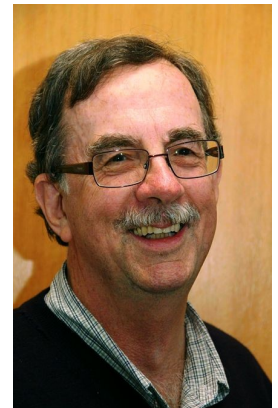


President's Report

Our twenty-fourth Annual General Meeting will be held on Thursday, 19 March 2015 at 12.30pm in The Pines Function Room. It is my pleasure to report the following for the period 1 January 2014 to 31 December 2014:



Future Directions

Last year, I reported that the Future Directions Project Team had made eleven recommendations to the Committee of Management. Several actions have occurred as a result:

- A Project Team has been established to test and evaluate the electronic Standardised Membership Management System that U3A Network has purchased and is now making available to member U3As. The team will report to the CoM by June 2015.
- The establishment of a 'Branch' of U3A Manningham has been set aside until the above assessment has been completed and the full impact of providing online enrolments has been assessed.
- Despite several attempts to establish links to nearby tertiary institutions, the team has been unsuccessful.
- Members have embraced more modern technology, particularly the use of tablets. User groups and training classes have been introduced and are very popular.
- A partnership with Pines Learning (which received a government grant) enabled seventy-eight members to enhance their iPad skills and now some of these people are helping others to develop their skills.
- U3A Network and other U3As are investigating how the use of technology can support members in the 'Fourth Age' of their lives so that they remain involved in U3A activities and socially connected to the community.

Policy Changes

- The Risk Management and Accommodation policies were amended to include 'Code Red' emergency management conditions.
- An Awards policy was developed that sets out clear criteria for the CoM to nominate members for the awards of Life Membership, Distinguished Service Awards and Certificates of Appreciation.
- The Enrolment policy was altered to better reflect the current volunteer activities and consequent entitlement to levels of enrolment.

President's Report (Cont'd)

Membership Fees

The fees remained at \$50 (Full) and \$25 (Associate Membership) for 2015.

Community Involvement

- Our members continued their very strong support for Doncare Food Bank by donating hundreds of kilograms of food items for distribution to Manningham residents in need.
- We also participated in the Victorian Government Carnival of Learning and in Manningham Council events.

Pines Activity Centre Lease

Manningham Council and U3A Manningham signed a continuation of the Lease Agreement that extends our tenancy to June 2018. Some changes included in this four year agreement are:

- No further continuation option is available under this lease. New negotiations will be required in early 2018.
- A fixed percentage rate (70%) has been introduced to apportion utilities costs among us and other tenants.
- The Victorian Education Department school term dates are now included in the lease.
- A special condition to amend the reporting obligations to Council now reflects the changes initiated in the Incorporated Associations Reform Act.
- A clause affirms that the premises have been designated as an Emergency Relief Centre and will be incorporated into any Manningham City Emergency Management plans.

Equipment

- New audio-visual equipment was installed during the first term break and the balance of payment made this year.
- New telephone and WiFi equipment have been installed to provide improved connectivity.
- Ten new bridge tables were purchased.
- Many small items were either purchased or upgraded.

Financial Report

- The 2014 Financial Statement shows an operating loss, mainly due to the payment for major equipment items, increased external venue hire costs and utility cost increases.
- Our revenues increased with membership levels and some extra grant money was received.
- The Reserve Account still has a large balance, but is not earning much interest.

Thank you

My thanks and appreciation are extended to all Committee of Management members, PORs, Tutors, Class Reps, Office Workers, Sub-Committee members and to our Catering and Equipment Officers. Also, I would like to thank our members who have represented U3A Manningham throughout the year at many external organisations.

Bryce Normoyle, President

MANNINGHAM U3A INC.

Registration No. A0026531J

Twenty-Fourth Annual General Meeting

Thursday, 19 March 2015 at 12.30pm

Notice is hereby given that the Twenty-Fourth Annual General Meeting of Manningham U3A Inc. will be held in the Pines Function Room, The Pines Learning and Activity Centre, 520 Blackburn Road, Doncaster East.

