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President's Report



Thank You

This is my final report for 2015 and I would like to begin by acknowledging and thanking the numerous people who have generously contributed their time, energy and enthusiasm to our U3A. The Committee of Management has expressed its gratitude to our groups of Tutors, Class Reps and Office Workers at lunches and afternoon teas throughout the year. I would like to take this opportunity to reiterate our thanks and to acknowledge the many Catering and Function Volunteers who organise the table settings and prepare the food for these enjoyable occasions. Thank you all for creating such a wonderful ambiance for these events.

A very special thank you to the Project Team, **Bryce Normoyle, Warwick Wright, Kevin Chan, Mariana Goldenfarb** and **Leong Kwok**, who have worked tirelessly throughout the year to put in place the new computerised management system. Without the data entry volunteers who continually update our membership details, the organisation would grind to a halt, so a very sincere thank you to all of you. Thanks, too, to the Editorial Team who do such a fine job of collecting, editing, formatting and distributing this newsletter. Finally, my thanks to my dedicated and selflessly hard-working colleagues on the Committee of Management, together with the members of their sub-committees, who have made my first year as President so agreeable and rewarding.

Computerised Management System Developments

The new computerised membership management system was used for the first time in September for enrolment in Summer School. Most of our members who enrolled online found it straight-forward and very user-friendly. Members of the Project Team are currently finalising procedures for the 2016 enrolment. They will publish a comprehensive guide to the enrolment process well before the end of November. The Enrolment Officer, **Warwick Wright**, who has played a major role in the transition from the old system to the new, provides more details in this newsletter.

One aspect of the new online enrolment procedure that worries some people is the security of financial transactions. The payment systems we use, PayPal and secure credit/debit card transactions, are the same as those you use for booking flights and holidays or for buying goods over the Internet. These are as secure as you can find. However, if you do not have a credit card or are reluctant to use one in this way, you can buy a *Load & Go Reloadable Visa Prepaid Card* from any post office. This card can be loaded with any amount you wish. Thus, any risk is limited to this amount. As an alternative, you may pay for your membership at the office by cheque (preferably) or by cash.

Awards

In this year's Victorian Senior of the Year Awards, our Strength Training Tutor and Life Member, **Moira Axtens**, was awarded the *Health and Active Living Award* at Government House on 1 October. She was nominated by **David Jenzs**, who has written an account of Moira's success in this newsletter. We extend our warmest congratulations to Moira on this much-deserved award.

David Silver

Sadly, **David Silver** died on Wednesday, 14 October. David was a highly respected and distinguished member of our organisation who fulfilled a great variety of administrative and teaching roles over many years. He was known as a wise counsellor, a generous friend, an entertaining companion and, above all, a man with a wicked sense of humour and a great zest for life. More details about David are elsewhere in this newsletter.

President's Report (Cont'd)

Seniors' Week

The first week of October was Seniors' Week and, along with twelve other U3As, we participated in Celebration Day, Sunday 4 October. A marquee at Federation Square demonstrated our vast range of activities. The sun shone, the number of people enquiring about us was considerable and our line dancers put on a sparkling display. **Jillian Gange** has written an article for the newsletter about this very successful day.

Government-Funded Initiatives

Earlier this year, we applied for an ACFE (Adult, Community and Further Education) grant and received \$4,000. We used this grant to install a data projector in Room 18. We would like to acknowledge Manningham City Council's generous contribution of 50% of installation costs for the projector.

Doncare

As previously, we are collecting food for Doncare this term. This organisation does a most valuable job and its work is much needed in this pre-Christmas period. Earlier this year, the Salvation Army published a startling report on poverty in Australia. It found that "...between 4 and 6 per cent of the population (between 1 and 1.5 million) is classed as being in poverty, with little to no hope of getting out of that situation...10% of Australians report that they cannot afford to buy enough food. This share has increased somewhat over the past years." Your support for the Doncare collection will be greatly appreciated by many people.

Enjoy the remainder of our term. By the time this newsletter is published, we will be constantly reminded of the proximity of Christmas so, if it's not too early, may I wish you a happy and life-enhancing festive season.

Geoff Sheldon, President

Enrolments for 2016

As most members are aware, we have a new computer system for enrolments for 2016. Instead of coming into The Pines and queueing to enrol (although this option is still available), you will be able to enrol online anywhere at your convenience.

Online Enrolment

Access for online enrolment is through our website (<http://www.u3amanningham.org.au>). You can use any device that is connected to the Internet (PC, Laptop, iPad, Android Tablet, etc, or even a Smartphone). One of the benefits of the new system is that you can see straight away whether there is a waiting list for your chosen subjects and you will know immediately whether you are successfully enrolled in any class.

