

President's Report



At the AGM held on 19 March 2015, I had the honour of being elected President of our U3A. **Bryce Normoyle** previously held that position for four years, longer than is usual. I would like to begin my first report by expressing my thanks for the outstanding leadership Bryce has given us, my admiration for his incredible stamina and my hopes that I shall be able continue the good work that he has both achieved and initiated.

I also would like to thank personally the retiring members of the Committee of Management, **Lyn Torrens** and **Don McKelvie**, for the generous donation of their time, their unflagging energy and the impressive efficiency with which they have exercised their roles. A warm welcome to the newcomers **Michael Howard**, Vice President and **Warwick Wright**, Enrolment Officer. Although Bryce has retired as President, he was unable to extricate himself completely from the

administration of our organisation and has selflessly agreed to serve as Treasurer. I regard him as living proof that volunteering keeps you young and alert, as well as fit and healthy. A report on the AGM is on our website (<http://u3amanningham.org.au/whatsHappenin.html>).

I would especially like to extend a welcome to all our members who, I hope, are now back into the swing of things and continuing to enjoy the classes and activities that we offer. At the time of writing, we have just under 1800 members enrolled in 169 classes. The number of different activities we offer continues to amaze me. It is both an indication of the extensive range of skills and expertise in our membership and the willingness of members to contribute their time and energy to our U3A.

Perhaps the most important factor in our ability to manage such a complex and vibrant U3A is the large number of members who continue to work tirelessly behind the scenes. Without them, we would not be able to enjoy the smooth and effective way in which our classes are organised, delivered and monitored. We readily acknowledge this commitment and, although it is small recompense for all their labours, the Committee of Management would like to give public recognition of this work by having a Volunteers' Luncheon on 21 May. Invitations have been sent and should be responded to no later than 12 May.

There are a number of initiatives taking place behind the scenes and I would like to end this report by giving an update on these:

SMMS (Standardised Membership Management System) Project Team: We are hoping to install a new computerised system for managing our membership in the future. The present system works very well, but as our members become more experienced in using computers in their everyday lives, we feel we need to streamline the enrolment system to allow members to choose their classes, check on availability, enrol and pay online. We have a team of members researching this project who are technologically very proficient and experienced. They will be publishing their report and recommendations later this year.

President's Report (Cont'd)

Equipment: We recently installed new computers in the office and resolved some problems associated with using the photocopier for printing directly from the computers. We also have submitted grant applications for two ceiling-mounted projectors for the Pines Function Room (PFR) and Room 18. In addition, we shall be purchasing a robust portable projector screen for use in the PFR. If you attended the AGM in March, you will remember that our guest speaker projected her slides onto the wall, which was not very satisfactory. We shall be able to avoid that in future.

Policies Review Group: We recognise that it is essential for all our members to have a clear statement of their rights and responsibilities. To this end, a small group of members, under the guidance of **Graeme Martin**, is busy preparing the official policies of our U3A that deal with things such as: Code of Conduct, Membership, Anti-Discrimination, Bullying, Grievance, Sexual Harassment and others. Once they are finalised, we shall publish them on our website so all members can become familiar with them.

Doncare Food Bank: We shall continue to support this worthy cause as we have done previously. As we move into the bleaker part of the year, we should remember that many families find it difficult to provide the proper nourishment they need to stay healthy. Please help by contributing items of non-perishable food, including food for babies, small children and even pets. Please give your donations to the U3A office for delivery to the Doncare office.

Finally, I would like to remind everybody that there is a box on the office counter for suggestions and for communication with the Committee of Management. I urge everybody to make use of it, either for feedback on your experiences or with suggestions for improving the way we do things. You can do this anonymously if you wish, but it would be most helpful if you give contact details so that we can reply to you personally.

Geoff Sheldon, President

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.

20 May: Australia - G20 Presidency Victor Perton 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.

17 June: Forensic Pathologists David Ronson will speak about the role of forensic pathologists in identifying people affected by mass disasters. He will review the work done after the loss of flight MH17.

15 July: Alzheimer's Australia Laurel Gourloy will present a session on 'worried about your memory'. Her talk will include information for people concerned about memory changes that occur with aging.

19 August: Mercy Ships Australia Margot and Tom Hartley are among the amazing volunteers who staff 'surgery ships'. This work brings both healing and hope to the world's forgotten poor.