Order of Business

- 1 Welcome and acceptance of apologies
- 2 To confirm the Minutes of the last Annual General Meeting of 20 March 2014
- 3 Business arising from the Minutes
- 4 To receive, consider and adopt the Annual Report
- 5 To receive the Statement of Accounts and Auditor's Report for the period 1 January 2014 to 31 December 2014
- 6 Presentation of Awards
- 7 Transact any other business as submitted one week prior to the Meeting
- 8 Election of Committee of Management Members for 2015

Guest Speaker: Mary Castellani, Member of the La Trobe Neuropsychology in Ageing Research Group, will share findings from her research into cognitive training in older adults.

A light luncheon will be served following the meeting.

Alita Mossop, Secretary

All positions on the Committee of Management are declared vacant each year. The positions are: President, Vice President, Secretary, Treasurer, and five Ordinary Members. Members interested in nominating for a position on the Committee of Management should have a commitment to the objectives of the organisation and be prepared to accept an appropriate responsibility for an aspect of its management. Current role descriptions of the Committee of Management members are available in the Resource Folder in the Office.

Nominations of candidates for election as officers of the Committee of Management shall be in writing on the appropriate form. Forms must be signed by two members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the nomination form) and must be delivered to the Secretary by 3.00pm on Wednesday, 11 March 2015.

Nomination forms for the election of Committee of Management Members are available from the Office.

Network News



Advance notice is given for the 18th Biennial Conference of Network Victoria Inc. With the theme 'Thirty Years and Still Growing', this conference will be held on 17-18 August 2015 at the King Edward Ballroom in the Rendezvous Hotel at 328 Flinders Street. More details will be in the May newsletter or visit the U3A Network website (www.u3avictoria.com.au).

Curriculum Report

Welcome to all current and new members to another exciting year. We have commenced the year with over 1700 members enrolled. There are 165 courses offered in Term 1. There will be four new courses offered in Term 2, including yoga, painting and walking. Check the notice board for enrolment details or go to our website (www.u3amanningham.org.au) for further details closer to Term 2.

A Cardiovascular Pulmonary Resuscitation (CPR) workshop will be offered in Term 3. Only one course is available for 2015 and places are limited to 30 members only.

The Curriculum Sub-committee members are working hard to seek new courses and venues to meet the learning needs of our members. Any member who would like to offer courses, please don't hesitate to contact me via the Office and we can explore possibilities.

Milly Ching, Curriculum Coordinator

Enrolment Report

Each year, many members are involved in the Enrolment Process for the following year. To all those involved - the volunteers who packaged the enrolment material for posting, the group who received and processed the Membership and Enrolment Application forms, the data entry team who put all the Application data into the computer and printed the resulting material, those who staffed the Office and Catering rosters, the office workers for their support and able assistance and, not least, all the team leaders for ensuring that the whole 'event' ran smoothly to plan - many, many thanks!

By 11 February, 1711 applications had been processed. If anyone is interested in enrolling for any additional classes, go to our website (www.u3amanningham.org.au) to check availability of places. If you do add a class, be sure to provide the correct class code, date and time.

Lyn Torrens, Enrolments

Office Manager's Report

Welcome to all returning office staff and those who will be helping in the office for the first time this year. It was pleasing to see around 180 office volunteers attend our update/training sessions in January and February.

The Office Roster filled very quickly but, if you missed out, please see **Tess Gibbs** or **Ruth Jensz**, or leave a note in their pigeon hole in the back office. You will be placed on the emergency roster or waiting list because vacancies do occur during the year through ill-health or travel.

Special thanks to our Roster Coordinators, **Tess Gibbs** and **Ruth Jensz**, and to the members of the Office Sub-committee: **Vicky Curtis**, **Laurine Eames**, **Maretta Frolley**, **Audrey Killey**, **Jan McAuliffe**, **Mike Perry** and **Elizabeth Voce** who all do a marvellous job during the year supervising during term times, but particularly during the busy enrolment period.

This year, **Faye North** joins **Deirdre Meredith** in looking after our Office supplies, **Joan Eggert** will handle Kitchen supplies, **Helen Norman** will look after the Library, and **Dawn Wright** and **Rhonda Cox** will keep members supplied with name tags. Thank you all for your wonderful contribution to the office team.

