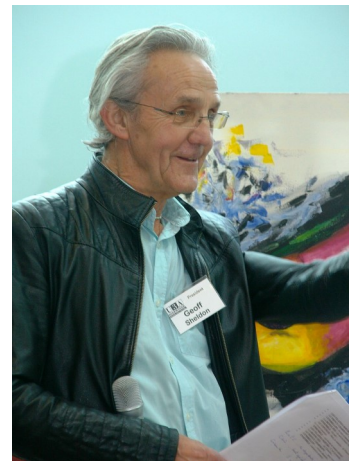


The Pines Learning & Activity Centre, 2/520 Blackburn Road, Doncaster East 3109; PO Box 3288, The Pines, Doncaster East, 3109; Tel: 9894 5955; manunipines@gmail.com ; www.u3amanningham.org.au

President's Report

The AGM was held on 16 March 2016 and three new members of the Committee of Management were elected: **John Liew**, **Jeanette Shaw** and **Frank Walton**. John replaces **Bryce Normoyle** as Treasurer, Jeanette replaces **Ruth Foxwell** as Office Manager and Frank replaces **Terry Smith** as Equipment Officer. My congratulations and welcome to our newcomers and my sincere thanks to Bryce, Ruth and Terry for their commitment and dedication over many years. I extend my best wishes to them in their new-found leisure time - although I have a feeling that they will be unable to extricate themselves fully from involvement in the continuing development of our organisation. A detailed report on the AGM is available on our [website](#).



I would like to extend a warm welcome back to all our members who, I hope, are now happy to return to their classes and activities. At the time of writing, we have just over 1800 members enrolled in 205 courses. I would like to thank the large number of members who continue to volunteer and whose work goes largely unnoticed, but their efforts contribute to the smoothness and apparent effortlessness of day-to-day operations at U3A Manningham. We are delighted to acknowledge this commitment and, although it is small reward for all their labours, the Committee of Management would like to give public recognition of this work by holding a Volunteers' Luncheon on 19 May. Invitations have been sent out and should be responded to no later than 9 May.

25th Anniversary

As I am sure you are aware, 2016 marks the 25th Anniversary of the founding of U3A Manningham. A small group of volunteers currently are engaged in preparations to mark this milestone later in the year: **Lyn Colenso**, **Wendy Donovan**, **Carol Griffith**, **Lynn Heyes** and **Ron McQuade**, assisted by **Graeme Martin** and myself. A number of projects are already in the pipeline and they will be accompanied by two or three social events that will take place in early October. Exact dates have not been fixed, but detailed information will be forthcoming in the near future.

Repainting

I hope you have noticed how much brighter and cleaner our classrooms look after Council's Maintenance Department repaired the plaster walls and repainted them during the Easter break. The premises at The Pines come in for some heavy usage, not just from ourselves during the daytime, but also from other groups in the evenings. I am confident that all our members will take extra care when moving furniture around, and especially when stacking chairs, to avoid scratching or damaging the walls.

Doncare

As previously, we are collecting food for Doncare this term. Doncare does a superb job organising the distribution of food parcels to families in need. All non-perishable food items are welcome, including food for babies, small children and pets. Please leave your donations at our office and we'll organise transport to Doncare.

Geoff Sheldon, President

Curriculum Report

Seven new courses commenced in Term 2 and most of the courses are well subscribed by members. Two courses, Walking for Exercise (Monday) and Art Appreciation (Women Artists), still have vacancies and members are welcome to enrol in these courses. The Tutor offering Pilates for Beginners has kindly agreed to extend the course and offer it in Term 4 for currently enrolled members.

There are more new courses being offered in Terms 3 and 4. These will be advertised soon on the website and through notices circulated to members.

Milly Ching, Curriculum Coordinator

Office Manager's Report

As this report is my first, I would like to thank **Ruth Foxwell** for the great work she has done as Office Manager over the last three years. She has made my moving into the role very easy.

As I become familiar with all the workings of the U3A office, I am amazed at how well U3A Manningham operates. Everyone has tasks to do and they are all done with cheerfulness and a minimum of fuss.

I would especially like to thank **Tess Gibbs** and **Ruth Jenz** who, together with their support team, planned and participated in special meetings, the training of the office volunteers and the preparation and distribution of the roster. It is a huge task to organise over 220 volunteers (including twenty-two new volunteers) so that our office is covered with six trained volunteers on duty each day.

With winter approaching, Doncare again needs our help to provide food parcels to needy families within the City of Manningham. In the past, our members have been very generous and we ask everyone to consider donating non-perishable food items. These can be left at the office.

