

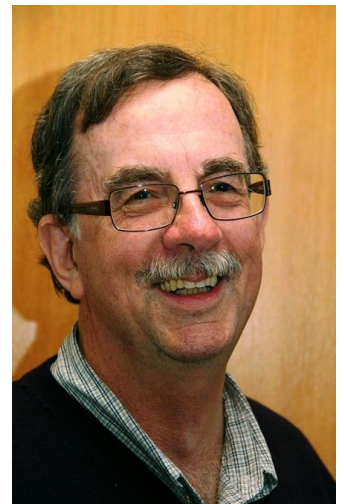
President's Report

Welcome

We are well into 2014, and by now most people will have settled into a class and are enjoying their participation with U3A Manningham. To date, 1800 applications for membership have been processed. Our curriculum team has offered almost 200 classes and activities provided by 150 Tutors. With these impressive numbers, it takes a lot of people to manage our U3A effectively - and they are all volunteers!

2014 Committee of Management

Milly Ching and **Colin Cherry** were elected to the CoM at the AGM and they join returning members **Geoff Sheldon**, **Alita Mossop**, **Don McKelvie**, **Lyn Torrens**, **Terry Smith**, **Ruth Foxwell** and myself. I am delighted that so many members offered their services again, as stability in management of an organisation is critical to its ongoing successful operation. My thanks to retiring members **Diane Baird** and **Ted McAuliffe** for their service and commitment to the members. More details about our AGM are available on our [website](#).



Project Team - Future Direction

The team presented their report to the Committee of Management that included eleven recommendations for the future of our organisation. Strategic plans and detailed action will be developed to assist the management of our U3A for the next 4-5 years.

Emergency Relief Centre - PLAC

Manningham Council has designated The Pines Learning and Activity Centre as a Relief Centre when an emergency evacuation is activated in our area. This event may mean we have to discontinue classes during the designated period to allow the building to be utilised.

Currently, the CoM is examining our emergency policy and considering whether to introduce the statement: "following declaration by the Victorian emergency authorities of a 'CODE RED' condition for our area, U3A Manningham classes will be cancelled automatically until the emergency has ceased". If such a policy were adopted, all members would need to stay away from The Pines building, as well as other facilities that also may be used as Relief Centres.

New Equipment

During the term break, two new data projectors and associated speakers were installed in Rooms 13 & 14. An Interactive Whiteboard projector has been installed in Room 16, along with ceiling loudspeakers in Rooms 16 & 17. Tutors will be offered training in the use of this equipment. It provides us with the opportunity to advance our teaching capabilities and also demonstrates the future possibilities of technology.

President's Report (Cont'd)

Doncare Food Bank

I invite all our members to continue to support this worthy cause by contributing one or more items of non-perishable food, including food for babies, small children and even pets. Doncare constantly struggles to meet the demand from needy families in our community, so anything we can do to help is very much appreciated. Please bring your donations to the office and we will arrange for transfer to the Doncare office.

Thank you.

Bryce Normoyle

Curriculum Committee Changes

From April 2014, the membership of the Curriculum Committee is:

Curriculum Coordinators: **Milly Ching, David McNamara**

Tutors' Coordinator: **Maureen Mitchell**

Class Rep Coordinators: **Bridget Halge, Kay Hawkins**

Timetable Coordinator: **Heather Bione**

Computer Tutors' Coordinator: **Bernice Charity**

New Courses Group: **Milly Ching, David McNamara, Tanya Gogorosis, Bridget Halge**

Workshop Coordinator: **Margaret O'Connor**

The Curriculum Committee welcomed David and Kay to the group. Following the AGM, **Geoff Sheldon** has a change of role as Vice President and is no longer the Coordinator of Curriculum. A New Courses Group has been set up to review all new courses and interview potential tutors to assess proposed courses. A form is available in the office for new tutors to complete and submit to **Milly Ching**. There are ten new courses commencing in Term 2 and more will commence in Term 3.

The Curriculum Committee would like to thank Geoff for his contribution to the group over the past year and wish him the best for his new role as Vice President.

Milly Ching

Office Manager's Report



From left: *Tony Robinson, Bill Eberbach and Ruth Dunbar*

With winter approaching, Doncare again needs our help to provide food parcels to needy families within the City of Manningham. In the past, our organisation has responded in an 'above and beyond' capacity and we ask all members again to consider donating non-perishable food items.

Term 2 commenced very smoothly and, once again, my sincere thanks go to **Tess Gibbs, Ruth Jensz** and the members of our office sub-committee: **Vicky Curtis, Laurine Eames, Maretta Frolley, Audrey Killey, Jan McAuliffe, Mike Perry and Elizabeth Voce** for their wonderful support and for the smooth running of the office. They have a never-ending task in dealing with all the work that goes with rostering around 260 of our members who perform office duties throughout the year.

