

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

It has been wonderful to see you at The Pines and other venues in your various classes from the beginning of February. We started slowly in the first week of Term 1 and many more of us have now returned to face-to-face classes.

Our QR wardens have done a wonderful job getting us back to classes in a COVID safe way this year. We are now more familiar with logging-in to restaurants, hairdressers and medical facilities with all the practice we have had with our QR codes at U3A.

The Committee of Management has worked long and hard to get us to where we are midway through Term 1. The Committee has only had one face-to-face meeting in the last twelve months and all the rest (and there have been many) have been on Zoom.

More and more of us will return to classes as the year progresses. I would hope that COVID Safe Regulations will allow us to return many of the classes that are now not allowed. The vaccination program will hopefully enable us to do this.

As I write this, we have just gone into a five day lockdown and classes (except for those on Zoom) have had to be cancelled again. Obviously, COVID still presents a very real threat, but please be assured that your Committee of Management will leave no stone unturned to keep our members safe.

Our tutors have adapted to the new situation and have developed new techniques to run their classes. For instance, the Strength Training tutors are now running classes very successfully without weights of any kind. A measure of the success of the Strength Training classes was the very high attendance rates in February.

Heather Ambrose and Moira Axtens, two of the stalwarts of our organisation, retired from tutoring at the end of last year. Their contributions have been recognised later in this newsletter.

The Committee of Management has appointed **Quintin Coutinho** to the vacant position of Treasurer. The Committee thanked **Ian Gorman** for being our Treasurer for 2019 to 2020 and for being the Acting Treasurer since the 2020 AGM. A big thank to Ian for a job well done.

David Jensz OAM



MANNINGHAM U3A INC.

Registration No. A0026531J

Thirtieth Annual General Meeting

Wednesday, 28 April 2021 at 2.00pm

Notice is hereby given that the Thirtieth 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 28 May 2020.
- 3. Business arising from the Minutes of the 2020 Annual General Meeting.
- 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 2020 to 31 December 2020.
- 6. Presentation of Awards.
- 7. To transact any other business which must be submitted one week prior to the Meeting.
- 8. Election of Committee of Management Members for 2021.

Alita Mossop Secretary

All positions on the Committee of Management are declared vacant each year. The positions are - President, Vice President, Secretary, Treasurer, Communications Manager, Curriculum Manager, Enrolments Manager, Equipment Manager, and Office Manager.

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 at 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 form of nomination) and must be delivered to the Secretary by 3.00pm on Tuesday, 20 April 2021.

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

2021 Menzies Australia Day Awards Colleen Danaher and Joady Barnes

The Menzies Awards are presented to outstanding citizens who have worked hard to make our community a better place to live in.



Colleen Danaher & Joady Barnes with The Hon. Kevin Andrews

Colleen Danaher and **Joady Barnes** were nominated by the Committee of Management of U3A Manningham for the 2021 Menzies Awards. Colleen and Joady received their awards from The Hon. Kevin Andrews, MP on 26 January at the Ajani Centre.

When classes were shut down on 14 March 2020, Colleen and Joady responded to the need to quickly get our tutors and members familiar with zooming. They spent many hours training hundreds of our members in record time so that many classes made a seamless transition from class time to zoom time. By the middle of Term 2, we had over 60 classes on Zoom and they operated until the end of Term 4, with many classes unable to come together physically, still operating on Zoom this year.

Colleen ran her own business in commercial real estate in Doncaster and, in 2018, after she retired, she joined U3A Manningham. She quickly became a very active U3A member.

As Computer Curriculum Coordinator in 2020, Colleen used her computer skills to run monthly Zoom training sessions with Joady Barnes from the start of Term 2.

Joady had a long career in fashion design before retiring and moving to community work. He joined U3A Manningham in 2010 and, together with **Margaret Pratt**, has been the co-tutor of *Travellers' Tales* for eight years.

Colleen and Joady were also integral in setting up our QR Warden program which has enabled U3A Manningham to recommence classes.

We are indeed very fortunate at U3A Manningham to have people like Colleen and Joady who step up at the right time to do essential work for us all.

