



AUSTRALIA

U3AAA BULLETIN No. 25

APRIL 2019



U3A Aldinga members enjoyed finding this fun sculpture on the Granite Island walking track

This issue:

■ *Chairman Peter coming to a town near you soon*

■ *Member reports:*

- 🔊 *Victoria maintains a flexible state*
- 🔊 *SA goes from cocktails to cemetery*
- 🔊 *Queensland welcomes Beachmere*
- 🔊 *NSW become bilingual publishers*
- 🔊 *WA: rock 'n' roll or splish splash?*
- 🔊 *U3A Online offers any U3A site licences*

From the Editor

A plea to all contributors to consider the quality of their photographs. If you don't know how to tell if a photo is 50 kb or 3 mb, enlist the help of local photography or computer guru. Clear, crisp photos of people enjoying doing interesting things is what we need. Best photo this issue is Vic's yoga chicks (p.3) with chicken in a basket (p.12) close second.

Independent film distributors Transmission Films have provided us with the perfect way to reward our volunteers: complimentary tickets to preview screenings of their latest epic. Go straight to the back page for full details on how to book. (Sorry, not available in Tasmania.)

No contribution from Canberra this issue, so let me tell you a Canberra story. It has no direct connection to U3A but it shares people of the same age group and many U3A values. Trish Cran from Alchemy Chorus says it is not a choir that sings in aged care facilities. Rather, it is a very normal choir that performs for the normal public. The difference is that the choir is made up of three roughly equal groups: people living with early to mid-stage dementia, the carers of aforementioned, and volunteer singers from other choirs or the general community. So, it is a melded choir and the name is so apt: the combining of ingredients to produce something very valuable. Alchemy Chorus has been very successful in the Canberra community and one of its aims is to encourage and support the development of other dementia-inclusive choirs. For more information: www.alchemychorus.com

Also not U3A is Summer School, Girton College, Cambridge, 18-31 August 2019. Dreamed of an Oxbridge experience? See: <http://www.girton.cam.ac.uk/summer-programmes/lifelong>

Well that is enough endorsements from me. Happy reading.



*Claire Eglinton
U3A Lower North
South Australia*



2019 Diary Dates

16/17 May: Queensland 2019 Conference, Bundaberg.

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

11 October: U3A South Australia's management committee AGM at Tea Tree Gully campus.

22-24 October: SA Rendezvous hosted by U3A Adelaide Hills at Hahndorf and Mt Barker.

From the Chairman

U3A groups around the nation are now well into the 2019 programmes and enjoying both the intellectual stimulus and social interaction that permeates our wonderful organization.

In the latter part of 2018 Barbara and I spent some time in some southern parts of the country and enjoyed the company and generous hospitality of Ainslie Lamb and Ron Browne in Wollongong as well as catching up with our editor Claire Eglinton and husband Ron in Clare. Next trip east in October will focus on Tasmania so look out Taswegians!

Peter and Claire enjoying a catch up on the deck of Mocundunda Wines in the hamlet of Penwortham, Clare Valley.



A National Alliance meeting was held on April 11th during the NSW state Conference in Tamworth, representatives from Queensland, NSW, Victoria, ACT, South Australia, U3A Online and WA attended either in person or via video link.

National membership numbers are showing strong growth in some parts of the country, particularly Queensland. While numbers in the west are much lower, encouraging growth is being seen in south-west regional areas which attract retirees.

Trust deeds for the registration of the U3A trademark have been completed for some State networks (NSW and WA) while negotiations are well advanced in Queensland and Victoria.

Insurance continues to be a topic for discussion at a national level. Public liability and volunteer accident insurance premiums can be a significant cost for not-for-profit groups like ours and the more groups link together to negotiate a package the lower the cost per member. Expect to hear more about this.

Another topic which continues to challenge U3A groups around the country is the choice of simple and effective online management systems which are future proof and remain independent of the original developers. I am encouraged however by the increasing numbers of members who are now comfortable with online technology.

I thank all the contributors to this bulletin and especially Claire Eglinton who continues to do a wonderful job of putting it all together.

Best wishes

Peter Alcock

Chair,

U3A Alliance Australia



VICTORIA

It has been a busy start to 2019 with the launch of a new U3A Network Victoria publication entitled *U3A Avenues - connecting retirees*. The quarterly e-newsletter is aimed at our external stakeholders with the strategic goal of showcasing the contribution that the U3A movement makes to the health and well-being of older Victorians to our State Government funders and other levels of government.

The summer edition features stories about how U3A members are staying mentally and physically active through exercise and music and contributing to their community by volunteering.

Our U3As report the increasing popularity of their walking groups, dance and exercise classes.

Left: U3A Surf Coast's yoga and relaxation class are obviously reaping the benefits of regular physical activity.

It is good to know that our members continue to be recognised for their service to the community.