Ruth Foxwell

Enrolment Refunds

From time to time, there are requests from members for membership fee refunds. Any approved refund must follow U3A Manningham guidelines. First, a refund cannot be given unless the member is on a waiting list for ALL requested classes. Also, no refund is given if a member is enrolled in a class and has a change of mind, whether or not any classes have been attended. Second, a specific form must be completed for a refund. This form is available from the office and has instructions for completion. A stamped, self-addressed envelope must be included if a refund by cheque is requested.

Lyn Torrens

Vale Bill North

*One of the founding members of our U3A, **Bill North**, passed away recently. Bill received both Life Membership and a Menzies Award for his contributions to our U3A. Two members who knew Bill for many years share their memories of him.*

Bill North will be remembered as one of the 'greats' in the history of our U3A. The dedication and commitment to his role as first Secretary of our organisation was second-to-none. He was also the liaison person with the Templestowe Orchards Village where he lived, and where we commenced our classes.

Bill was instrumental in establishing our U3A office in a room generously made available to us by the Village, as well as access to Village equipment of photo-copying and record-keeping. He put these facilities to very good use in his role as Secretary - creating our Constitution, recording Committee meetings meticulously, and always providing agendas that ensured a smooth passage of business.

His cheerful manner and constant attitude that nothing was too much trouble was in no small measure the foundation stone for the building of the great organisation that we have become.

Neville Heffernan

I didn't know Bill at a personal level, but rather as a member of my Philosophy class at Templestowe Orchards where our U3A began. He was already suffering from a disabling condition to which he seldom referred.

Bill joined the Philosophy group from its beginning. He had a chemistry background and a passionate interest in learning, understanding and sharing his knowledge. He had developed computer skills that made him a fruitful resource for material - especially related to Philosophy of Science. Because of his connection with the Village, he was able to provide our classes with photocopies for which we were grateful.

His cheerful manner, encouragement and the huge amount of time he gave so willingly made him a most valuable contributor at the critical time of our U3A's establishment.

Dawn Heffernan



Free Concert

The Manningham Concert Band will soon perform its **Winter Favourites Concert**. It will feature excerpts from Bizet's *Carmen*, Lehar's *The Merry Widow*, Bernstein's *West Side Story* and Australian music by Percy Grainger and Bruce Rowland. The concert will be held on Sunday, 1 June, at 3.00pm at the Ajani Centre, 284 Thompsons Road, Lower Templestowe (Mel 32 K7).

U3A members will be given free entry to this concert by showing their U3A membership name tag. Extra tickets are available at the door for \$8 and there is wheelchair access. For further enquiries and details, see www.manninghamband.org.au.

Andrew van Gemert

Views and Reviews

Views and Reviews is a forum for our U3A 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.

Chinese Home Cooking Made Easy

By Milly Ching

It is often mentioned among my non-Chinese friends that cooking Chinese food is complicated, involving many ingredients that are not used in daily cooking. At the recent U3A Manningham Summer School, I saw an opportunity to 'bust the myth' as well as share my love of cooking (and eating) with our members.

The four sessions were sufficient to provide participants with basic knowledge and skills to cook some quick and simple Chinese cuisine at home. Each session included a dish specially designed so participants could experience different techniques in Chinese cooking. By demonstrating each dish step-by-step, cooking was made fun and easy. Food handling and hygiene also were emphasized.

Improvisation and modification of recipes were encouraged so that all health and dietary needs were satisfied. I believe that dishes should not only be healthy and taste delicious, they should be pleasing to the eye too!

One of the most common concerns raised in Chinese home cooking is the use of MSG (monosodium glutamate). Some commercial Asian products, such as oyster sauce, contain this food additive. Glutamate, a flavour enhancer, is found naturally in living cells. It occurs in different amounts in foods as varied as grapes, peas and tomatoes. Unless one is allergic to it, small amounts of MSG in prepared food will not harm most people.

The course feedback was most encouraging and rewarding, with some participants putting their newly learnt cooking techniques into practice within the week that they were taught!

Fried rice is a dish popular with people of all ages, especially children, so I have included a simple recipe for you to try. You can modify or change the ingredients to suit your dietary requirements.

