



Annual Report

2018

We aspire to be a thriving, well-resourced community whose members embrace lifelong learning and positive ageing by sharing knowledge and life skills within a culture of friendship and generosity.

Since 1985, Australia's first University of the Third Age and a member of the global U3A Network

U3A Melbourne City Inc.

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EDUCATION AND LEARNING ACTIVITIES



Watercolour: Practice and Appreciation Class

PHYSICAL ACTIVITIES



Let's Do Cycling

SOCIAL INCLUSION



**LIFELONG LEARNING, STAYING SOCIALLY ENGAGED AND
PHYSICALLY ACTIVE ALL CONTRIBUTE TO POSITIVE HEALTHY AGEING**

PRESIDENT'S REPORT

This year has been an important year of strategic development, to continue actively building our U3A Melbourne City and we have many achievements to celebrate.

My address will be a snapshot of the work being done by the incredible volunteers who are responsible for the success of all our operational areas and set the path for a sustainable future.

More details of specific activities and operational areas are presented later in this Annual Report and I encourage you to read about the work being done by volunteers across our community.

In the 2017/18 financial year, we had a **membership** of 1541. We provided a suite of 142 educational classes delivered by 125 Tutors and Group Leaders. We have welcomed 17 new Tutors and provided a wider selection of Short Courses with 25 new class topics on offer.

Central to our success is the dedicated group of **Tutors and Group Leaders**. They provide us with stimulating educational courses on a diverse range of subjects including languages, philosophy, current affairs, literature, history, science and more.

The Let's Do program enhances our choice as they provide us with the opportunity to engage in a variety of social, cultural and physical activities for us all to enjoy.

We have nine Let's Do activities which include Lunches, Theatre, Gallery and Museum visits, Music Concerts and Movies. This year another activity, 'Opera on Screen' was introduced and has proved to be equally as popular with our members.



We also provide for the members to stay physically active, by participating in the regular activities of Walking and Cycling.

This all adds up to a complex and busy schedule which is managed by the Course Coordinator and Team.

To ensure these activities are set up and run smoothly, takes a lot of organisation, planning and dedication. Our **Course Coordination Team**, led by Elizabeth Way, arrange all class timetables, plan room bookings and liaise with Tutors to provide a seamless educational calendar. This essential team has been integral in providing us with another successful year of educational outcomes

It has been an enormous pleasure and privilege to be part of this cohesive team of **Committee Members**. They have been highly focused and motivated to improve the important areas of governance, compliance and policy within our organisation. We have achieved progress in many areas of our operation.

Good governance requires that appropriate resources are provided to ensure we remain functional and compliant. Due to the significant broadening of our legal obligations for **compliance**, we have made changes to comply with recent State regulatory requirements, assisted by Justice

Connect, a Not-For-Profit law firm.

The **Privacy laws** require us to control and tighten access to personal information stored in our database.

The need for **compliance** flows through our whole organisation from Waiver Forms for physical activity classes, photographic publication and strengthening **documentation for Tutors, Group Leaders, Class Assistants and all Volunteers**. All these areas have been addressed by Committee this year and are now an accepted part of our operational structure.

1541 members

142 classes

125 Tutors / Group
Leaders

25 new topics

17 new Tutors

The Committee has been reviewing and updating a number of **our policies** to better reflect the needs of our members, streamline our procedures and ensure greater fairness and equitable access for our growing membership. The website is updated as each of these policies is approved.

By reviewing and clearly defining our **organisational structure** and assigning responsibilities and roles, our Committee has been able to stay better connected with the Team Leaders, to share information, be made aware of challenges and resolve issues as they arose.

This **regular and direct communication** with our teams has greatly improved information sharing between the various sections of our organisation. At meetings, they regularly share information and gain a greater understanding of the challenges and processes involved within each area. Better communication is a direct result of clearly defined roles as part of the Organisational Chart.

Much has been achieved by our hard-working **Accommodation Team**, led by Lan Ping Yeh, continually researching appropriate and affordable venues to facilitate our classes.

Our current rooms have been reviewed to ensure all cost increases and technology needs remain within our manageable price range.

The team is adept at negotiating the 'best price' to ensure our cost base is sustainable. This year we have sourced **two new venues** being the CPSU in Exhibition St and the Royal Historical Society in A'Becket Street.

Volunteers are the essential ingredient required to underpin the whole structure and existence of our U3A.

Our **Volunteer Team**, led by Lan Ping Yeh, has gone to extraordinary lengths to source members who can provide their time, skills and expertise to support and expand our wide variety of activities

This year we have strengthened our teams to ensure the workload is shared and some pressure is unloaded from key members.

Hopefully, this model will improve sustainability, reduce risk and encourage more volunteers to step up and contribute as part of a team.

