



U3A MANNINGHAM



NEWSLETTER

October 2024 Vol 33 No 4



President's Message

It's hard to believe how very quickly we have arrived at Term 4. I am not hesitant to use the cliché "time flies when we're having fun" because this is true at U3A Manningham. While many places wind down towards the end of the year, our U3A, on the contrary, cranks up with many exciting activities to look forward to.

Artistic Showcase and UniFest

We are proud of our members' contributions and achievements at any time of year, but particularly so at the end of the year when we celebrate our Artistic Showcase and UniFest. Both events will be held on Thursday 28 November this year.

The Artistic Showcase will proudly feature the outstanding skills of our members through a display of their art and craft work, and extensions of these. The exhibition of works will be open from 10 am to 3 pm. Our thanks to Showcase organisers Liew Staras and Graeme Martin and their support teams.

UniFest, on the same day from 12 pm to 4 pm, will showcase our members' talents in the performing arts, through dancing, singing, fitness routines and more. Luncheon will be served in between the two events. Members, please remember to extend a warm welcome to your families and friends to come and celebrate this very special day with us. Our thanks to UniFest organisers John Liew, Peter Simondson and support teams.

Membership and Enrolments

The time for renewal of membership and enrolment in courses for next year is approaching. See **2025 Enrolments** on Page 3 for the specific dates for payment of membership fees and class enrolments. Our members enjoy the benefits of lifelong learning experiences in a wide range of courses that suit a variety of interests among our members. In addition to learning they enjoy the

warmth, the sense of belonging and the friendship of fellow members. It would be good to share what we enjoy with people who have not yet joined and will benefit from becoming members. Membership is open to people who are of retirement age, who are not in full-time employment, and who are interested in engaging with others to keep themselves physically and mentally active.

Summer School

For those who would like to connect with friends, keep up with exercise and enjoy short courses during the holidays, Summer School will make such opportunities available in January 2025. Enrolments are now open.

- Local History walks will run on three Tuesday mornings – 7, 14 and 21 January.
- A range of regular classes will be held at The Pines on Wednesday 15, 22 and 29 January. These include Strength Training, Chair-based Exercise, Dance to the Beat, Bridge and Current Affairs.
- Quiz Time and classes on Ancient Egyptian History and the French Enlightenment will be held on Wednesday 15 and 22 January.

Our thanks to Liz Haylock and Don O’Gorman, the Summer School Coordinators, for making available an exciting experience for our members during the summer break. Our grateful thanks to the tutors as well.

Looking Out for One Another

I am proud to say that members of U3A Manningham belong to a caring community. This care includes doing all we can to keep one another healthy. We are concerned about the spread of infectious diseases to our fellow members. It is not just COVID that is of concern to us. There are many other infectious diseases that are easily transmissible. A strong reminder to our members to please not attend classes when they feel unwell.

Another area of concern is about tables and chairs that are not packed away at the end of classes. This leaves the person who locks up at the end of the day to have to pack up all tables and chairs. Let us all help out by putting tables and chairs away at the end of each lesson. Private arrangements to leave the same tables and chairs for the next class do not always work because classes are occasionally cancelled, leaving the furniture unattended. May I ask that we pack up all furniture at the end of each lesson.

Happy Holiday Season

It has been a good year, thanks to our many volunteers who have selflessly given up their time to manage our U3A so seamlessly.

In anticipation of the holiday season, my very best wishes to all our members for a restful and safe holiday. I look forward to our return charged up for another exciting year at U3A Manningham. We will welcome new members on 31 January and classes will commence on 3 February 2025.

Shirley Fung
President

2025 Enrolments

The Curriculum Committee has been working hard to provide a varied range of classes for 2025, including some new and exciting courses.

Course brochures will be available at the Office from the end of October. Course details for 2025 will be available on the MyU3A website from 19 November.



The annual membership fee for 2025 is \$70, the same as this year.

Due to the increasing number of members paying their annual membership fee by credit card, there will be no manual in-person prepay system at The Pines. Fees can be paid in advance, but only online using a credit card. U3A Manningham uses the Eway secure online payment platform to process credit card payments.

Important Dates

Mon 21 October: Online fee prepayment system opens for members wishing to prepay using their credit card.

Priority levels will be posted on the noticeboard outside the Office in November, before the enrolment period begins.