Fried Rice



Ingredients (serves 4)

- 4 cups cooked rice
- 2 eggs
- 250 gm BBQ pork or 3 bacon rashers (any type of meat or prawns can be used)
- Snow peas or bean sprouts to taste (optional: add to fried rice just before serving)
- 2 spring onions
- 1 tablespoon dark soy sauce
- 1 teaspoon light soy sauce
- 1 tablespoon water
- A pinch of salt
- 4 tablespoons oil

Preparation

Spread the cooked rice on a tray and leave overnight in the fridge. Dice the pork or bacon and spring onion. Beat the eggs; add 1 tablespoon of water and a pinch of salt just before cooking.

Cooking

Heat wok (or a frying pan). Add 2 tablespoons of oil and cook eggs as an omelette; slice into strips. Stir fry pork or bacon and remove from wok. Add 2 tablespoons of oil before adding the rice to the hot wok; stir rice well until hot. Add soy sauces and stir well. Add omelette, pork and spring onion and mix well with rice. Add snow peas or bean sprouts if using.

Enjoy!

5Q

Five Questions for...

Margaret Salomon



You manage all the special events for our U3A each year. Although each one is different, what are some of the biggest challenges with these events?

Due to the remarkable talent, cooperation and sense of affiliation from our Art, Craft, and Music Tutors, along with help and organisation from Graeme **Martin**, **Wendy Donovan** and **Jan McAuliffe**, these events run smoothly and cause very few challenges.

You have had a number of different roles on the Committee of Management over the years. What do you think makes U3A Manningham so special?

U3A Manningham is a professionally run organisation, maintaining strong relationships with local government and relevant organisations. We foster peer activities and participation in a diversity of classes so there is something for everyone - and everyone is involved.

Life teaches us a lot of lessons - sometimes unexpectedly! What have been some of the most important ones for you?

Life lessons are not always completely realised and are often unpredictable. I have learned that if you can try not to be judgmental, practice tolerance and stay courteous and friendly the results are rewarding.

How do you relax?

A comfortable chair, an occasional glass of wine and a good book does the trick for me.

What's on your Wish List for our U3A?

Our U3A has become so successful because of the contributions from our members. My wish is that all members will continue to contribute to our progress in a unified way.

Farewell to a Friend

My good friend **Rosa Lanza** passed away on 3 April 2014 after a long fight with cancer. Rosa was my student in the U3A Migrant English program and we worked together for twelve years. I thank **Joan Creber** for allocating such a lovely person to me all those years ago. We had a wonderful journey together. Rosa will be missed by her many friends at our U3A.

Trish Renfree

Monthly Talks

Monthly Talks are held on the 3rd Wednesday of each month from 3.00-4.30pm in Room 13. All are welcome - bring a friend. Entry by \$2 donation; refreshments are provided.

21 May: Outback Tutoring Program Beryl and Ken Weeks have been involved in the 'Tutor Outback Children' program since 1992. They will share their rewarding experiences working in this program.

18 June: The Magic of Scuba Diving Teresa Bowden has been diving for eighteen years and has graduated from exploring large marine life to the tiny creatures whose unique beauty and magic are not to be missed. You can share their magic on a film that includes an octopus creating its home from a coconut shell!

16 July: Working in Kabul Terry Bainbridge will talk about his time in Kabul, Afghanistan, where he worked as an organisational consultant.

20 August: Library Electronic Resources Katie Norton is a librarian with the Whitehorse Manningham Regional Library system. She will demonstrate the range of electronic resources available to library members. These resources include e-books, MP3 audio books and MP3 music files.

Coral Vercoe

Books in Brief

Below are some snapshots of books our members have enjoyed recently. Have you read any good books lately? Please share your recommendations by sending the title, author and a brief description to dianeбайд@yahoo.com or put your contribution in my mailbox in the office.

419, Will Ferguson: This riveting thriller centres on the 419 Nigerian Email Scam. It provides an inside look at some of the lives of people who live in Nigeria and reveals the intricate networks that control people. The story brings you into the action around the world and allows you to share the heartbreak and happiness of strangers.

This is Where I Am, Karen Campbell: The experiences of a novice volunteer working with a Somali refugee in Glasgow create a poignant tale that brings insights into the refugee experience. Told from two perspectives, it describes the boundaries and benefits of the volunteer role and the traumas and adjustments that are a part of dealing with horror. The themes of trust and adjustment flow throughout the book. Dramatic events and heroic actions are revealed as the story develops, evoking both laughter and tears.

Everything I Need to Know I Learned from a Little Golden Book, Diane Muldrow: If you read any of the 'Little Golden Books' as a child or to your children, you will re-discover delightful images from the past. Muldrow, an editor of this series of books, pairs humorous but practical advice with illustrations from a range of favourite childhood books. Even though the images are from the past, the advice is up-to-the-minute. This book is one to share with another generation!