Enrolment in Person

If you prefer, you may enrol in person. Fill in your enrolment application and bring this along with your payment and a stamped, self-addressed business-size envelope, and leave it at the office. Be aware that your application will only be processed on the enrolment date relevant to your priority level. Alternatively, you may choose to queue in person on your enrolment date, as has been done in the past.

Online Payment

The membership fee is \$60 for 2016. If you are paying online, you have the option of payment via a credit or debit card, or a PayPal account. Regardless of which option you choose, you must first click on the **Pay by PayPal** button. (This step was confusing for many members who enrolled for Summer School). After reading the next explanatory screen, click on the **PayPal** button to be transferred to the secure payment method. Here, you will see a summary of what you are being charged and will be given two payment method choices: **Pay with my PayPal account** or **Pay with a credit or debit card**. If you have a PayPal Account, you can pay by either method. If you do not have a PayPal account, you can only pay by credit or debit card.

Enrolments for 2016 (Cont'd)

Payment in person or by mail

If you have concerns about paying online, you may pay your membership fee at the U3A office before your enrolment date. When paying at the office, you may do so in person by cheque or cash, or you may mail your payment by cheque to arrive before your enrolment date. You then enrol online as soon as your priority level allows. Be sure to keep your receipt. As soon as your payment at the office is entered into the MyU3A system (which will happen when you pay or shortly afterwards), your payment will be recorded in the system. You will then be able to log in online, if you wish, and you will see that there is a receipt number recorded, starting with the letter F, for the amount you paid.

Enrolment Dates

All members must enrol on the dates assigned by priority levels, whether online or in person. For all priority levels, online enrolments will be processed immediately when you log in on or after the assigned dates. Members will have confirmation of their classes instantly online. People who enrol personally will be processed in the order in which they arrive on each enrolment day. Enrolment applications left at the office will be processed after personal enrolments on the day for each priority level.

The enrolment dates for 2016 are:

- Level 1: 18 November
- Level 2: 26 November
- Level 3: 27 November
- Level 4: 30 November
- Level 5: 1 December
- Level 6: (New members for 2016) 3 December

The first draft of members' priority levels will be on the notice board on 5 November. After appeals and corrections, the final list will be posted on the notice board on 16 November.

Training for Office Staff and online practice sessions for members will be offered shortly, as will the training session for Class Reps/Tutors who wish to learn how to use the Tutor Portal for maintaining class attendances.

Warwick Wright, Enrolments

Curriculum Coordinator's Report

I would like to take this opportunity to thank all the Tutors, Class Representatives and members of the Curriculum sub-committee for their contributions and hard work this year. We have had another successful year with new courses offered and more will be added next year. The list of course offerings will be available online soon.

A number of Tutors who have been with U3A Manningham for many years have decided to retire from teaching next year. I thank them all for sharing their time and expertise with our members. We appreciate all the work our Tutors do - without them, our U3A would not exist!

I wish you all a very Merry Christmas and Happy New Year! I hope to see some of you in Summer School in January.

Milly Ching, Curriculum Coordinator

Congratulations Moira!

Recipient of a 2015 Victorian Senior of the Year Award

Moira Axtens is the winner of the *Health and Active Living Award* in this year's Victorian Senior of the Year Awards. Moira was presented with her award by the Minister for Housing, Disability and Ageing, the **Hon Martin Foley**, at Government House on Thursday, 1 October. This prestigious event honours the remarkable contribution of Victorian seniors who help improve our community in a variety of ways. Fourteen awards were presented to the winners who were aged between sixty-seven and ninety years old.



*Moira receiving her award from the **Hon Martin Foley***



Victorian Senior of the Year Awards Ceremony

Originally from Scotland, Moira trained as a physical education teacher and migrated to Australia in 1975 to take up a tertiary lecturing position in Melbourne. On retirement in 1995, Moira joined U3A Manningham. She tutored Low Impact exercise classes from 1995 to 2004, and served on the Committee of Management from 1997 for several years. Moira is known for her formidable physical fitness and prowess. In 2006, she won a gold medal at the Masters Games in Melbourne in the 50+ women's tennis doubles when she and her partner were over 60.

Moira is a regular volunteer at the Epworth Eastern Hospital, the Kevin Heinze Garden Centre and at a retirement village where she leads exercise classes. She has been a very prominent member of her Probus Club where she has given an exercise class for many years. She has been president, newsletter editor and committee member at Probus. Moira plays the piano and clarinet and performs regularly as a member of the Victorian Clarinet Society's Clarinet Choir.

