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## President's Report

My final report for 2012 is an opportunity to acknowledge and thank the many people who have worked very hard to finish off this year and set up the curriculum and enrolment process and other programs for 2013.

### APPRECIATION EVENTS

In July, a luncheon was held to acknowledge our tutors and PoRs for their contribution to U3AM this year. Many tutors received Certificates of Appreciation for years of service which ranged from 10 to 19 years of continuous contributions.

On 20 September, we acknowledged our Class Reps at an afternoon tea. I refer to them as the 'Voice of U3AM' because it is they who communicate information directly to our members. The Committee very much appreciates their diligent application to that task, together with their other responsibilities.

Finally, on 11 October, we held an afternoon tea to thank and acknowledge our Office Workers (the 'Face of U3AM') and the Committee was able to present a Certificate of Appreciation to **Shirley Fitzsimons** for her outstanding 14 years of continuous service maintaining the essential kitchen supplies (tea, coffee, biscuits) which our members enjoy daily.

**Graeme Martin, Robyn Mclver, Elaine Campbell, Lorraine Smith** and their Catering Team brilliantly set up each function and we thank them very much for undertaking a huge task.

### 2013 CURRICULUM AND SUMMER SCHOOL

The Curriculum Team, led by **Margaret O'Connor** and **Tanya Gogorosis**, have worked very hard to establish the curriculum for 2013. The effort required to accumulate the course information, tutors (new and ongoing), accommodation and the timetable, takes many hours over several months. The course brochure has been finalised and will be printed in the next few weeks for 2013 enrolments. Thank you to **Lyn Torrens** too, who collates all this information and ensures the finished product is perfect for printing.

Enrolments for 2013 will commence on 28 November and finish on 7 December. It then resumes in February. **The 2013 Membership Fee will be \$40.**

**Yvonne Thompson** and her small band of helpers have again established an interesting Summer School program. **John Driver** and his enrolment team processed two hundred applications from members who wanted to participate in the variety of courses/activities offered. Thank you to Yvonne and particularly to the tutors who so willingly provide their time during the January period.

### VICTORIAN SENIORS FESTIVAL AND ARTISTIC SHOWCASE

**Margaret Salomon, Wendy Donovan, Sandra Dean** and a small team of helpers worked very hard to support the opening day events at the Victorian Seniors Festival on 7 October. Our members contributed to these events through an Arts and Craft Exhibition, Line Dancing, Singing for Pleasure (members participated in a massed Choir Recital of 450+ U3A singers) and Petanque players.

Margaret and her team also encouraged our creative members to exhibit their skills at an 'Artistic Showcase' on 18 October which was enjoyed by members and invited guests from Manningham and some nearby U3As.

### CoM POLICY FOR NEWSLETTER DELIVERY

The Committee of Management has implemented a new policy for the delivery of our newsletters. From November 2012, the newsletter will be available in three ways: by email to members, on our website ([www.u3amanningham.org.au](http://www.u3amanningham.org.au)) and in paper copy for individuals to collect at the office. No newsletters will be posted, except in special circumstances. If you have special needs, such as illness or other difficulties, contact the office and a copy can be posted to you.

## President's Report (Continued)

The CoM made this decision for a number of reasons. By ending the posting of newsletters, there are several advantages: postage charges are eliminated, printing costs are reduced, transport and paper resources are saved and the online newsletter is in colour, with links to additional information. Members who would like to gain the skills to use email or to read information in electronic format have several options to do so at our U3A. We hope all members will support this new policy for the benefit of everyone at U3A Manningham.

### END OF YEAR CELEBRATION

Don't forget the annual **Concert and Christmas Luncheon** on Friday, 30 November, commencing at 10.30am.

Enjoy a happy, healthy and safe holiday period and I look forward to seeing you all in 2013.

**Bryce Normoyle**

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## Office Manager's Report

At the Office Workers' afternoon tea held on Thursday, 11 October, I spoke about how our volunteers are a special blend of like-minded people keen to help out wherever they can. This cohesive group of men and women - and there are around 230 of them - are dedicated, most unselfish with their time and help with the smooth running of our office. During the afternoon tea, **President Bryce Normoyle** presented **Shirley Fitzsimons** with a framed certificate of appreciation, recognising Shirley's 14 years of service to kitchen supplies.

