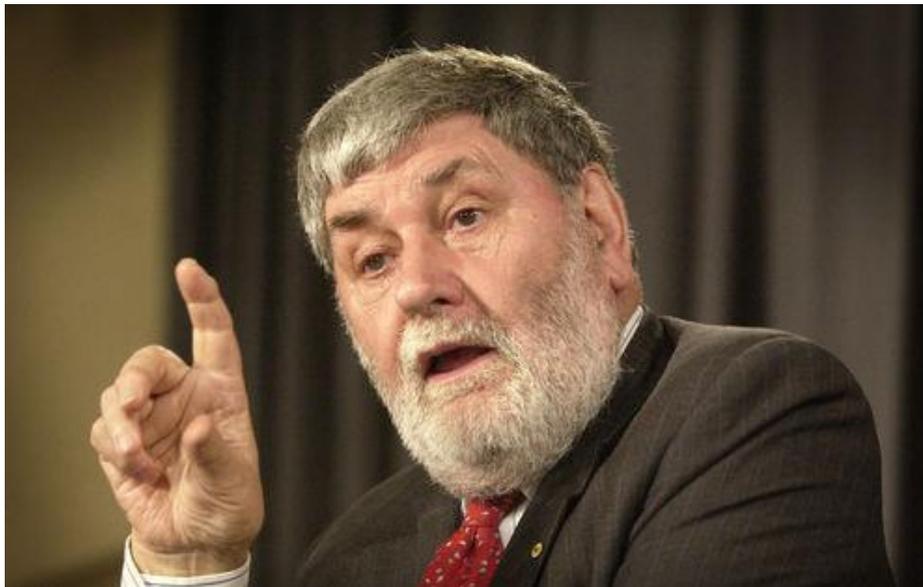




**AUSTRALIA**

# **U3AAA BULLETIN**

**No 6 OCTOBER 2012**



*Dr Barry Jones AO, our Alliance patron, has just turned 80. Happy birthday, Barry! May you continue to have an enjoyable and productive third age!*

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# Chairman's Report

We announced the news in the July Bulletin that our West Australian colleagues have formed their Network to facilitate cooperation and exchange between their U3As. The establishment of such a body calls for tenacity and commitment and congratulations are extended to President Peter Flanigan (also our Bulletin Editor) and his team for driving the formation this Network.

On a similar front we were pleased to learn that the NSW Network is progressing towards a cooperative association with New Zealand Canterbury Network. There is as yet no formal New Zealand wide Network structure however trans-Tasman initiative could provide a basis for a future more universal Australasian connection. There is strength in unity and we await with interest the development of this relationship.

As announced in July we have, with the assistance of Tom Holloway (U3A World), acquired our U3A Australia website hosted by the International Trust at the address: <http://u3aaa.org>.

Currently this site displays our initial posting and issues of the U3AAA Bulletin however we will be seeking to expand upon its current role in order to further connect with our overseas counterparts. I wish to thank Tom Holloway for his enthusiastic assistance with this initiative.

I am sure that all our Delegates and their Networks remain busy as the end of the year approaches which will hopefully provide most with the opportunity to a brief period of rest to gather themselves for the coming year 2013.

*Lindsay Glen Chairman U3AAA*

## NEW SOUTH WALES



NSW has been busy on several fronts, firstly with television promotion, funded by a state government grant. An advertisement based on our promotional DVD was screened on SBS's metropolitan and regional channels in NSW during Adult Learners Week. In addition a pilot ad promoting the Network prepared by WIN at Orange, with input from the Network committee, is expected to be televised shortly in the area covered by WIN in the Central West. It is hoped the ad can then be screened in WIN's other regions and also PRIME's to cover the whole state.

