

President's Report

NEW COMMITTEE MEMBERS

Ted McAuliffe (Vice President) and **Geoff Sheldon** (Curriculum) were elected to the Committee of Management at our AGM. They replace, respectively, **Margaret Salomon** and **Margaret O'Connor**, as neither renominated. The ladies were thanked for their support and hard work undertaken during their time on the Committee.

VALE BERNADINE WILLIAMS

Bernadine was a U3A Manningham art tutor for fifteen years. She was recognised with a Distinguished Service Award in 2011. She epitomised the U3A ethos by undertaking lifelong learning, and among her many achievements, she successfully completed a Bachelor's Degree at the University of Melbourne as a mature age student. She then worked in the Education Department as a Counsellor. Bernadine learned to paint later in life and has work exhibited at the Australian War Memorial, Canberra.

Bernadine is sadly missed by her family, friends and U3A Manningham members.

LEGISLATION CHANGES

The Incorporated Associations Reform Act 2012 requires all Incorporated Bodies to review their current Constitution (ours is based on the 1981 Act) and amend it where necessary to meet the new model rules. A small sub-committee is undertaking this task and its recommendations will be presented to members at a Special General Meeting later this year for approval.

The Federal government has enacted the Australian Charities and Not-For-Profit Act 2012, and established a Commission, which has assumed the role previously undertaken by the Australian Tax Office. We have to report to the Commission annually.

GRANT APPLICATION

The CoM recently applied for a Manningham City Council Grant to assist us to replace the data projectors in Rooms 13 & 14. We also applied for support to purchase an interactive whiteboard.

EQUIPMENT PURCHASE

As well as the above equipment, the CoM approved purchase of a 'visualiser' which is a modern version of the old portable data projector. It is portable and can be used for many types of displays, such as reference books, photos, and even cooking demonstrations.

PROJECT 'TOWARDS 2021'

A Project Team has been established to consider and make recommendations to CoM on Future Directions for U3A Manningham, with respect to:

- The size and structure of the organisation.
- The scope and variety of classes to be offered, and accommodation.
- The use of technology in both education and administration activities.

It will report to the Committee of Management in twelve months.

President's Report (Cont'd)

VOLUNTEER THANK YOU LUNCHEON

The Committee of Management has organised a luncheon on 23 May in appreciation of the many volunteers who contribute generous amounts of extra time to our U3A activities. Our organisation would not exist without the volunteer work of so many people, and we are grateful to our 'Persons of Responsibility' who quietly contribute many hours in so many ways.

Enjoy your continuing participation at U3A Manningham and stay safe and healthy.

Bryce Normoyle

Curriculum News

There have been several changes of personnel in the Curriculum Team this term. **Geoff Sheldon** and **Milly Ching** are now Curriculum Coordinators and Geoff has replaced **Margaret O'Connor** on the Committee of Management. **Tanya Gogorosis** remains an ex-officio member of this Committee. **June Milner** has replaced **Bernice Charity** as assistant to the Timetable Coordinator, **Heather Bione**. **Milly Ching** has also taken on the role of Coordinator of Workshops, assisted by **Margaret O'Connor**. **Geoff Sheldon** is also Coordinator of New Courses. If you are interested in putting on a new course or a workshop, you can discuss your ideas and proposals with these members directly.

Several new courses have come on stream this term: Italian Conversation with **Paola Flammini**, Healthy Ageing with **Taffy Jones** and Classical Guitar Ensemble Course with **Etienne de Lavaulx**. Unfortunately, **Elaine Dodds** (Further Maths) and **Monique Liethof** (French Conversation) have had to give up their courses. We would like to take this opportunity to thank them for their commitment and enthusiasm over the years that they have been with our U3A and wish them well in the future. We have been lucky enough to find two admirable replacement tutors for these classes: **Myrna Manton** (Maths) and **Emmy Oakley** (French). A warm, if belated, welcome to ALL our new tutors this term; we hope you will continue for many years with us.

An initiative, recently launched by **Heather Ambrose**, to offer members an opportunity to participate in tutorials (learning and tutoring) designed to help make full use of their iPhones is progressing well. Over 100 members signed up to receive individual tuition in the use of their phones when Phase 1 of this program was offered at the end of Term 1. The seven members who volunteered to tutor in this program have now begun their work. Later this year, we expect to offer Phase 2 of the program, which will be advertised in class and in the newsletter.