Some of the tasks our Office Workers perform are: attending to the many telephone and counter enquiries, directing and re-directing visitors within the building, money collection, taking room bookings, collecting and posting mail, photocopying duties, looking after the portable notice boards that are rolled out every day, up and down the corridor, dishwasher detail, data entry and name tag production – plus, we have a very busy enrolment team.

Sincere thanks to all office workers, and in particular, office assistants **Tess Gibbs** and **Ruth Jenz**. Thanks also to **Deirdre Meredith** for her untiring efforts keeping our stationery supplies up to date quietly and efficiently.

Best wishes for a Merry Christmas and a Happy New Year, travel safe during the holiday season and if you are planning to attend Summer School in January, do enjoy!

We hope to see you all back again in 2013 experiencing the many and varied classes and activities that U3A Manningham has to offer.



**Ruth Foxwell**, Office Manager

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## Archive for Digital Materials

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

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

**Diane Baird**

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# Victorian Seniors Festival 2012

On 7 October, members of our U3A participated in the opening of the Victorian Seniors Festival at Fed Square. Art and Craft, Line Dancing, Petanque and Choral Singing were some of the activities enjoyed on the day. Special thanks to **Margaret Salomon**, **Wendy Donovan** and all their helpers for a successful day! If you are viewing this online, click to see [more images](#).



# 5Q Five Questions for... Moira Axtens



## **Your Strength Training classes continue to be very popular. How did you get started in this area?**

After eight years of taking Low Impact exercise classes, I felt in need of a change. **Bridget Halge** was keen to introduce a Strength Training program into our curriculum so I offered my services! Catherine Tan, physiotherapist with Manningham Community Health Service, was already running the *Strong Women (People) Stay Young* program and she agreed to train me. Anticipating that there would be a demand for this type of exercise, I ran a course for eight U3A members who were willing to become involved as leader assistants. (My background was in Physical Education and I spent 17 years in Teacher Education). So in Term 3, 2003, we started our program with eleven participants in a small room at B.A.T.C.H. (Bulleen and Templestowe Community House). The following year, we were able to move to the Basketball Stadium in Templestowe and from there to our present venue. Our numbers have grown over the 10 years to 230, including 26 leaders. This is the maximum number we can accommodate in our present facilities but still we have a waiting list! Where to next?

## **Why is Strength Training so important for older adults?**

ST has so many benefits for older adults and many studies have been carried out which support this. By lifting weights on a regular basis, individuals will strengthen their muscles and the stronger they are, the more force they exert on the bones. This is important in the battle against osteoporosis. Strong muscles also provide more support for the joints which can result in improved balance and less risk of falling. Also, gaining muscle strength boosts metabolism and there can be a decrease in body fat. Other possible benefits are lowering of blood pressure, improvement in blood sugar control and in functional independence as individuals gain more self-confidence due to improved balance, increased strength, stamina & feeling of well-being. It is obvious from the growth in demand here that participants are benefitting from this type of exercise and many keep returning year after year!

## **You have been involved with U3A Manningham from its early days. What inspires you?**

I never cease to be inspired by the fact that the organisation is run totally by volunteers. There are so many people willing to do so much. Under the leadership of the Committee of Management over the years, many small teams have worked amicably together to carry out their responsibilities and ensure everything runs smoothly. I am inspired by the opportunities offered to so many people from various cultures and who have varied educational backgrounds. All have a common wish to learn and this they can do in a non-threatening environment and at minimal cost. I am inspired by the fact that everyone is happy to share their talents and expertise for the benefit of others. Also, it is a wonderful environment for making new friends. I love the atmosphere in our present home at The Pines - the friendliness of the members and the support so willingly given in times of illness or when suffering from loss.

## **How do you relax?**

I enjoy changes of activity - walking, weekly games of tennis, golf & table tennis and sessions of Pilates. Also, I love to listen to live and recorded music and to play the piano or the clarinet. I belong to three small groups and we really enjoy making music together. Most of this now is purely social but occasionally, we perform to friendly, non-critical audiences. I also enjoy reading, doing crosswords & socialising with family and friends.

