



**AUSTRALIA**

**U3AAA BULLETIN No. 22**

**APRIL 2018**



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## From the Editor

In the same week this goes out, the U3AAA delegates are meeting in Canberra prior to the NSW State Conference. I couldn't justify the trip but I am hoping to stay in touch via Skype as they are discussing important issues regarding our U3A logo. I believe leadership is heading west so those brave souls may have a meaty project to start with.

Offers of complimentary tickets to the film Last Flag Flying were distributed recently to State networks and I said they would be repeated in the Bulletin. We have been able to go one better and offer free tickets to preview screenings of Chappaquiddick. It is probably more to our taste as it covers an historical moment with which we are all familiar. When we hear or read the word Chappaquiddick we all think of the same event. All details on back page.

Recently I was farewelling a U3A worker who has served our organisation with distinction. She sounded tired and deflated instead of her usual upbeat positive self. It seems her final year of service was blighted by new members, ignorant of the facts, coming in gung-ho, and giving her a hard time. Volunteers give so much to this organisation and the least we can do is treat them with respect and not add to their workload unnecessarily.

The sign (top) is available on Amazon but unfortunately doesn't ship here or it would be dotted around every U3A, every sports ground and every country town.

I saw another written for a junior sports club which I have adapted for U3A. Feel free to copy it.

Good volunteers are hard to find. Treat them as you would like to be treated.

National Volunteers Week: 21-27 May.



*Claire Eglinton*  
*U3A Lower North*  
*South Australia*



### REMEMBER

**Committee and Group Leaders  
are only human.**

**We are all senior citizens,  
we are all volunteers.**

**We joined to enjoy ourselves,  
not because we needed a job.**

**We work here because it needed doing,  
not because we have nothing better to do.  
We too have medical appointments to keep,  
grandchildren to mind and holidays to take.**

**This is not a government service.**

**Before you complain . . .  
have you volunteered yet?**

## From the Chairman

Adult Learning Australia has declared this the Year of Lifelong Learning, and is calling on the Australian Government to adopt a formal policy on lifelong learning as an essential feature of a healthy, active democracy. The U3A movement generally, and the Alliance in particular, should join this call, and we can discuss how to do so at our meeting in Canberra in April.



Congratulations to Elsie Mutton, who was awarded a Medal of the Order of Australia (OAM) in the Australia Day Honours list, for community service to U3A in Victoria (both in her home U3A Nunawading, and as State President) and local charity Knitting for Vulnerable Children, over many years. I know that many people do volunteer community work without any thought of regard or acknowledgement, but it is important that their contributions be appropriately recognised. So, Elsie, wear that little badge with pride.

Speaking of appropriate acknowledgement, the nation has honoured a past president of Network NSW, Dr. Don Kinsey, by naming a coral reef after him. The Don Kinsey reef lies towards the southern end of the Great Barrier Reef. It is 227 km north-east of Yeppoon on the central Queensland coast. As an internationally acclaimed oceanographer, Don pioneered science focused on metabolism and calcification rates of coral reefs, helping people understand how fast stresses degrade reefs. Don was appointed a Member of the Order of Australia (AM) in 1993 for service to reef ecology and to the conservation and management of marine environments. Don had an active association with the U3A movement in Australia for more than 20 years. He led the committee that subsequently founded the U3A Northern Rivers (Lismore) in 1994 and was its first president for three years. He was president of the NSW U3A Network (then known as the NSW U3A Council) from 1997-1999. Don and his wife Barbara moved to Northern Queensland 13 years ago, where he established a U3A on Magnetic Island off Townsville, and taught science until shortly before his death last October.

Nancy Christie, president of the Third Age Network, Ontario, Canada, visited Sydney in January, and met with several of our network committee members at the Sydney U3A offices to discuss matters of mutual interest. Nancy also visited U3As at Chatswood and Thirroul for a taste of a local U3A activity.