The **Administration Team** and their support volunteers are integral to the smooth functioning of our organisation. They are responsible for the success of our daily operations and the essential, direct communication with members. Their expertise with the MyU3A system is crucial for us to maintain connections across the organisation.

A major focus this year has been to **improve communication** through more targeted messaging via eBulletins. This allows for a more flexible flow of information and allows us to capitalise on opportunities, as they present, for our members. For example, the Consul General of Spain, Juan Carlos Gafo, was available at short notice, to give us a much-valued workshop day on the "Origins and Evolution of the Spanish Language".

We are also exploring opportunities for better communication through **Facebook, Instagram** and improvements to **our website**.

Our **IT Team** reviewed our existing IT hardware and software and outlined a plan for our future technology needs.

We successfully applied for a grant from the Melbourne City Council and used the \$3000 to upgrade our computers for the Administration Team and other volunteers to use in the Member's Centre. Further detail about software licences and computer equipment is included later in this report.

Our **Forums and Events Team**, led by Anne Patterson, has provided us with seven incredible forums. The high standard of speakers has stimulated us to think about new ideas and provided us with a wealth of knowledge.

These **Forums** are open to the public and provide an opportunity to showcase this organisation and to attract potential future members.

A number of successful **events** were undertaken this year, including the **Winter Lunch, Wine and**

Cheese Social Sundowner and the Tutors' Soiree.

Our U3A actively participated in the **Victorian Seniors' Week**, which included a Photographic Exhibition, Music Ensemble, plays by our Script Writers class and Circle Dancing. A moving presentation at the Deakin Edge labelled "Remembering – The Pity of War" was written and produced by Marilyn Harris and enjoyed by an audience of 174 comprised of members and the public.

We are privileged to continue our relationship with the **Florey Institute** of Neuroscience and Mental health. The Florey lecture series provides us with access to cutting edge scientific brain research by internationally renowned researchers.

This year we have entered in to a sponsorship arrangement with the **CPSU** and we are very grateful for their generosity in providing us with a suite of rooms to use for our classes and meetings.

We continue to engage with **U3A Network Council** by attending their quarterly meetings, the Presidents' Conference and participating in the preparations for their Strategic Planning. We

endeavour to work closely with Council to be kept up-to-date with all the current information and to ensure the best outcomes for our U3A.

It has been an enormous pleasure and privilege to serve as President of our wonderful U3A Melbourne City. I continue to be impressed by the dedication and commitment of our volunteers, who work tirelessly to achieve such outstanding opportunities for all our members to enjoy. It has been a very fulfilling and rewarding experience.

I have saved my **most important** comments for the conclusion. I would like to offer my **very special and sincere THANKS** to all those members who have volunteered and contributed to making 2018 another successful year for our U3A Melbourne City.

You are the heart of our organisation and provide the framework and structure within which we operate. Your commitment and belief in the ethos of lifelong learning, staying socially engaged and actively participating in our organisation, all contribute to healthy, positive ageing.

In essence, you sustain our U3A Melbourne City. **Thank you all very much.**

WHO WE ARE

U3A Melbourne City Inc. is part of a world-wide movement of Universities of the Third Age—self-help, voluntary organisations which promote active ageing and lifelong learning for the over-50s who are no longer in full-time employment.

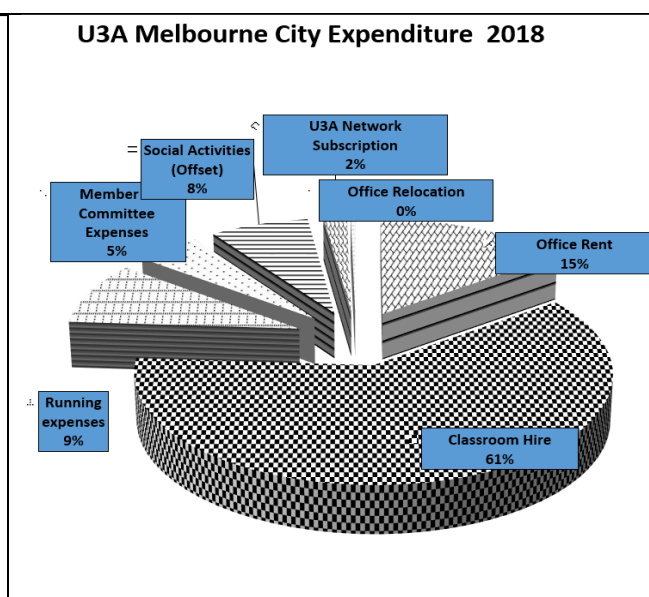
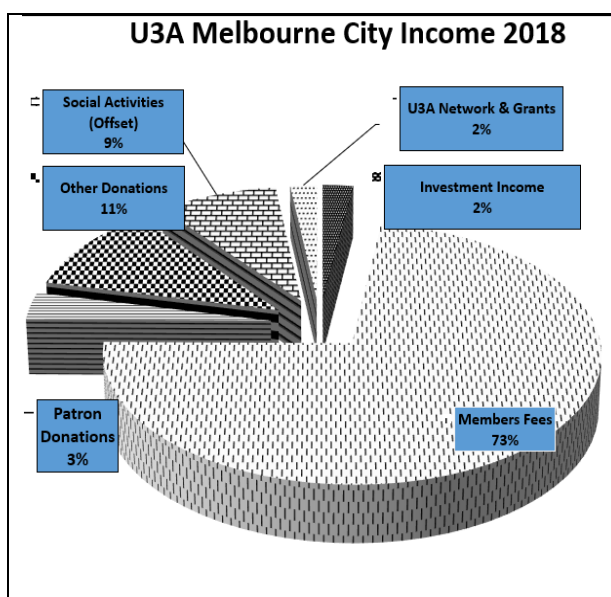
U3A Melbourne City was the first to be established in Australia. A public meeting was held in 1984 and the first classes commenced in February 1985.