## **What is on your Wish List for U3A Manningham?**

Of course, I wish it to continue to grow from strength to strength and I am certain it will. This means the membership and the number of classes will increase, so more opportunities can be provided for more people. However, I hope that if a greater number of classes have to be accommodated in other locations, we do not lose the friendly atmosphere and social support which has been built up at The Pines. This social aspect is so important in our more advanced years as we lose partners and long-time friends. Perhaps a second storey (or even a third) on our building would satisfy our needs! A second 'home', in a different area of Manningham, which could accommodate many classes may be a more realistic and favourable solution.

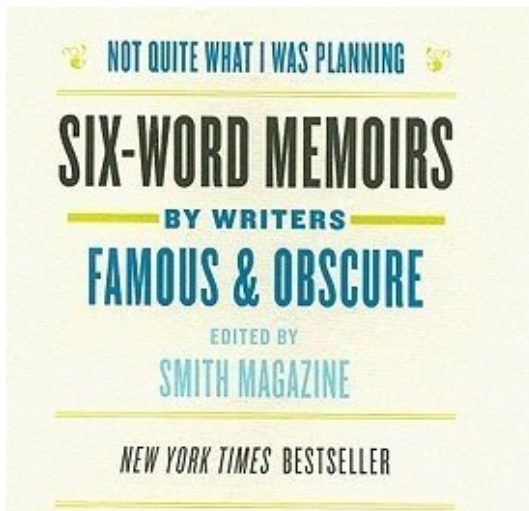
## Views and Reviews

*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](mailto:dianeбайд@yahoo.com).

### A Life in Six Words

At different times in our lives, we are asked to summarise our qualifications or experience. Whether for a paid job or for volunteer work, we choose the most relevant things to mention. Often the emphasis is on brevity - one page or a short conversation. But suppose you were asked to summarise *your whole life* in a few words. What would stand out?

In the book *Not Quite What I Was Planning: Six Word Memoirs*, edited by Smith Magazine, people were challenged to use only six words to describe their lives. A range of people of different ages were included. Some of their responses were funny, others poignant, but they all showed it really IS possible to describe a life in a few words. Below are some extracts from the book, all complete in six words:



Followed rules, not dreams. Never again.  
Found true love, married someone else.  
Afraid of everything. Did it anyway.  
Marked time till 55, reborn thereafter.  
Time to start over again, again.  
I live the perfect imperfect life.  
Never really finished anything, except cake.  
Cursed with cancer. Blessed with friends.  
Always working on the next chapter.  
Happy now that I know myself.  
Lived like no tomorrow; tomorrow came.  
Learned to live with great loss.  
My life's a bunch of almost.  
Found great happiness in insignificant details.  
Still lost on road less travelled.  
Glass half full; pockets half empty.

As the examples show, describing a life briefly can be a thoughtful exercise. On reflection, it is not always the 'big occasions' that end up being the most significant. Life's important lessons can be summarised in a small number of words and these can say a lot about events and people. How would you describe your own life – in six words?

Diane Baird

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## 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.

The last Monthly Talk for 2012 will be held on 21 November and is titled 'Asylum Seekers'. Jenn Clark is from the Asylum Seeker Resource Centre and will talk about current asylum seekers' humanitarian and social issues.

Coral Vercoe

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## Study on Knee Pain

Painful knee arthritis occurs in 50% of those 65 years or older and is ranked as the leading cause of disability among older adults in Australia. The University of Melbourne's Department of Physiotherapy is seeking sufferers of knee arthritis aged over 40 to complete a series of 10 online surveys over 3 months in order to investigate the causes of knee pain flare-ups in those with knee osteoarthritis.

Volunteers will be reimbursed up to \$60 for their time. For more information, please contact the Study Co-ordinator, Ben Metcalf, on (03) 8344 8127 or [b.metcalf@unimelb.edu.au](mailto:b.metcalf@unimelb.edu.au) or visit <http://www.chesm.unimelb.edu.au/volunteer/spark/spark.html>.

