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President's Report

Roy Griffin

I was sad to learn of Roy Griffin's recent death. He had been a much valued and respected Calligraphy tutor for twelve years. He will be missed by the many members who attended his class during that time.

Tutors' Awards

At the Tutors' luncheon in July, several people were acknowledged with Certificates of Appreciation for their service over many years. For twenty years: **Linda Chin** and **Jan Palmer**; for fifteen years: **Carmen Woodward**, **Margaret Murphy**, **Patrick Khaw**, **Barbara Hall**, **Ethel Fredericks** and **Angelina Chung**; for ten years: **Laurie Bicknell**, **Trish Renfree**, **Carol Cameron**, **Audrey Killey** and **William Mak**. I expressed our appreciation for the wide range of activities they contribute to our members' lifelong learning.

More details and images are on our website <http://www.u3amanningham.org.au>.

Emergency Evacuation

Manningham City Council has provided two training sessions in the last twelve months to clarify U3A Manningham's responsibilities in the case of an emergency. Basically, we have to acquaint ourselves with the 'Block Evacuation Plan' located in corridors (on wall panels) and be prepared to evacuate safely in a controlled manner to a designated assembly point.

Since U3A Manningham has no permanent staff, we cannot appoint fire wardens and have them trained. Consequently, as our tutors are the constant for any class, it is they who will ask the class to evacuate the building when an emergency occurs. There is NO expectation of any member to fight the fire or secure the building. Everyone just has the responsibility to leave when requested.

New Constitution

Alita Mossop and **Graeme Martin** are finalising the Draft Constitution that will comply with the Incorporated Association Reform Act and Regulations 2012. A special General Meeting will be convened, either late in Term 3 or early in Term 4, to enable members to approve the document. Copies of the Draft will be made available 21 days prior to the meeting.

Summer School

Ken Barker is coordinating Summer School 2014, which will be conducted during January. The enrolment date is Thursday, 12 September at 2.30pm in the Pines Function Room. Due to increasing costs, the Committee of Management has approved a \$10 enrolment fee for all applicants for the Summer School. This fee will help cover operating costs associated with this program.

Carnival of Learning

As in previous years during Seniors Week, U3A Manningham will participate in the carnival to be held on Sunday, 6 October at Federation Square. **Margaret Salomon** is coordinating our participation and has commenced discussions with tutors and other members. This event is highly regarded by the state government and our participation helps U3A Network in discussions about grants.

U3A Network and Asia Pacific Conference

This year, the conference is a combined event and the inclusion of representatives from the Asia Pacific region has given it an international profile. The conference will be held on 14 and 15 October. More details are available in 'Network News' in this newsletter.

I hope you are continuing to enjoy your participation with U3A Manningham.

Bryce Normoyle

Curriculum News

At the time of writing, preparation of the 2014 timetable is nearly complete and the Curriculum team would like to express their thanks to all those tutors who returned their pink forms promptly. We have been able to accommodate most of the tutors' requests for next year, but not all. As many of you know, our classrooms are pretty fully occupied and we are sometimes hard-pressed to find times and rooms to accommodate new courses. A big thank you to those who are willing to operate and enrol in courses located in one of our off-campus venues.

Bryce mentioned the tutors who received Certificates of Appreciation for length of service at the luncheon in their honour in July. Their enthusiasm and commitment are particularly gratifying and seem to be a characteristic of U3A Manningham. We appreciate the contributions our members make, especially those who continue to do so over many years.

Roy Griffin, who passed away last term, had a loyal and committed group of members in his Calligraphy course. They will miss his guidance, encouragement and expertise. Roy had been presented with a Certificate of Appreciation for the many years of service he had generously given to U3A Manningham and we regret that he will no longer be sharing his interest and enthusiasm with his many students.

Finally, here are two more opportunities for your participation. If you are interested in joining a beginners' class in Mandarin at U3A Deepdene, please contact any member of the Curriculum team for more information. If you would like to participate in the Celebration Day and evening concert in October, please contact **Milly Ching**, Curriculum representative on the Planning group.