As an aside, when Colleen received her award, she presented Kevin Andrews with a U3AM 2021 courses booklet, suggesting that he could join U3AM when he retired from Parliament. Little did Colleen (or Mr Andrews) know that he would lose preselection for the seat of Menzies within days.



Colleen presenting Kevin Andrews with U3AM Courses Brochure

HEATHER AMBROSE - Her Contribution to U3A Manningham



Heather has made significant contributions to U3A Manningham in every one of the 27 years she has been a member. She stepped down from tutoring at the end of last year and it is appropriate that her volunteer work be acknowledged. An examination of the many hallmarks of our success as a U3A would show that **Heather Ambrose** was involved in almost all of them.

From the time she joined our forerunner, Doncaster and Templestowe U3A, Heather was a tutor and member of the Committee of Management. She served on the Committee from 1995 to 2005, holding the positions of Secretary for two years and President for four years. She worked with and for other U3As and in 2002, received a Distinguished Service Award from U3A Network

Victoria (the umbrella body for all Victorian U3Ås). In 2004, Heather was awarded Life Membership of U3A Manningham.

Heather is a person who values, participates in, and contributes to community life. She believes that health and wellbeing can be promoted for individuals and communities through co-operative means. U3A Manningham, with its immense resource of knowledge, experience and skills, has provided a rich environment for her to participate in and express her beliefs.

Following her career as a psychologist working in schools to promote the wellbeing of children with learning and behavioural difficulties, Heather then spent 25 years tutoring U3A Manningham classes in psychology. In this role, she helped many of our members to be better grandparents and better members of the community.

As well, Heather introduced tennis and sight singing to our U3A.

The volunteer system was devised by Heather in the 1990s and is an integral part of our U3A. Most of our members offer their services in many and varied ways and this volunteering develops a sense of ownership and belonging. Heather believes that all members have something to offer U3A Manningham and she made this come about by an inclusive system of volunteering.

Her interest in U3A extends beyond Manningham. Between 1996 and 2001, she represented Manningham at U3A Network Victoria. As well, she actively assisted other U3As, attended interstate U3A conferences, and was a member of Manningham Council's Senior Citizens' Reference Group. Heather plays the piano and in her senior years learned to play the cello. She was a member of the U3A Hawthorn Orchestra for many years.

Heather is passionate about U3A, the environment, gardening, music and the community. She was the Manningham Citizen of the Year in 2009.

Thank you, Heather, for all the work you have done and are still doing for U3A Manningham and for the U3A movement in general.

David Jensz

Retirement from Strength Training Coordination & Tutoring

I first met **Moira Axtens** way back in 2008 when I enrolled in her Level 1 Strength Training course. I had never done any formal exercise before and thought if I didn't like it, I could always drop out.



Moira Axtens

At that first class, Moira was very organised, very knowledgeable about the exercises, enthusiastic and very fit. For the rest of that term, she made sure we were performing each exercise correctly. As she has been since the beginning, Moira is an inspiration and an advocate of the benefits of exercise.

It was only much later that I learnt that it was Moira who, after attending a U3A interstate conference in 2001, was inspired by a COTA (Council of the Aging) delegate who spoke about the benefits of weight-bearing exercise for seniors. She then undertook some further training, as she already had a background of physical education in the tertiary sector.

Moira applied for and received a grant to purchase equipment, organised venues, and wrote a detailed program based on the book by Miriam Nelson, *Strong Women Stay Young*. Further exercises were added. Realising even at this early stage that she alone would not be able to cope with the potential growth of the program, she began to train eight associate tutors.

The first class was held in Term 3, 2003 with twelve participants who attended the twice weekly classes. For the next 18 years, Moira tutored two classes, trained 100s of new participants, and trained new tutors and associate tutors. She has coordinated the entire program, held regular meetings for all strength training tutors and associate tutors, and kept meticulous records. This program now has six classes running twice a week, eight tutors, 32 associate tutors, and almost 300 participants and, sadly, a long waiting list.

Last year was, of course, very challenging. Moira was very concerned that strength training class members were missing out and so was determined to continue her classes on Zoom. With the wonderful help of U3AM, she managed to do just that.

Moira has coped with overcoming two serious illnesses, a knee replacement and being her husband's carer for some years after his diagnosis of Alzheimer's Disease.