Dates for enrolment according to priority level are:

Wed 20 November **Level 1** members enrolment opens

Fri 22 November **Level 2** members enrolment opens

Mon 25 November **Level 3** members enrolment opens

Wed 27 November **Level 4** members enrolment opens

Thurs 28 November **General membership** enrolment opens

Room 1 will be available from 20 November for members who require assistance or who would prefer to pay and enrol using our helpful enrolment volunteers. Payment can be made using cash, cheque or credit card. Appointments are not necessary, but priority level dates for enrolment must be observed.

Online enrolments open at 6:00 am. Room 1 will be open from 9:00 am to 2:30 pm for assisted payments and enrolments.

Enrolments online continue after this period, while payments and enrolments can be accepted at the Office after this period during office hours until the end of Term 4.

A maximum of three classes may be chosen during the initial enrolment period. This is to make classes available to as many members as possible. This restriction will be lifted on 14 January 2025 when members will be able to enrol or join the waitlist for additional classes.

Doug Wallace

Enrolments and Data Management

Photo Competition

The Photo Competition for 2024 is now open.

The closing date is Friday November 15. Photos should be emailed to triciaj47@gmail.com

The entry rules have not changed:

- Up to 3 photos per person can be entered.
- No enhancements to photos allowed.
- All photos to be in jpeg format.
- All photos to be named — eg the subject, where they were taken, etc.
- It is an open theme. However, portraits or photos of children will not be allowed, but incidental people will be accepted.



***The 2022 winner, “Gullible Turtle” by
Thomas Harbottle***

All entries will be displayed on the website under *Galleries*, and on the screen in the reception area. When the entries are displayed, all members will be invited to vote to determine the winners.

So get your cameras/phones out and get busy. It does not matter when you took the photos.

Looking forward to hearing from you all soon.

Trish Gilbert

Photography Coordinator



News from the Office

My thanks go to all office volunteers who have spent time helping out in our office this year. Special thanks to my Office Committee members – Tess Gibbs, Matty Ng, Samuel Kwok, Nola Day, Myriam Frawley, Mary-Ann Liethof, Liz Wood and Jim Walsh. I hope you all know how much you are appreciated. Current office volunteers will receive an email from me shortly advising them of when they need to come in and enrol for our 2025 office roster. I hope to see you all then.

Just a reminder that we are still collecting non-perishable food for Doncare. Many of our neighbours need help every week putting food on the table for their families. Please ensure that the food you give is still within its use-by date and please only leave food at the office. Any other items you wish to donate should be taken directly to an op shop.

Any member who has a query for our enrolment team should send an email to enrolments@u3amanningham.org.au This will get a quicker response than leaving a message with the office staff who then have to pass this message on to enrolments.

Remember to wear your name badge at all times during classes and be sure to read all emails and messages sent to you from U3AM. I look forward to our enrolments for 2025.

Robyn Buttling

Office Manager

Calligraphy with Illumination – an Inspirational Course

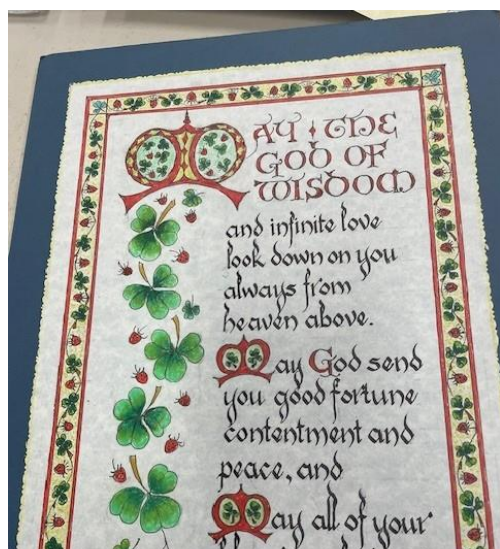
Calligraphy is the ancient art of beautiful letter writing.

Our tutor is Laurie Bicknell, and his history is worthy of documentation.

Laurie joined U3A in 1999 and was a student for four years before becoming a tutor. Laurie's background as a civil engineer, where he was instrumental in drawing plans for rivers, roads and drains, inspired his love for printing.

Laurie also tells of his time in the hospitality industry (pre-computers) where he was employed by restaurants to write menus and place cards.

All this experience inspired Laurie to teach the basic art of letter writing and the class *Calligraphy for Beginners* was born. This advanced to *Calligraphy for Illumination*, thus embracing the artistic side of calligraphy.



An example of the beautiful calligraphy produced in Laurie's class.

One student travels from Bass Coast for this class. Asked why, she answered: "for the opportunity to work among skilled, creative and happy people". Laurie strongly promotes unity, support and friendship within the classroom.