The Reef: A Passionate History, Iain McCalman: This excellent book gives the first comprehensive history of the Great Barrier Reef. It includes history, science and biography and charts knowledge of the Reef from Aboriginal times to the present. It has a sad and tragic ending - unless humans make some changes before it is too late to save the Reef.

A Fine and Private Place, Brian Matthews: This memoir is both an entertaining coming-of-age story and a quiet history of post-war Melbourne. Born in 1936, Matthews captures a time when you knew your neighbours, people worked hard and money was tight, kids made their own entertainment, newspapers and the radio were essential and footy teams really were based in neighbourhoods (Matthews barracked for St Kilda). This story is told with humour, sadness and honesty.

U3A Network Victoria News

U3A Writing Competition: U3A Network Victoria is holding a writing competition open to any U3A general member. Entries can be fiction, non-fiction, prose or poetry, and should be about a member's experiences as a U3A participant in Victoria during the last five years. Entries are open now and close at the end of business at 5pm Friday, 25 July 2014. Cash prizes will be given for 1st (\$150), 2nd (\$100) and 3rd (\$50) places. Terms and conditions for the competition and an application form are available on the Network's website (<http://www.u3avictoria.com.au/story-writing-competition/>).

U3A Joins COTA Policy Forum: COTA (Council on the Ageing) has invited U3A Network Victoria to join its policy forum. Talks last year pinpointed areas where both organisations can work together to develop learning opportunities and connect people and groups with similar interests. COTA runs an information service and can be contacted by telephone on 1300 135 090, at their drop in centre in Melbourne, or online. Their main message is: **Ever Wondered Who to Ask?**

Seniors Information Victoria offers free information as an independent service, supported by the state government, on a wide range of issues of interest to older Victorians including:

- Housing options from independent living to residential care
- Home-based and community services
- General information on financial and legal issues
- Health and wellbeing
- Retirement
- New learning opportunities and much more

More information is available at: <http://www.cotavic.org.au/information/seniors-information-victoria>. [Our U3A Manningham website has a list of useful websites too. Have a look at <http://www.u3amanningham.org.au/usefulLinks.html>].

U3A Tea Cosy Project 2014



This year's Whimsical Knitting and Crocheting class created eight 'whimsical' tea cosies for a special exhibition at Bundoora Homestead Art Gallery. The Tea Cosy Exhibition is held here every two years. Altogether, more than 300 tea cosies were made by knitters, crocheters and felters throughout Australia. When assembled, the Exhibition was a marvellous display of colour and whimsical ideas. Our U3A members loved the strong colours and variety of quirky designs. These featured pom-poms and animals - cats, dogs, mice, chickens and even an octopus! Almost all the tea cosies were sold and the profits raised funds for animal protection.

Our U3A class enjoyed working together to create handmade items for sale for a charity. Amid much laughter and sharing of ideas, we achieved a happy result for everyone. I want to thank class leaders **Cheryl Walsh, Delia Crute** and **Georgina O'Keefe** for their help with this project. The photo shows some of our tea cosies.

Susan Ferres

CALENDAR OF EVENTS

Term 2 and Term 3, 2014

TERM 2

Tuesday, 22 April	TERM 2 commences (9 weeks)	
Wednesday, 21 May	Monthly Talk (Rm 13)	3.00pm
Thursday, 22 May	POR's Luncheon (PFR)	12.30pm-2.00pm
Monday, 9 June	QUEENS BIRTHDAY	
Monday, 16 June	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 18 June	Monthly Talk (Rm 13)	3.00pm
Friday, 20 June	TERM 2 finishes	

[break – 3 weeks]

TERM 3

Monday, 14 July	TERM 3 commences (10 weeks)	
Wednesday, 16 July	Monthly Talk (Rm 13)	3.00pm
Monday, 21 July	Committee of Management Meeting (Rm 8)	2.30pm
Thursday, 24 July	Tutors Luncheon (PFR)	12.30-2.00pm
Friday, 25 July	Newsletter Deadline	
Monday, 18 August	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 20 August	Monthly Talk (Rm 13)	3.00pm
Thursday, 11 September	Summer School Enrolment (PFR)	
	Set up Room	2.00-2.30pm
	Enrolment	2.30-3.30pm
Monday, 15 September	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 17 September	Monthly Talk (Rm 13)	3.00pm
Thursday, 18 September	Class Reps. Afternoon Tea (PFR)	2.30-3.30pm
Friday, 19 September	TERM 3 finishes	

[break – 2 weeks]

PFR - Pines Function Room

And finally...

“What needs pruning in your life to make way for new growth?”

The Newsletter

Editorial team: **Diane Baird, Frances Langdon, Liew Staras**; Advisors: **Geoff Sheldon, Margot Roth**.
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.