This is my last column as chair of the Alliance. I expect the chair to pass to another member of the Alliance after we meet in Canberra in April. It has been a privilege.

*Best wishes,*

*Ainslie Lamb*

*Chair*

*U3A Alliance Australia*



# VICTORIA

Victoria has enjoyed quite a beginning for the year with three of our members being recognised in the Australia Day Honours List. They are our past president Elsie Mutton of Network Victoria and U3A Nunawading; Bill Taylor of U3A Myrtleford; Michael Mace of U3A Glen Eira and Barbara Spalding of U3A Port Phillip.

Exciting projects by U3A Network Victoria and member U3As are designed to build capacity within our network. They are part of our 2017-18 funding agreement with the Victorian Department of Education and Training for Adult Community and Further Education funding. A targeted Victoria-wide community engagement and awareness strategy was developed with the help of Evergreen, an advertising and marketing business specialising in the 50+ market. Our aim was a campaign to attract more seniors into further education, reducing social isolation and improving wellbeing.

The creative statement, '**U3A. Because your brain doesn't want to retire**' was chosen as capturing the reason why many seniors enjoy being members of U3A.

With this slogan we created a set of posters and DL flyers with eight different images reflecting the various U3A activities including academic, physical and creative. They were designed with an editable panel to enable each U3A to personalise them with their own contact details making it an integrated campaign functioning at local and Network level.



In January a digital campaign, targeted at seniors 60-74 years, rolled out on Facebook and Google Adwords for a 12-week period. Why a digital campaign? Well, 70% of people 65+ access the internet daily and 25% of people 65+ access social media at least once a day. Seniors who use social media overwhelmingly choose Facebook. Both campaigns are performing well as measured by the click through rate to our website. The beauty of the digital age is that almost everything is measurable giving us valuable metrics to feed back to government.



Other marketing tools include a television commercial to be shown on all Victorian commercial stations as part of their free community advertising strategy. Our first foray into sponsoring events was as a local sponsor of the Young at Heart Seniors Film Festival to be

held in April in Melbourne. The commercial will screen at all film sessions. See our marketing materials at <https://www.u3avictoria.com.au>

The Member U3A projects include exploring distance education technologies to deliver online courses to people in remote and rural areas, establishment of Summer Schools, workshops for setting up a bicycle group and working with other senior community groups to share facilities and accommodation. U3A Apollo Bay, along the Victorian Surf Coast with a membership of about 100, boldly formed a planning group which met with other community groups and ran educational workshops to raise awareness of the issues of climate change and to create a vision of a post-carbon world by thinking locally. This is a 'big picture' endeavour and is already showing positive outcomes with widening community involvement. The U3A planning group will soon become part of a larger community steering group. Each U3A responsible for a project will produce a resource guide for others to copy or modify. A great way to develop relationships and build connectivity between U3As.

We also have some very talented photographers within our U3As and here are the two winning photos from a recent competition.

*Best technical:*

*U3A Whittlesea 'Thursday Bike Ride'  
by Allan Fowler.*



*Best composition:*

*U3A Knox 'Acrylics'  
by Diane McCormack*

U3A Network Victoria has a new Committee. President: Susan Webster (U3A Box Hill); vice presidents: Elsie Mutton (U3A Nunawading) and Glen Wall (U3A Whittlesea); Loretta Winstanley (U3A Geelong), Lynne Hall-Cavanagh (U3A Ararat), Del Stitz (U3A Glen Eira), Pauline O'Brien (U3A Moreland); Anne Grigg, Development and Support Officer, and Tracey Swadling, Administration Manager, make up the new team.

*By Janice Kelly*

*U3A Network Victoria*

**Live Learn Enjoy**



# SOUTH AUSTRALIA

With a change of government in South Australia our next challenge is building a relationship with the new regime and finding supporters amongst their MPs. We had made great progress with the previous administration and I don't relish having to start afresh by yet again explaining our value to the community and how we often fall outside the funding guidelines for further education and for ageing. However it is a priority as our previous 4-year funding expires at the end of this financial year.

