

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 would seem that the old expression “May you live in interesting times” really can have two meanings. It can be seen as being either a curse or an opportunity. We have certainly had interesting times over the past months but I am pleased to say that U3AM members have taken the latter viewpoint. They have approached the “interesting times” very positively and looked for every opportunity. We have increased the number of Zoom classes and this has given members the opportunity to try new and different subjects. Tutors have continued to accept the challenges and developed varying approaches with great zeal in the new reality. I cannot thank our tutors enough for the support they provide and I encourage any member to become involved in

this way and lead a group. You might pursue a passion or hobby. We are always ready to support a member in varying ways with any new thought or approach. A case in point in this edition is the excellent article from one of our tutors, **Jim Poulter**.

I had a wonderful opportunity, thanks to **Foong Sim Chin** and **Ken Coleman**, to be involved in a workshop for *Migrant English Tutors*. These amazing people give up their time to engage with non-English speaking immigrants, to assist with their English development and confidence. They also encourage their students to join in normal community activities, such as U3A classes. Tutors meet one-on-one at varying times and places, but their impact cannot be underestimated.

One challenge we face in these interesting and unpredictable times is how to celebrate our own 30<sup>th</sup> Anniversary in October. It is my challenge to you to provide me with ideas for a Covid-safe, all-inclusive event, or series of events, to enable us to celebrate together. **David Jenz** will be coordinating this celebration.

As a result of lockdown, members have not been able to personally thank our retired Secretary, **Alita Mossop**, for over ten years of service to U3A Manningham. Hence, I take the opportunity here to do that on your behalf. She has worked tirelessly for all members and left the organisation in a better place.

I sincerely thank the 73 members who joined our Special General Meeting, via Zoom, to unanimously pass the 2020 Financial Statement. This means that we have finally met our obligations to the Justice Department and the Australian Charities and Not-for-Profits Commission within the prescribed timeframe.



*Alita Mossop being thanked  
by Milly Ching*

May I conclude by not only thanking the Committee of Management for diligence under difficult circumstances this year, but all of you for your participation, perseverance and understanding. These “interesting times” can only make us stronger and more forward thinking.

**David McNamara**  
President

## Curriculum Matters

It is always good to be able to catch up with members face-to-face at The Pines and external venues after our multiple lockdowns. A big thank you to tutors for doing such a wonderful job in keeping our members connected using Zoom and other means when we can't meet in person.

A new course, *The Horti-Club*, will commence in Term 4 and is already over-subscribed with a long waiting list. If any members wish to offer a new course, please don't hesitate to contact **Shirley Fung**, the New Course Coordinator. Her email address is [erroleen@bigpond.com](mailto:erroleen@bigpond.com) or put a note in her pigeonhole.



The program for 2022 is almost finalised. Some tutors have decided to retire in 2022 but we have been able to find replacement tutors for some of the courses. However, we will miss their contribution next year.

So far, there are four new courses commencing in 2022:

- Jane Austen: Her Life and Times
- Cartooning and Children's Illustration
- Families and How to Survive Them
- Introduction to Yoga.

We will also have additional sessions of current courses:

- Pilates (Gentle)
- Safe Road Users

**Milly Ching,**  
Curriculum Manager

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## What is NAIDOC Week?



Australia has just celebrated NAIDOC (National Aborigines and Islanders Day Observance Committee) Week, with more people than ever before joining in and sharing our rich Indigenous heritage. The week continues to grow as a vital part of the identity we share as Australians. A nice bow was tied around this year's celebrations when an Aboriginal Australian, Ash Barty, won the Wimbledon Women's singles title.

However, NAIDOC has not always enjoyed this level of acceptance within the general Australian public. The origins of the celebratory week began in a growing and, of course, entirely justified Aboriginal protest movement of the 1920s. In Victoria, this led to the formation of the Aborigines Advancement League in 1932 by William Cooper, who was a leading civil rights figure on the world stage. A federal electorate is now named after him.

Awareness of injustice to Aboriginal people continued to grow and, on Australia Day in Sydney in 1938, over 1000 people attended a 'Day of Mourning'. This then became an annual event, held on the Sunday before Australia Day. It was an adroit political move to separate the two days and, by 1956, rather than being seen solely as a day of protest, it had become the 'National Aborigines Day of Observance' and a celebration of our Aboriginal heritage. In 1991, the title was modified to also recognise Torres Strait Islanders and, since then, it has become a whole week of celebration as NAIDOC Week.

**Jim Poulter,**  
Tutor, History - Australian (Local)

# U3AM 2021 Photography Competition: Our World is Still Wonderful

Thank you to all our members who participated in the U3AM 2021 Photography Competition. Their photos do indeed prove that even while COVID continues to rage, our world is still wonderful.