By the time you read this, the Curriculum Team will have embarked on the essential work of preparing next year's timetable. As you can appreciate, with more than 170 courses being offered this year and nearly as many tutors participating, this is a major task which can be made so much easier for us if tutors can revise their tutor forms carefully and return them before the deadline date on 20 June. We recognize that it is sometimes difficult to make commitments over six months in advance, but with an organisation as large as ours, and given the need to find classrooms for all the courses offered in a very crowded timetable, extensive forward planning is the key to ensuring that U3A Manningham continues to run smoothly and effectively. We shall try to accommodate the requirements of tutors and members as best we can, and would request that you be as cooperative and as flexible as possible.

Geoff Sheldon



Free Concert

The Manningham Concert Band will present a *Born in England* concert on Sunday, 2 June, at 3.00pm at The Ajani Centre, 284 Thompsons Road, Lower Templestowe (Mel 32K7). Music will include work by Elgar, Holst, Vaughan Williams and Lloyd Webber. Each U3A Manningham member (and a friend) will be given free entry on presentation of their U3A member name tag. Refreshments will be provided and there is wheelchair access.

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

AGM Guest Speaker

The Role of the Elderly and Their Value to the Manningham Community was the topic of guest speaker, Inspector **Geoff Darlison**, Local Area Commander - Victoria Police, at U3A Manningham's 2013 Annual General Meeting.



Manningham comprises 114 square kilometres with a population of 118,000. Over 17% is open space with 45km of bicycle paths. There are over twenty-five Aboriginal sites of significance to the Wurundjeri people and eleven places of special State significance.

Thirty-seven percent of Manningham's population is over fifty years of age and 23% over sixty years. We are a diverse ethnic group - Manningham has the largest Iranian community in Victoria, as well as an increasing number of Singaporean, Malaysian, Vietnamese and Chinese inhabitants.

We are all responsible for the safety of our community. Inspector Darlison noted that the major issue facing the police is limited resources. In order to provide the best use of our resources, we need positive practical partnerships with the community. He emphasised that the community *must accept some responsibility* for its own safety and security. Here are some ways we can help:

Fire Safety: Warrandyte is one of the top ten fire risk areas in the world! So, it is imperative that each family or individual has appropriate plans and preparation in place. The CFA can help with this. Police are unable to guarantee your safety.

Security Issues for Seniors: We should be sure our neighbours are okay, especially those living alone. We must take adequate precautions to safeguard our homes and cars. Approximately 80% of aggravated burglaries occur because people leave doors and windows open. Often cars are left unlocked with valuables visible inside. These are opportunistic crimes.

General Safety: There is a *Residential Information Kit* available from your local police station with detailed information about fraud, electronic (e-) crime, scams and door-to-door sales. This form, along with others, can be downloaded as a pdf from http://www.police.vic.gov.au/content.asp?Document_ID=9539

Emergency Contact: ICE (In Case of Emergency): This resource allows you to put your emergency contact numbers into your mobile phone. Refer to <http://www.telstra.com.au/abouttelstra/advice/mobile/ice/> for details. This information should also be kept in your car or wallet.

Road Safety: Elderly people are more at risk on the roads, both as drivers and pedestrians, since reaction times are slower. When walking, always use pedestrian crossings provided. You can get a copy of *Victorian Older Drivers Handbook* from **Vic Roads** online at <http://www.vicroads.vic.gov.au/Home/Licences/Handbooks/Older+drivers.htm> This publication helps ensure you are up to date with changes to road rules and aware of age-related challenges.

In conclusion, **Inspector Darlison** emphasised the valued role of seniors in modelling good behaviour for a fair and equitable society. We should keep ourselves alert and aware as to what is happening around us and not allow ourselves to be silenced, nor underestimate the value of our input. Seniors have many ways to contribute to their communities, and joining the police in a partnership of safety is only one of them.