Ruth Foxwell, Office Manager

End of Year Festivities 2014

To celebrate another successful and creatively productive year, two separate activities were organised at the close of 2014: the Artistic Showcase on 28 November and UniFEST on 4 December. The Artistic Showcase focussed on the skills, enterprise and talents of individual members and UniFEST showcased group-based activities. As well as offering our artistically creative members a platform to demonstrate and exhibit the results of their endeavours, these occasions offered an opportunity for all our members to get together in festival and party spirit to recognise and appreciate what organisations such as ours can achieve. This success was assured in no small part by the range and variety of appetising finger-food that **Graham Martin's** wonderful team of caterers supplied and distributed during these sessions.



Throughout the year we organise lunches to thank the many and various groups of people whose generous contributions of time, effort and energy ensure that our U3A continues to thrive. The only occasions on which we can provide a similar opportunity for our U3A community as a whole to get together are these end of year celebrations. I would therefore encourage all our members to come along and enjoy these communal gatherings. As well as being amazed at the wealth of talent that our members exhibit, you'll experience a relaxed and enjoyable event of revelry, merriment and indulgence.

Details and photos of last year's events can be found on the [Events page \(http://u3amanningham.org.au/whatsHappenin.html\)](http://u3amanningham.org.au/whatsHappenin.html) on the U3A Manningham website. Check it out! I'm sure it will sharpen your appetite for the festivities of 2015.

Geoff Sheldon

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.

18 March: Wrapped in Skin. Catherine Blakey is a Leather Sculptor and a practicing artist and teacher. She was integral to the development of the 'Butterfly Studio' at Christmas Hills. This studio was created to assist in the recovery - through art - of those people affected by loss in the Black Saturday fires.

15 April: A Guide to the Art of Ageing Well. Jim Henderson was sixty-six when he wrote this book and finds the question of how to age well of vital interest. He concentrates on what matters in order to develop emotional resilience and to reflect on how we think, feel, do and *be*.

20 May: Australia - G20 Presidency. Victor Pertou is a former Victorian State Parliamentarian and Commissioner to the Americas. He recently served as a Senior Advisor to the Australian G20 Presidency. He will share some of his experiences with us.

Coral Vercoe

5Q

Five Questions for...

Heather Ambrose



You joined our U3A in 1994. How did you get involved in creating the wonderful organisation we have today?

Les Dale was my next door neighbour and was aware of my background in Education. He was Vice President of U3A at the time and, when I retired, he invited me to the AGM. President **Neville Heffernan** was asking for new tutors and committee members. I started tutoring the Psychology class and spent the next ten years on the Committee of Management, including four years as President.

Les Dale set the trend for those of us who followed to draw the attention of the Council to our accommodation needs. Approval for the erection of The Pines building was a most rewarding result of our years of lobbying for it. In 1996, **Bridget Halge** and I introduced the Volunteer System to provide the fairest way to share the increasing workload by providing a continuing source of new helpers. The system also offered the fairest way for members to have entry into classes. I have retained my role as Coordinator of Volunteers.

You have been a Tutor in Psychology for more than twenty years. Do you think everyone should study psychology?

I think Psychology best suits people who are curious about how they and others think and behave, with the hope that they will be better able to deal with life's circumstances. The complete freedom of choice of subjects at U3A is one of the hallmarks of the success of the U3A movement worldwide.

Another of your many contributions to our U3A is matching member skills with a variety of tasks. Are you still searching for any particular skill areas for 2015 and beyond?

We have so many volunteers that every skill required for managing our U3A is well represented. Most members offer to help and find a task that suits them. Lyn Robertson and I meet with those who offer to help with management to identify what skills they are offering and to enable them to select from the available tasks. We then recommend where they might be best able to use their particular skills and refer them to the appropriate coordinators who include them on their subcommittees. We try to keep workloads manageable by having deputies in every position and by dividing tasks wherever possible. We want everyone to be satisfied with their task.

How do you relax?

I play and listen to music, spend a lot of time with friends and family, enjoy most things to do with gardens, play tennis, attend U3A classes and read.

What is on your Wish List for our U3A?

I always hope that all members find their association with U3A Manningham to be an ongoing source of interest and good company for them. I hope that all volunteers recognise that their contribution to U3A is a valued gift to the community.

Have You Heard About This?



The Written Word writing group embarked on an exciting project in 2014. We agreed to publish an audio-book and, after some misgivings, decided that each of us would not only write, but also record, our own work. We focussed on the process and what we might learn from it, rather than have great expectations. Everyone was up for the challenge. We enlisted the help of class member, **Lyn Colenso**, to design a cover and put in a request to **Lula Black's** son, **Andrew**, to create the CDs.