During 2002, while keeping her U3A Low Impact classes going, Moira developed a Strength Training program for seniors at U3A Manningham. This new development involved writing a program, procuring equipment, training Associate Tutors and organising venues in which to undertake the classes. Strength Training Classes started in Term 3, 2003 at U3A Manningham with Moira as the Tutor, along with fifteen Associate Tutors specially trained by her.

The Strength Training Classes at U3A Manningham have continued each year since 2003 with great interest and enthusiasm. In 2015, six classes are held for two sessions each week, with a total of 270 members enrolled. Moira takes a personal interest in the physical health of every participant and prepares modified programs for those with health problems. There are many positive health benefits to the Strength Training program and participants in the classes continue to be grateful for their individual improvements. Moira's work to improve the health and fitness of older people in her community has made a significant difference to the lives of so many.

Moira is an outstanding community member and is an inspirational role model for older people. Her many contributions continue to be valued by her wide-ranging community. She has a wonderful attitude to ageing and has inspired many other seniors to be happy, active, purposeful and positive. Congratulations, Moira, for the well-deserved *Healthy and Active Living Award*.

David Jensz

Seniors' Festival at Fed Square

Anyone of a certain age seeking inspiration and information would not have been disappointed at Federation Square on Sunday, 4 October.



Our U3A Display Tent

Eighty marquees, demonstrations of dance, arts and handcrafts, as well as day-long entertainment, ensured that the more than 10,000 attendees joined the celebration of being a senior in Victoria.

Throughout the day, the U3A Manningham marquee had wonderful demonstrations of sculpture (**Sandra Dean** and **Jane Lithoxopoulos**), calligraphy (**Laurie Bicknell**), card-making (**Sue Vane-Tempest**) and mandalas (**Lyn Colenso** and **Christine Hagger**). There were also displays of other arts and crafts, including painting and marquetry, and photographs showing many of the activities from our U3A.



Our Line Dancers



Geoff Sheldon, Lyn Colenso, Laurie Bicknell

Our President, **Geoff Sheldon**, and Special Events Organiser, **Margaret Salomon**, were on hand to tell the many visitors to our display all about U3A Manningham and what it offers to members.

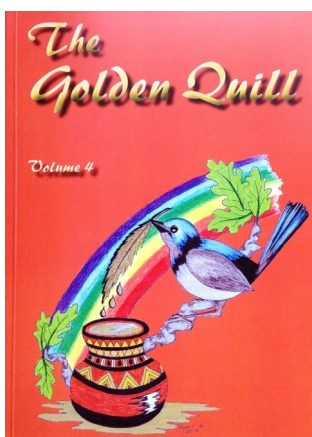
A highlight of the day was the terrific display by our combined beginners and intermediate line dancers, led by **Julie Ong** and **Julie Chau**. The only question that remained unanswered was who enjoyed it more - our dancers or the audience! The applause they received was well deserved as both groups had practised over the term break to ensure that they were step perfect!

The **Hon Martin Foley**, MP, Minister for Housing, Disability and Ageing, attended this event for the first time. U3A Network President, **Elsie Mutton**, ensured that he was well aware of the many U3A organisations that participated.

Many thanks to our wonderful organisers - **Michael Howard**, **Margaret Salomon**, **Tony Robinson**, **Wendy Donovan**, **Graeme Martin** and **Ron McQuade**.

Jillian Gange

Hazel Edwards Launches New Book



U3A Manningham writing groups, The Written Word and Creative Writing, launched their fourth volume of *The Golden Quill* on Friday, 23 October. The twenty contributors to this new volume were delighted to have had **Hazel Edwards OAM**, officially launch the book. The author of two hundred books, Hazel commended the writers on their superb efforts with this volume. She entertained the audience with her amusing anecdotes of what it's like to be a writer and shared some important rules for writing (write regularly, beware of the dangers of 'literary terrorism', choose the title carefully, have a good twist at the end of the story). We wish her every success with her latest book, *Not Just A Piece of Cake: Being an Author*, to be published later this year.



Thank you once again to Warrandyte Community Bank who funded our book. We were pleased to welcome Councillor **Meg Downie** from Manningham City Council to our launch. We thank **David Jensz** who again acted as MC and ensured everyone was welcomed. Thanks also to **Graeme Martin** who supported us with suggestions on preparation for the launch. To all the volunteers, from those who provided afternoon tea to those who helped prepare the rooms, thank you.

Finally, thank you to **Lyn Colenso** for the wonderful cover she created. Thanks also to **Hazel Boss** and **Jill Curry** for spending hours and hours working with us on editing; to **Peter McQuie** and **Andrew Black** for lending us their talents, and of course, to the twenty writers whose stories and poems will bring much pleasure.