Jeanette Shaw, Office Manager

National Volunteer Week



**GIVE HAPPY
LIVE HAPPY**

Can you imagine Victoria without volunteers? More than 6 million Australians volunteer each year and some organisations - like our U3A - depend entirely on the work of volunteers. To celebrate the invaluable work of volunteers throughout Australia, National Volunteer Week will be held from 9-15 May 2016. The theme again this year is 'Give Happy, Live Happy' to highlight the positive benefits volunteer work brings to everyone.

The National Volunteer website (<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. 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!

25th Anniversary of U3A Manningham 1991-2016

Enrolment Report

Using MyU3A

Did you know that you can withdraw from a class or put in an apology online? It is quite simple: Log on to your status page as normal, using the **Member Login** button. Scroll down towards the bottom of the page (if you are using a PC, use the **End** button). Now you are ready for action.

To Delete a Class

You will see a 'Delete Classes' button. Tick the box to the left of any class from which you wish to withdraw and set the appropriate reason. Then click on the 'Delete Classes' button:

2016 Classes (except those you lead)

Class	fee	Status	Date	From/To	Day
<input checked="" type="checkbox"/> 04495-01 2016		Enrolled	18/11/2015	3/2-23/11	Tutor: Geoff Sheldon French Conversation Level 3 Group A
The Pines Room 16 03:00pm-04:20pm Wed 1500-1620 520 Blackburn Rd Doncaster East					
<input type="checkbox"/> 04496-01 2016		Enrolled	18/11/2015	3/2-23/11	Tutor: Odile Armparis French Conversation Level 3 Group B
The Pines Room 16 09:00am-10:20am Wed 0900-1020 520 Blackburn Rd Doncaster East					
<input type="checkbox"/> 05625-01 2016		Enrolled	18/11/2015	3/2-23/11	Tutor: Raffaella Dinelli Italian Level 3
The Pines Room 18 10:30am-11:50am Wed 1030-1150 520 Blackburn Rd Doncaster East					
<input type="checkbox"/> 08840-01 2016		Enrolled	18/11/2015	14/7-15/9	Tutor: Lorraine Gill Tutor Training for Migrant English
The Pines Room 13 01:30pm-04:20pm Thu 1330-1620 520 Blackburn Rd Doncaster East					

\$60.00 Membership Fee 2016
\$60.00 Total Fees 2016

Receipt	Amt	Year	By	Date	Reference
F1095	\$60.00	2016	Paypal	18/11/2015	3J12861076578143B

If you want to enrol in more classes click the **Classes** button then click the checkbox under the class code you want. When all done, click the **Next** button at the foot of the page to return here.

If you want to update your personal details such as email address or phone numbers, click the **Update** button.

If you don't want one or more of these classes, Click the checkbox to the left of the class(es), select the reason and then click the **Delete Classes** button. Over-committed generally

If you will be absent from class, put in an apology.
Absence from: Date(d/m) to: Date(d/m)

If there's nothing more to do, click the **Next** button. You will be requested to pay your membership fee unless you have already paid. u006(4)

You then will see that the classes ticked have now been removed from the list of your classes. You have officially been removed from those classes.

To Give an Apology

Put in the start and end dates for which you are apologising and click on the 'Apologise' button:

If you will be absent from class, put in an apology.
Absence from: Date(d/m) 3/5 to: Date(d/m) 25/5

You then will see a list of class days you have noted that you will be away. Each has a tick box to the left. All are ticked:

Apologise

Class	Course	From: 03/05/2016	To: 25/05/2016
2200-01	Computers - Intermediate	<input checked="" type="checkbox"/> 4/5	<input checked="" type="checkbox"/> 11/5 <input checked="" type="checkbox"/> 18/5 <input checked="" type="checkbox"/> 25/5
4496-01	French Conversation Level 3 Group B	<input checked="" type="checkbox"/> 4/5	<input checked="" type="checkbox"/> 11/5 <input checked="" type="checkbox"/> 18/5 <input checked="" type="checkbox"/> 25/5
5625-01	Italian Level 3	<input checked="" type="checkbox"/> 4/5	<input checked="" type="checkbox"/> 11/5 <input checked="" type="checkbox"/> 18/5 <input checked="" type="checkbox"/> 25/5

u006(22)

If you will be attending a class during that period, untick the relevant date. When finished, carefully check the dates for which you are apologising because once you commit the apologies, you cannot change them. Then click on the 'Commit' button. The apologies will be entered for the appropriate classes.