# Over Twenty Years of Gratitude

The time has come for us to give our heartfelt thanks and show our appreciation to two of our longest serving tutors - **Barbara Haye** and **David Lording**. After more than twenty years of dedicated service each, Barbara and David announced their 'retirement' in July. Both members have been recipients of the Menzies Award for their outstanding contributions to U3A Manningham (Barbara in 2002 and David in 2006).

## BARBARA HAYE



Barbara was born in India where she trained as a teacher. After marrying in the UK, her husband's job brought them to Australia and she complemented her years of teaching with a university degree, double-majoring in English Literature. When U3A Manningham opened its doors during the last term in 1991, she started teaching a subject, *The Theme of Love*, which included Shakespeare, love poems and extracts from novels. For the following eight years, she taught *Writers in their Times*, commencing with Chaucer through to Contemporary Literature and *Play Reading*. Then Barbara tapped into her other favourite subjects, History (especially Indian History) and Sociology, and included them in her course repertoire. Her love for embroidery also saw U3A members benefit from a term of *Ribbon Embroidery*.

Barbara became the Course Co-ordinator in 1997-1998 and was also involved with the Accommodation Committee for a few years when space became an issue as our organization grew.

**Maureen Mitchell** says, "Each year, Barbara would ring me to discuss the course she planned to take the following year. Her preparation was extensive and her knowledge was remarkable, always covering different periods and types of literature from drama, poetry, short stories and biographies to novels. The topics she covered included English, Australian and American Literature, as well as Shakespearean drama. She has such a generous nature and is highly regarded by all."

A former *Australian Literature and Poetry* class member, **Kathy Withers**, writes, "We had good discussions on stories and poems from early Australian writers including Henry Lawson, C.J. Dennis, A.B. (Banjo) Paterson, up to more recent times, the novels of Peter Carey. Barbara is a most interesting lady with a thorough knowledge of Australian Literature. Thank you, Barbara, for opening our eyes to the Australian verse."

Barbara is planning to move away from Melbourne to be with her family. On behalf of all U3AM members, we thank you and we wish you well for the future.

## DAVID LORDING

Like Barbara, David is a teacher by profession. He taught French, History and Geography for many years in the country and retired as Deputy Head of Burwood Heights High School. His passion for classical music grew during retirement, and he amassed a huge home library of music biographies and recordings.

With encouragement from **Dawn Heffernan**, with whom he taught, David shared his love and knowledge of music with U3A Manningham and later, U3A Box Hill as well, by introducing *Music - History and Appreciation* classes. Hence began a 5-year cycle of classes, which later evolved into 7-year cycles, looking at the development and changes in classical music from the early Baroque composers through to the early 20<sup>th</sup> century composers.

Over the years, David's classes were very popular and attendances were known to reach up to seventy-five students per class! At least one member has been enjoying David's classes for seventeen years!

David says, "I have no music qualification which has turned out to be an advantage because my explanations were not too technical or too complicated, they were pitched at a level that everyone could understand. I am very happy that I was able to help people appreciate and understand music and I have benefitted equally for two reasons. Firstly, I learnt from the research I had to do and secondly, I have made so many friends along the way." David found the reactions from his students very gratifying. For example, he recalls a couple of class members who told him that they now go to classical concerts while others now know such things as the difference between a symphony and a concerto.

A former class member, **Moira Axtens**, says, "David's enthusiasm, love for classical music, thorough preparation and comprehensive notes, provided his students with the understanding and appreciation of composers and their music over the centuries. We looked forward to Mondays; what could be better than spending two hours learning about and listening to beautiful music? Personally, I am a classical music enthusiast but I have learnt so much more from David's classes and many others have developed a love for it through the experience. On behalf of all your students, I say THANK YOU, for being such an inspirational tutor over so many years."



## Over Twenty Years of Gratitude (Cont'd)

**Joan Creber**, another student, adds, "Many members came to enjoy music that they had previously not heard or understood. Each week, a folder of information about upcoming concerts and performances was circulated, so we were kept up to date with current events. David concluded each class with an amusing anecdote from the world of music, so we were left in good spirits after a lovely afternoon. We are going to miss David's classes, the wonderful music from his vast collection and his extensive knowledge. We wish him well."