This year Mary Wicks, president of U3A Sunbury, was made an officer of the Order of Australia for her service to several Sunbury groups over many years. Mary was quoted as saying she never did it for recognition but because there was an obvious need and “you just get out and do it” and she encourages everyone to do likewise.

Mary added “you do meet some very nice people... and whilst you move on to other organisations, the friendships still last.”



The summer edition was distributed in February via Mailchimp to a total of 212 organisations and our 109 U3As. The great advantage of a system like Mailchimp is that data is provided on open and click rates and our own analytics can show the most popular stories. You may be interested to know that *U3A Avenues* featured an interview with our President, Susan Webster, entitled *In the Limelight* and our analysis showed it was the most popular story. You can see the newsletter and read all the stories, including Susan's, by clicking the link: <https://www.u3avictoria.com.au/network-news>

In fact, Susan, has become a bit of a media celebrity, albeit in radio rather than TV but it is a great start. In December Susan appeared on ABC Melbourne's Saturday morning talkback show and in January she rose at 3 a.m. to appear on Radio National's overnight program with Trevor Chappell. At that time of morning there is a national audience of 300,000 to 500,000 with an average age of (Melbourne) listeners of 56 years old. I was not up to hear it but apparently a lot were, and they said she was terrific.



Susan Webster (right) with Hilary Harper, ABC Radio Melbourne presenter

*By Janice Kelly
Marketing and Communications Convener
U3A Network Victoria*

Live Learn Enjoy



SOUTH AUSTRALIA

As I write, the SA network, U3A South Australia, is about to have its first meeting since last October's AGM. The usual quarterly format has been set aside due to budgetary constraints. Meetings can be an expensive business when you are reimbursing travel expenses and paying for catering. Not only are we eager to see the usual attendees but to meet the many new faces who will be taking their seats on the U3A SA committee of management for the first time including new treasurer Katarina Spudic.

U3A Mount Gambier rarely attend our meetings as it would mean a 10 hour return trip so we rely on email to keep abreast of their activities. Late last year their science and environment groups combined to visit Bool Lagoon, an important natural water reserve which is both a conservation park and game reserve situated 360km south-east from Adelaide and 27km south of Naracoorte. Two officers from National Parks SA explained the finely-monitored water levels of the lagoon and details of the birds and other fauna that habituate the region and others which come from overseas for their breeding.

The 20 participants travelled another 10km to Bourne's Bird Museum which they described as a special place and recommend to others who may be visiting the region.

The collection of birds and some other regional animals were collected over a period of 40 years and the taxidermy carried out by Mr Bourne.



My thanks to Brian Arthurs, president of U3A Aldinga, for submitting this issue's cover photo of Aldinga walkers 'studying flowers' on Granite Island. Aldinga is long-established however a recent recruit to the Network. Brian says they are a vibrant U3A with several very successful activities, notably gardening which has over 30 members, cycling and walking. Already this term two activities have had to limit numbers and theology has had to upsize their venue. All of their other 17 courses are well attended which shows the strong demand for U3A in the southern suburbs.

This year we are celebrating the 125th anniversary of women's suffrage in SA. Former U3A SA president and U3A Campbelltown stalwart Vale Pederson was one of ten women residents in Campbelltown Council selected to tell their story at the Council's International Women's Day cocktail party in March. The main speaker was SA Commissioner for Equal Opportunity, Dr Niki Vincent, who along with Mayor Jill Whittaker made it a very informative evening on achievements of SA women. A pop-up choir formed specially for the occasion was a hit. Lyn McEwing, U3A's QiGong Shibashi leader was one of the singers.



U3A Campbelltown members who attended the International Women's Day event.

U3A Prospect, with a drier view of International Women's Day celebrations, visited North Road Cemetery, Nailsworth where many notable women are buried. Aboriginal welfare worker and amateur anthropologist Daisy May Bates (1859-1951) has the most visited grave. Daisy was an Irish Australian journalist, welfare worker and lifelong student of the culture and society of Australian Aboriginal people. Daisy was much-married most notably to an under-age Breaker Morant.

Full marks for inventiveness to U3A Tea Tree Gully's Muscles in Motion class with group leader Linda Neale. They did one class with a Halloween theme. Routine exercises were interspersed with energetic dancing to Ghostbusters, Thriller, Time Warp and Monster Mash. My vote for best costume was a fluorescent skeleton leotard.

U3A TTG's photography group produce some stunning images so it is fortunate that TTG must have the most professionally produced newsletter anywhere thanks to new president and editor Trevor Neale. It is worth a look. Check out this edition from last year: http://users.tpg.com.au/u3attg/pdfs/TheConveyor_November_2018.pdf

*Claire Eglinton
Secretary
U3A South Australia*

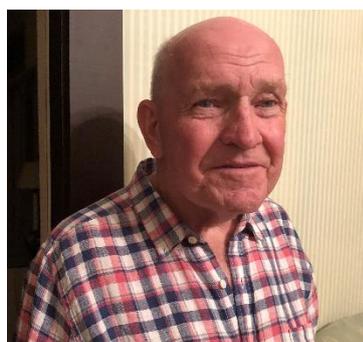


QUEENSLAND

Several U3A members in Queensland received awards on Australia Day. Among them was Maria Stevenson who is a member of U3A Ipswich and West Moreton. Maria received her award for services to education.