It fulfils its mission by providing courses in a broad range of disciplines, a lecture program on topical issues presented by guest speakers and opportunities to make new friends and extend social networks through its social and volunteer program.

AGE GROUPING	MEMBERS by %
50-60	5 %
61-65	15 %
66-70	29 %
71-74	28 %
76-80	13 %
81-85	6 %
86-90	3 %
91+	1 %

TREASURER'S REPORT

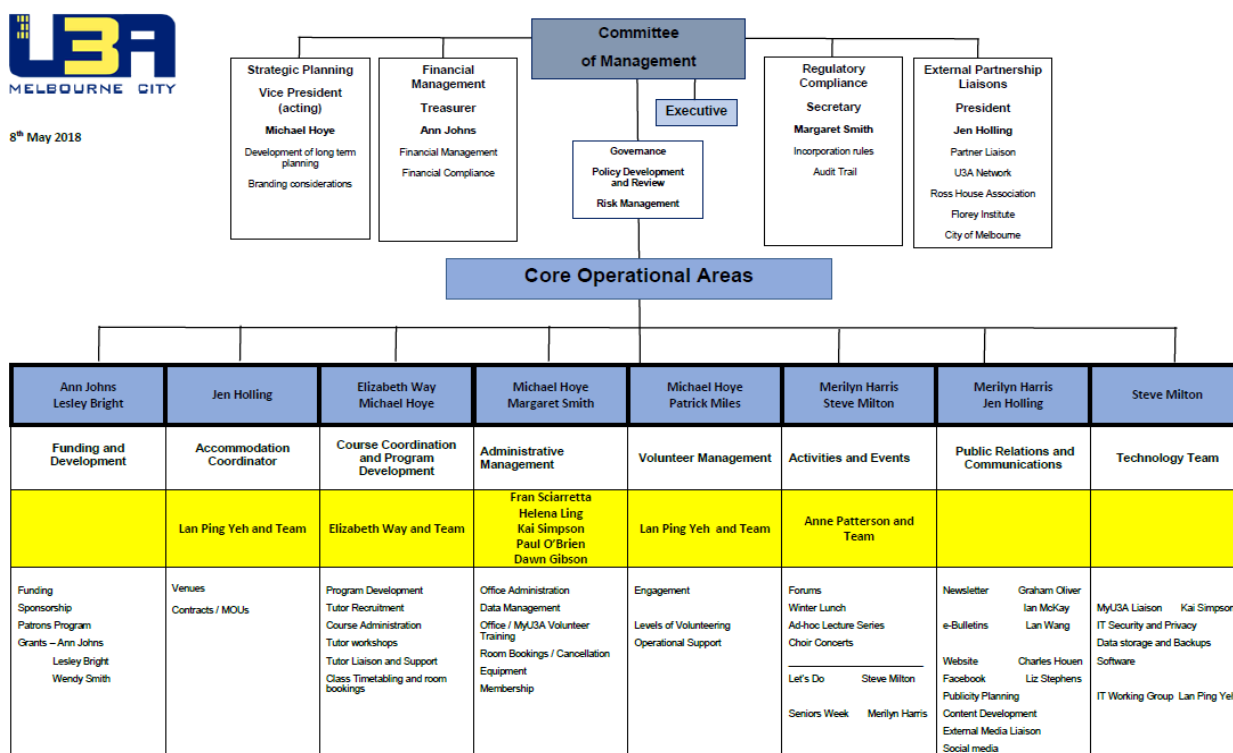
Summary of Income and Expenditure				U3A Melbourne City Inc 1 October 2017 to 30 September 2018			
Financial Year ended 30th September 2018							
U3A Melbourne City Cash	Receipts	2017	2018	Balance Sheet	2017	2018	
Investment income		3481	3279	Current Assets			
Members Fees		101675	109380	Bank	44410	28092	
Patrons/ Donations		30266	5200	Investments	138250	141189	
Donations			16208				
Social Activities(offset)		23246	12952	Fixed assets	0	0	
U3A Network & Grants		5750	2860				
Book Sales		196	0	Total assets	182660	169281	
Total Receipts		164614	149879				
				Members Equity opening	174298	182660	
				Surplus	8362		
				Deficit		-13379	
U3A Melbourne City Cash	Payments	2017	2018	Members Equity closing	182660	169281	
Office Rent		21887	24114	Certification We, Ann Johns, Treasurer, and Jenny Holling, President, being members of the Committee of Management of U3A Melbourne city Inc. certify that the Statement attached to this Certificate gives a True and Fair view of the financial performance and position of U3A Melbourne City Inc. during and at the end of the financial year of the Association for the year ending on 30 September 2018.			
Classroom Hire		83820	100034				
Running expenses		12594	15370				
Member & Committee Expenses		7424	8090				
Social Activities(offset)		21640	12201				
U3A Network Subscription		2958	2892				
Office Relocation		5929	557				
Total Payments		156252	163258				
Surplus		8362					
Deficit			-13379				