As networking isn't as well established in New Zealand following a request from the Canterbury (NZ) U3A Network, based in Christchurch the NSW Network has established a link with it for our mutual benefit and hopefully beyond



Lee Morgan President of the Canterbury (NZ) U3A Network and Allan Haggarty

Entry forms for the 2013 NSW Network Conference, in historic Goulburn, Australia's first inland city, will be available shortly. The dates are 4th and 5th April 2013, just after Easter. Hosted by Goulburn- Mulwarree U3A, the venue will be the centrally-located Soldier's Club. Only 2 hours by road from Sydney, Goulburn is celebrating 150 years since being declared a city and with Canberra celebrating its centenary and only a further hour's drive away it's an ideal opportunity to kill two birds with the one stone.

The NSW Government's 'Whole of Government Ageing Strategy' which I mentioned in the last Bulletin and to which the NSW Network had input, was released in July. Its objective, which COTA has welcomed, is to 'help seniors live healthy, active and socially connected lives'. Underpinning this are implications of government policy for health, transport, infrastructure and urban planning. The Strategy is 'a blueprint', and will be followed by an Implementation Plan in due course. A new grants program will also be established to help local councils build 'age-friendly communities', focusing on accessible town centres.

The Network's Resource Library which is the envy of many has surpassed a century of items available for download from its website.

Allan Haggarty  
President

## Victoria

The Victorian Network is finalising a report covering its Year Two achievements under its current Programme Support Funding agreement with the Victorian Government Department of Health. The review will also determine objectives for the coming year within each of our major operational areas - Finance, Policy and Planning, Education and Marketing and Publicity which will also update our Strategic Plan. These funding agreements have underpinned our steady growth in new U3As over the past six years and also seek to support individual U3A projects to enhance their existing programme delivery and enable initiatives to expand local community reach.

The Network is also pleased to report a successful partnership formed by the Victorian Network and Cardinia U3A, Outlook Community Centre and the Victorian ACE (Adult and Community Education) through its Learn Local initiative to deliver a series of training programmes throughout the state. The proposed Teach the Trainer workshops are aimed at enhancing course coordination, governance, and delivery skills in addition to exploring further community partnership opportunities to address local community educational needs. This serves to remind the U3A movement of the value of participation within the wider community, highlighting communal worth, and the social capital generated by our activities.

One of our larger suburban U3As (Nunawading) last month won the 2012 Whitehorse Business Community Award for **Excellence for a Community Organisation** recognising excellence in business practises, management, customer service and business vision. While the obvious congratulations were extended it demonstrates the recognition possible from being involved within the wider community. This type recognition and resultant publicity is of priceless value in achieving wider understanding of what we strive to deliver to our own members and elevates the profile of U3A amongst fellow community organisations, coordinating bodies and the general public.

Since the previous Bulletin the Victorian Network has completed the Stage One of their new website incorporating organisational re-branding and a simplified interface for those wishing to seek details about our Victorian network of U3As. Future plans include expanding site capability to enable its use for telecommunication amongst individual U3As. This project ably demonstrates the resources available from within our movement and its membership.

**Seniors Week** Festival in October is a major Network focus where we proudly participate in Seniors Week activities launched by the **Carnival of Learning** held in Melbourne's Federation Square. This year being 30<sup>th</sup> Anniversary of this initiative staged by Victorian Seniors Department met with a record participation by 35 U3As in support of this milestone event. All U3As attending were provided with individual spaces to promote their activities to members of the public, many taking the opportunity to perform choral music and dancing activity, demonstrate forms of exercise, art and craft to generate wider appreciation of our diverse range of programmes. The Victorian Network also provided an information centre for potential members and those seeking assistance in locating specific local U3As.

With support from the Victorian Seniors Department our Network featured a combined U3A choral concert in the Melbourne Town Hall assembling approximately 500 voices from individual U3A choirs. Well known Musical Director Andrew Wailes and pianist Amir Farid generously donated their time and expertise to enable U3A to stage this exciting high profile public performance which attracted wide public interest at such an impressive venue.

During the ensuing weeks of October many U3As will also participate in local and regional Seniors Week activities throughout Victoria to celebrate Seniors Week.