It required some organisation as we needed the use of a quiet area. With assistance from the ever-reliable **Terry Smith**, **Graeme Martin** and **Geoff Sheldon**, who kindly arranged for us to have access to the building in school holidays, we timetabled the group to come and record their work. It was a given that we would all practise beforehand and approach the task in a professional manner.



We can stand back now with a sense of achievement. *The Spoken Word* is a double-pack CD and includes over thirty stories and poems. We are happy with the result and want to share it with you. CDs are available at the front desk for \$5 to help cover our costs. Alternatively, you can call or text Trish on 0402 914 817 or Lula on 0411 270 328 and make another arrangement.

In 2015, we will turn our attention to publishing the fourth volume of *The Golden Quill*. It will be launched in late October.

Trish Taylor

Migrant English

The first Migrant English Tutors' meeting was held prior to classes starting this year. It was emphasised that it is most important for all Tutors to keep accurate records of the hours they spend teaching. The next meeting is scheduled on 5 August and the next Tutor Training Course will be in third term.

It was good to hear about the enthusiasm and enjoyment Tutors have had in their teaching and also to share the challenges and innovative ways these are overcome. A workshop for the ongoing development of our Tutors will be arranged later this year. There are several Tutors who are waiting for new students and, at this stage, I do not have any new students requiring a personal Tutor in English.

Joan Creber

In Memory of Linda Bruce

Linda Bruce was an early member of U3A Manningham and an enthusiastic participant in several classes. Linda was a Migrant English Tutor for many years and gave valuable service to several long-time students - and expected high standards from them. In recent years, ill health made it difficult for Linda to keep up with all her interests. We were very grateful for her contribution and are sad to hear of her recent passing.

Joan Creber

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.

The Curse of Positive Thinking

By Geoff Sheldon

Consider these two things:

- Dostoyevsky's *Winter Notes on Summer Impressions* (1863), recounts how he caused mental distress to his younger brother by asking him not to think of a white bear for two minutes.
- Edgar Allen Poe's story *The Imp of the Perverse* (1845), tells of a man who commits the perfect murder, is under no suspicion, but feels an irresistible urge to voice his confession aloud, which he eventually does.

What these two things have in common is what psychologists call 'Ironic Mental Processes' or 'White Bear Phenomenon' (in recognition of Dostoyevsky). The eminent Harvard psychologist, Dan Wegner, conducted many interesting experiments in this field. The results persuasively suggest that it's not simply that we fail when we try to suppress our inner urges, but we fail *because* we try to suppress them. For example, you want to quit smoking and therefore try not to think about cigarettes, but the very suppression of this thought seems to make it harder to give up. Or perhaps you're holding a priceless, fragile piece of porcelain and you feel a powerful urge to drop it while you're telling yourself not to. As Wegner explains: "The attempt to suppress a thought seems to conjure up an ironic psychological process that then works against the very intention that set it in motion. The suppressed thought is brought to mind in sporadic intrusions because of this sensitivity."

It would appear from a number of studies that it is very difficult to trick the mind into suppressing disagreeable or disquieting thoughts in favour of more positive things. For example, reciting positive slogans like "I'm a loveable person" or using so-called visualising techniques whereby you force your mind to focus on successful outcomes of a task, have been shown by psychological experiments to produce negative results. These techniques either make people feel worse about themselves or contribute to less successful outcomes than if a more realistic or neutral approach had been adopted. One explanation is that over-confidence about achieving your goal makes you subconsciously assume that you have already achieved it and therefore you expend less energy executing the task.

One notorious example of this process can be seen in the fate of the Merrill Lynch company in 2008. Norman Peale, author of *The Power of Positive Thinking*, was hired by the company at considerable expense to deliver upbeat messages to their executives. He used statements such as "...You will be what you visualise... If you see yourself as organised, studious, believing in your talent and ability, that is what you will become." When the financial meltdown arrived, these positive thinking, highly motivated and supposedly super-competent executives drove the company into insolvency. The financial crisis was caused by many factors, but the process of positive thinking did not save Merrill Lynch.