ORGANISATIONAL CHART



8th May 2018



Florey Institute – Julie Nankervis and Jen Holling

U3A Network delegate – Pam Davies

Ross House Assoc – Keith Bettles

U3A Melbourne City is a not-for-profit incorporated association, which commenced operation in 1985. It is a membership-based organisation run entirely by the effort of its volunteer members. The Committee of Management is responsible for the governance of U3A Melbourne City, guiding its strategic direction and ensuring that its operations are consistent with its constitution and ethos.

COMMITTEE OF MANAGEMENT

President	Jen Holling
Vice- President	Russell Huntington (leave of absence from April 2018)
Acting Vice -President	Michael Hoyer (from April 2018)
Secretary	Marg Smith
Treasurer	Ann Johns
Committee Member	Lesley Bright
Committee Member	Elizabeth Way
Committee Member	Steve Milton
Committee Member	Merilyn Harris
Committee Member	Helga Kuhse
Committee Member	Anne Patterson (resigned February 2018)
Committee Member	Patrick Miles (resigned July 2018)

VOLUNTEERS IN KEY LEADERSHIP ROLES

The Committee is supported by several Specific Purpose Working Groups. Coordinators of core operational areas provide leadership and administration.

Members are invited to contribute their skills to help achieve our objectives.

Elizabeth Way	Course Coordinator
Jan Anderson	Assistant Course Coordinator
Steve Milton	Let's Do Groups Coordinator
Lan Ping Yeh	Accommodation Working Group Coordinator, IT Working Group
Lan Ping Yeh	Volunteer Coordinator
Lesley Perry	Assistant Volunteer Coordinator
Fran Sciarretta, Kai Simpson, Paul O'Brien, Helena Ling, Dawn Gibson	-Admin Team
Kai Simpson	MyU3A database
Anne Patterson	Events Team Coordinator, Forums, Winter Lunch
Graham Oliver	Newsletter Editor
Ian McKay	Assistant Newsletter Editor
Lan Wang	e-Bulletins
Liz Stephens	Facebook and Instagram
Charles Houen	Website management
Pam Davies	U3A Network representative
Keith Bettles	Ross House Representative

COURSES AND TUTORS REPORT

Report by Elizabeth Way, Course Coordinator.

The Course Coordination team establishes yearlong, semester and short courses to meet the intellectual, creative and physical needs of our members. We engage and liaise with new and existing Tutors to plan, develop and support new and existing programs that are peek our curiosity, for the interesting, innovative and sometime quite diverse topics our Tutors have a passion for. It goes without saying that without their generous offerings, U3A Melbourne City would probably not be here today. We thank them from the bottom of our hearts for the devotion and dedication to their class/s and to our U3A.



This year we started off with something different where in January we held the Armchair Travel series, which was a great hit. In June we welcomed Juan Carlos Gafo, the Consul General of Spain, who explained the "Origin and Evolution of the Spanish Language" followed by a morning tea. Our thanks to Spanish Tutor Gloria Madrigales for the idea and connections that shaped into a wonderful session. Thanks also goes to Anne Patterson and her Events Team, who arranged a lovely morning tea for the chat and community to continue. Next year we look forward to scheduling more of these type of popup courses, or mini forums and due to our tireless Accommodation Working Group we look forward to unlocking some new venues.