Affectionately known as 'the silver fox', Laurie is a wonderful man and an inspirational icon within the walls of U3A. It is a privilege to be a part of this amazing and motivational class. It is a testament to Laurie's achievements.

Congratulations to Laurie and thank you for 25 years of service to U3A Manningham.

**Dawn Head
Member, Calligraphy with Illumination**

Beware of Scams

Stay informed about how to protect yourself and your finances from scams and fraud. This guide has been prepared by National Seniors Australia in partnership with the Commonwealth Bank. It will help you recognise common scams, learn how to avoid them, and understand what to do if you fall victim to one. Click on <https://nationalseniors.com.au/uploads/CBA-EGuide-ScamsProtection-310724.pdf> to download a PDF version of the booklet.

Forty and Fabulous! Now What's Next

U3A in Australia is 40 years old. The occasion was formally recognised during the U3A State Conference co-organised by U3A Network Victoria and U3A Melbourne City, Australia's first U3A group.

I was privileged to attend the well conducted conference from 3 to 5 October 2024, held at RMIT, along with approximately 170 members from four states and Singapore. The title 'Forty and Fabulous! Now What's Next' was the theme of the meeting. We celebrated where we have come from and what we have achieved, and looked forward with confidence to the future.

There were six keynote speakers; an address by the Minister for Ageing Ingrid Stitt; reports on developments within U3As; and workshops involving all members. The fellowship of like-minded people was adrenaline raising.

Keynote Speakers



Dr Norman Swan spoke about 'The Ageing Myth and Myths about Ageing'. One myth he dispelled was that while the number of older people with dementia may be increasing, the actual rate of developing it has decreased by 25% over the last 10 years. Very positive news! He also said that Australian research shows that an 80-year-old today has the same chance of surviving for a month as a 60-year-old did 40 years ago. Also, a positive attitude can add up to 7 years to life expectancy. He

said that America had dropped to number 37 on the world ageing list because of the 'despair' in their middle age group. Australia has not experienced this.



Professor Michael Cowling (sometimes known as 'Professor Tech' from Radio National) spoke entertainingly on the impact of current and future technology on the Third Age. His message was 'embrace or ignore'. In many ways technology has already entered our lives, and we are accepting it. He said that older adults are the fastest growing demographic on social media platforms, they buy more Apple watches (probably for health reasons), and they buy through e-Bay and Amazon. We are also the biggest buyers of new vehicles and are demanding all the new safety technology. The development of generative AI should be treated as a persuasion machine, not a truth machine, and is

not reliable in most situations.

Another optimistic speaker, Dr Rebecca Nisbet from The Florey Institute, outlined current research on cognitive abilities in the older population. This research was commenced because a general survey said that 'old people (over 62!) were nice, but they were onlookers'. Although they didn't review niceness, they did find that rather than being 'onlookers', this group contained the greatest number of volunteers and community participants outside of the paid workforce and their ability in general had not diminished. Dr Nisbet also stated that a treatment for Alzheimer's

disease will be available during the next decade as the cause is known, but we must find a safe way for the brain to accept the absorption of foreign medication.

In every instance, the positive message from all speakers was that people who actively participate socially, physically and academically will continue to have better health and a longer lifespan than those who don't. U3A is providing that opportunity.

U3A Australia Ltd

A U3A development of note was the announcement of the formal establishment of U3A Australia Ltd. This national body has representatives from each state and is chaired by Glen Wall from Victoria. It has already entered a formal association with COTA (Council of the Ageing Australia) and has joint, direct input to the Commonwealth Government in the same way that our U3A Network has input into the State Government.

International Association

A body that I was not aware of is a formal worldwide committee of U3As and like organisations named IAUTA (International Association of Universities of the Third Age). Our Australian representative is Rhonda Weston from Queensland. Australia has been nominated to hold the International Conference in 2027, with Melbourne bidding to be the host.

Rhonda spoke about the two distinct international approaches to the operation of U3As. The 'European Model', commenced by Toulouse University, still has both a physical and academic connection with the universities. The other model is the 'Commonwealth Model' from Cambridge University where the U3A is run in and by the community and the courses are not necessarily aligned to any 'standard'.

This is our model, and research has indicated that it is by far the most beneficial for both individual health outcomes and the physical growth in numbers participating. The supposition is that we cover the social, physical and mental activities while the European model tends to exclude the physical and does not have as much social contact.