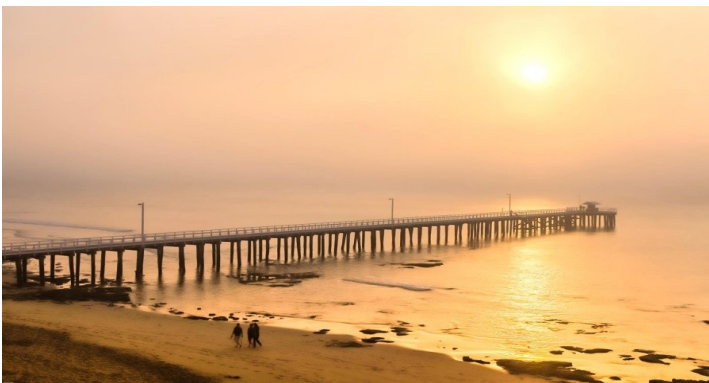
Many thanks also to everyone who voted for their favourite photos.

Don't forget to keep your camera or phone with you so that you can be ready to take a photo for next year's competition.

Trish Gilbert

## FIRST PRIZE:

Shawn Tan - *Dawn at Point Lonsdale*



## SECOND PRIZE - Three photographs tied for second prize:

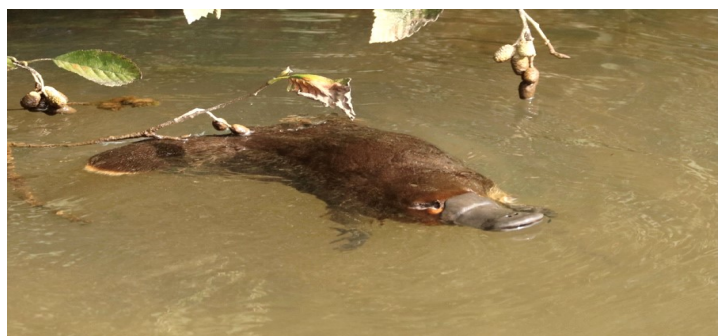
Jen Francis - *Crested terns taken from a kayak at The Dell, Clifton Spring*



Barb Whiter - *Yarra River, Warrandyte*



Thomas Harbottle - *Platypus, Tasmania*



## Sandra Dean – A Creative Life

When **Sandra Dean** passed away on 14 May 2021, she left behind many people who had benefitted from her creative inspiration and teaching.

Sandra undertook a Bachelor of Education degree at Melbourne University as a mature age student and became an art teacher in the Victorian high school system.

Following her retirement, she commenced tutoring in *Sculpture* and *Drawing & Pastels* at U3A Manningham in 2008. Sandra believed that everyone can be creative, and this inspired and gave confidence to her class members. Amongst other things, she organised trips to nature parks, sculptures in Lorne and even to Herring Island in the middle of the Yarra River so that her students could enjoy the artistic experiences.



She will be sadly missed by her U3AM friends and class members, one of whom is **Lucia Di Fiore** who wrote the following poem:

Sandra was one of a kind  
she could rile you  
or make you smile.

Those who knew her  
in sculpture - arts  
knew her as stoic  
giving of her talent  
and zeal.

More than a tutor  
our adventurous friend  
led us to art shows  
sculptures by the sea  
anything inspirational  
urging us to be better.

Now thoughts of her  
reflect in nature's artistry.

**Barbara Adams & Lucia Di Fiore**

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## PayPal Scam Warning

Any member with a PayPal account, whether you use it for paying your U3A fees or not, should be aware of a scam that is currently doing the rounds.

*An SMS is sent, allegedly from PayPal, stating that a purchase has been made on your account (a large sum of money is quoted and a company). You are asked to confirm that this is correct by calling a 1800 --- number.*

*On calling, you are asked for a confirmation number listed in the SMS and you are told that the sum has been charged to your credit card with the last four numbers being \*\*\*\* .*

PayPal has confirmed that hackers can access but not operate PayPal accounts and therefore are able to find out the last 4 numbers of your credit card. When you call the 1800 number, you will be asked the usual bank identifying questions. These are the same details required to set up and operate a new bank account in your name (but without your knowledge). If provided, this could be quite costly to you.

I believe this does not apply if you use the PayPal interface to pay your fees or other purchases by credit or debit account as this information is not supposed to be stored by PayPal.

As well, if you receive such a scam via email, delete it, please do not be fooled!