Geoff Sheldon

Celebrating the Carnival of Learning with Victorian U3As

CELEBRATION DAY Sunday, 6 October 2013

In 2013, the Seniors' Festival is celebrating its 31st year and also the 6th year at Federation Square. This year, it is called 'Celebration Day' because that reflects what the day has become: a day to showcase and celebrate the work and achievements of Victoria's U3As.



Our Line Dancing Group will be performing at Fed Square in October.

We encourage you to visit us at the U3A Manningham stand in Federation Square. Our members will have demonstrations of Art, Craft, Marquetry, Calligraphy and Sculpture. On the Riverside Terrace, our Line and Greek Dancers will perform along with many other Seniors-related organisations. We are proud to announce that **Frank O'Neill** will be performing on stage playing his self-carved didgeridoo.

We have been involved successfully in the Carnival of Learning over the last few years and, once again, we are proud to display the talents of our members this year.

Margaret Salomon and Ron McQuade

Office Manager's Report

Name Tags: It has been great to see so many more members wearing their name tags in The Pines building - thank you, as this is most important. Please also ensure that your emergency contact details are up-to-date on the reverse side. Should you need a new name tag or lanyard, please request one at the office.

Office Duty Training Sessions: These will take place again in January/February next year and the Office Sub-Committee is planning several sessions for new volunteers and for any of our less experienced volunteers who would like to attend. Further sessions will be conducted later in the year for any new members joining who also may wish to volunteer for office duty. In addition, a separate program will be conducted in January/February for our more experienced office duty staff.

Office Feedback: We are always interested in feedback to ensure our office runs as smoothly and professionally as possible. If anyone, regardless of whether you are an office worker or not, has any suggestions or comments on how we can improve the operation of the office, please leave a note in my office pigeon-hole. Once again, a hearty thank you to all our office volunteers.

Ruth Foxwell, Office Manager

A Third Achievement

The Written Word Writing Group will publish its third volume of *The Golden Quill* on 25 October. We are delighted that writers from both The Written Word and Writing - Creative, have submitted stories and poems for this volume. This collection is sure to interest and amuse you!

It is a privilege to have **Sarah L'Estrange**, producer of Books and Arts for ABC Radio National, launch our latest book. **Lyn Colenso** has designed our fantastic cover. Some of our U3A members, no doubt, saw the book display in the corridor cabinet in the last weeks of Term Two.

It takes a couple of years of writing stories, work-shopping and editing before we arrive at publishing. When we finally reach the end of the process, it is cause for celebration! We invite everyone to join us for the book launch on Friday, 25 October, in Rooms 19 and 20 at 3:00 pm.

You will enjoy hearing Sarah tell us about some of her experiences with Radio National, and share a very pleasant afternoon tea and drinks. Please keep your eyes and ears peeled for further updates as the time draws nearer.



Trish Taylor and Lula Black, Tutors

Telling Friends

U3A Manningham members are, of course, sensible and responsible. Hopefully we have all done those things we like to postpone, like making our wills, appointing our Powers of Attorney and so on. Maybe we have even designated the music we want to waft us out of our world.

However, there is another piece of information that would probably be helpful for those dealing with your final instructions. This is a list of the people whom we want to be informed when we do depart this life. Families don't always know, for example, all the recipients of our Christmas cards, or our nominated selection of friends from our email addresses. Perhaps we are not all grey nomads, but in this age of moving around for work or holiday, there could be longstanding friendships with people our nearest and dearest have never met or heard of. And at our age, we probably have acquaintances who are not online, but like to be in touch with our news. (In such cases, it is to be hoped that our bereaved loved ones are able to cope with making calls to old-fashioned phones, or placing a message in an even more old-fashioned stamped and addressed envelope).

Telling friends your last bit of news should be added to everyone's To Do List.

Margot Roth

Around the Classes

The following articles were written by participants in two of our classes, Doug Brewer's Walking Group and Richard Davis' Creative Writing class. We are always interested in what is happening in classes. If you would like to share your events with other members, please send your article to dianeбайд@yahoo.com.

Walking Group Holiday with Doug Brewer By Gail Clayton

On May 19, Doug and his merry class of walkers headed for Lakes Entrance. Staying at the aptly named 'Lazy Acres', we settled into our comfy log cabins. Our hostess, Helen MacCubbin, made us welcome and regaled us with her stories of travel - particularly of fishing in the Pacific Islands. She was very helpful with her local knowledge and we thoroughly enjoyed her company.