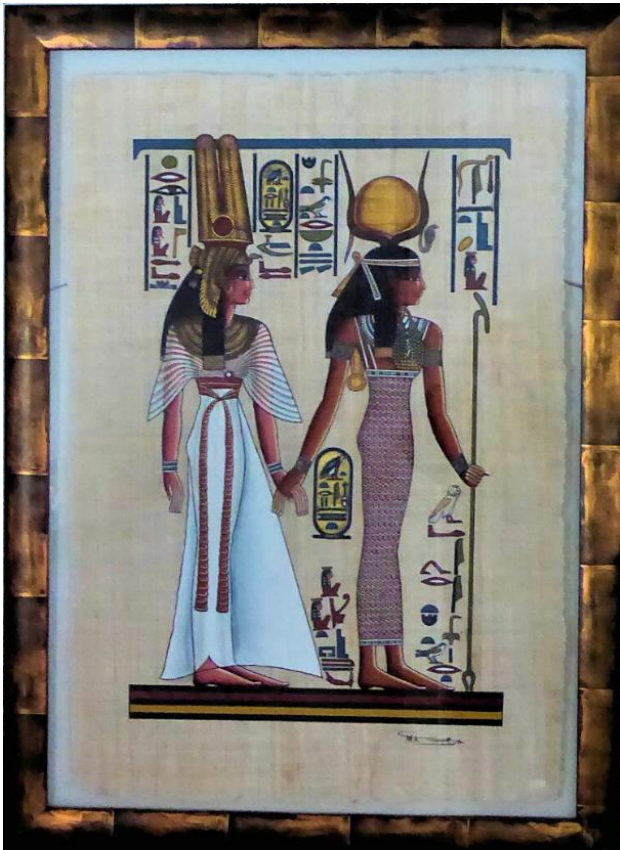
Summary

I thoroughly enjoyed the interaction with the other participants during the stimulating workshops and social breaks. I'm also pleased to say that I received feedback that U3A Manningham has the reputation of being the 'happy club'.

David McNamara
Vice-President

Ancient Egyptian History

Joan Kelleher has been a tutor at U3A Manningham since 2016. Egyptian history is her passion. Although Joan professes to be an amateur in the field, her enthusiasm and extensive knowledge of the subject is contagious and her classes are popular and well attended.



Joan has travelled to Egypt twice. Each trip inspired her to do more in-depth research to gain a greater knowledge of the history of this ancient civilisation and she generously shares this with her class.

As has been done for many years, on the last day of Term 2, the class came together to share their love of Ancient Egypt. Students contributed by bringing in items, stories and photos that they had collected over the years and presented them to the class. One student has chosen an Egyptian theme for her new hobby of countered cross-stitch. Another shared photos and described her trip to Egypt in 1999. Hearing about a trip to Canberra for the recent Ancient Egypt exhibition was another highlight. Joan contributed several pieces of Ancient Egyptian sculpture (all replicas of course!) and photos of several large, framed papyri from her collection. As always, it was an enjoyable and stimulating session.

As part of the Summer School program, Joan will be presenting two classes on Ancient Egyptian History, on 15 and 22 January 2025. This will be an opportunity for members to get a glimpse of this fascinating topic and to discover some of the marvels of this ancient and vibrant civilisation.

Dawn Head
Editorial Team

Enrolment Priorities Subcommittee

At the request of the Committee of Management (COM), a subcommittee was established earlier this year to review the enrolment priorities system at U3A Manningham. The system had not been reviewed for several years and was badly in need of updating.

Members of the subcommittee included current and retired Coordinators, members of the Curriculum and Enrolment groups, and COM representatives.

The group met regularly during the year and presented their findings at the August COM meeting. They firmly believed that the volunteer priority enrolment system should be retained and that the principle of class members working together be encouraged (e.g. in setting up rooms before a class and packing up at the end of a class).

Scope of the Review

The role of the subcommittee was to:

- *analyse the current system*
- *look at how other U3As conducted their enrolment programs*
- *make recommendations to the COM about how the current system could be improved, simplified and updated.*

Recommendations of the Subcommittee

A number of recommendations were made. These included that the system be updated, several categories of volunteer groups be consolidated with others, and some eliminated as no longer relevant to today's operations. Some of those eliminated were found to be duplications and could also be consolidated.