The book is available from the office for \$10.

Trish Taylor and Lula Black

Thank you, Thank you, Thank you, Thank you

There are more than four hundred Catering and Function Volunteers at U3A Manningham. These members contribute generous amounts of time and effort each year to create activities to thank other members of our U3A for their volunteer duties.

Food is donated, supplied and prepared; members assist in the kitchen activities on the day to serve at 'Thank You' luncheons and afternoon teas, Monthly Talks and the AGM. Others create a special atmosphere in the locations and then clean up the venues to make ready for the next U3A activity.

This generosity in time and effort needs a BIG THANK YOU to each and every one of these volunteers. They all have an ongoing commitment to maintain high standards so that others may enjoy the day. It's the teamwork, combined with great and enthusiastic participation, that creates great events, each one providing an opportunity to associate and socialize with other members.

To round the year off, the end-of-year highlights are still to come. The Artistic Showcase (26 November) and uniFEST 2015 (3 December) will create new experiences for most members. The Special Project Team and the Catering and Function Volunteers are planning these events to celebrate another very successful year at our U3A.

Michael Howard, John Caine, Elaine Campbell, Lorraine Smith, Graeme Martin

Migrant English

Another successful Migrant English Tutor Training Course was held during Term 3 and Tutors have been allocated students for English tuition. Following the course, a workshop titled Picture Prompts was conducted by Margaret Smith from AMES (Australian Multicultural Education Service) and was very well attended by experienced and newly trained Tutors. The workshop was very well received and gave those present new ideas for helping migrants develop English skills. Most people seek help with English conversation, but some ask for help with grammar or written English. We look forward to another interesting year in 2016.

Joan Creber, Coordinator of Migrant English

Office Manager's Report

The Office Workers' afternoon tea was held in early October and around 100 of our 240 volunteers attended. This low number was a little disappointing because of the effort of organising the function by our catering crew, headed by **Graeme Martin**. We would really like to see many more in attendance next year.

On this occasion, our President, **Geoff Sheldon**, extended a welcome and **Bryce Normoyle** spoke about the MyU3A online enrolment system. He was able to answer the many questions regarding its implementation and use for 2016 enrolments.

Jeanette Shaw will take over the role of Office Manager next year. Jeanette has been quietly and efficiently helping behind the scenes over the last few months. Thanks Jeanette, and I hope you enjoy your new role as much as I have over the last three years.

The reception desk computer was connected to the internet over the holidays - thanks to **Terry Smith** - and allows office staff to gain quick access to the U3A Manningham courses page. It will be a great tool to enable office staff to answer many queries about different classes and enrolment.

My sincere thanks to all our willing band of helpers. **Tess Gibbs** deputises for me on many occasions and, together with **Ruth Jenz**, they keep our roster running smoothly. A huge thank you to the supervisors **Vicky Curtis**, **Laurine Eames**, **Mareta Frolley**, **Audrey Killey**, **Jan McAuliffe**, **Mike Perry** and **Elizabeth Voce**.

In 2016, we will continue training sessions for new volunteers and, due to the many changes that have occurred during 2015, it is absolutely essential that all returning Office Workers attend an update session before commencing their duty in 2016.

Thank you to all office volunteers - we couldn't do without you!

Ruth Foxwell, Office Manager

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 November: Urological Health Dr Joseph Ischia is an urologist with a special interest in prostate health. His talk will include something for us all.

Coral Vercoe

Views and Reviews

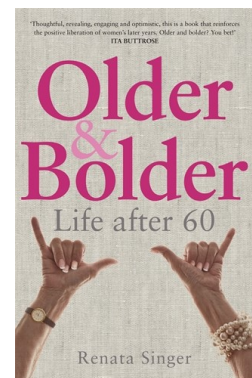
Views and Reviews is a forum for our U3A members. Contributions on a range of topics of interest to our members are invited, with a limit of 500 words. Selection for publication will be made by the Editorial Committee. Send contributions to dianeбайд@yahoo.com.

A Bolder View of Growing Older

By Margot Roth

Are increasing numbers of older Australians becoming a social problem? While U3A Manningham is buzzing with friendly activity as members happily engage with their educational pursuits, this community may not be representative of the wider society. Predictions of burgeoning longevity by some economic pundits are akin to weather forecasts of an advancing cold front. Increasing numbers of older people are sometimes perceived as a problem rather than as an ongoing opportunity. Luckily, there are many supportive groups for seniors.