The **Senior Victorian of the Year Awards** are presented in conjunction with Seniors Week each year. This year the awards featured two U3A stalwarts who received category awards from the Governor of Victoria at a ceremony at Government House.

Victorian U3A Recipients:

*COTA Victorian Senior Achiever Award: Ron Topp (Cardinia U3A) Healthy and Active Living Award: Doug McIver (Kyneton U3A)*

U3A is proud indeed of both of these long standing members and pleased that their many years of contribution to their respective communities and the U3A have attracted their nomination and subsequent recognition. During the ensuing weeks of October many U3As will also participate in local and regional Seniors Week activities throughout Victoria to celebrate Seniors Week.

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Preparations are proceeding for our **2013 Biennial Conference** (also incorporating next year's **Asia Pacific Alliance Conference**) with Victorian President Elsie Mutton and Secretary Susan Webster both promoting the conference at this month's Asia Pacific Alliance Conference in Chinmaya, Pune India.

The Melbourne Conference programme will have a number of presentations supporting the theme "Ageless Learning Begins with U3A" and will also feature an address by Professor Francois Vellas current President of IAUTA and son of the founder of the U3A concept. There is early interest from potential overseas U3A delegates wishing to take the opportunity to meet with their Australian U3A colleagues. The venue is to be the Melbourne Town Hall and publicity for this milestone event will be distributed via our interstate networks and international connections during forthcoming months.

*Lindsay Glen*

## AUSTRALIAN CAPITAL TERRITORY

U3A Canberra is a member of the Alliance independently of our participation in the U3A Network

We are now in our 26<sup>th</sup> year running with just under 4000 members. Our problem which we probably share with many other U3A's is one of finding enough presenters or tutors to allow us to grow without making it difficult for new members to get into the course of their choice. We have tried different answers and none of them work well.

This year we will run over 220 different courses as well as our weekly forums. Unlike many U3A's we do not run many recreational courses and our current hit course is one on Roman history which will become our first course run in the weekend. Our forums which we run jointly with COTA cover topics that are of interest to a wide range of members. The forums are often a panel of speakers dealing with a topic such as What are My Housing Options. The forums are a good way of making important and topical information available to members.

Over the last three or four years we have had a group of members who are software developers and they have been working on developing a suite of software programs that allow a U3A to automate tasks such as renewals of membership and which allow us to maintain a membership database which we can query in different ways.

Canberra is geographically spread out taking up to an hour to traverse even using freeways. Keeping in touch with our members becomes very important and so this year in addition to our bi-monthly newsletter we have started using targeted emails to let our members know what is going on in U3A. Our monthly EBulletin is an example. The EBulletin goes to any member who has given us a valid email address and allows bring up to date reminders of what is going on during the month

Next year 2013 will be Canberra's centenary and there will be a lot going on all over Canberra throughout the year. U3A has set up a special set of forums arranged around the theme of What Canberra Means To Me in which a number of prominent Canberrans will lead of forum discussions on a raft of topics about Canberra's foundations up to present day concerns. If you would like to know more please contact us or take a look at our Website [www.u3acanberra.org.au](http://www.u3acanberra.org.au).

Jim Nichterlein Co ordinator Communications  
[communications@u3acanberra.org.au](mailto:communications@u3acanberra.org.au)



U3A Online completed its AGM in the first week of October and there are some new faces on the committee, including a new Vice President. The full list of the committee is on the U3A Online website in “About/Committee of Management”. It was pleasing to see that almost everyone who signed in as attending the meeting became involved in the meeting discussion so although the numbers were not high the interest was great.

After being on the Committee since he co-founded U3A Online with Dorothy Braxton and Jack McDonell in 1998, Rick Swindell stood down from the committee this year. It will seem strange not to have his presence on the committee but I am certain that he will remain involved and his knowledge and assistance will always be available to whatever committee is in place.