The subcommittee also recommended that, for the first time, classes should be arranged into common groupings and that a formula be established to determine the number and type of volunteers required for each group of classes necessary to support our most valuable asset, our tutors. The net result would be that, while the overall number of positions for volunteers would drop, there would be an increase in class representatives in many classes, reducing the overall workload, particularly in the larger classes. However, a small number of classes with volunteers far in excess of similar classes would have reduced volunteer positions.

The COM accepted the recommendations of the subcommittee but stipulated that the new system should not be introduced until the beginning of 2025. This means that the volunteer priority system for the upcoming enrolment period in November for 2025 classes will remain unchanged.

The volunteer system for all catering events is unaffected by this review and remains unchanged.

Doug Wallace

Enrolments and Data Management



Seeking New Migrant English Tutors

HOW DOES THE PROGRAM WORK?

A tutor will meet with a learner usually once a week for about an hour. The meetings are either face-to-face or online:

Face-to-face meetings may be held at a home or at a public place (such as the library, coffee place or a food court).

Online meetings may be held using Zoom, Whatsapp, WeChat, Face Time or something similar.

TRAINING

In order to become a Migrant English Tutor, you will need to be a member of U3A Manningham and undergo a training course – **Workshop for Migrant English Tutor Training**, listed under Special Projects. The course is conducted on Thursday afternoons (1:30 - 4:20PM) over the **first six weeks in Term 1, from February to mid-March**. No further prerequisite is required.

Upon completion, you will be given a list of profiles of learners who are on the waiting list, from which you can select a learner to tutor.

BI-LINGUAL TUTORS NEEDED

We currently have learners who do not know English at all and can only speak Mandarin. Thus we urgently need tutors who can speak both English and Mandarin.

U3A Manningham

- Do you have a reasonable command of the English language?
- Do you have 1-2 hours to spare most weeks?
- Would you like to help someone to improve their English and integrate into the community?

**If your answer to all
3 questions is "YES",
we want you!!!**

We would like to invite you to join the **Migrant English Program** as a tutor.

U3A Manningham runs a community service outreach program which offers FREE one-on-one help to people, who have come from other countries, who wish to improve their speaking, listening and understanding in English.

ENQUIRIES

Enquiries can be emailed to the Coordinator at **manunipines@gmail.com** or left at the U3A Manningham Office.

Equipment Housekeeping — We Need your Cooperation!

U3A Manningham provides a range of equipment for use by all the membership. It is imperative Equipment Housekeeping — that members look after this equipment to ensure it is functioning well for the next user.

There have been several instances in the last few months where equipment has been lost and/or mislaid, or it has been returned in a less than satisfactory state.



To minimise the above and to ensure all members have working equipment to use, please adhere to the following basic housekeeping rules:

1. *Treat all U3A Manningham equipment as if it was your own.*
2. *Return all equipment used during classes to its original location at the conclusion of the class. If you pass a piece of equipment to the next tutor, please remind them of the correct place for its return after their class.*
3. *Return equipment turned off/shut down correctly so that it is in a fit state for the next user. Pay particular attention to speakers and microphones to ensure they are shut down or turned off completely as they can cause feedback problems when placed in the cupboard close together.*
4. *For equipment with rechargeable batteries (for example: microphones, hearing enhancement equipment) that is found to have flat batteries, replace the batteries with freshly charged ones found in the box on the shelf in cupboard 13b.*
5. *If rechargeable batteries are replaced, ensure the flat ones are placed in the battery charger to recharge them so they are ready for the next person's use.*

Please Note: *Do not place non-rechargeable batteries in the battery charger, as this will cause a fire hazard. Non-rechargeable batteries are available from the Office when required. If in doubt, ask someone!*

6. *If any piece of equipment is found to be faulty during operation, report this fact to the Office staff who will raise a maintenance request for the Equipment Manager to investigate, and tag the equipment accordingly so others do not use it.*
7. *Requests for any new equipment should be made in writing and passed to the Equipment Manager for consideration by the U3A Manningham Committee of Management.*

On a closing note, as a courtesy to fellow members, please lift chairs and tables when moving them in the classroom environment as the noise made by scraping them across the floor can be heard in other rooms, which is detrimental to class harmony.

Andrew Barnett
Equipment Manager



NEWSLETTER CONTRIBUTIONS

Contributions to our newsletter may be sent to:

CommunicationsTeam@u3amanningham.org.au.

Please ensure that all contributions contain your name and contact details.

The Newsletter

- Communications Manager: Neville Cook
- Editorial: Jenny Johnstone, Judy Maxwell, Dawn Head
- Production: Helen Halliday, Bernice Charity

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 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.