One of the primary organisations working for older Australians is COTA (Council on the Ageing). Their website (cotavic.org.au) provides a broad range of information on all aspects of ageing. COTA's August/September magazine *ONECOTA* describes different forms of discrimination that affect older people. Issues 157 and 158 of the *Quarterly Essay* focus on the debate about how best to treat the old and terminally ill during their final days. There may be problems as people age, but ageing is not all about preparing for the end.



Renata Singer's latest book, *Older and Bolder: Life after 60*, highlights ways to think constructively about how to spend the last third of your lives. Her book was sparked off by turning sixty shortly before her first grandchild was born and by admiration for an elegant, one hundred year old woman Singer heard giving a witty speech.

The author began a file labelled 'Fabulous Females Over 90', then realised "I was on a quest...to slay my fear of ageing". During 2012 and 2013, she interviewed twenty-eight women between the ages of eighty-five and one hundred years old. (U3A members are unlikely to be as surprised as Singer that many very mature people retain their faculties.)

For finding her interviewees or 'contributors', Singer thanks friends for "connecting me to such wonderful women". Three contributors are from the US and the rest from Australia. The majority had married and had children, although many were now widowed. Their abbreviated biographies and photographs are at the beginning of the book.

Of the twenty-eight contributors, one-quarter were university graduates, a comparatively high proportion. Among the rest were people like Dame Margaret Scott, founder of the Australian Ballet School, and Margaret Fulton, 'Australia's first celebrity chef'. There were a couple of former Australian politicians (on opposing sides) and, from the US, a former organiser for the Communist Party. Two women mentioned belonging to a U3A. While one might question how representative of the general population this group may be, it does have some diversity.

Here's the formula for the book: eight chapters, each with a specific theme, starting with 'A Working Life' and ending with 'Sex and Remarriage'. Singer enlarges on each topic, weaving selected quotes from the contributors to illustrate salient points, and to emphasise their courage and resilience.

More entertaining are the two or three pages of 'Hot Tips' drawn from material in each chapter. Some are debatable and many read like edicts from an opinionated relative or friend. These tips include: "Don't let outdated concepts of retirement deter you from working as long as you want and need to; Get yourself a financial planner and don't rely on your accountant for financial advice; Don't be afraid to be cool in summer: go sleeveless, wear shorts; Talk openly to other women and partners about sex. Do not talk to your (adult) children - no matter how old they get, they don't want to know."

A Bolder View of Growing Older (Cont'd)

By Margot Roth

Older and Bolder would be a good selection for a book discussion group. The style is conversational and the tone upbeat, with plenty of references to research, insights from well-known Australians and with Singer's comments on contemporary social concerns.

Margot Roth's professional career has included writing and editing for publications in her native New Zealand and in Australia. She is the former Editor of the U3A Manningham newsletter and continues to contribute to this newsletter and to the newsletter of the Women's Studies Association. She has a book of her collected writing in the process of publication. At ninety-four, Margot has a unique perspective for viewing the world and an engaging intellect that puts it all in perspective.

Golden Days in Kazan

By Dorothy Dickey

I have been to all the FINA World Masters Swimming Championships since 1986 (except Casablanca). When we were told that the next Championships would be held in Kazan, Russia, we were all dubious about going. The effort of organising flights, accommodation and visas was going to be very difficult. Fortunately, we had International Sports Tours to handle the flights and our remarkable post tour, so off we went!

The FINA Village area in Kazan was so huge they had little electric cars to take people from one section to the other. The Village was fenced in with exit/entry gates, guards and security screening. The guards (our pet name for them was 'Check Point Charlies') were very strict at first but, by the end of the week, they were even smiling. There were buses to take us to and from the pool each day. On entering the pool complex, a guard would check under the bus with a large mirror. At first we were shocked, but we got used to it.



The competition in Kazan included events in Water Polo, Diving and Synchronised Swimming as well as all the different swimming events. Contestants came from all over the world. You are allowed to compete in five events only, so I swam the 800m, 400m, 200m and 100m freestyle plus the 200m backstroke. I competed in the 85-89 age group and unfortunately (or fortunately), not many OLD ladies were there. I normally meet quite a few from England, Tokyo, USA and Europe, but they were not there this time.

The first event was the 800m freestyle and, surprisingly, I broke the World Record for that event. I hold the World Record for the short course (25m pool, 32 laps) but never thought I would get it for the long course (50m pool, 16 laps) as well. So that success started the meet on a high. One of our Malvern Marlins members, Jan Jeffrey (65-69 age group), broke two World Records in the 100m and 200m breaststroke. There was great excitement when 'WR' went up on the scoreboard next to her time.