As if all this is not enough, this remarkable woman has also been able to find the time to volunteer at the Kevin Heinze Garden Centre, helping disabled students from special schools, and volunteered at the XVIII Commonwealth Games in Melbourne in 2006. She won a gold medal for the Ladies 50+ Tennis Doubles in the World Masters Games in 2002. She continues to play golf and tennis regularly, has played leadership roles for her Probus club, and run exercise classes at other venues.

Her other great passion is music. She plays the piano and the clarinet and is a member of The Victorian Clarinet Society's Clarinet Choir. She entertains residents in nursing homes and retirement villages.

Moira was awarded the Health & Active Living Award in the 2015 Victorian Senior of the Year Awards and is a Life Member of U3A Manningham.

Moira, you are an inspiration, a wonderful role model and your good humour has made it a pleasure to work with you.

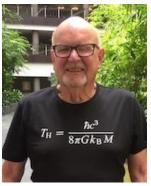
Marg Dawdy

Following Moira's retirement as a tutor, Marg has succeeded her as Coordinator of the Strength Training Courses.

Do We Need to Bring Gym Shoes to a Physics Class? Tony Heyes, Co-Tutor in Astronomy, Physics and Cosmology

My first encounter with science was a great disappointment. I must have been about 8 or 9 and it was deemed that I would have to wear spectacles. I consoled myself in the belief that I would, at least, be able to make fire. Every little boy is a pyromaniac at heart. Imagine my horror when I discovered that short-sighted people have concave lenses and concave lenses do not focus the sun's rays.

Years later, I watched the film, *Lord of the Flies,* based on the novel by William Golding. The novel tells of a group of schoolboys marooned on an uninhabited island. They form two rival gangs and fight over the possession of Piggy's specs because spectacles can be used to make fire. The only problem is that Piggy, like me, was short-sighted, thus making the story nonsensical. Golding got a Nobel Prize in Literature for this and other works. I guess it's called poetic licence.



Tony Heyes

I was in the second year at grammar school in the North of England when I had my first Physics lesson. I was not from an academic family. I had never been encouraged to read a book; to sit reading a book epitomised idleness! Consequently, I did not have a clue as to what this lesson on the timetable, Physics, was about! I did know about physical education, so my question to my fellow student was not totally unreasonable, "Do you think we should take gym shoes?"

The door opened and in we went. It was like stepping into Aladdin's Cave. There were lenses, coils of wire, shiny copper calorimeters and multiple other 'toys' of which I had no ken. This was magic. At that moment, I knew that THIS is what I had to do.

The only problem was that I was not very bright. I realised that I would have to work VERY hard. Our Physics teacher was a terrifying giant of a Welshman, Gronwy Jones, who turned out to be an inspiration and later a friend. I struggled to get enough 'O' levels to get to the sixth form and I scraped into the University of Salford; not even a university when I enrolled. But I loved my physics and I did work hard. By the second year, the pennies were beginning to drop and I went on to get a First. On the strength of this, I went on to Cambridge to do a PhD in physics at that 'Name-Droppers' Paradise', the Cavendish Laboratory.

One of my friends at the time was Stephen Hawking. Stephen got his debilitating motor neurone disease while I was going blind! Stephen and I never worked together; he was a theoretician working on cosmology and I was an experimentalist working on fracture and the strength of materials. However, we met frequently in the local ale houses where we consumed beer together! My myopia was progressive and I was now wearing extremely thick spectacles. They did a lot for my IQ but nothing for my sex appeal! I decided that I must have a problem and consulted my GP. He referred me to the Eye Clinic at Addenbrooke's Hospital. They advised me that progressive myopia was not uncommon but that I also had glaucoma. Glaucoma or high pressure in the eye, if left untreated, would lead to blindness. I was prescribed eye drops: pilocarpine. This turned out to be a bit of a mistake!!!