*Cont'd...*

## PayPal Scam Warning (Cont'd)

As a point of general advice, treat any email you receive from an unknown source with great suspicion. This can even apply if you receive an email from someone you know but which does not seem to make sense. That person may have unknowingly been subject to hacking and their address book has been compromised. In this case, call or write to the person you know (but by alternative means, not as a reply to the suspicious email) and verify that the email came from them and is genuine. You may also be warning them that they have been hacked.

One way to protect yourself from being used in this way is to place an illegal email address, such as [aaaabaa@telstra.com](mailto:aaaabaa@telstra.com), in your address book. If a hacker then takes over your computer and sends an email to everyone in your address book, you should get a message saying that the email to that illegal address could not be delivered. You know that you would never have used that address, so it must have come from someone who has got control of your computer. Notify your service provider immediately.

Thanks to member, **Arthur Rance**, for drawing the scam to our attention.

Warwick Wright

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## The Horti-Club - A New Course Commencing in Term 4 Tutor: John Liew

The trying times of COVID-19 and the shutdown of many pleasurable and social activities provided an opportunity for me to indulge in a passion that I have had for many years but never really had the time to follow through.

Over the twelve months from July 2020, I have been busy completing my studies in Horticulture; learning and working alongside some of the best practitioners and experts in the many and varied areas of horticulture, conservation and environmental management. This year-long sabbatical gave me the opportunity to gain hands-on experience in the areas of plant identification, weed control & management, garden design, specialist amenity pruning, hedging, trimming, plant establishment programs, irrigation systems, propagation, plant nutrition, revegetation, soils, chemical use, handling, storage & transport, turf establishment and control of plant pests, diseases & disorders, and many other related areas.

I undertook a number of activities that included garden maintenance at the Fawkner Memorial Park, revegetation projects, purchasing visits to nurseries and landscaping suppliers, garden redesigns, establishing irrigation systems, setting up vegetable beds, hot house plantings, soil establishment, soil testing, soil analysis and chemical spraying. Getting my hands dirty meant that I would end up covered in dirt or getting wet or muddy or all of the above, at the same time! The joys of playing with dirt have never been more satisfying!

On resuming my activities at U3AM, I found that I have a desire to share my increased horticultural skills and awareness with my fellow U3AMers.

By kicking off *The Horti-Club*, I am looking forward to engaging with a community of like-minded members to share our collective knowledge and experiences in this inaugural gardening class.



Whilst I am still “growing” my knowledge, I hope this class will be the start of an interesting journey for all involved, fostering the spirit of sharing and coming together to help create a better living environment beyond the classroom.

# The Perpetual Migrant - Zak Fakhri

I am a member of U3AM's *Current Affairs* class, where we have discussed major world events including a whole segment on wars. My family's story has been affected by many of these wars and I want to share my story with you.

## **A move forced by World War 1 - Jodiya to Rajkot**

For at least the last three generations, my family has been involved in trade. My great grandfather was from a former port city called Jodiya in West India. He owned a number of ships and traded between Jodiya and Basra in Iraq. He lost all his wealth in World War 1 when his transport ships were bombed and sunk. As a result, my great grandparents and grandparents relocated from Jodiya to Rajkot (another city in West India) where my great grandmother's family assisted them to start another trading business. My father was born and raised in Rajkot.



*C1920 - my grandfather (left) and his business associate (right).*

## **To a growing trading city - Rajkot to Calcutta**

My grandparents and parents moved to Calcutta (a city on the opposite side of India) to take advantage of the growing economy there. They started exporting jute and machinery to England and set up a retail hardware shop. Life was stable and things were going well until the end of World War 2 and the withdrawal of England from India in 1947 which divided India into two states - India and Pakistan. Until then, Muslims and Hindus had lived side by side across the Indian subcontinent but following Partition, millions of Hindus and Muslims were forced to relocate; Hindus were to live in India and Muslims in Pakistan.

However, for millions of Muslims including my family, India had been home for generations, and they decided to stay in Calcutta (even though this was part of the new 'Hindu India'). Life for Muslims following Partition became very tough and they were often targeted. My family's properties and businesses were confiscated by the Indian Government and they lost everything!

## **To Muslim friendly East Pakistan - Calcutta to Chittagong**

Forced to face the fact that Calcutta was no longer welcoming to Muslims, my grandfather and father decided it was best to relocate the family to Chittagong, East Pakistan (present day Bangladesh). My father again set up a trading business and a retail hardware store. I was born in 1954 and the first 14 years of my life were very peaceful.