Coral Vercoe

Curriculum Coordinator's Report

Term 2 commenced with 169 courses, including a number of new ones. There is still a long waiting list for some popular courses such as: Line Dancing (Beginners); Zumba Gold; iPad Users' Group and language classes for beginners. Two courses, History of Science and Self-Publishing, were cancelled due to low enrolment numbers.

There are 1780 members enrolled to date. A second Class Reps meeting will be held in May to provide information to new Class Reps and for those who missed out on the first meeting.

New Courses Term 3

1905 Classical Guitar Intermediate: Terms 3 and 4; Tutor, **Yoke Lan Machien**; Fridays, 9-10 am; Venue, Centenary House. Participants must have completed the beginners' course and wish to learn more about classical guitar.

8335 Spanish Conversation: Terms 3 and 4; Tutor, **Rene Carrasco**; Mondays, 12-1:20 pm; Venue, Room 14.

3515 Defensive and Advanced Driver Training: This three-week workshop is designed to assist drivers to develop abilities to recognize hazards, to understand defensive driving techniques and to act in time. Topics include: attitude, knowledge, foresight, judgement, concentration and skills. Tutor, **Peter Roggenkamp**; three sessions on 10, 17 and 24 August 2015, 3-4.20 pm; Venue, Room 13.

To apply for any of these courses, complete the yellow enrolment form and submit it with a stamped, self-addressed envelope to the U3A office. If necessary, a stamp and envelope can be purchased at the office for \$1.

Members who enrolled in the following courses are reminded that these will commence in Term 3:

- Bridge - Hand Evaluation
- Computers - Excel
- Computers - MS Publisher
- Computers - PowerPoint
- History of Early Religion
- Languages of the World
- Rummikub
- Tutor Training for Migrant English
- Yoga Philosophy
- CPR workshop

Please check your enrolment confirmation letter for dates and times.

Milly Ching, Curriculum Coordinator

Office Manager's Report

The one-on-one training for new office volunteers continues into Term 2, with special thanks to **Tess Gibbs** and her team of roster supervisors. Several of these new recruits have provided feedback to show their appreciation for this more personal approach to office training. Well done!

Another interesting aspect of this new training method is that when Tess or one of her team was explaining in detail about different aspects of office procedure, quite a few volunteers who had received training prior to this initiative made comments such as, "I never knew that" or "I didn't know about that". This new training method is a win-win for all involved and we appreciate the work that Tess and her great team of energetic supervisors have done.

In Term 2, office staff will again be receiving food donations for Doncare. Please support this very worthy cause as the winter months are approaching.

Ruth Foxwell, Office Manager

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Five Questions for...

Geoff Sheldon



As our newly-elected President, you have a big job ahead! What do you think are some of the most important skills for a good leader?

When we look at some of the great leaders of our era, Gandhi, Mandela, Martin Luther King, we see quite clearly that they were all visionaries. There are many levels of leadership, but at the highest level, vision is probably the essential quality. At less exalted levels, you need decisiveness, tempered by a readiness for consultation with those who know more than you about the issues involved so that you have more chance of making the right decision.

You have spent much of your professional life as an educator. What have you learned from that work?

Three things stand out: One, the need for humility because no matter how smart you think you are, sooner or later you'll get a student smarter than you. Two, never underestimate the potential of people because you can never predict what they can achieve given time. Third, although you get older, your students stay the same age. The problems that each generation encounters remain the same, but the way they solve them differs. So you have the most important lesson of all: there is no right way of dealing with life's problems. Everything is relative.

Language is one of your main interests. What makes words (and how they are put together) so interesting for you?

Language is something we take for granted, and yet it is an astonishing and essential skill. For me, it's our sixth sense and is the source of our intellectual power and ability to transform our environment. All our thinking is done with language. At the same time, it enriches our world with the variety, differences and idiosyncrasies of the many individual languages that are spoken on this planet.

How do you relax?

In a phrase: 'intense inactivity'. When I get the chance to indulge in my own personal interests, I look above all, for stimulation - whether intellectually, sensuously, emotionally or physically. Active engagement with the works of writers, composers, artists or even brewers, vintners, distillers or sports organisers is a great way to relax.

What's on your Wish List for our U3A?