The Curse of Positive Thinking (Cont'd)

As we get older, we often tend to harbour uncertainties and perhaps are easy prey to advocates of Positive Thinking. Bookshops are full of such publications, although there is little evidence that these techniques work. Research papers suggest otherwise: people who try to suppress thoughts that cause an anxiety reaction often make those thoughts more intrusive. So, if you are attracted by this approach, remember those highly motivated, self-believing, positive-thinking - but ultimately jobless - Merrill Lynch executives.

Thank You Margot!



Margot Roth, previous Editor of this newsletter and U3A Manningham Life Member, has stepped down from her advisory role on the newsletter team from this year. Margot brought to our newsletter her professional skills as a writer and editor on many publications here and in her native New Zealand. She was Editor of our newsletter for almost ten years and always brought her signature wit and knowledge to the publication. After retiring as Editor at the end of 2011, Margot continued to provide editorial insight (and corrections!) to our newsletter. Those of you who have shared classes with Margot know that she has a keen intellect, a wonderful sense of humour, and a direct way of expressing her opinions. It is not often one finds such an invaluable combination.

We are grateful for the extra time Margot has contributed to our work and continue to try to live up to the standards she set. Members of the Editorial Committee, especially **Frances Langdon** and **Liew Staras**, will miss the conversations about content, but will continue to enjoy the coffee conversations. Thank you Margot, for everything.

Diane Baird, Editor

Kaffeeklatsch 2015

Do you wish to have a friendly chat in German over a cup of coffee?

Date: Monday, 23 March

Time: 9.00 - 10.15 am

Place: Indulgence Café, Pines Shopping Centre, opposite U3A

Cost: A cup of coffee or ?

Your level of German doesn't matter. We would just like you to participate in German in a relaxed and friendly atmosphere.

Native Speakers: You are most welcome to join this group. It gives the students of German an opportunity to practise with competent German speakers, and native speakers benefit from the friendship and opportunity to keep their own language alive through interesting conversations with this group.

Other Dates for Kaffeeklatsch in 2015 are:

- 13 April
- 11 May
- 8 June
- 13 July
- 10 August
- 14 September
- 12 October
- 9 November
- 7 December

Just join up at the front office of our U3A. Enquiries can be made to **Jutta Szwed** by leaving a message at the office desk.

Sie sind herzlich willkommen!!

Newsletters for 2015

The dates for the remaining newsletter deadlines for 2015 are: 24 April, 24 July and 16 October. We encourage you to share information and ideas with our members. If you have any content for the newsletter, please send details to Diane Baird (dianeбайд@yahoo.com) by the deadline.

If you have changed your email address, be sure to inform the Office of your correct email so you will not miss any of our colourful newsletters with links to other information.

Diane Baird, Editor

CALENDAR OF EVENTS Terms 1 and 2, 2015

Monday, 2 February	TERM 1 commenced (8 weeks)	
Thursday, 5 March	Class Representatives Meeting (PFR)	3.00 - 4.00pm
Monday, 9 March	LABOUR DAY HOLIDAY	
Monday, 16 March	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 18 March	Monthly Talk (Rm 13)	3.00pm
Thursday, 19 March	ANNUAL GENERAL MEETING	12.30 - 2.00pm
Friday, 27 March	TERM 1 finishes	
	[break – 2 weeks]	
Monday, 13 April	TERM 2 commences (10 weeks)	
Wednesday, 15 April	Monthly Talk (Rm 13)	3.00pm
Monday, 20 April	Committee of Management Meeting (Rm 8)	2.30pm
Friday, 24 April	Newsletter Deadline	
Thursday, 7 May	Class Representatives Meeting (PFR)	3.00 - 4.00pm
Monday, 18 May	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 20 May	Monthly Talk (Rm 13)	3.00pm
Thursday, 21 May	COM Volunteers Luncheon (PFR)	12.30 - 2.00pm
Monday, 8 June	QUEEN'S BIRTHDAY HOLIDAY	
Monday, 15 June	Committee of Management Meeting (Rm 8)	2.30pm
Wednesday, 17 June	Monthly Talk (Rm 13)	3.00pm
Friday, 19 June	TERM 2 finishes	
	[break – 3 weeks]	

PFR - Pines Function Room

And finally...

“Be kind whenever possible. It is always possible.” The Dalai Lama

The Newsletter

Editorial team: Diane Baird, Frances Langdon, Liew Staras; CoM Advisor: Jillian Gange.
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.