Pretty easy, isn't it?

Warwick Wright, Enrolment Officer

AGM Awards

At the AGM in March, two of our members, **Bryce Normoyle** and **Kevin Chan** received special awards to acknowledge their contributions to our U3A.

Bryce was presented with a Distinguished Service Award for his outstanding contributions in several areas over the last nine years. Bryce has served on the Committee of Management as President and Treasurer (twice) and on many sub-committees during that time. Most recently, he was Coordinator of the Project Team developing the MyU3A Membership Management System. This new system has updated and improved the way members can enrol, stay informed about courses and communicate with tutors, among other things. Many weeks were spent in creating and trialling the system, then implementing the changes. Bryce's leadership led the team to success.



Kevin received a Certificate of Appreciation to recognise his work in two major areas. Kevin is Webmaster of the U3A Manningham [website](#) and has worked for many years to develop and improve it. He was also a valued member of the Project Team that set up the Membership Management System. Kevin's contributions enhance the way all our members can access information about our U3A.

Congratulations and thank you, Bryce and Kevin!

Georgina O'Keefe

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

15 June: Holocaust Survivor Celina Rose's parents were on Schindler's List and her talk tells the sad story of a Holocaust survivor, but with a happy ending.

20 July: Women in the Middle East Vicki Mustafa will present this insightful perspective.

The talk for August is to be confirmed. Information will be posted on notice boards and details read in classes prior to the talks.

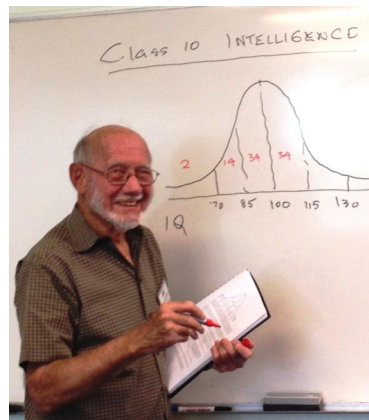
Please Note: In 2016, all Monthly Talks will begin promptly at 3.10pm. To respect our speakers and the audience, *no entry* will be allowed after 3.10pm.

Coral Vercoe

5Q

Five Questions for...

Les Dale



Your huge contribution to our U3A has spanned many areas: curriculum, communications, Committee of Management as well as teaching classes in writing, computers and science. One of your current areas of interest is brain development. As we age, does the brain continue to develop in a way that enables effective functioning in everyday life?

When I started research into cognitive development in the 1960s, I was told that after age fifty, brain cells start to die and we start mentally declining. Fortunately, it is now known that is not so and most people use their brains fully and effectively into their later years. People in their seventies and eighties can undertake new things, including university studies and research. Clearly, the brain does continue to develop as we age.

Unfortunately, many people suffer a decline in their mental abilities due to changes in the brain that lead to damage and loss of nerve cells (neurons). They are diagnosed with illnesses such as dementia and Parkinson's disease. Once dementia starts, treatments are concerned mostly with symptoms rather than causes but recent developments in the use of stem cells and electric stimulation appear encouraging.

You have received many prestigious awards over the years, including a Centenary Medal presented by the Governor-General for your contribution to Australian society. What do you consider to be some of your most important contributions?

I have been fortunate in making the most of the opportunities available during my career as a science teacher in secondary schools and as a curriculum developer and researcher at the Australian Council for Educational Research (ACER). In my work at ACER, I led teams developing science curriculum materials for secondary schools, leading to many consultancies in South-East Asia to improve science education there. I think my work in science education in Australia and internationally was my most important contribution.

After retirement, I became involved with U3A Manningham members and have worked with them ever since. My main contribution here has been persisting with our request to Manningham City Council to provide accommodation consistent with the level of contribution we make to the Manningham community. We were finally successful, resulting in the building of our facilities at The Pines, possibly the best accommodation of any Australian U3A.

U3A Manningham has changed in many ways since the beginning. What have been some of the most significant changes?

We have developed a range of social events over the years to make our members feel welcome. This tradition has continued and grown stronger. Our database has developed so that enrolment, class membership and the timetable of classes have become more effective, reaching a new level with our current advanced system.

The introduction of our volunteer system with its rewards for volunteering has been very important. Members are often reluctant to take on responsibilities, but this system makes it easier to approach individuals to use their skills for our U3A. This volunteer system has helped us to maintain high quality contributions across all areas.

5Q

Five Questions for...Les Dale (Cont'd)

How do you relax?