Our team that works so hard, is very small, yet very effective and I would like to thank them all for their fun and dedication to detail. Newcomer Jan Anderson for her level head and get down to business attitude which is very so helpful when the workload looks too large to handle. Mary Greene with her wonderfully detailed notes on interviews or meetings, always with a smile – Thank you. Thanks also to Julie Nankervis who is a valuable resource for our team, always there to support in any situation. This year we said goodbye to Heather Richmond, who handled our Short Course surveys. Heather did a sensational job and would like to thank her for her time and effort given to our team over the years, who is sorely missed as we haven't had anyone to replace her.

**74 Year long/Semester
courses**

68 Short Courses

25 New Topic Courses

17 New Tutors

A different year - 2018. We established ourselves in the Greek Centre, which, with its windows with a view, when a little timeout was required you could immerse yourself in the rooftops and treetops, for a minute or two and then back on task with a refreshed outlook. I personally enjoy working our Members Centre, probably spend too much time there – its where work, collaboration and fun happens.

As 2018 was a year of consolidation, we still maintained 125 exceptional Tutors/Group Leaders who volunteered their time and expertise to run 142 courses; yearlong, semester (74) and short courses (68). Of these short courses 25 were new topic courses that included 17 new tutors with a further 5-7 for term 1 2019. In addition, our visiting UK Tutor Dr Lynne Broughton, offered a special series on Great Churches and Cathedrals of Medieval Europe and we continue with our successful association with the Florey Institute of Neuroscience and Mental Health, which presented exceptional daytime lectures by their leading researchers.

Strengthened by the many talented and committed tutors, who ensure our vibrant yearlong and short course programs continue to offer great diversity across a variety of arts, humanities, science, languages and lifestyle topics for members. Though, like the sands of the hourglass.... it is time for some Tutors move on. We will say goodbye to some and au revoir to others. I would like to take this moment to especially thank them for their wealth of knowledge and pleasure entrusted to our community. Margaret Ledley – Philosophical Issues & Arguments, Margaret Shilton – Choir, Julie Melbourne – Choir, Sue Holberton – French Conversation & Culture, Pauline Clemens – Italian Level 4 & 5, Ray Matters – French Level 4 Grammar and Indra Jury – Yoga for Parkinsons, and also to those who haven't been well, we hope to see you up and about soon. THANK YOU!

Shortly it will be time to explore next year's Course Guide that our hardworking and very special team continually strive to create. Programs that are full of interesting, innovative and imaginative, to whet our appetite for the familiar or something totally new. Our Tutors mainly come from our community, so if you have something or even just an idea for a course or a special popup/mini forum, call for a chat or email – coursecoord@u3amelbcity.org.au

Finally, our thanks to the Admin Office Team and Committee of Management for their ongoing camaraderie and support.

ADMINISTRATION TEAM REPORT

Report prepared by Fran Sciarretta

2018 in the U3A Melbourne City Inc. office has been eventful as always. The office is coordinated by a team of five office volunteers, the Office Admin Support Team. We aim to run the office smoothly and efficiently, within the policies and programs approved by the Committee of Management.

We need to ensure we have at least 20 trained volunteers who are happy to be on duty one day a fortnight. This year we had five relievers to help out with absences. Being an office volunteer or reliever is challenging, as there is so much to know and it is easy to forget important details with which we deal. There is a constant turnover of office volunteers, this year we have had some changes and recruited and trained 4 new members to work a day per fortnight in the office.

The office is responsible for the administration of:

- Membership data – new members and renewing members
- Class enrolments – year-long classes and four lots of short-term classes
- Payments – memberships, events, donations, etc
- Ad-hoc room bookings and cancellations
- Financials – Paypal processing, daily takings reconciliation, banking, arrears management
- Entry of course details into the database
- Waitlist management for classes
- Class attendance tracking and withdrawal of members absent without apology
- Assistance to tutors and class assistants

The major theme of this year has been getting used to our new office and working environment. Things have settled down and are running reasonably smoothly.

Some highlights this year were:

- 50% of our members using the on-line system to pay fees and book into classes
- Training to members on using the Member Portal in MyU3A so that they feel confident using the on-line system.
- Support for Tutors and Class Assistants
- Establishment of formal communication between office operations and Committee of Management.
- Introduction of system-generated enrolment emails to members who enrol in classes
- Development of a procedure to support the Committee's "Extended Leave Policy" and trialling this with Movies of Merit.
- Many improvements to the functionality of the MyU3A membership management system.
- Setting up two additional computers which makes it possible to have other team members working in the office.

Office Volunteers enjoy interacting with members and assisting them.

LET'S DO GROUPS

Let's Do Coordinator - Steve Milton

Let's Do is a program offered by Melbourne City U3A catering for members with specific interests. There are a number of groups that meet regularly in an informal setting. In 2018 the following activities were offered.