Up bright and early with a packed lunch, we set off daily to explore this picturesque part of the world. Our first trip was to Kalimna where we walked to cliff tops on the north arm of the lakes to view the township of Lakes Entrance. The wildlife was abundant with dolphins, seals, pelicans, cormorants, black swans and lots of other birdlife. Walks varied daily from 4.5 to 12 kilometres and each offered different scenery from beach to bush settings.

Our last walk on Saturday, 25 May, started at the Nowa Nowa café, where we crossed the highway and entered heavily forested terrain. Passing sections of freshly burnt vegetation (burning off by State Parks), we had a picnic lunch by a river which was a tributary of Lake Tyers. We arrived back at the café exhausted but exhilarated. A local recommended we see an open garden nearby that has won several awards, so off we ventured and were cordially welcomed and shown around by the proud owner, Stan Barker. This tour just topped off an enjoyable day.

We enjoyed lovely dinners at some of the many local eateries, a lunch at the local Wyanga Park winery (pictured below) that was accessed by boat, and another boat trip around the Lakes taking in Metung and Paynesville townships. Gorgeous weather, good company and spectacular sights made this trip truly memorable. Thanks again to Doug for his organization and leadership.



L to R: Milly, Ken, Gayle, Doug, Ricky, Hetty, Alan, Gail, Lorraine & John

A Narrow Escape

By Jim Robertson

One autumn morning fourteen years ago, I was walking up Collins Street to the old Georges Building. Suddenly, my right arm felt very heavy, causing me to stop and put down my briefcase. I clutched a railing outside a building and, after a few minutes, the pain disappeared. I picked up my case and proceeded to work.

Later in the day, I had a similar episode but, once again, it passed quickly and I never thought much about it. That evening, my wife and I were reading in bed. As I started to get out of bed, she looked at me and said, "Where are you going?" "Just a bit of discomfort in my chest", I replied. She looked at me and got up saying, "I'm going to call an ambulance". I can't think why I thought there was nothing wrong with me.

"They are on their way, go and put on your tracksuit while I get dressed - and don't argue!", she replied. Still not taking it seriously, I got dressed and heard her rousing my stepson. I proceeded towards the front door, but half-way down the stairs, I realised there *was* something wrong - a dull pain came across my chest. By the time I got to the front door, I realised I was in trouble, but all I wanted to do was go to sleep. I was conscious of them both saying I had to stay awake, but the more they talked to me, the drowsier I became.

The ambulance arrived and I was quickly given some sort of tablet and told to keep it under my tongue. An oxygen mask was stuck on my face and I immediately felt the pain begin to subside and believed I was quite safe. At Emergency at the Austin Hospital, I was taken care of very quickly with a series of check-ups and tests. My cardiologist was called, even though I protested, "You can't ring the poor guy at one o'clock in the morning!" He was faxed my test results and, once he realised there was no immediate danger, he said that he would arrive later that morning. My wife was informed that there was no acute cardio bed available so I was transferred to Warringal Private Hospital.

Next day, I was operated on for a blocked artery. A stent was put in and after four days in bed, I was discharged. I felt so good I went back to work on Monday. Later, when I had fully recovered, my wife asked me, "What if I had been away at a conference [which she did regularly] - what would you have done?" I thought for a minute and said, "In all honesty, I would have gone back to bed after my glass of water and probably died. The last thing I would have thought of was ringing an ambulance". After this experience, I now warn all my friends: "Don't take a risk with any unusual chest pain! CALL AN AMBULANCE".

The Australian government website, **healthinsite** (<http://www.healthinsite.gov.au>), is an excellent source of information on all aspects of good health for all ages. If you have any of the symptoms usually associated with a heart attack (chest pain, shortness of breath, feeling weak or light-headed or an overwhelming feeling of anxiety), be alert. The website advises: "If your symptoms are severe, get worse quickly or last longer than 10 minutes, call triple zero (000) immediately and ask for an ambulance. If calling triple zero (000) does not work on your mobile, try calling 112."