Our newest member, U3A Prospect, is off to an excellent start. Timing their launch in the run up to the State election didn't hurt. They are in an electorate which is so borderline that the result was one of the last to be called. Jay Weatherill himself attended with the local candidate for a big cheque photo opportunity, handing over nearly \$2,000 for equipment. It was the cheque given to their RSL hall venue which brought the biggest smiles. It was \$14,000 to fit airconditioning. Members say the hall was like a sauna on the day of the presentation so everyone knew it would be money well spent and ensure the comfort of U3A's 80 new members as well as other users of the venue.

*Jay Weatherill flanked by U3A's Jenny Rossiter and RSL's Neil Rossiter, U3A committee members and local candidate Jo Chapley 2nd from left.*



*Not The Wiggles but the Adelaide Hills team at the Mount Barker Farmers Market.*



U3A Adelaide Hills have been busy with membership drives as renewals were proving particularly sluggish at the beginning of the year when they had barely reached half of the 300 from 2017.

On promo duty they are hard to miss, adding a splash of colour courtesy of their new U3A polo shirts. The white cloth printed with their logo is a handy promotional item: it drapes over any table or screen and folds up into almost nothing to transport. The U3A SA Logo Cop might have to check their shirt colours.

U3A Mt Gambier's annual field trip took them to the Barossa Valley last October and I took the opportunity to drop in for one of their evening happy hours where they congregate to plan the next day's activities over a glass or two. The next morning was going to be an early start (out the gate by 4.45 am) with the more adventurous members who had signed up for hot air ballooning. Other activities included visiting the local goldfields, Collingrove historic homestead and of course a winery or two and a dinner with U3A Gawler.

*Up, up and away in my beautiful balloon: members awaiting lift off in the brisk morning air*



Not all the Mt Gambier mob were off jaunting in hot air balloons. Others were partying closer to home. Two of their regular contract bridge players celebrated significant birthdays: Kath Watts turned 100 on 10 December and Kitty Oerman 90 the next day. Kath was the organist at the local Church of England for many years. Whilst Kath no longer plays there regularly, she still fills in when needed. As it fell on a Sunday, Kath played the church organ on her 100<sup>th</sup> birthday.

*Kath Watts left and Kitty Oerman ready to portion out the birthday cake.*

*Claire Eglinton  
Secretary  
U3A South Australia*



# QUEENSLAND

Network Queensland is delighted to share that finally, after 9 years, U3A Gold Coast has indicated they will be joining us and all 33 U3As within the State will be members. A beautiful compliment came our way from U3A Ipswich when their president noted in her annual report '2017 saw U3A Ipswich join the U3A Network Qld. This has brought us benefits well beyond our expectations....'

U3As around our State are enjoying significant increases in membership and we estimate there has been between 8 and 9% increase 2017 vs 2016. Perhaps this is in part due to our Awareness Campaign launched in 2016 – Connecting Seniors to Lifelong Learning. Network Qld has continued to support U3As to hold information days and expos in their own community and we have launched a series of advertisements in The Senior newspaper which will be available across Queensland. We know there are more people retiring from full-time work and we need to make the U3A name synonymous with academic and recreational learning for seniors.



U3A Granite Belt joined in the Apple & Grape Harvest Festival at Stanthorpe with a fabulously decorated float and information stand. Certainly a new way to promote U3A – and I hear they had a lot of laughs getting everything ready.

The U3A sign “What is U3A? Google Us” was a stand out. It’s also the slogan used on our bumper stickers.

Congratulations to several of our U3As who are celebrating milestones. Celebrating 10 years is U3A Tamborine Mountain who started out as a branch of Jimboomba, and celebrating 20 years is U3A Redlands District, once a branch of Brisbane. Congratulations also to U3A Pine Rivers who celebrated 25 years at their AGM with a history book detailing their journey from 1993 to date. Past presidents, founding members and life members were honoured and a complimentary book was presented.