*C1950 - my father and mother.*

## **Collateral damage of the fight for an independent Bangladesh - Chittagong to Lahore**

When I was in Grade 10, my life was totally disrupted following the outbreak of the 1971 Bangladesh Liberation War - a war between East and West Pakistan - that resulted in East Pakistan becoming an independent nation, Bangladesh.

Cont'd...

## The Perpetual Migrant - Zak Fakhri (Cont'd)

My father remained in Chittagong but my mother and many of my family fled to Karachi, Pakistan. I was sent to a boarding school in Lahore, Pakistan. Some of the battles between East and West Pakistan took place approximately 60km from my boarding school.

On 19 April 1971, the war came to an end and East Pakistan became Bangladesh. At my boarding school, there were many students from Bangladesh who were unable to travel home or to receive funds from their family now that it was cut off from the rest of Pakistan. At the time, I was President of a Student Association and lobbied the school to waive tuition and boarding school fees for all Bengali students who were unable to make payments due to the war. If the school hadn't agreed to this, all Bengali students (including myself) would not have been able to continue our education and finish school.

During these two years, I met students from different parts of the world. There were students from USA and UK whose parents originally came from the subcontinent and wanted their children to learn about the culture. There were also students from Africa and Palestine on various UN funded programs. Many of these children came from war affected areas. I came to realise that war was something that had impacted many of my fellow students' lives. If I was not fully aware of the horrors of war, meeting these people and hearing their stories made me realise the true cost of war - the human cost.

### A return to stability - Lahore to Chittagong

After high school, I returned to Chittagong where I enrolled in a local college and helped with our family business.

In 1975, at 21 and itching to see the world, I travelled throughout Asia, the Middle East, Africa and Europe.

### Spreading my wings - Chittagong to St. Catharines and back to Chittagong

After my year off, it was time to get serious. I moved to St Catharines, Canada to study accounting at Brock University. I was president of the International Student Association and the Muslim Student Association and part of the work I did with these associations was to improve the awareness of Canadian students about what it was like to be an international or Muslim student. After university, I returned home to Chittagong and rejoined our family business.

### Settling down - Chittagong to Sydney

After a brief visit to Sydney in 1983, I married and permanently migrated to Australia in 1985. It was a big change moving from a high density 24/7 city like Chittagong to Sydney, which at that time was very quiet. However, I instantly fell in love with the natural beauty of Sydney and found everyone welcoming and it was here that our two daughters were born.



*2014 - my daughters, myself and my wife.*

I set up a small import/export business, continuing in my family tradition. My business focused on trading with smaller countries in Asia and at that time, there were very few local competitors in this sector. I helped organise shipments of all sorts of products including salt, milk powder, clothing, paper, zinc, coal and mineral sands.

Cont'd...

# The Perpetual Migrant - Zak Fakhri (Cont'd)

## The next adventure - Sydney to Melbourne

I had remarried in 2003 and in February 2011, my wife and I decided it was time for a new adventure. We packed up and moved to Melbourne. In 2017, following retirement, we threw ourselves into getting to know the local community and became involved in many activities such as U3A, bushwalking, various interfaith and local government initiatives. We travelled a lot and life was busier than ever! Although COVID-19 has limited our international travel, we have continued to travel domestically as much as possible.

## Future moves?

The constant theme throughout my family history has been a story of relocation - each generation migrated from one place to another multiple times. Some of these moves were forced upon my family but others were by choice. Regardless of the reason, each move brought with it new opportunities and challenges and is responsible for shaping who I am today. We don't know what the future holds, but I have a feeling there will probably be more moves to come, whether it's in my generation or subsequent ones. Let's hope that any future moves will be purely by choice and result in very positive outcomes.

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## My Olympic Experience: Mexico City 1968

My name is **Sue Harbottle** (nee McKenzie) and I am delighted to share with you the story of my swimming career and, in particular, my Olympic experience.

### Diving in!

At the age of 11 (Year 7, Fintona Girls' School), I just missed selection for the school swimming team. I had not swum since I was four but was determined to make the school team, so I began training at the Hawthorn Pool and within a few months, I was invited to train with Harry Gallagher (Dawn Fraser's coach). We trained 13 times a week, before and after school every weekday, and three hours on Saturday.

I made the school team, State team and then, six years later, aged 17, was selected to represent Australia at the Mexico City Olympic Games in the 100m and 200m Breaststroke events. I came third and fifth in my heats but unfortunately, did not make the finals.

### The Olympics:

We had a six week training camp in Scarborough, Queensland, billeting with local families.

There were 24 swimmers in our team, 1 coach and 1 team manager. In the current Tokyo Olympics, the team comprises 35 swimmers, 10 coaches, plus many support staff!