The presentation of the medals was held on a podium which, for me, was very high and I had to have help to get up and get down. It was most embarrassing having the presenter help me down, but that was better than falling off the podium. They had two gorgeous hosts walk you up, one with flowers, the other with the medal and then the music and the announcements occurred. Quite a production.

Kazan is a lovely city and on our days off we did the sights. After the Championships, eleven of us went on a special organised tour. We took the overnight train from Kazan to Moscow where we were met by our tour guide, Olga. We were transferred to the Hotel Baltschug Kempinski, a 5-star hotel, which was so different from the Village accommodation. Our tour guide then took us to all the sights of Moscow – the Red Square, the Kremlin, Lenin's Mausoleum and then the changing of the guards. (You did not dare sit on any of the fencing!) We then visited the underground railway system - WOW! Marble, mosaics, bronze sculptures and chandeliers! Escalators went up and down at quite a fast pace to many levels, and the trains were two minutes apart. For the next couple of days, we did more sightseeing, then took a train from Moscow to St Petersburg. Once again, the beauty and magnificence of the city was unbelievable. Yes, more mosaics, more statues, more churches, more palaces, more magnificent chandeliers.

Golden Days in Kazan (Cont'd)

By Dorothy Dickey

On our final night in St Petersburg, we were treated to a Folk Dancing Dinner. It was unbelievable, with full Russian-style dancing, and it was absolutely outstanding! This event was followed by a beautiful dinner in the palace with champagne, a three-course meal and a grand lady playing a grand piano. What a finale to a grand tour!

After returning home to Melbourne via St Petersburg and Dubai, I am turning my mind to Budapest in 2017. After a rest and more training, Budapest, here I come! Well, that is the plan.

Dorothy's previous article about her international swimming was in our [August, 2012 newsletter](#). More details about FINA are on their [webpage](#).

Goodbye Friends

David Silver has been a member of U3A Manningham since its early inception. He has been a Committee of Management member, an auditor and he actively participated in many classes over the years.



Over the last six weeks, David suffered a couple of heart attacks, a mild stroke, pneumonia, a bladder infection and failing kidneys. One of his heart valves was leaking but, due to his age and other conditions, surgery was not an option. As always, David retained his sense of humour to the end. We had arranged for him to come home on Wednesday morning with palliative care assistance. Unfortunately, he died in my arms at the hospital at 2.50am on 14 October before this move was able to take place.

David knew he was dying and one of his last sentences was that he regretted "not being able to say goodbye to my many friends at U3A". So, on behalf of David, I say 'Goodbye to you all'. David remained a caring gentleman to the end. He was loved and will be missed by many.

Susan Silver

Vale David Silver

In October, a long-time member of U3A Manningham, **David Silver**, passed away. David was born in England in 1929. He became a qualified accountant and worked in a number of different countries around the world. David had four children and, sadly, his older daughter died in England a few years ago. He lost his first wife while he was working in Kenya and was left with two very young children. When David returned from Kenya, he met and married Susan and they had two more children. David and Susan later moved to Australia and set up house in East Doncaster. Both he and Susan joined U3A Manningham soon after it was formed.

David served on the Committee of Management from 1998 until 2004. He was our Auditor for many years and kept a close eye on the finances during that time. David was a great help to a number of Treasurers and, as a result, our U3A has always had a sound financial footing.

A Tutor in the Managing Money in Retirement class for a number of years, David also attended a number of classes during his membership of our U3A. He was an active man, a good contributor and was always available to assist in the setting up of the Function Room whenever official functions were held. He had a marvellous sense of humour and was very charming and well-liked by all who knew him. David will be missed by the many friends he has made over the years.

Noel Wright

Around the Classes

This year our members have benefitted from the range and diversity of classes offered at our U3A. Below are some of the things that have been included.

It's Never Too Late to Learn English Writing

The English as a Second Language (ESL) Basic Writing Class is one of the many ways U3A Manningham offers seniors from other language backgrounds the opportunity to learn extra English language skills. After arrival and settling in Australia, the time spent working and raising families may have provided minimum opportunity to learn the language formally or to develop writing skills.



Our class this year was made up of men and women whose first languages include Greek, Italian, Korean, Vietnamese, Mandarin and other Chinese dialects. Their levels of English proficiency varied, but all were keen to understand how written English works. They all have worked hard to improve their writing of English.

We have had fun in our Monday afternoon class and usually meet at The Pines afterwards for a coffee, often with the addition of some delicious homemade Greek treats!