Celebrating 30 years this year is U3A Bundaberg and U3A Redcliffe which was the first U3A established in Moreton Bay Regional Council. Now there are four thriving U3As all encouraged and supported by the Council. U3A Redcliffe is adding value to their special celebrations by hosting the 2018 U3A Network Qld State Conference on 31 May and 1 June. See the conference website for information and to register [www.u3aqlconference.org](http://www.u3aqlconference.org)

Network is continuing with road-shows to provide the opportunity for U3As in regional areas to network together. On 21 March five U3As gathered for a meeting hosted by U3A

Ipswich & West Moreton. Included were the presidents and vice presidents or secretaries, of Tamborine Mountain, Boonah, Beaudesert and Brisbane. We all took notice of the welcome sign!



Cr Wayne Wendt, Deputy Mayor, Ipswich City Council joined the meeting to learn more about U3A in Queensland. The main challenge brought to the round table discussion was how quickly our membership is growing and the need for us to provide additional classes, the need for a balance between academic and recreational activities offered and how we attract tutors and coordinators with appropriate skills.

Included in this challenge is the need to have a permanent place to call home for classes as we grow. U3A Ipswich & West Moreton have had three temporary homes in the last three years but this hasn't stopped membership growing by 30% over this time. These circumstances have probably affected other U3As.



Other topics included the impact on U3A with NDIS and people with special needs enrolling in classes. A Mental Health Manual and Policy is currently a work in progress as we learn how to offer assistance to a member who is developing a mental health problem. Coupled with this there is a need to offer further training to our tutors and activity coordinators.

Our Memorandum of Understanding with LGAQ and local councils was renewed in March for two more years. This allows us to discuss our members' needs and work in partnership to recognise the value of seniors in our community. One in four people will be over the age of 60 in Queensland in the next 10 years.

*From left: Greg Doolan, Julie Porteous and Greg Hallam AO, CEO, LGAQ*



*Julie Porteous  
President  
U3A Network Qld Inc*

# NEW SOUTH WALES

The first three U3As in New South Wales were established in 1987-8, and so are celebrating 30 years of continuous operation. Cake is in high demand.

## Shoalhaven U3A (Nowra)

Over 150 members, past and present, gathered at Bomaderry Bowling Club for the 30<sup>th</sup> birthday celebrations last November.

*Eight Past Presidents cut the cake: (l-r) Kevin Hopkins (rep Jan Hopkins), Pat Mason, Marie Golding, Bob Haywood, Gwen Banks, Andrew Stevens, Don Anstey, Terry Crockford*



President, Denis Simond conducted proceedings which included an informative and amusing talk by a past president, Andrew Stevens. Andrew spoke of U3A Shoalhaven's origins as the first branch to be formed in NSW with 30 members. Joy Sharpe and the Food of Love a *cappella* choir performed and encouraged audience participation.

**Wollongong U3A** held its first steering committee meeting on 1 February 1988 at the old Wollongong Town Hall. Only six people attended, not enough to elect an interim committee. The first order of business was to find a venue. Meetings were held from February 1988 weekly leading up to enrolment day on 24 March 1988 held in the conference room at the Town Hall. The committee arrived at 9am and arranged 30 chairs.

*Excerpt from the minutes: "At 9.45 only about two people had put in an appearance and we all thought it was going to be a disaster. However, suddenly, through the front foyer and the back door people arrived and very soon the conference room was bursting at the seams, people were sitting on the steps and standing in the corridor. The attendance in the morning, including the committee, was 76 people."*

From this small beginning Wollongong U3A has grown to present membership of 324.

On 6 February 2018, celebrations for the 30 years were led by the Lord Mayor of Wollongong Gordon Bradbery AM and former NSW Governor, Dame Marie Bashir.