Georgina O'Keefe

Steps to Good Health

Walking is one of the easiest and best ways to keep fit. Now it is possible for you to monitor your walks to better plan your exercise program. A pedometer kit is available from your local Manningham library, for free loan up to eight weeks. A pedometer is simple to use and measures step count and distance. You can tailor your walks for the distance you need to improve and maintain your individual health and fitness.

The kit contains a pedometer, user manual, weekly walking log and information on local walks. For more information, go to <http://www.manningham.vic.gov.au/maccwr/assets/main/lib90022/02%20-%20pdf%20files/pedometer%20brochure.pdf> or check out the kit at your local library.

Office Manager's Report

After a hectic Term 1 and a couple of weeks' holiday, Monday, 15 April, saw our office up and running again, with our office duty staff tackling their variety of tasks with great enthusiasm. The new office photocopier has been very well received and we have had great feedback on how easy it is to operate.

The Mission Statement for U3A Manningham is now displayed in the office area. It reads:

Our mission is to provide accessible and affordable educational, cultural, physical and social opportunities appropriate to the needs of retired and semi-retired people.

We do encourage people, who are genuinely eligible and are in their 'third age', retired/semi-retired from the work force, to enrol and enjoy being a member of our great U3A. For those younger people who are still in the work force though, there are options outside our U3A to consider.

My sincere thanks, again, to all our wonderful office volunteers and in particular, **Tess Gibbs**, who looked after 'the shop' whilst I was overseas during the latter part of Term 1.

Ruth Foxwell, Office Manager

An Act of Thoughtfulness

Recently, some roses were dropped off at the office counter by a lady on her way to her U3A class. The people on duty did not get her name.

This image of the roses is a reminder of the importance of gentle acts of thoughtfulness and kindness. Thank you to **Ruth Foxwell** for sharing the image and to the person who brought smiles to so many faces.



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 dates for the next four talks are:

- **15 May**
- **19 June**
- **17 July**
- **21 August**

More details will be provided in class and on notice boards closer to each talk. Mark your calendars now!

Vale June Abbot

June Abbot passed peacefully on 1 May 2013, after a long and courageous battle with cancer. June loved participating in U3A classes. The company and content of classes were a stimulus to her active and enquiring mind. June was an attractive, vibrant woman of many talents who always wanted to grow and learn throughout her life. Her beautiful tapestries leave a legacy to those left behind.

Elizabeth Semmens

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.

Let's Keep Right on Writing By Trish Taylor



How do you suppose you'd finish this opening sentence to a short story?

It was a dark and stormy night...

Maybe you'd be surprised that most often writers have no idea what is about to appear on paper, until their hand is holding the pen, or fingers are on the keyboard. Then, after a page of writing, the writer looks at the words and wonders where they came from. Slowly, the ideas grow into words and lengthen into sentences, and hey presto! A story is born. It may be one that is satisfying or the opposite. After that, should the writer wish to share it, it will be work-shopped, and if submitted for publishing, it will go through a process of editing.

The Written Word group had fun producing a diversity of ideas when we set to completing the prompt above. Sharing responses around the table always brings plenty of chatter and laughter - and surprises, as the following examples show.

We had a potential crime scene in:

It was a dark and stormy night. Tom moved silently through the wall of dense bushes. Cautiously he moved closer to the house.

And a sense that all was well in:

It was a dark and stormy night, perfect for relaxing by the fire with a good book; the comforting aroma of a lamb roast baking in the oven and a glass of red in hand added to my contentment.

Pending doom:

A dark and stormy night brewed. Lightning flashes and loud thunder crashed across the sky. Shutters on the windows banged against the walls and panes, giving an eerie feeling of doom.

Dragons and Dungeons appeared:

It was a dark and stormy night. The thick fog lay heavily in the valley almost concealing the huge stones of the sacred circle.