Within three weeks I had had a detached retina. In fact, I spent most of the next year (1965-6) in Addenbrookes having operations for detached retinae in both eyes. After seven failed operations and at the point at which the Addenbrooke's staff were about to give up, my surgeon received a telephone call from England's most renowned retinal surgeon, Lorimer Fison - known in the eye world as God. I vividly recall my surgeon coming into the ward at breakfast time, putting his hand on my arm and saying, "I've just had a phone call from God." Had I been more 'with it' I might have thought of some snappy answer, however, all I could manage was, "What did he say?". God was offering to give a second opinion but there was a slight catch. God does not come to Cambridge; I would have to go to Moorfield's Eye Hospital in London. Having been on 'complete bed-rest' for months that was not going to be easy! I was duly dispatched in a National Health Service Ambulance.

Do We Need to Bring Gym Shoes to a Physics Class? (Cont'd) Tony Heyes, Co-Tutor in Astronomy, Physics and Cosmology

It turned out - and this I discovered later - that my professor, Philip Bowden, who was a good friend of C.P. Snow, the novelist and scientist, had been talking about me over dinner. Snow had said, "He should see Lorimer Fison, he sorted me out and the Duke of Windsor". My prof explained that I was simply a research student and could not possibly afford to see the country's top man, to which Snow replied, "I'll fix that." It seems that Lord Snow then rang Lorimer Fison and spun him some yarn about a young Wizkid at the Cavendish Laboratory who had multiple detached retinae and said, "You'll have a look at him, won't you?"

I arrived in London and was wheeled on a trolley into the presence of the Almighty. He looked carefully at my right eye and said that it was worth another try. Either I could go back to Cambridge with his recommendations or I could stay at Moorfields and have it done. My rather cheeky answer was, "If I thought that YOU were going to do it, I would stay here." As he walked to the foot of my trolley he said, "But you are a National Health patient, you cannot specify who your surgeon is going to be." At that, he got hold of my big toe and gave it a substantial tweak. I managed a weak, "I'll stay". Most of the patients at Moorfields are operated on by the trainee doctors under supervision. I had the big man. It took him three and a half hours and I have seen ever since.

As a result of my close encounter with blindness, I moved from Physics to the Blind Mobility Research Unit in the Department of Psychology at Nottingham University to work on electronic travel aids for the blind. While there, I was co-opted for a while to the Smith-Kettlewell Eye Research Institute in San Francisco. During my time in San Francisco, I had a haemorrhage in my blind left eye. In fact, I had been blowing up balloons and there was no problem - it just looked a mess. Since I was working in an eye hospital environment, I consulted one of my colleagues. He took a history and looked at both my eyes. He told me that pilocarpine was no longer used on high myopes as it had been found to cause spasms in the retina leading to detachments. He suggested that I should consider suing Addenbrooke's Hospital. I informed him that I was British and we did not do that sort of thing! However, I did learn a new word: iatrogenic.

During the seventeen years spent at Nottingham, I achieved an understanding of the informational needs of the blind pedestrian and was able to embody much of this understanding in a series of novel electronic mobility guidance devices culminating in the invention of the Sonic Pathfinder - the first guidance device for the vision-impaired to make use of the techniques of artificial intelligence. I also managed a string of other innovations: hearing aids for the deaf/blind, textured paving slabs, audible and tactile displays for pedestrian crossings, speech synthesised information displays (eg. the Talking Bus Stop). In 1983, I patented the now ubiquitous Parking Sensor, a spin-off from the Sonic Pathfinder.

In 1987, I was invited to move to Australia and take up the newly created post of Manager, Research and Development, with the Royal Guide Dogs Associations of Australia.

I was able to drive until I was 60 but then had to stop due to my limited field of vision. Some five years ago, I was deemed to be legally blind but I still manage to use a computer and can read normal print if the light is really good. Because of my lack of peripheral vision, unless I am extremely careful, I inadvertently shoulder-charge people! Take care if you see me coming.

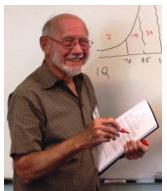
Oh, and no, you don't need to bring gym shoes to Physics classes!

Note: As you will see from his photo, Tony has a penchant for quirky t-shirts. Do you recognise Stephen Hawking's formula for the temperature of a Black Hole?

Dr. Leslie Dale, Ph.D., M.ED., B.ED., B.SC., TPTC. -A Life Well Lived

Family, friends and U3A Manningham colleagues of **Dr. Les Dale** were saddened to hear of his recent passing at the age of 94.