*Wollongong President David Christian and Dame Marie Bashir cut the birthday cake.*



**Sydney U3A's 30<sup>th</sup> Anniversary** was celebrated on 7 April at The Refectory, University of Sydney. Speakers included Professor Ron McCallum AO, foundation Blake Dawson Waldron Professor in Industrial Law, and Janine Kitson an active volunteer for many environment groups with a particular passion for the history of the environment movement. A woodwind trio and the Royal Australian Navy Band entertained.

**Ballina Byron U3A -Egyptian Raqs Sharqi Dance Class**

*By Jacqui Tuckwell, Tutor,  
Photograph by Kim Pendreigh*



The U3A Egyptian Raqs Sharqi dance class held their third annual Hafila on Tuesday 5 December 2017. A Hafila is an Arabic tradition; a party with family and friends celebrating together.

El-Ma'alima is the name of the class dance troupe which translates as 'boss lady' but in reality represents a mature woman with rich life experience. As a dance character she is self-assured and confident, bidding the audience to pay attention.

This class follows the Egyptian technique characterised by earthy, grounded movements when danced in the various traditional Sha'abi and folkloric styles, contained and delicate movements within the Beledi style and flowing, rounded movements in the classical style.

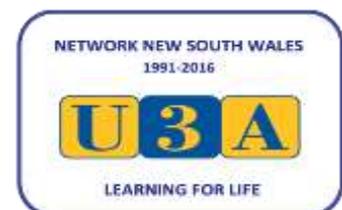
The choreographies are a mix of traditional, modern and fusion which gives great scope in creating a challenging, yet fun range of dances to showcase each year.

***Living Well in Later Life***

The NSW Mental Health Commission has released a publication as part of the Commission's *Living Well in Later Life* project and includes a case study, '*Learning in the Third Age*' which describes the 'unique contribution that U3A makes to the physical and mental wellbeing of older Australians . . . in offering a range of activities in a friendly supportive environment while encouraging social interaction and enabling the formation of new friendships'.

The article cites a 2009 study of 975 U3A members undertaken by the University of Sydney's Faculty of Health Sciences. It concluded that, on the basis of eight health criteria, members of U3A 'had a better-than-average general, physical and mental health, and that membership of U3A can, even in the very elderly, assist in conferring a much more positive perception of well-being.' For a copy of '*Living Well In Later Life- The Case for Change*' go to: [https://nswmentalhealthcommission.com.au/sites/default/files/documents/living\\_well\\_in\\_later\\_life\\_the\\_case\\_for\\_change.pdf](https://nswmentalhealthcommission.com.au/sites/default/files/documents/living_well_in_later_life_the_case_for_change.pdf)

*Ainslie Lamb,  
U3A Network NSW Inc.*



# U3A ONLINE

There have been quite a few changes to U3A Online since the last Bulletin. After many years of dedicated service as both president and web administrator, Di Delchau decided to hang up her U3A Online hat. This has meant a huge learning curve for John Mitchell who agreed to take over as administrator because, however IT savvy you are, U3A Online is a complex beast with many aspects and unexpected demands.

The committee of management would like to reiterate the unanimous vote of thanks to Di which was passed at her last meeting in November and to thank John for his willingness to take over such a big job.

We also farewelled our vice president, New Zealander Annie Webster, who has moved back to Scotland. We have several new committee members – including two from the UK, as well as from WA, Queensland, NSW and Tasmania – and all their profiles can be read on the website. Working together from around the world can be a challenge but by meeting face to face in Melbourne once a year and using online meetings, it can be done.

The other big change is that we have lost our Federal funding to a large UK company which has been commissioned to improve the IT literacy of seniors Australia wide. This means we must now rely entirely on membership fees to cover our expenses and the maintenance and upkeep of a very complex website which is extremely expensive. Hopefully, we can maintain our services, provided our membership stays at least stable.