I put my feet up and read or do Sudokus, often with classical music playing in the background. Once upon a time, I was reasonably competent at playing the piano, violin and trumpet, but neglected to continue to do so, hence those days are now past. I also enjoy eating out with family and friends. That is not always relaxing but I find that the companionship creates a feeling of well-being that lasts for some time afterwards.

What is on your Wish List for our U3A?

My main hope is that we will continue to be as successful as we have been in the past - good presidents, a good CoM, members who feel welcome and the continuing appreciation for our tutors and other volunteers. An associated hope is that those who break the rules will realise that their actions can adversely affect other members.

Chair-Based Exercise

This new class focuses on flexibility and fun. Specifically designed for those unable to join in floor-based physical activities, the class uses exercise to music to build strength and flexibility. The class is now in its third term and has had an increase in the number of enrolments due to demand.

A special thanks to **Moira Axtens** and **Bridget Halge** for initiating this class. Thanks also to **Ira Mary Vale**, a registered Vicfit leader, who generously shared her expertise and resources in the development of this program.



There are still some vacancies if anyone is interested in joining the class on Thursdays from 3.00-4.20pm. Prospective participants need to check first with their medical practitioner. Those already enrolled in other Strength Training or Dance programs are not eligible for this class.

Sandra Marshall, Tutor and Jenny Luke, Assistant Tutor

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 u3amnews@gmail.com.

Approaches to Aging Well By Taffy Jones

By the very definition of who can join our U3A, all of us are at that stage of our lives when we need to do everything we can to stay healthy and independent.

There is a widely-held view that getting older necessarily means an inevitable decline into frailty of body and mind. This is definitely NOT the case. While there are a number of things that can happen to us that are beyond our own control, we can do some simple, practical things to help keep us healthy and living in our own homes for as long as possible.

Speaking personally, I have a very strong desire to stay out of supported accommodation or nursing homes of any sort, if at all possible. This does not mean, of course, that we should not pay attention to how and where we live, and 'down-sizing' and 'decluttering' make good sense as we get older. In my opinion, aging well requires 'Taffy's Triumvirate':



While these three things are important for people of all ages, they are areas that are increasingly important with age. Following the guidelines of adequate and appropriate exercise for both mind and body, good nutrition and adequate quality sleep can make a huge difference to healthy aging.

It is important that we realise that achieving all three of 'Taffy's Triumvirate' does not require money or rocket science. To take one example, adequate quality sleep, this is an area of concern for people of all ages. Just as younger adults can solve their sleep problems, so can we. My approach for older adults is to recommend the following guidelines:

- Don't *expect* to sleep poorly due to your increasing age;
- Have a sleep hygiene routine of what you do before getting into bed;
- Do not consume caffeine after 2pm;
- Exercise regularly;
- Do not nap during the day or in front of the TV;
- Get up at the same time each morning, no matter what time you go to bed.

These topics in 'Taffy's Triumvirate' are covered during the course I teach (Healthy Aging), as well as other important topics such as:

- The observation and significance of vital signs and dealing with emergencies;
- How to avoid accidents and injuries, and how to deal with them if they do occur;
- How to cope with common illness and medical conditions;
- How to deal with the healthcare system and doctors.

The emphasis throughout the course, as throughout this stage of our lives, is very much that: Older age is NOT a disease, it is a stage that requires STRENGTH AND SURVIVORSHIP.

A Display of Interest

Have you ever joined a group of our members clustered around the display cabinets in the corridor? Throughout the year, the displays change to share the skills, efforts and interests of our members from a range of different classes. We can all thank **Charles Morrison** for collecting and arranging these displays.

Charles has been in charge of the display cabinets since 2008. His work includes contacting Tutors, discussing the contents of displays, arranging each piece, then returning all the items to Tutors. While the artistic classes produce many visual pieces, Charles has managed to create several displays about other classes as well, such as astronomy. This work has had its challenges and satisfactions, as Charles recalls:

“I was on office duty one day early in 2008 when **David Jensz**, our president, asked me for help to unpack and assemble the newly arrived glass display cabinet. I was not much help at that task, but ended up volunteering to coordinate the displays, which I have enjoyed doing for the past eight years.

Things have generally run smoothly, except on my annual vacations in the Kimberley. Those were the times when the keys got lost, a Tutor forgot to remove a display, or an incoming Tutor got sick or worse. On these thankfully rare occasions, I was grateful for the back-up by **Enid O'Brien** and **Graeme Martin**.