We have to remember that the U3A movement has only been established in Australia for thirty years. We have come a long way but we are still in our infancy, albeit a dynamic infancy. The most important thing is to maintain that dynamism. The Third Age of our title is the real age of independence, having survived dependence on our parents and the ensuing dependence of our children on us. My wish, therefore, is that we shall continue to make ourselves available to as many people as possible to enjoy and extend that independence to the full.

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.

Donating for Life

By Wendy Baker

A few years ago, I decided to become an organ donor. My decision was made not because I knew someone who needed an organ donation, or because I needed one myself. It was because I felt it was the right thing to do. I'm a pragmatist at heart and I try to act according to my philosophy of 'giving something back' for the good life I've had.

Organ donation rates in Australia are very low and this is disappointing when we think what a transplant might mean to someone who is dying when it could be prevented. There are doubtless many reasons for this, but in some cases ignorance or fear may be a factor. It is a fact that for an organ to be available, a donor must die - and die in the right circumstances. The Australian Government website, [DonateLife](http://www.donatelife.gov.au) (www.donatelife.gov.au), provides a range of information, including facts about donation, Frequently Asked Questions and how to register.

Organs can only be taken after death has been established and this seems to be a major fear: 'Is he/she really dead?' There are two ways of defining death. The first is brain death and the second is circulatory death. Two senior doctors must certify any death. The procedure is explained in detail on the [DonateLife](http://www.donatelife.gov.au) website. Reading details on this site should allay this fear.

A person who is brain dead must be kept ventilated in an intensive care unit or emergency ward in a hospital in order to maintain organs. Organs suitable for transplant in this situation include heart, lungs, liver, kidneys, intestines, pancreas and some tissues. Any of these organs may save or prolong the lives of several people. Circulatory death limits possible donations to parts such as heart valves, bone, tendons, ligaments and parts of the eye such as cornea or sclera.

While an individual may register as an organ donor, families have been known to overrule such wishes. The Australian Government Organ Tissue Authority strongly recommends that prospective donors discuss their registration with families so that no one is in any doubt. Since it is vital that donors be kept ventilated after death, it is essential that family members are sufficiently informed to play their part. Unfortunately, there are time constraints for family members to make such decisions at an extremely emotional time. For some, there may be cultural or religious restraints and uncertainties, but for most of us, the main question is 'What would our loved one have wanted?' Discussing your wishes with family members and getting them all on side means they can act, secure in the knowledge that it is what YOU have decided.

Donate Life Week will run from 2-9 August 2015 to publicise information about organ donation. Access the website, see the concerns that trouble others and read the answers to these questions. Be informed, allay your fears and sign up! There is a link on the website to the Donor Register.

I made the decision to become an organ donor because I would like to think that my death might provide the gift of life to one or more others. What about you?





Cardiopulmonary Resuscitation (CPR) Lecture and Workshop

This '4 steps for life' program has been developed to promote awareness and confidence among people aged 50 or over to perform CPR. This program includes one lecture and a practice workshop for small groups. Participants enrol in the lecture and **one** of the workshops.

3200 CPR Lecture

Tutor - **Tom Clark**

Date and Time - 13 July 2015, 3-4.20 pm

Venue - Room 13

3201 CPR Workshop A 20 July 2015, 3-4.20 pm, Room 13
3202 CPR Workshop B 27 July 2015, 3-4.20 pm, Room 13
3203 CPR Workshop C 3 August 2015, 3-4.20 pm, Room 13

To apply for this program, complete the yellow enrolment form available at the U3A office. Submit the form with a stamped self-addressed envelope and return it to the office. If necessary, a stamp and envelope can be purchased at the office for \$1.

Milly Ching, Curriculum Coordinator



**GIVE HAPPY
LIVE HAPPY**
NATIONAL VOLUNTEER WEEK 11-17 MAY 2015

Did you know that more than 6 million Australians volunteer each year? Research shows that people who do volunteer work are happier as a result. During National Volunteer Week, from 11-17 May 2015, there is a focus on all the positive benefits of contributing time to help as a volunteer. The theme for 2015 is 'Give Happy, Live Happy' to highlight the positive benefits to everyone as a result of volunteering.