The Four Steps for Life

C.P.R. (Cardio-Pulmonary Resuscitation) Lectures and Workshops Term 3, 2013

If you missed out on the earlier series of lectures and workshops held in Term 1, here is another opportunity to participate and revise your C.P.R. techniques. The series will be presented by **Dr Ronald Myerscough** and **Joan Myerscough**.

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". Following the lecture, you may also choose **ONE** of the Small Group Workshops listed below.

LECTURE: Code 3205: Friday, 23 August, 1.30 - 2.50pm Room 14

WORKSHOPS (choose one):

- Code 3206: Friday, 30 August, 1.30 - 2.50pm Room 14
- Code 3206: Friday, 6 September, 1.30 - 2.50pm Room 14
- Code 3206: Friday, 20 September, 1.30 - 2.50pm Room 14 (this workshop to be used if necessary)

Attendance at the lecture, or previous C.P.R. experience, is a pre-requisite for participation in the workshops. Please enrol at the office on the yellow enrolment form using the code indicated above.

Margaret O'Connor

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.

In Search Of My Father Review by Liew Staras

Dr Helena Popovic is a medical doctor and researcher who has written a book about her father's dementia. *In Search of My Father* describes her experiences during this period. Dr Popovic is also a speaker and consultant and one of Australia's authorities on improving brain function and how our health is affected by our lifestyles.



When Dr Popovic's mother died, she is left to care for her grief-stricken father, Vojkan, who has dementia. Her world is turned upside down and she finds that her medical training and beliefs are being challenged as she tries to put into practice what she has been preaching.

This book combines medical and scientific information on dementia as well as neuroplasticity (connectivity and flexibility within the brain). Dr Popovic shares a personal account of the trials and tribulations, as well as the successes, when dealing with her father during this difficult time. She also offers practical suggestions, such as what sort of foods to consume that can improve brain health. She discusses techniques to try, both conventional and unconventional. She uses persuasion, encouragement and compliments rather than criticism to get Vojkan to agree with her on certain issues and to make changes in his life ("fun, not force"). She also resorts at times to the unconventional ("If you can't beat 'em, bribe 'em"!).

The importance of humour cannot be underestimated in tough times like these. For me, it was therapeutic to be able to relate to some of Dr Popovic's stories and laugh about them. Overall, her dogged determination to find her father - "the man beyond the grief, despair, depression and dementia" - is both inspiring and moving.

I especially enjoyed the quotes at the beginning of each chapter. Some are funny ("Small things can make a big difference. Just try going to sleep with a mosquito in the room."), some are witty ("For fast-acting relief, try slowing down"; "Age wrinkles the body. Quitting wrinkles the soul."), while others are thought-provoking ("You see things and you say, Why? But I dream things that never were and say, Why not?"). Delightful!

When my mother was first diagnosed with dementia, I found it difficult to come to grips with such devastating news. How could it ever happen to our wonderful, happy-go-lucky mum? What went wrong? Why her? Where is the fairness? It was just too shattering to comprehend! Next came the frantic search for help, answers and solutions. We are fortunate that support groups like Alzheimer's Australia (www.alzheimers.org.au) and Manningham community services are such great sources of information. In addition, we have received loving and wonderful support from our dearest family doctor of more than thirty years. Soon after the diagnosis, a friend recommended I read this book and I am so grateful that I did.

Although described by some as the 'epidemic of our times', I still was shocked when everyone that I had spoken to about mum told me that they knew someone who had this condition. Most of us will encounter issues raised in this book such as:

- How carers can best look after their dependent loved ones.
- What dependents need most from their carers.
- What carers can expect to encounter.
- How to safeguard ourselves from dementia by influencing how our brain operates and develops, regardless of age.

This book is a must-read for carers of loved ones with dementia. It is educational, inspirational, thought-provoking and, for me, emotional too. After reading it, I feel a sense of hope for mum's future as my family and I are determined to try, like Dr Popovic, to defy dementia.

In Search Of My Father is available for loan from the Whitehorse Manningham Library system.