And the challenge of poetry:

*'T'was a dark and stormy night,' she pleads
Tell me a daring tale -
how buccaneers bold, lusting for gold
go down in a force-nine gale.'*

U3A Manningham's writing group has been operating for over twelve years. One student, **John Millard**, has been with us for twelve years. He was accustomed to technical writing, but started writing in a different genre when he became serious about exploring his family history. He is now the proud owner of a splendid family book, tracing ancestors in a factual and fictional account. John tries to bring pleasure to his readers and is one of our best successes. Some other responses from members about why they enjoy the writing group are:

- To enjoy the love of words and arranging them for the greatest impact
- To enjoy a *creative sea-change*
- To get the words running around inside my head and out on to paper
- To share the pleasure of like-minded company

Our third volume of a collection of members' work, *The Golden Quill*, will be published in late October 2013. We have been fortunate to have the sponsorship of Bendigo Community Bank to assist in publishing costs and we endeavour to keep the cost of *The Golden Quill* at a very reasonable figure. Our first two volumes were launched by **Arnold Zable** and then **Michael Pryor**, both successful authors. We are excited to announce that **Sarah LeStrange** will do the honours for the third volume. Sarah is well known to many as a presenter and producer of the ABC's *Morning Book Show*. More details will be provided closer to the launch date.

Should you want to 'have a go' at writing a story using the opening sentence below, see where your fingers take you. You may be pleasantly surprised.

5Q



Five Questions for... Graeme Martin

You are considered by many members to be the 'go to' person for info on anything from business protocol to event organisation. What are some of your biggest challenges at our U3A?

I believe there is a single challenge for all members of U3A Manningham Incorporated and that is, to maintain a vibrant and successful organization. The challenge to achieve this is very much shared with all other members. U3A gives members the opportunity to choose to be active volunteers with 'work-related' duties or to attend class and course activities for their mental and physical satisfaction.

My personal challenge is to maintain U3A activities along with other projects currently in the system and to move into new projects for the future.

You are involved with organising catering for our many events. How would you describe your ideal U3A function?

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 organization 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 socialize and mix with others instead of just passing in the passageway. An ideal function develops rapport amongst like-minded members.

What were some of your day jobs?

My past life can be summarized by decades. During the 60's, I was employed at David Jones as a Merchandise Buyer and Departmental Manager. Through the 70's, my employment was as Managing Director of an Australia-wide wholesale and distribution company. The 80's were a change of pace as the activities of being a Regional Manager of a consortium of carpet mills located in New Zealand was quite challenging.

In 1988, I joined the Nylex Corporation as Marketing Manager - Decorative, working through many commercial projects that required products manufactured to specification. I retired in 2002 after enjoying six years as Export Manager. The years of paid employment were, without doubt, mostly enjoyable and mentally rewarding.

How do you relax?

Relaxation comes from the completion of one project or venture and moving on to new activities. Keeping up-to-date with current affairs and changes in 'the world around us' can be time-consuming in a positive way.

Activities with the family, both here and interstate, are a great joy to me. Occasionally, I attempt to drive a little white ball out of sight; however, so far, all drives indicate there is substantial room for improvement.

What is on your Wish List for our U3A?

In a nutshell: continuous improvement. Growth in itself at U3A is not sustainable unless it is complemented with increasing benefits for all members. Benefits can be anything from inexpensive membership through to wide-reaching learning opportunities in class and course curriculum, creating increased mental and physical stimulation whilst the ageing process continues.

Bernadine Williams - A Tribute

Bernadine Williams found peace on the morning of Monday, 15 April, surrounded by her family. Bernadine's parents came from Holland and moved to Indonesia in 1920 with their six children. She was born in Central Java in 1925 and christened Barha Bernadinea Schwartz.

Her father owned the Hotel Schwartz in Palembang, Sumatra and the family lived at the back of the hotel. The children were cared for by amahs (nurses) who only spoke Indonesian, a language Bernadine spoke fluently growing up.

Completing primary school in Palembang, Bernadine moved to boarding school in Bandung, but the war broke out and changed everything. Bernadine joined an organisation called 'Oranje Jeugd', set up to help with the defence of the country. Her role was to warn the coast guard of Japanese enemy arrivals and on one occasion they were shot at by enemy machine guns. Bernadine spoke of the horror and fear in seeing her father being captured and taken to a camp. Soon she, her mother and siblings, were sent to another camp where they stayed for four years. Life there held many horrors, including crowded and unsanitary conditions and a barely subsistent diet.

The Ladies' Camp Committee set aside one of the better houses as a make-shift hospital, staffed with prisoners who were doctors. Bernadine helped out in that hospital and eventually she was doing all the laboratory work there. She tells of the horrors of war in detail in her autobiography, *All the World's a Stage*. Bernadine later painted pictures that depicted this time. One of her paintings, *Memories*, is held in the Australian War Memorial in Canberra.