LET'S DO LUNCH	There were 47 members registered this year. Managed by Lynda Bourne with Susan Cherrey as Class Assistant, we have organised lunches from Italian to Asian and modern Australian at various venues in the CBD since taking over in April. We generally have around 15 members attend the lunches: prices range from \$20 to \$40. We plan to finish the year with a special Christmas function at William Angliss.
LET'S DO THEATRE	Let's Do Theatre was organised again this year by Anne Cobham. The group has 61 members. Members enjoyed several theatre productions during the year including Dream Lover the Bobby Darin Musical, a production of La Traviata by Opera Australia, Beautiful the Carole King Musical and Mamma Mia. In 2019 shows booked are: Evita (January), Muriel's Wedding (April) and Jersey Boys (May). This group is looking for a new leader in 2019.
LET'S DO WALKS	The Let's Do walks group has again expanded its numbers this year. Led by Margaret Wyatt and assisted by Jenny Finn, John Adams and Lesley Bright while overseas, the group now has over 80 members enrolled and regularly has over 35 walking on Tuesdays. The group has walked to Middle Park, Richmond, Nth Fitzroy, Abbotsford convent, and many other destinations. We have found many venues for coffee along the way. We would love to start up a second walking group, but need a volunteer to step forward.
LET'S DO OPERA ON SCREEN	Let's Do Opera on Screen, convened by John Adams, has 34 enrolments. The group has enjoyed outstanding productions from New York City's Metropolitan Opera of works by Donizetti, Puccini, Rossini, Mozart, Verdi, Massenet and Saint-Saëns, with a couple of side-trips to see screenings from European opera houses as well. The group meets monthly on Wednesdays at the Sun Theatre Yarraville and shares the experience with 20 U3A Moonee Valley members. Refreshments and conversation at a local café follow each screening. The course will continue in 2019.

**LET'S DO
GALLERIES
AND
MUSEUMS**

Let's Do Galleries and Museums has 135 members. Led by Sharon Carter and ably supported by Margaret Wyatt we organise monthly visits to museums and galleries around Melbourne, which were each attended by an average of 30 members. The year began with a visit to the Jewish Museum and Amy Winehouse exhibition, a walking tour of early Melbourne architecture, a visit to the Shrine, the Archibald Prize exhibition at the Geelong Art Gallery, a visit to a JAHM - a private art house gallery, ACCA and the Ian Potter Gallery. Finally the Johnson Collection in East Melbourne.

**LET'S DO
CYCLING**

Let's Do Cycling is organised by Richard Lasek and Lori Drake and offers a healthy, physical and social activity for U3A members. The Thursday group has 20 registrations but the Tuesday group which is run by Stewart Anderson only started this year and is looking for new members. The rides leave from Federation Square and are usually around 30km with a break for coffee & chat. The 2018 programme included a 4-day ride to the Gippsland area and a 3-day ride is planned for later this year to the Bellarine and Mornington Peninsulas.



**LET'S DO
MOVIES**

Let's Do Movies Led by Fiona Graham
Report prepared by Fiona Graham assisted by Jan Norman
The Tuesday Lets Do Movies Group has continued with its core membership to enjoy weekly movies at the Como Cinema and occasionally ACMI, followed by a chat over lunch. The Group tries to cater to everyone's taste by selecting movies across all genres to promote stimulating discussion among our members.

LET'S DO MUSIC

Let's Do Music led by Peter Caldwell

We currently have 48 U3A members registered for Let's Do Music. The original program for 2018 had 12 concerts, but this was reduced to a maximum of 7 to reduce workload in the U3A office.

The final program was as follows:

Concert Date	Performers	Concert Title	Number Attend
11 Apr	Joe Chindamo & Zoë Black	Lullabies from around the World	6
10 May	Syzygy Ensemble	Pagan Dances	3
12 Jul	Married Flutes	Dark Star	4
27 Aug	Kristian Chong & Friends	A Shostakovich Celebration	14
4 Sep	Stiletto Sisters	In the Green Forest	8
9 Oct	Evergreen Ensemble	Snow in Summer	4
29 Nov	Tristan Lee	Liszt's Italian Pilgrimage	11

There was a good cross-section of music styles in these concerts and they were well enjoyed by all those attending. Attendance numbers were low, and I believe this is due to the long lead times of 2 months required to book concerts before they are sold out.

Let's Do Music in 2019 will be in the same vein as previous years, with the maximum of 7 low cost concerts at the Melbourne Recital Centre covering an eclectic range of music.