Les was born in Culcairn, NSW in 1926 and spent a great part of his childhood in the Tarnagulla area of our historic Victorian goldfields, attending local primary and secondary schools. From Maryborough High School, he moved on to Melbourne Teachers College and Melbourne University, studying teaching methodology, educational theory and qualifying for a science degree. Later, he achieved a Master's Degree in Education and finally his Doctorate of Philosophy at Latrobe University in 1975.



After a highly successful teaching and administrative career with the Victorian Education Department, including senior positions in various fields, Les served as Assistant Director of the Eastern Metropolitan Region.

Upon his retirement from the Education Department in 1986, Les entered a new phase of his life designing computer software for agriculture and editing the Farm Computing magazine.

My wife, Dawn, and I got to know Les very well. We attended his wedding to his second wife, Lee, many years ago, accompanied them on a subsequent trip around Tasmania, and also passed a very enjoyable month with them in a rented house in Tuscany. He was always co-operative yet independent and after Lee's death, determined to stay in his own home. In this he succeeded until around a year ago when increased frailty forced him to move to an aged care establishment.

For at least twenty years, Les and a group of friends and relatives spent countless weekends painstakingly restoring a miner's cottage on the goldfields at Tarnagulla which is expected to be opened for public viewing.

Les' contributions to our U3A were immense: serving as Vice President, running courses in *Computer Use, Creative Writing*, and *Science*, as well as developing courses for U3A Online. His input into the efficient organisation and management of our U3A have been really appreciated. His many awards and recognition from a variety of sources were truly merited.

The effort Les put into negotiations with the Manningham City Council, architects and U3A members to provide our present accommodation at The Pines will never be forgotten.

May the memories of Les and his many achievements linger with us in the years ahead.

Neville Heffernan OAM. President/Vice President of U3A Manningham, 1991-98.

Free Public Transport for Victorian Seniors

Seniors Card and Carer Card holders can enjoy free public transport for 8 days from 21-28 March 2021.

Free travel in Victoria includes Melbourne trains, trams and buses as well as regional trains, coaches and buses.

For more details, visit: <u>https://www.seniorsonline.vic.gov.au/News-Opinions/Latest-News/Free-public-transport-March-2021</u>.

Making A Donation To U3A Manningham

As membership fees have not been levied for this year, some members have made a donation to U3A Manningham and for that we are very grateful. Others have generously enquired how to make a donation.

Donations may be made in either of the following ways:

• Make an electronic transfer to:

Westpac Banking CorporationName of Account: Manningham U3A IncorporatedBSB:033-028Account No:632-174Reference:Your U3A ID and surname.

• Cash or a cheque made out to Manningham U3A Inc. to be placed in an envelope marked with your name in block letters. Please write DONATION on the envelope but do not write the amount. Ask an Office Volunteer to place the envelope in the Treasurer's pigeonhole.

David Jensz

Curriculum Report

Term 1 started with excitement as members returned to The Pines and other venues to start the year's courses. Most of our courses are able to commence in Term 1. However, card games, bridge and some dancing classes need to wait until we get approval from the Manningham City Council before we can start, which we hope will happen soon.

Courses in Term 1 are offered in different modes: face-to-face and online via Zoom to ensure a maximum number of members can participate. Seminars and workshops will be available from Term 2. I am hoping that new courses will be developed and offered to members later this year.



We have 167 courses on offer in 2021, with a total of 145 tutors offering their time, expertise and effort to run the courses. I would like to take this opportunity to thank all tutors, past and present, for their contribution to U3A Manningham.

Milly Ching, Curriculum Manager

Volunteering in 2021

As U3AM had a rolled-over enrolment from 2020 to 2021, we had no associated volunteer recruitment. We are, therefore, very thankful that most of the 1200 members who volunteered to take on a task in 2020 are continuing in their roles in 2021.

Some unlucky volunteers have lost their chosen task because of restrictions regarding food handling. Several of these members obligingly turned their skills to become QR code wardens.

However, if you are a new member or a continuing member who would like to volunteer for a task but have not been able to find one, please contact me on 0405 795 796. We would like to know what your interests are so that we can offer you an appropriate task when one becomes available.