We have a new course on offer – What is Wisdom? – so you might like to look in at the website and see if we can provide any courses for your local U3A to use.

In January, I had the great pleasure of meeting up with Tom Holloway (U3A Signposts and now on our Committee of Management) and Moira Allan (Pass It On network) at Moira's Paris apartment for dinner and a long chat about U3A Online and U3As in general.

*Jean Walker*  
*President*



*Moira Allan, Tom Holloway  
and Jean Walker in Paris.*



# WESTERN AUSTRALIA

## STATE NETWORK CONFERENCE, MANDURAH



*Mandurah canal development*

### **U3A Network WA**

in conjunction with

### **Mandurah U3A**

will hold a state conference in October 2018.

***An invitation is extended to all U3A members throughout Australia***

Dates: **Wednesday 17 and Thursday 18 October**

Venue: **Peel Thunder Football Club, Mandurah**

Title: **Get *Smashed* on Learning**

Speakers: **A wide range of top people**

Cost: **\$65 (Includes buffet lunch on Day 1, morning teas and canapés)**

Trips: **Various outings available on water or land**

### ***FOR FURTHER INFORMATION***

Christine Norman      [cariad115@bigpond.com](mailto:cariad115@bigpond.com)

Christine Oliver      [secretary\\_christine@iinet.net.au](mailto:secretary_christine@iinet.net.au)

## BEEN TO WA RECENTLY?

If you have, come and visit us again. If not, then why not? It is high time you did.

Mandurah is a vibrant city of close to 100,000 people an hour's drive south of Perth (48 minutes on the train). It is renowned for its laid back living style, extensive water ways, great hotels and cafes, its superb fishing and its convenience as a launching pad for Perth to the north, the immediate hinterland or the picturesque South West of the state to the south. From Mandurah it is an easy drive to Bunbury, Busselton, Margaret River (think wines) and the magnificent Karri forests of the South West.



*Mandurah and Peel Inlet*



*Vineyard Margaret River*



*Karri Forest drive*

October is also **wildflower season** in WA. Many tours are available. Make yourself a real holiday.

See you in October!

*Peter Flanigan*  
WA Network



# TASMANIA

Unfortunately, we are still to convince any other Tasmanian U3As to join the Alliance but we will keep hoping.

**U3A Glenorchy** is celebrating its 10<sup>th</sup> birthday this month with an Open Day. A popular local radio personality will be our guest speaker, followed by afternoon tea. A brief history of our first decade has been published to mark the milestone.

**U3A Hobart** recently had a successful outing to Chauncy Vale. Some of you may recall the Tasmanian children's author, Nan Chauncy, who wrote *To Find a Cave*. Her home, just outside Hobart, is now a wildlife sanctuary and the house and caves can be visited. The visit opened a popular Summer Program, and was followed by ten excellent talks.

*Jean Walker*  
*President*  
*U3A Glenorchy*

## 2018 Diary Dates



**11-13 April:** NSW U3A Network Conference and AGM, Canberra

**21-27 May:** National Volunteer Week

31 May – 1 June: Qld State Conference hosted by U3A Redcliffe. See conference website for information and to register [www.u3aqlidconference.org](http://www.u3aqlidconference.org)

**25 July:** Deadline for next issue of Bulletin. Start collecting photos now. 😊

**8-10 August:** Toronto, Canada, International Federation on Ageing, 14<sup>th</sup> Global Conference on Ageing. 'Towards a decade of healthy ageing: from evidence to action'