We are appreciative of all that he has done for U3A Online over many years and wish him, and Maggie, all the best and hope they enjoy this new freedom.

As mentioned above, Jack McDonell was a co-founder of U3A so we were all deeply saddened by his death in August. Rick travelled to Melbourne to represent both himself, due to his long standing great friendship with Jack, and U3A Online at the celebration of Jack’s life memorial. Dorothy’s health prevented her from also attending but her thoughts were with them.

The members at the AGM have charged the committee to recruit a working party of members to “develop a strategic plan for the development and advancement of U3A Online Inc.”. We hope to start getting this underway in the very near future.

Di Delchau  
President (again/still) 😊

# SOUTH AUSTRALIA

Spirits are up in SA. At our recent AGM it was a great pleasure to announce the State Office for the Ageing has stepped forward with funding to fill the void left when our Adult Community Education agreement ceased. Unfortunately it is not the on-going funding we were seeking.

Although very few strictures were placed on its use, I have the definite feeling that if we can prove it was used wisely and increased our membership, another application in 2013 might be looked on favourably. For this reason, when distributing money for individual projects, we will be smiling on those aimed at increasing membership.

This has lifted a heavy burden from the committee's shoulders and we will now resume quarterly meetings, refunding travel money for delegates. Although not all country U3As choose to attend all meetings, it is important that they can choose to do so without too much financial disadvantage compared to their city colleagues.

Perhaps it is fortunate we asked for money at a time when active ageing is very much in the fore of State government thinking. We have just had the final presentation from thinker-in-residence Alexandre Kalache, a world authority on ageing who for many years was a Director of the World Health Organisations as an advocate for older people. Under his leadership WHO launched their Active Ageing Policy Framework and the Global Movement on Age Friendly Cities. The WHO definition of Active Ageing is "The process of optimising the opportunities for health, participation, life-long learning and security\* in order to enhance quality of life as individuals." [\*Security, in this case, means the security of knowing there will be someone to provide and care for us when our health fails. In other words, making the most of our Third Age, secure in the knowledge there is a system in place to take care of us in our Fourth Age when we lose our independence and must rely on others.]

Once Dr Kalache brings down his report to government, they will choose which recommendations to action early in 2013. It doesn't seem they will be sweeping too much under the carpet as it has been arranged for Dr Kalache to continue his association with this State through an adjunct position with one of our universities.

We certainly celebrated his final appearance in style. Quite a crowd filled the Town Hall to hear his speech then adjacent laneways were closed off for the evening to allow us to kick up our heels at a Laneway Longevity Party. A South American band played sambas in honour of our Brazilian guest but I am not sure of the significance of Mexican and Greek food.

Thankfully the wine was a good South Australian tippie . . . and there was no mention of waxing.

One of the first changes to be inspired by Dr Kalache's residency was our Lord Mayor announcing that Adelaide has signed up to be an Age Friendly City. This will affect attitudes to transportation, public spaces designed to encourage participation, exercise and walking trails, etc.

Speaking of transport, in Adelaide we already have free public transport for seniors card holders between 9 and 3 weekdays and all day on weekends and public holidays. That must put some pressure on metropolitan U3As to finish afternoon classes in time for members to board transport home prior to 3 pm. One issue which came up recently was Occupational Health, Safety and Welfare laws. At a workshop a visiting expert advised that, despite national assurances, we could be liable under State laws. Luckily we have now received assurances from our State Industrial Relations Minister that:

Under the Work Health and Safety Bill 2011, volunteer associations which are wholly made up of volunteers working for a community purpose, where none of the volunteers employ workers, will not fall within the scope of the legislation. Therefore, volunteer directors, officers and workers of these associations cannot be prosecuted under the proposed new laws.

If a volunteer association employs any person to carry out work, the association will owe health and safety duties to workers, including volunteers, and will be subject to the provisions of the legislation. However, even in this situation, volunteer officers will not be prosecuted for breaching the officer duties contained in the legislation.