Lynne Lloyd, Tutor

Drawing, Pastels, PLUS

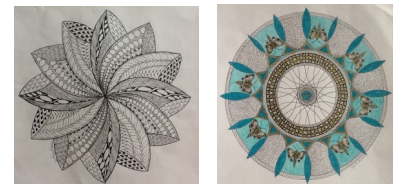
It's the PLUS that makes all the difference! There is only one rule in this class - no rules at all. To accomplish a drawing or painting, members have to step out of their comfort zone, think 'outside the box', be brave and have a go! The class uses mixed medium and embraces the challenges of trying something new. The standard of work is wonderful. Beginners are taught drawing and the basics of composition, perspective, light and shade, then move to the next stage.

Our class of thirty-six members this year was a very happy, sociable and supportive group. I believe that artistic endeavour working with colour with a delightful group of enthusiastic people is both rewarding and good for the soul.

Lynne Deans, Tutor

Mandalas

Drawing mandalas enriches the artistic areas of the brain without the need to be able to draw or sketch well. No mandala designs are computer generated - they are all done by hand. Using tools such as compasses, protractors, rulers and, most necessary, rubbers. Individuals bring their own particular flair to the work.



One of the most rewarding parts of creating a beautiful mandala is the colouring, which unleashes the need for all of us to appreciate colour all around us. Mandala is a Sanskrit word which means sacred circle and so, in a sense, the 'artists' are involved in a meditation practice.

The participants in our class have been enthusiastic about their work and thrilled with their achievements. We have all become excited about Zentangle decorations, and a Zentangle workshop will be offered in Summer School, as well as a short mandala course.

Lyn Colenso, Tutor

Around the Classes (Cont'd)

Current Affairs

The Current Affairs classes engage in lively discussions on a range of topics throughout the year. Questions are raised, debated and, at times, energetically discussed. All topics covered are currently in the media and include social, political and economic issues.

A highlight of the year was a Q&A Session with Manningham's local Member and Leader of the State Opposition, the **Hon Matthew Guy**. It was an informative and entertaining session with the Opposition Leader's pleasant manner and forthright approach appreciated by U3A Members.

Mr Guy outlined his thoughts on areas of community interest, highlighting the need to re-think structures and policies in these and other areas. He stressed his preference for the Opposition to be constructive in its criticism of the Government and offer alternative solutions for a clear vision for the State of Victoria. Class members took this special opportunity to ask specific questions about transport, school and health services, State finances, the environment and community trust in politicians.

Neville Johnson

Introduction to Genetics

Concepts about inheritance have been the focus of this class. Participants have used discussion, videos, computer games and other media to develop an understanding of genes and inheritance. Discussion extended to the plant and animal world to explain the universal nature of DNA in genes.

Throughout the course, participants have brought to class the latest genetic topics from newspaper articles and magazines, and discussion has furthered their understanding of what is happening in genetic research. Topics have included genetic disorders, forensic work, gene manipulation and GMO foods.



Although the ideas sound complex, the course has been presented in non-technical terms, with the aim of enabling participants to better understand what they hear and read in the media.

Shirley Fung, Tutor

Developing Awareness

The past year has been a wonderful journey with a class of participants interested in discovering more of the meaning of the play of life and their part in it. We used a book by Eckhart Tolle and his video conversations with Oprah Winfrey discussing *A New Earth*, as well as many other well-known teachers such as Dr Wayne Dyer, Neale Donald Walsch and Jon Kabat-Zinn. Our sessions have included lively discussions and the sharing of eventful shifts in perception and a growing awareness.

Many times in life we may be lost in understanding how we relate to others, why certain situations continue to challenge us, why at times we feel confident and at other times face low self-esteem. This course has allowed members to discover at a deeper level why and how we are motivated in our interactions in life. These discoveries move us to a place of 'knowing' far beyond the mental constructs of the mind. Discussion by all participants is most welcome and has led to a range of insights and new perspectives this year. A few of the many topics discussed were: The Illusory Self; Truth: Relative or Absolute?; Beyond Ego: Your True Identity; Consciousness. All these topics will be included in the program for 2016.

Deidre Heppell

Display Cabinet 2016

Charles Morrison is now preparing the roster for the use of the corridor display cabinet in 2016. For more information, or to schedule use of the display cabinet, please contact Charles on 9842 5042 or charliem@bigpond.net.au.

Code Red Fire Danger Rating – Cancellation of all U3A Manningham Classes

The Pines Learning and Activity Centre is now a designated Manningham Emergency Relief Centre. As such, Manningham Council has priority use of the building during a declared emergency.