Thank you David, for enriching our lives with the sound and understanding of music. Fortunately for us, David will continue to attend some classes at U3A (Manningham and Box Hill) and he has promised that he will still take the "occasional, special music class". Fortunately for our members, there's still the opportunity to have the David Lording music experience!

Liew Staras

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## Artistic Showcase

On 18 October 2012, a very special artistic exhibition was held at U3A Manningham. The work created by members spanned a range of arts: sculpture, painting, pastels, marquetry, embroidery, knitting and poetry were all on display. Music was provided on the didgeridoo and zither and tasty refreshments were served. Many thanks go to **Margaret Salomon** and all her helpers for planning and organising the event, and to **Graeme Martin** and his crew for setting up the exhibition area and providing the refreshments. Most of all, thank you to the tutors and members who created the impressive work. It was an inspirational evening! If you are viewing this online, click to see a video of [the event](#) or [more images](#).



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## U3A Choral Concert

The Victorian Seniors Week is sponsored by U3A Network Victoria and organised by President Elsie Mutton. To celebrate the 30th year, an amazing event took place at the Melbourne Town Hall on 9 October. At 9.30am, 450+ 'choristers' from twenty seven U3A groups gathered, in confusion and trepidation, for the only mass rehearsal for a concert. Thanks to the expertise of the conductor, Andrew Wailes, the seating was quickly sorted out and rehearsal of the quite demanding music proceeded. The quality and 'enthusiasm' shown at the afternoon concert surprised the large audience and even those taking part! Thanks for all the effort by our own 'Singing For Pleasure' group. Congratulations to all concerned!

Beryl Nichols, Tutor

# CALENDAR OF EVENTS

## Term 4, 2012 & Term 1, 2013

Tuesday, 6 November	<b>MELBOURNE CUP DAY</b>	
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	<b>Concert &amp; Christmas Luncheon (PFR)</b>	<b>10.45am</b>
Friday, 30 November	<b>TERM 4 finishes</b>	
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	)
<b>Summer School</b>		
<b>Tuesday, January 8, 15, 22 &amp; 29</b>		
<b>Thursday, January 10, 17, 24 &amp; 31</b>		
Saturday, 26 January	<b>AUSTRALIA DAY</b>	
Monday, 28 January	<b>AUSTRALIA DAY HOLIDAY</b>	
29 January -1 February	Enrolment	
Tuesday, 29 January	Office Opens	9.00am
Wednesday, 30 January	Office Training (Rms 13-14)	10.00-11.00am
	Office Training (Rms 13-14)	11.30-12.30pm
Thursday, 31 January	Migrant English Tutors (Rm14)	11.00-12noon
Thursday, 31 January	Tutors Meeting – <b>Luncheon</b> (PFR)	12-1.30pm
Thursday, 31 January	Strength Training Associates (Rms 13-14)	1.30-3.00pm
Friday, 1 February	Orientation Day (Rms 13-14)	10.30am-11.30am
Friday, 1 February	Office Training (Rms 13-14)	12noon-1.00pm
	Office Training (Rms 13-14)	1.30-2.30pm
Friday, 1 February	Committee of Management Meeting (Rm 15)	2.30pm
Monday, 4 February	<b>TERM 1 commences (8 weeks)</b>	
Wednesday, 6 February	Office Training (Rm 14)	3.00-4.00pm
Wednesday, 20 February	Monthly Talk (Rm 13)	3.00pm
Friday, 22 February	Newsletter Deadline	
Wednesday, 6 March	Class Representatives Meeting (Rms 13-14)	3.00-4.00pm
Monday, 11 March	<b>LABOUR DAY HOLIDAY</b>	
Monday, 18 March	Committee of Management Meeting (Rm 8)	3.00pm
Thursday, 21 March	<b>ANNUAL GENERAL MEETING</b>	12.30-2.00pm
Thursday, 28 March	<b>TERM 1 finishes</b>	

**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).

*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.*