I quickly learned that a glass cabinet and shelves have a lot of glass when it is time for the bi-annual spring clean. This is doubled with two cabinets and I was Chief Glass Cleaner, but it was worth the effort. It has been very satisfying to see the talent within our organisation and to be part of sharing this work. I wish I could continue, but it is time now to ease up on my commitments.”



From May, Charles will hand over the responsibility for the display cabinets to **Sheldon Lipschitz**. We wish them both well.

Diane Baird

Migrant English Program

Our Tutors in the Migrant English program continue to provide enthusiastic participation in teaching English. To support this program, we recently had thirty tutors attend a very successful workshop on 'Creating Conversation'. When learning English as another language, some people find it difficult to maintain a conversation. **Margaret Smith**, from AMES (Australian Multicultural Education Service), was the presenter and she had some great ideas to share with the group. These techniques were enthusiastically received by those attending. The next training program for Tutors will be held in Term 3.

I will be handing over coordination of this program to **Jeanette Badge** in May and know that she will provide good support to the program and its Tutors.

Joan Creber

A Special Occasion



Lesley Catt has tutored Hatha Yoga classes at our U3A for an amazing twenty years.

She has been an inspiration to so many members and has made a wonderful contribution – and she continues to do so!

Both of Lesley's yoga classes showed their appreciation to her last term by presenting her with a potted gardenia. Thank you so very much, Lesley, for your dedication and commitment and for sharing your knowledge with us for all these years.

Wendy Donovan

COTA Victoria Seniors' Conference



On Tuesday, 31 May 2016 from 10.00am-2.30pm, the COTA Victoria Seniors' Conference will be held at the IBIS Melbourne Hotel, 15-21 Therry Street, Melbourne. The topic is *Nice Work if You Can Get It* and the conference will address the issue of older Australians working into their 70s and facing age discrimination in employment.

The Conference will be chaired by noted broadcaster, **Peter Mares**. The keynote speaker will be **Marlene Krasovitsky**, from the Human Rights Commission, speaking on the results of the National Inquiry into Employment Discrimination Against Older Australians. If you are interested in attending, reserve your place by registering on the COTA website (www.cotavic.org.au) or phone 1300 30 50 90.

Newsletter Email Contact

From May, we will use a new email address for our members to contact the U3A newsletter team. If you have contributions or feedback for any issue of the newsletter, please use this new address: U3A Manningham Newsletter (u3amnews@gmail.com). As always, we look forward to your participation in sharing news and events with our members.

Deadlines for the last two issues of the newsletter this year are: 22 July (for the August newsletter) and 14 October (for the November newsletter).

Diane Baird, Editor

CALENDAR OF EVENTS

TERMS 2 & 3, 2016

TERM 2

Wednesday, 4 May	Class Representatives Meeting (Rms 13/14)	9.00 -10.00am
Monday, 16 May	Committee of Management Meeting (Rm 8)	1.30pm
Wednesday, 18 May	Monthly Talk (Rm 13)	3.00pm
Thursday, 19 May	COM Volunteers Luncheon (PFR)	12.15 - 2.30pm
Monday, 13 June	QUEEN'S BIRTHDAY HOLIDAY	
Wednesday, 15 June	Monthly Talk (Rm 13)	3.00pm
Friday, 17 June	TERM 2 finishes	

[Term break – 3 weeks]

TERM 3

Monday, 11 July	TERM 3 commences (10 weeks)	
Monday, 18 July	Committee of Management Meeting (Rm 8)	1.30pm
Wednesday, 20 July	Monthly Talk (Rm 13)	3.00pm
Thursday, 21 July	Tutors Luncheon (PFR)	12.15 - 2.30pm
Friday, 22 July	Newsletter Deadline	
Wednesday, 3 August	Migrant English Tutors (Room 13)	3.00 - 4.20pm
Monday, 15 August	Committee of Management Meeting (Rm 8)	1.30pm
Wednesday, 17 August	Monthly Talk (Rm 13)	3.00pm
Thursday, 8 September	Summer School Enrolment (PFR)	2.30 - 3.30pm
Monday, 12 September	Committee of Management Meeting (Rm 8)	1.30pm
Thursday, 15 September	Class Representatives Luncheon (PFR)	12.15 - 2.30pm
Friday, 16 September	TERM 3 finishes	

[Term break – 2 weeks]

PFR - Pines Function Room

And finally...

"With mirth and laughter let old wrinkles come."

Shakespeare

The Newsletter

Editorial team: Diane Baird, Frances Langdon, Liew Staras; CoM Advisor: Jillian Gange;
Website Manager: Kevin Chan; Distribution: Lewis Badge, Angela Burns 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.

