEMs, go to: <https://sites.google.com/site/u3aonlinegems/home>

Wanted: Tutor for ESL Writing Course 2013

The ESL (English as a Second Language) Writing Course has run for 4 years, but not in 2012 because of the tutor's commitments. However, there is still a demand for this course. Anyone interested in running it next year should contact **Jean de Neef** on 9877 7749 for details. It should suit a former primary school teacher or teacher of ESL or English.

Secrets of Australian Centenarians

A recent documentary screened on ABC1 described members of one of the world's most exclusive clubs. The 100+ Club has some remarkable members on its books, including the late Queen Mother, Rupert Murdoch's mum, and an Englishwoman who tweets with pop star, Peter Dinklage.

Few are more inspiring than the film's three central characters: Ruth Frith, 101, of Algeester, Olive Webber, 103, of Cleveland, and Roma's Dexter Kruger the cast's 'spring chicken' at 100 years of age. At a time in life when, for most, chasing a dream is a distant if not long forgotten memory, Ruth, Olive and Dexter are in pursuit of some literally breath-taking ambitions.

As the world's oldest competing athlete, Ruth heads off to Perth to compete at the Australian Masters Athletics Championships, in a bid to break her own world records across five field events (the javelin, shot put, discus, heavy weight, and hammer throw).

Songstress and actress Olive began singing lessons at 89 but at 103, can still hit the high notes, and following a bout of bowel cancer, is doggedly pursuing her goal of performing under lights one last time.

And finally, having cranked out four books on Queensland's 'wild west', outback cattleman Dexter Kruger is in a race against time to complete what is sure to be his final tome, regardless of the fact he can't see the end of his pen.

The 100+ Club's director, Mandy Lake, who came across the 100+ Club in a newspaper article, said capturing this trio of go-getters was not only a privilege, it was surprisingly challenging. "Stalking centenarians is not as easy you'd think!" Mandy said. "They can move, and they wait for no one."

She believes the most inspiring aspect of the film, the stars' stamina aside, is the fact that each of its key characters chose to undertake their pursuits very, very late in life. "Dexter began writing at 89 when his wife died; Ruth took up athletics at 74 to avoid being the 'bag lady' at her daughter's sports events; and Olive took up singing lessons at 89 because she thought she could 'just do better'", Mandy said.

Her hope is that this 'never-say-die' approach to living will stimulate debate about how Australian society treats, and in many cases dismisses, its older citizens. "Having come to know and love these extraordinary Australians, it's hard to believe as Ruth observes in the film that 'no one wants to talk to an old person'. I rather suspect that after seeing *The 100+ Club* viewers will be left with little doubt as to how our characters made it into one of the world's most exclusive groups," she said.

A four-minute version of the documentary can be viewed at: <http://www.youtube.com/flickchicks> or on the U3A Manningham website www.u3amanningham.org.au under Members' Posts. For more info about *The 100+ Club*, you can visit the following: www.flickchicks.com.au/100+clubdoco/

CALENDAR OF EVENTS

Terms 3 & 4, 2012

Monday, 16 July	TERM 3 commenced (10 weeks)	
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	
Monday, 8 October	TERM 4 commences (8 weeks)	
Thursday, 11 October	Office Workers Afternoon Tea (PFR)	2.30-3.30pm
Friday, 12 October	Newsletter Deadline	
Monday, 15 October	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 17 October	Monthly Talk (Rm 13)	3.00pm
Monday, 5 November	Newsletter posted (Rm 15)	1.30-4.30pm
Tuesday, 6 November	MELBOURNE CUP DAY	
Monday, 19 November	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 21 November	Monthly Talk (Rm 13)	3.00pm
Wednesday, 21 November	Enrolment applications (Level 1) commence	
Wednesday, 28 November	Processing of applications starts; supervisor training (Rms 17/18)	
Thursday, 29 November	Level 2 enrolment (Rms 16/17/18)	
Friday, 30 November	Level 3 enrolment (Rms 16/17/18)	
Friday, 30 November	Concert & Christmas Luncheon (PFR)	10.45am
Friday, 30 November	TERM 4 finishes	
Monday, 3 December	Level 4 enrolment)	
Tuesday, 4 December	Level 5 enrolment)	
Wednesday, 5 December	Level 5 enrolment continues)	Rms 16/17/18
Thursday, 6 December	Level 6 (new members) enrolment)	
Friday, 7 December	Final processing for 2012)	

PFR - Pines Function Room

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).



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