ACCOMMODATION WORKING GROUP REPORT

Report prepared by: Lan Ping Yeh

We reviewed the room rates, checked accurate recording and matched appropriate needs of the classes to the optimal classroom size. We have sought solutions for reducing costs by block-booking some venues, rather than accepting an hourly room-hire rate.

We have sourced 2 new venues to further broaden spaces for potential classes in 2019. They include the CPSU at 128 Exhibition St and the Royal Historic Society of Victoria at A'Beckett St in the City. More venues are currently being explored.

We have worked closely with the Course Coordination Team, to ensure they have current information on prices, appropriate size of rooms and available technology for Tutor use. We have shown some tutors potential new alternative venues for their consideration, in the hope that it will reduce overall costs of room- hire.

IT WORKING GROUP REPORT

Report by: Lan Ping Yeh

- Wrote to Microsoft and successfully obtained "Office 365" license free of charge for 100 users
- Propose to spend the remaining City of Melbourne grant funds on:
 - 2 tablets for either Tutors or as spare for the Office Admin team along with:
 - Connector to audio/video projection
 - Connector to USB
 - 2 licenses: Windows 10 upgrade for the 2 existing Office Admin Desktop Computers.
 - A backup external drive for data storage and back up.
- Propose to set up an IT Support team (1 lead with 2 members) to meet the IT needs.
- Propose to roll out Office 365 to various team in 2019 and provide training on the usage

LIFE MEMBERSHIP

Nan Wingfield, Marie Einoder, Lillian Emmanuel, Alan Liubinas, Margaret Shilton, Joyce Bromage, Eva Meredith, John Besley, Ailsa Miles, Val Pincus, Marguerite Grynberg, Will Semler, Margaret Ledley, Ann Hewett, George Boag, Blair Cramer, Judy Eldred, Christina Hill, Juliette Zeelander, Dorothy Davis, Alma Kristensen, Betty Caldwell, Hilary Adair, Helena Ling, Peter Salmon, Jill Thompson, John Waldie, Dr Rom Jagielski.

ACHIEVEMENT AWARDS:

Chris Dargan, Kelvin Edwards, Sigrid Erdt, Sandra Joicey, Shinei Sakai, Ted Weiss

FORUMS REPORT

Report by Anne Patterson - Forums Coordinator

Thank you to all those members who supported the Forums program this year.

Your warm welcome to our speakers, sharp attention and thought provoking/ challenging questions have made the Forums THE place to be!

We began the year in March with Hans Baer, Medical Anthropologist, reminding us of the gravitas of climate change with particular reference to world health. We left urgently wanting to know what could be done!

In April Graeme Connelly from ABC Friends alerted us to the stress and strain that existed within the management and operation of the ABC. Little did anyone at the Forum realise what was to erupt in September!

In May the highly engaging Madryn Sanderson, from Absolute Health, guided us through the intricacies of accessing the Federal Government's most recent Aged Care Packages....we were reassured by her reassurances!

In August the vivacious Michelle Scott-Tucker shared her deep understanding of the life of the pioneering Elizabeth McArthur whose resilience, tenacity and bravery helped contribute to the prosperity of early settlement, we were left in awe!

In September we had a sequel to the March forum! Hans Baer returned to challenge us to move towards a new world order which would have a commitment to socially just and environmentally sustainable practices. We were left with much to think about!

In October, during Mental Health week, the highly experienced Betty Kitchener from Mental Health First Aid, led us through key information about the incidence of mental health in the elderly and the ways in which we could be supportive of friends, family and neighbours in seeking help. We were all glad to realise that belonging to U3A was good for our mental health!

In November Dr Bruce Moore, former director of the Australian National Dictionary Centre is in Melbourne and is coming to talk to us about 'Aussie Speak' and its development from convict times to present day, not to be missed!

Finally, a huge thank you to the highly efficient Forums Support Team, the endless creativity of Tony Miles and the streamlined distribution platforms of Charles, Lan and Liz.

Look forward to seeing you at Forums 2019 planning is underway!

SOCIAL ACTIVITIES AND EVENTS

Report by Anne Patterson

Co-ordinator of Winter Lunch and Social Functions

Our Social functions for this year have included the Annual Winter Lunch and an Autumn Wine and Cheese Social Sundowner.

Our Wine and Cheese Social Sundowner was held on the 27th March. Conversation flowed and new connections were made in a casual, social setting, enjoyed by many.



About 65 members and their invited guests attended and this informal occasion provided an opportunity for members to introduce guests to our U3A and meet new people with shared interests. An enjoyable time was shared among the tables scattered with cheese platters and decorated with Autumn leaves.

The Winter Lunch was held on Wednesday, 13th June at the William Angliss Restaurant. It was attended by 120 people and the theme this year was "A Touch of Tartan."