When the war was over, they were free to leave the camp. Through the Red Cross, the women slowly discovered where their loved ones were located. People could apply to go wherever their relatives were. After a three year separation, the family was reunited, except for her brother, Jack, a pilot with the Dutch Fleet Air Arm in Australia. Jack found out through the Red Cross where his family was and contacted the Army to reunite them. Arrangements were made for the family to meet Jack at an airport and he arrived in his plane just as he said he would! He took them first to Batavia and then on to Australia. They all stayed with Jack in East Brisbane, without papers, passports or money - nothing except the clothes they were wearing. At that time, in the aftermath of the war, people were much more willing to accept refugees without papers.



Bernadine's family later returned to Holland, except for her father. Bernadine then met Frederick Joseph Ross Smith and they married in 1946. Ross was a pilot with the Dutch airline, KLM, in Brisbane and Bernadine worked with the Dutch Health Department. They had four children.

Ross' career took them to Malaya and they returned to Australia in 1960, where they settled in North Balwyn. Bernadine fulfilled a life's desire to study, attending Kew High School at night to do her matriculation, then embarking on her degree at Melbourne University in 1969 - at age 44! She graduated with an Arts Degree (with Honours) in 1973, and then, a Diploma of Education. She joined the Education Department in 1974, and eventually qualified as an educational psychologist. She worked for the Education Department for fifteen years. During this time, sadly, Ross and Bernadine divorced after thirty years of marriage.

She appreciated the opportunity to study as a mature age student, giving her a satisfying career later in life. It was also how she met her second husband of twenty years, Tony Williams. Between them, they had seven children and Bernadine said, "It wasn't easy having all those kids", especially while she was still working with the Education Department and teaching Dutch on Saturdays. But she also found time to attend Latrobe University to complete a post-graduate course!

Bernadine commenced tutoring at U3A Manningham in 1998. She taught Folk Art and Painting with Oils and Acrylics (Gouache). In appreciation of her dedication as a tutor, she was presented in 2011 with a Distinguished Service Award at the 20th Anniversary celebration for our U3A, which she acknowledged with great pride and pleasure. Bernadine earned great respect and made many friends during her time with U3AM and it was heart-warming to see so many of our members in attendance at her funeral.

Margaret Salomon

CALENDAR OF EVENTS

Terms 2 & 3, 2013

Monday, 15 April	TERM 2 commences (10 weeks)	
Thursday, 23 May	POR's Luncheon (PFR)	12.30pm
Monday, 10 June	QUEENS BIRTHDAY	
Monday, 17 June	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 19 June	Monthly Talk (Rm 13)	3.00pm
Friday, 21 June	TERM 2 finishes	
Monday, 15 July	TERM 3 commences (10 weeks)	
Monday, 15 July	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 17 July	Monthly Talk (Rm 13)	3.00pm
Friday, 19 July	Newsletter Deadline	
Thursday, 25 July	Tutors Luncheon (PFR)	12.30pm
Wednesday, 7 August	Migrant English Tutors Afternoon Tea (Rms 13/14)	3.00-4.20pm
Wednesday, 21 August	Monthly Talk (Rm 13)	3.00pm
Monday, 19 August	Committee of Management Meeting (Rm 8)	2.30pm
Thursday, 12 September	Summer School Enrolment (PFR)	
	Set up Room	2.00-2.30pm
	Enrolment	2.30-3.30pm
Monday, 16 September	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 18 September	Monthly Talk (Rm 13)	3.00pm
Thursday, 19 September	Class Reps Afternoon Tea (PFR)	2.30-3.30pm
Friday, 20 September	TERM 3 finishes	

PFR - Pines Function Room

And finally...

"...even when your birthday candles cost more than your cake...everybody needs four things. Everybody needs something to do, someone to love, someone to believe in, something to hope for."

Lou Holtz

The Newsletter

Editorial team: **Diane Baird, Frances Langdon, Liew Staras**; Advisors: **Margot Roth, Ted McAuliffe**;
Distribution: **Jeanette and Lewis Badge, John Driver, Warren Trompf**.

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.