Following declaration by the Victorian CFA of a Code Red Fire Danger Rating in the Central district (Melbourne, Geelong and surrounding areas), **all U3A Manningham classes will be cancelled automatically, without notice, in all locations until the emergency has ceased. The U3A car park at The Pines will be closed to the public during this time.**



Updated information regarding emergency situations is available on the CFA website (cfa.vic.gov.au), on local ABC 774 and commercial radio stations, on Sky News TV, and on the Victorian Bushfire Information Line (1800 240 667). **Members should stay informed, follow the advice given and not make unnecessary trips.**

2015 Newsletters

Thank you to all those who have contributed to our newsletters this year. We also appreciate your feedback to make our newsletters even better. We encourage you to continue to share information and ideas with our members next year. Dates for newsletter deadlines for 2016 are: 12 February, 22 April, 22 July and 14 October.

Many thanks to everyone involved in the preparation and distribution of our newsletter: **Liew Staras, Frances Langdon, Jillian Gange, Kevin Chan, Leong Kwok, Jeanette and Lewis Badge and Warren Tromp.**

On behalf of the newsletter team, we hope you enjoy the holidays!

Diane Baird, Editor

And finally...

When you are away from your usual fitness routines over the holidays, here are some alternatives to burn off those extra calories:

Beating around the bush (75 calories), jumping to conclusions (100), climbing the walls (150), dragging your heels (100), pushing your luck (250), making mountains out of molehills (500), bending over backwards (50), running round in circles (350), putting your foot in your mouth (300), swallowing your pride (50).

CALENDAR OF EVENTS

TERM 4, 2015

Tuesday, 3 November	MELBOURNE CUP DAY HOLIDAY	
Monday, 16 November	Committee of Management Meeting (Rm 8)	1.30pm
Wednesday, 18 November	Monthly Talk (Rm 13)	3.00pm
Wednesday, 18 November	Enrolment applications (Level 1) commence	
Thursday, 26 November	Level 2 enrolment	
Thursday, 26 November	Artistic Showcase	10.00am – 3.00pm
Friday, 27 November	Level 3 enrolment	
Friday, 27 November	TERM 4 finishes	
Monday, 30 November	Level 4 enrolment	
Tuesday, 1 December	Level 5 enrolment	
Thursday, 3 December	Level 6 enrolment (new members)	Thursday, 3 December
	uniFEST	12 noon – 3.30pm

Summer School - January

Tuesday 5, 12, 19
Wednesday 6, 13, 20, 27
Thursday 7, 14, 21, 28

TERM 1, 2016

Tuesday, 26 January	AUSTRALIA DAY HOLIDAY	
Wednesday, 27 January	Office Opens	9.00am
Wednesday, 27 January	Office Training (experienced) (Rms 13 -14)	10.00-11.00am
	Office Training (new) (Rms 13 -14)	11.30 -12.30pm
Thursday, 28 January	Migrant English Tutors (Rm 14)	11.30 -12.30pm
Thursday, 28 January	Tutors Meeting (PFR)	12.00 - 3.00pm
Thursday, 28 January	Strength Training Associates (Rms 13-14)	11.30 – 3.00pm
Friday, 29 January	Orientation Day (Rms 13-14)	9.30 -11.30am
Friday, 29 January	Office Training (experienced) (Rms 13 -14)	12.00-1.00pm
Friday, 29 January	Office Training (new) (Rms 13 -14)	1.30-2.30pm
Monday, 1 February	TERM 1 commences (8 weeks)	
Friday, 12 February	Newsletter Deadline	
Monday, 15 February	Committee of Management Meeting (Rm 8)	1.30pm
Wednesday, 17 February	Monthly Talk (Rm 13)	3.00pm
Wednesday, 24 February	Office Training (exp.) (Rm 14)	3.00 –4.00pm
	Office Training (new) (Rm 14)	4.15 – 5.15pm
Thursday, 3 March	Class Representatives Meeting (PFR)	3.00 –4.00pm
Monday, 14 March	LABOUR DAY HOLIDAY	
Wednesday, 16 March	Monthly Talk (Rm 13)	3.00pm
Monday 21 March	Committee of Management Meeting (Rm 8)	1.30pm
Thursday 24 March	ANNUAL GENERAL MEETING	12.15–2.30pm
Thursday, 24 March	TERM 1 finishes	
Friday, 25 March	GOOD FRIDAY HOLIDAY	

[Term break – 2 weeks]

PFR - Pines Function Room

The Newsletter

Editorial team: **Diane Baird, Frances Langdon, Liew Staras**; CoM Advisor: **Jillian Gange**;
Website Manager: **Kevin Chan**; Distribution: **Leong Kwok, Jeanette and Lewis Badge and 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.