The Scottish theme allowed our members to get into the spirit of the day by decking themselves out in tartan flourishes, to heighten the overall fun of the day.

An enjoyable 3-course meal was shared and we were entertained by our own Scottish Dance Class who showcased the skills they are learning in class.

Patrons' Program

Sincere thanks and appreciation is expressed to all our patrons and supporters, who continue to make a generous and very valuable contribution to the ongoing sustainability and success of U3A Melbourne City.

In addition to these members, U3A Melbourne City thanks all the many members who have made specific donations to our organisation of between \$20.00 and \$10,000.

Patrons and Supporters 1st October 2017 to 30th September 2018.

In alphabetical order.

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If your name has been omitted we apologise. Please know that your contribution is very much valued and appreciated. These lists are accurate at time of printing: October 31st 2018. To all those who have contributed after this date, thank you for your generosity.

THE FLOREY INSTITUTE OF NEUROSCIENCE AND MENTAL HEALTH

We are privileged to continue our relationship with The Florey Institute of Neuroscience and Mental Health. Our membership has enjoyed a generous series of lectures presented by world-renowned researchers. This series of day-time lectures increases our awareness and knowledge of cutting-edge research on the brain.

5 June	The future of motor neurone disease research – high throughput drug discovery Dr Bradley Turner
26 June	What's behind the rise in Autism and what role does the environment play? Dr Wah Chin Boon
7 August	Current and emerging treatments for drug addiction. Professor Andrew Lawrence
4 September	Nature, Nurture and Neuroplasticity: How cognitive activity, exercise and stress influence brain health and disease - Professor Anthony Hannan
23 October	Healthy Brain Foods : the evidence for eating well - Professor Phil Beart
20 November	The healthy ageing brain - Associate Professor Amy Brodtmann and friends

SENIORS' WEEK ACTIVITIES

5th Photography Exhibition.

Report by Bernard Peasley

The 5th U3A Melbourne City Photography Exhibition was staged at the Collins Place Gallery, Ground Level Collins Place, as part of the Victorian Seniors Festival. The Exhibition was open to the public between Saturday 6th Oct to Sunday 21st Oct 2018 to showcase the photography of our U3A members to the U3A membership and the general public of Melbourne.



There were 56 photographs on display contributed by 16 U3A Melbourne City members. Over 450 people visited the Gallery which was staffed by 32 Volunteers throughout October. The Exhibition Launch was on Friday, 12th October at 5:00pm and was attended by approximately 30 people. Drinks and finger food were provided. Speeches were presented by U3A President Jenny Holling and Photography Working Group member, Bernard Peasley.

Remembering – The Pity of War

U3A Melbourne City remembers 1918.

On Tuesday 9th October, our U3A Committee member, Marilyn Harris, wrote and produced an evening of poetry and prose from all sides. It was not triumphalist; it acknowledged the suffering that war inflicts.



It was an extremely moving evening, and also included contributions from a diary of a nurse at the front as well as a voice recording of a soldier, both related to U3A Members.

It was presented at the Deakin Edge Theatre, Federation Square. It was open to the public and the readings were delivered by five U3A Members to an audience of about 170.

Age-Friendly Victoria Award We are very proud that our U3A movement in Victoria was recognised during the Seniors' Week Festival as playing a vital role in the lives of seniors. The Honourable Linda Dessau AC, Governor of Victoria, presented the 'Age-Friendly Victoria Award' to our U3A Network President, Susan Webster representing all U3As in our state for the work done to promote positive, active aging.

OUR VOLUNTEERS

John Besley, Flora Anderson, Hilary Adair, Christina Brabet, Pat Collins, Margaret Shilton, Margaret Ledley, Alma Kristensen, George Boag, Blair Cramer, John McCracken, Rhoda Lysakowski, Christine A Evans, Christina Hill, John Horsfall, Neil Johannesen, Helena Ling, Ailsa Milner, Juliette Zeelander, Betty Caldwell, Shinei Sakai, Fran Sciarretta, Margaret Rees, Rhonda Favaloro, Felicity James, Karen Dupleix, Jill Thompson, Ray Matters, Nancy Lane, Pam Davies, Keith Bettles, Nina McPherson, Jenny Dymott, John Waldie, Helen Scott, Julie Nankervis, Juan Martinez, Lyndsey Burton, Julie Mills, Ian Lording, Ron Bennett, Terry Rickard, Tony Miles, Peter Gason, Frances Patterson, Margaret Smith, Carol Wright, Erika Martens, David McGregor, John Stirling, Shirley Mason, Marylou Phillips, Max Warlond, Bill Jeffries, Joan Jeffries, Gwen White, Elizabeth Bodsworth, Irene Tanock, Anne Cobham, Anita Choong, Jack Foks, Karel Woormer, Joc Brooks, Camille

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