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 and topics for the last four talks this year are:

- 21 August: **Lin Lloyd**, Living and Learning in China
- 18 September: **Sarah L'Estrange**, Books and Arts at ABC Radio National
- 16 October: **Dorothy Dickey**, My Gold (and Silver) Swimming Life
- 20 November: To Be Announced

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

Coral Vercoe

Change of Course Content for 'Food: What We Eat' (Code 4405)

The Australian Bureau of Statistics will not be releasing the results of the 2011 National Nutrition Survey until the end of this year. This means that the content of this year's 'Food: What We Eat' course has to change.

The Nutrition Survey section will be replaced by a comparison of the diets of Australia and five Asian nations. All other course sections will remain the same. The results of the 2011 National Nutrition Survey will be presented in 2014. If you enrolled this year especially for the NNS results, you have the opportunity to withdraw (by completing the yellow 'change of course' slip) and be replaced by someone on the waiting list.

Tom Heyhoe

Network News



'Ageless Learning Begins with U3A'

U3A Network Victoria's Biennial Conference will be combined this year with the Asia Pacific Alliance International Conference 2013. It will be held at the Melbourne Town Hall on 14 & 15 October 2013. There will be a range of speakers as well as representatives from all Australian states and another six national organisations. If you are interested in attending the conference, more details and a registration form are available on: www.u3a-melbourneinternationalconference2013.org

Productive Ageing Forum

On 25 June 2013, National Seniors held a forum on Productive Ageing at the State Library of Victoria. The keynote speaker was Associate Professor Michael Valenzuela, Leader of the Degenerative Neuroscience Group at the Brain & Mind Research Institute, University of New South Wales. His topic was *Maintaining a Healthy Brain*. The forum also included speakers on financial planning, advice on healthy ageing and education opportunities for people over fifty years old. Further details about the forum will be available soon on the Productive Ageing Centre website: www.productiveageing.com.au

MUMA – Monash University Museum of Art

MUMA is keen to encourage U3As to join their email subscribers' list and receive invitations to their exhibitions. Located at the Caulfield Campus, 900 Dandenong Rd, this relatively new art museum is well located for many U3As to visit either as part of a class experience or as a social outing. To subscribe, email muma@monash.edu, phone 9905-4217 or visit their website www.monash.edu.au/muma.

CALENDAR OF EVENTS

Terms 3 & 4, 2013

Monday, 15 July	TERM 3 commenced (10 weeks)	
Wednesday, 7 August	Migrant English Tutors Afternoon Tea (Rms 13/14)	3.00-4.20pm
Monday, 19 August	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 21 August	Monthly Talk (Rm 13)	3.00pm
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	
Monday, 7 October	TERM 4 commences (8 weeks)	
Thursday, 10 October	Office Workers Afternoon Tea (PFR)	2.30-3.30pm
Friday, 11 October	Newsletter Deadline	
Wednesday, 16 October	Monthly Talk (Rm 13)	3.00pm
Monday, 21 October	Committee of Management Meeting (Rm 8)	2.30pm
Monday, 28 October	Enrolment Post-Out (Rms 17/18)	1.30-4.30pm
Tuesday, 5 November	MELBOURNE CUP DAY	
Monday, 18 November	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 20 November	Monthly Talk (Rm 13)	3.00pm
Wednesday, 20 November	Enrolment Applications (Level 1) commence	
Wednesday, 27 November	Processing of Applications Start	
	Supervisor Training (Rms 17/18)	
Thursday, 28 November	Level 2 Enrolment (Rms 16/17/18)	
Friday, 29 November	Level 3 Enrolment (Rms 16/17/18)	
Friday, 29 November	uniFEST and End-of-Year Members Luncheon (PDF)	10.30am
Friday, 29 November	TERM 4 finishes	
Monday, 2 December	Level 4 Enrolment (Rms 16/17/18)	
Tuesday, 3 December	Level 5 Enrolment (Rms 16/17/18)	
Wednesday, 4 December	Level 5 Enrolment continues (Rms 16/17/18)	
Thursday, 5 December	Level 6 (new members) Enrolment (Rms 16/17/18)	
Friday, 6 December	Final processing for 2013 (Rms 16/17/18)	

PFR - Pines Function Room

And finally...

"We don't stop playing because we grow old. We grow old because we stop playing."

George Bernard Shaw

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.