Volunteering in 2021 (Cont'd)

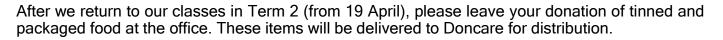
Our volunteer policy at U3AM is to share tasks as broadly as possible to maximise what we can offer and to minimise workloads. Most volunteers find doing their tasks to be very rewarding. There is also an enrolment advantage for all volunteers.

Heather Ambrose, Volunteer Coordinator

Doncare Contributions - Term 2

It is great to be back in our office at The Pines and I hope you are settling into your classes for 2021. I'm sure we are all looking forward to a productive year and to renewing and making new friendships. Many thanks to all our office volunteers who, once again, are giving their time this year.

As usual, we will be collecting non-perishable food for Doncare during **Term 2**. Doncare has always done an amazing job helping families in our area who need an extra hand, and during COVID that need has increased.



Thank you in advance for your generosity.

Robyn Buttling, Office Manager



Vale Sue Vane-Tempest

Sue Vane-Tempest began tutoring Card Making at U3A Manningham in 2014 and only finished last year when she became ill. Sue was a creative and generous tutor who took great pleasure in passing on her skills to her class members.

As well, Sue was a member of *The Written Word* for just a year before COVID struck. She was very focussed on writing her family history which was compiled into a book and shared with family and friends.

Sue was born in England and spent many years commuting to and from Australia. The whole family became citizens of Australia in 1981. Sue had two daughters and four grandchildren. She nursed for over fifty years in both countries. She was a self-taught dressmaker and spent many years sewing beautiful gowns.

Carolynne Morrison, also a class member in *The Written Word*, visited Sue not long before her passing and wrote a moving tribute to her entitled *A Tribute to Sue. Still Not Taking Shit from Consultants*. The following extract from Carolynne's tribute exemplifies Sue's character:

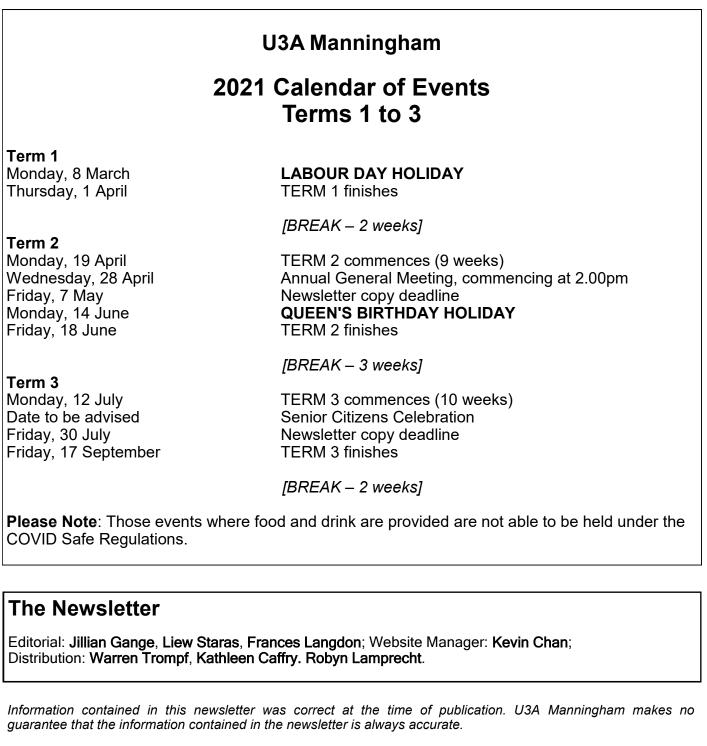
"What was momentous was her extraordinary courage. What was amazing was that she was exactly who she is, and will be, right up until the end. She has not allowed the catastrophe of cancer to chip away at her character or beliefs."

Trish Taylor, Carolynne Morrison & Lula Black.

Newsletter Contributions

We are always pleased to receive your contributions to our newsletter which may be sent to me at <u>jillian.gange@optusnet.com.au</u> or put into my pigeonhole. The deadline date for the next newsletter is Friday, 7 May, 2021. Please ensure that all contributions contain your name and contact details.

Jillian Gange





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.