**10-11 October:** WA Network Conference, Mandurah.

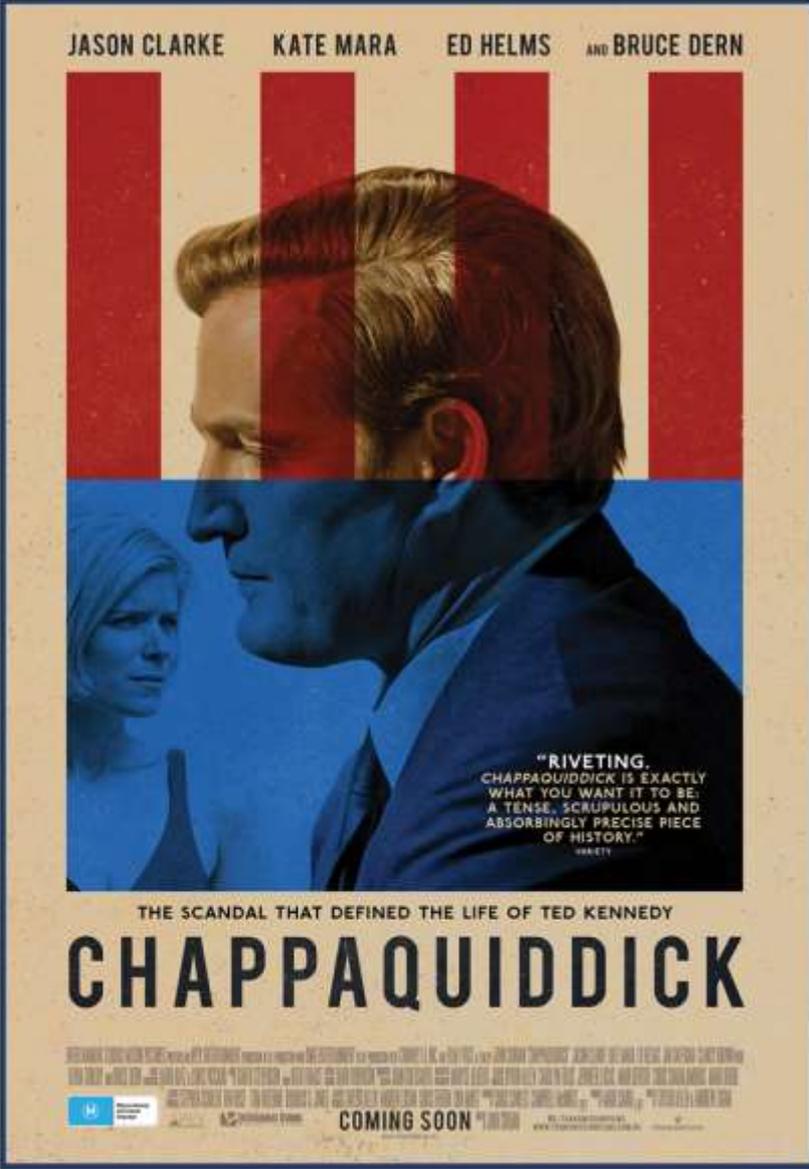


# Complimentary Film Preview Tickets

*Transmission Films invites you and a guest to a special preview of Chappaquiddick*

CHAPPAQUIDDICK is a piercing re-examination of the true events surrounding the most difficult seven days of Senator Ted Kennedy's career when he drove off a bridge, ending the life of his passenger Mary Jo Kopechne, a promising political strategist. It starts on the eve of the moon landing, 18 July 1969, at a party in a rented house on Chappaquiddick Island.

Follow this link to download your tickets: <http://www.showfilmfirst.com/pin/151319>



JASON CLARKE KATE MARA ED HELMS AND BRUCE DERN

CHAPPAQUIDDICK

Transmission Films invites you and a guest to a special advanced preview of CHAPPAQUIDDICK

To download complimentary tickets go to [www.showfilmfirst.com](http://www.showfilmfirst.com) and enter the code **151319**

#chappaquiddick

In Cinemas **MAY 10**

TRANSMISSION

COMING SOON

This is your chance to attend a free preview before general release from 10 May.  
Limited tickets available. Act fast.

If you need any assistance contact, [helpinaus@showfilmfirst.com](mailto:helpinaus@showfilmfirst.com)