### A Series of Firsts:

- First time I went overseas and owned a passport.
- First games to be held in Latin America.
- First games to be held at high altitude (2300m) which was most controversial as sprinters benefitted but distance athletes suffered.
- First games for drug testing and female gender verification (some Russian athletes withdrew before the tests!)
- First time a woman was selected to light the Olympic Flame (Enriqueta Basilio - sprint runner).

There was political unrest at the time with many student protests in Mexico. We could hear gunfire at night and our parents back in Australia were very worried for our safety.

*Cont'd....*



# My Olympic Experience: Mexico City 1968 (Cont'd)

## Memorable moments:

- Arriving at the Olympic Village - climbing the stairs over the bus station and being short of breath when we reached the top (our first experience with altitude).
- Entering the village - seeing the huge multi-storey apartment buildings, 6 dining rooms, swimming pool, athletic track, meeting halls, shops, etc.; it was so inspiring.
- Visiting the main meeting hall for the first time and seeing so many people from different countries, with different cultures and languages, noticing many champions, etc. (an eye opener for a 17 year old).
- Marching in the Opening Ceremony - so memorable.
- The entrance of the torch bearer, her lap of the stadium and her climb up the pink stairs to light the Olympic Flame.
- The release of hundreds of balloons and white doves (the symbol of peace).
- Running on to the field at the end of the Closing Ceremony (we sat in the stands for most of it) and hearing the rustle of thousands of straw hats waved by the spectators (they had been given the hats on entry to the stadium).
- Meeting Prince Charles when he visited our team in the village.

## Differences from 1968 to 2021:

- We swam without goggles.
- We had no fast suits - just normal bathers (in a wattle pattern, complete with modesty front piece!).
- No TV coverage to Australia.
- No mobile phones (we had to line up at the village post office to send telegrams of results home).
- Separate men's and women's quarters with women's quarters behind a high wire fence, topped with barbed wire, and guards on the gates!
- Very strict rules for the Opening Ceremony march, everyone had to be in step, looking forward (except a head turn to the right as we passed the President of Mexico), no talking, no cameras, etc.



*Australian Team marching into the Opening Ceremony*

## Post Olympics

My training and competitive career was cut short when I was pushed into the shallow end of the pool at training one day, breaking my back as a result. However, I still managed to play water polo for Victoria and we won a gold medal at the National championships.

After working as a secretary for a short time, I spent 50 years involved as a swim teacher, coach, swim school manager, mentor and presenter.

In the lead-up to the 2000 Sydney Olympics, I was given the honour to run with the Olympic torch in Ivanhoe.

I joined Masters Swimming at age 42 and still compete for the 'Doncaster Dolphins' at Aquarena. My best Masters results were golds, silvers and bronze at both the World Swim Championships (early 2002) in Christchurch and the World Masters Games, Melbourne (late 2002).

I am still teaching and coaching both junior swimmers and Masters swimmers.



*Sue (middle) participating in the Sydney Olympic Torch Relay*

I still love swimming and continue to train and enjoy the company of my fellow club members.

**Sue Harbottle**

# Volunteers Required

In Terms 3 and 4, the U3AM Catering Group requires members to volunteer to supply food for our planned functions.

For those members who wish to assist, we request you contact or call at the office and ask that your details be recorded on the form in the **BLUE CATERING FOLDER** located there. Our catering organiser will be in contact.

Alternatively, you can email your name and phone number to [graeme.martin4@bigpond.com](mailto:graeme.martin4@bigpond.com) and we will contact you.

Thank you for volunteering.

Graeme Martin,  
U3A Functions

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## Victorian Government Heating Assistance

The Victorian Government is providing the following assistance:

- Home heating and cooling upgrade program. \$1000 rebate for low-income households to replace their old gas, electric and wood-fire heaters, or where there is no heating system, with energy-efficient reverse-cycle systems.
- \$250 Power Saving Bonus as a one-off payment to provide direct support to Victorian households experiencing energy bill stress.

Please click on the following link to find out about both these programs:

<https://u3amanningham.org.au/docs/VicGovHeatingAssist.pdf>

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## Newsletter Contributions

We are always pleased to receive your contributions to our newsletter which may be sent to me at [jillian.gange@optusnet.com.au](mailto:jillian.gange@optusnet.com.au) or put into my pigeonhole. The deadline date for the next newsletter is Friday, 15 October, 2021. Please ensure that all contributions contain your name and contact details.

Jillian Gange

### The Newsletter

Editorial: Jillian Gange, Liew Staras, Frances Langdon; Website Manager: Kevin Chan;  
Distribution: Warren Trompf, Kathleen Caffry, Robyn Lamprecht.

*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.*