I quote the Minister at length because, as many times as we have discussed this at State meetings, there still seem to be some U3A committees unaware of the significant consequences of employing someone. It is not just that one employee for whom they will have OH&S obligations, but their whole volunteer workforce. It just opens a Pandora's box of red tape with some points in the legislation require 90-page explanatory documents.

Those who are always looking for good quotes to include in funding applications, might be interested to read "Targeting Brain, Body and Heart for cognitive health and dementia prevention" released in September by Alzheimer's Australia. The report is available online and seems to offer strong support for our "Staying active: mentally, physically and socially" philosophy.

*Claire Eglinton Secretary  
Alliance of U3As in South Australia Inc.*

## **NETWORK QLD**

Amazing growth is occurring all around Qld. Reports show that even this late in the year new members are pouring in. Enquiries from several locations for information and assistance to set up new U3As is a very encouraging sign and shows that there is a huge need in country towns and not just on the coast where traditionally we have seen the retired population numbers explode in recent years.

The new committee in Qld has assisted with setting up two Regional Meetings during 4<sup>th</sup> term. The meeting held last week on the Fraser Coast involved 4 established U3As and the new branch of Maryborough – Burrum District. The sharing of information, the opportunity to forge stronger ties between these local groups, and the goodwill and generosity of spirit is an explanation in itself of exactly what U3A is founded on. The last Region Meeting of the year is to be held next week at U3A Redland and the Country Get Together to be held on the Granite Belt in November will round off a very positive year for Qld.

During Seniors Week, I was invited to take part in Cota Qlds annual forum "Social Inclusion" which was a great opportunity to hear guest speakers and to put forward suggestions and opinions on topics relating to ageing and seniors. Cota collates this information and uses it to assist government agencies and to gauge how policy is actually affecting seniors in their day to day issues. I was able to use the meeting to have a short talk with our new Minister for Dept. of Communities. I have also had the opportunity recently to have a short talk with the new Minister for Dept. of Education.

Reports from several groups have indicated that U3As have a very high profile during Seniors Week and a variety of events were held across the state that increase the awareness and the benefits of our great organisation.

Plans are well underway for High Country Encounter – 2013 Qld State Conference, and we are pleased to hear that U3As outside of Network Qld are interested in attending. Mark your calendar as it will be an event not to be missed. Pre-conference tour Monday 21<sup>st</sup> April and two day Conference 23<sup>rd</sup> and 24<sup>th</sup> April, to be held in Toowoomba.

Rhonda Weston President Network Qld

# WESTERN AUSTRALIA



Since the last Bulletin in July we have made considerable progress with our new State Network. We now have a website, a bank account and a constitution. We even have a Face Book presence! The constitution lacks final approval as yet but should clear this hurdle in a couple of weeks which means that we can then apply for incorporation.

Over the past month we have met with two branches of Government – Royalties for Regions and the Ministry for Seniors, where we had an audience with The Hon Robyn McSweeney. The meetings were very cordial and gave us some valuable pointers in the way they both work. Unfortunately, there is no money available as the State Government has put a freeze on new funding. Our best chance lies with Lotteries West but we have to be incorporated first. One step at a time!

Peter Flanigan, President



A Power Point class held recently at North Coast (Warwick) U3A. A variety of versions of power point on different computers made things difficult for Peter Alcock (left) who was running the workshop.

## FROM THE EDITOR

*Many thanks to all who have contributed to this issue. I am keenly aware that all correspondents are busy people with many other activities to attend to in their home state. I would also like to thank Paul Thiessen from U3A(UWA) Perth who has assisted with the final formats of the last three editions.*

*The next issue will be in February next year with a deadline of the 15<sup>th</sup> of the month. I would like to take this opportunity to wish everyone an excellent finish to 2012 and a happy Christmas and New Year.*

*Please forward this through your networks so that as many as possible are kept aware of what is happening across the nation.*

*Peter Flanigan*