The [National Volunteer website](http://volunteeringvictoria.org.au) (<http://volunteeringvictoria.org.au>) has a range of free resources that can be downloaded. It provides details of the type of volunteer work Australians do as well as the many benefits it brings. There is also a link to 'Fun Facts about volunteering in Australia'. One of the consistent findings is that volunteers have a sense of well-being, a positive attitude and increased feelings of happiness.

A special thank you to all the volunteers at U3A Manningham. Without you, our U3A would not exist!

An Achievement To Bank On



Many of you will recognise **Phillip Holmes** in this image, despite the hat he is wearing on the day. Phillip is a much appreciated member of 'The Written Word' course. He is always first to put up his hand when something requires a volunteer. He did so when we needed a person from 'The Written Word' to show our gratitude to Bendigo Bank for their wonderful support of our group over eight years.

Phillip took part in the recent Warrandyte Festival and carried our U3A and Bendigo Bank banners. His usual willing and co-operative manner prompted **Dee Dickson** from the bank to acknowledge his wonderful contribution in assisting her personally to organise the bank's participation.

Bendigo Bank has provided the grant that enabled us to produce an excellent CD last year: *The Spoken Word*, on sale for \$5 at the U3A office. This CD package holds two discs and has over thirty poems and stories on it, all written and produced by the members of 'The Written Word'. We were delighted when **John Millard** received a glowing response to one he gifted to a cousin in the UK. She was so enamoured with it that she wrote a long message back to John, explaining that after listening to it in the house, she now has it in the car and still enjoys playing it over again! Why not see what you think?

We are busy editing stories for this year's volume of *The Golden Quill*, which embodies work from both U3A Manningham writing groups. We will launch Volume 4 in October, and hope to see many members of U3A supporting us. Further information about the launch will appear closer to the date.

Lula Black and Trish Taylor, Tutors

Network News



Celebrating Thirty Years in Australia

This year, the U3A organisation celebrates being in Australia for thirty eventful years. There are now over one hundred U3As in Victoria alone. The first were Melbourne City, Hawthorn, Ringwood and Monash (now Waverley). The President of U3A Melbourne City, **Jill Thompson**, was one of the founders of U3A in Australia. This huge organisation began in Melbourne and is still developing. As Jill observed, "The U3A organisation is still growing, but a generation has passed. It is inevitable that changes will occur to meet the aspirations and expectations of this generation of retirees."

The President of U3A Victoria, **Elsie Mutton**, recognises the wonderful achievement of having so many U3As in Victoria. She notes that there are increasing numbers of new U3As in regional areas to meet the needs of those without access to urban groups. On 17-18 August, the 18th Biennial Conference of Network Victoria Inc will celebrate this thirty-year progress with the theme 'Thirty Years and Still Growing'. More details are available from the [U3A Network website](http://www.u3avictoria.com.au) (www.u3avictoria.com.au).

CALENDAR OF EVENTS Terms 2 and 3, 2015

Monday, 13 April	TERM 2 commenced (10 weeks)	
Monday, 18 May	Committee of Management Meeting (Rm 8)	1.30pm
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)	1.30pm
Wednesday, 17 June	Monthly Talk (Rm 13)	3.00pm
Friday, 19 June	TERM 2 finishes	

[break – 3 weeks]

Monday, 13 July	TERM 3 commences (10 weeks)	
Wednesday, 15 July	Monthly Talk (Rm 13)	3.00pm
Monday, 20 July	Committee of Management Meeting (Rm 8)	1.30pm
Thursday, 23 July	Tutors Luncheon (PFR)	12.30 - 2.00pm
Friday, 24 July	Newsletter Deadline	
Wednesday, 5 August	Migrant English Tutors (Room 13)	3.00 – 4.20pm
Monday, 17 August	Committee of Management Meeting (Rm 8)	1.30pm
Wednesday, 19 August	Monthly Talk (Rm 13)	3.00pm
Thursday, 10 September	Summer School Enrolment (PFR)	2.30 - 3.30pm
Monday, 14 September	Committee of Management Meeting (Rm 8)	1.30pm
Wednesday, 16 September	Monthly Talk (Rm 13)	3.00pm
Thursday, 17 September	Class Reps. Afternoon Tea (PFR)	2.30 - 3.30pm
Friday, 18 September	TERM 3 finishes	

[break – 2 weeks]

PFR - Pines Function Room

And finally...

“The future is not somewhere we are going; it is something we are creating.” Ian Lowe

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.