Maria taught at Ipswich Girls Grammar School for 40 years. She is now a tutor at U3A Ipswich, where there is a waiting list to join her class. Maria also teaches English to migrants. "The important thing is education," she says.

Maria has also been a great contributor to other organizations within her community, including Zonta and Red Cross, and was recently recognized by Rotary with the Paul Harris fellowship for her community contribution.



U3A Brisbane member Ronald Baker was another Australia Day awardee. Brisbane City Council presented him with an achievement award for his outstanding contribution to the Brisbane community, especially in Coorparoo and surrounding suburbs. Ronald is a retired architect who has actively championed the preservation and appreciation of buildings around Brisbane and volunteered his time at a large number of community organisations.

Other award recipients were Rhonda and David Weston who were awarded *Toowoomba Citizens of the Year* for their services to U3A. Rhonda has held office at U3A Toowoomba for many years. She has been president for the past nine years and David is tutor coordinator. U3A Toowoomba has over 2000 members and their program includes more than 190 courses. Rhonda, supported by David, has contributed widely to U3A in Australia, having also served as president of both U3A Network Queensland and U3AAA.



There is a changing of the guard at U3A Redlands District as Julie Porteous (left) has stepped down from the presidency. Julie was conferred with life membership in recognition of her tremendous contribution over 11 years, 8 as president.

Julie is vice-president of U3A Network Queensland and a past president of both the Network and U3AAA.



Queensland, like most of the rest of Australia, is experiencing an increase in the number of persons in their third age. U3A has been the beneficiary of the increase in persons retiring from full time employment. Figures at the end of 2018 indicated that there had been a 6% overall increase in membership. Indications are that numbers will be up again in 2019.

Open days are a great way to attract new members and many Queensland U3As took the opportunity to showcase their programs through open days or enrolment days in January. There was quite a bit of variation in the way that U3As staged their programs. What was evident, though, was the busyness as current members re-enrolled and prospective new members came to look over the programs and facilities on offer.



U3A Beachmere, our newest U3A, commenced classes in January. On their Open & Sign on Day many people arrived early to either join as new members or select their class choices for the coming year. A number of U3A Bribie island members assisted on the day as U3A Bribie Island is sponsoring Beachmere until their incorporation. At the end of the day, Beachmere had over 150 members on their books.



Simone Wilson, State Member for Pumicestone, presented the Beachmere committee with a \$500 cheque

*Gail Bonser
President
U3A Network Qld Inc.*

NEW SOUTH WALES

The new year is well underway, and many members have just enjoyed a stimulating and thought-provoking few days at the Network State Conference, hosted by Tamworth U3A. The program included speakers the Hon. Dr. Kay Patterson AO, Age Discrimination Commissioner and Meagan Lawson, CEO NSW COTA, and a great range of workshops.

At the AGM, President Ian Robertson reported on developments including the Trade Mark, discussions with COTA on a strategic partnership, arrangements with *The Senior* newspaper, and changes in music copyright licensing.

NSW Senior's Festival 2019. Immediate past president of the Network, Ainslie Lamb, was invited to speak at a forum on *Loving Life in Later Life* organised by the Psychogeriatric Nurses Association Australia at the Club Burwood RSL. Her presentation focussed on the benefits of lifelong learning and friendship that U3A brings. It generated several enquiries afterwards from audience members.

Northern Rivers (Lismore) U3A hosted Seniors Day at the Lismore Art Gallery on 19 February, with the theme *Creativity and the Brain*. Michelle Walker, visual thinker, facilitator and coach, presented *The power of drawing and pictures to help us think and communicate better*; a panel discussion with local artists facilitated by Dr Jenny Dowell OAM discussed *Art, Brain Function and Health*. Dr Miriam Torzillo, dance teacher and researcher, spoke on *Thinking with Movement*, and Jennifer Collins, artist and teacher, spoke on *Art and Dementia*. Between sessions, visitors visited the Terania Creek Exhibition at the Gallery.

Northern Illawarra U3A challenged students of Bulli High School to The Great Debate, on the topic *That the Generation Gap is Widening*. The debate was adjudicated by Cr Gordon Bradbery AM, Lord Mayor of Wollongong. The Year 8-9 students, labelled by one of the U3A speakers as 'the digital generation', argued the negative case, and won by a mile! Their preparation, arguments and oratorical skills were far superior to the 'organic generation' as the U3A speaker referred to us). The audience included grandparents, and students from local primary schools, as well as regular U3A members, and the so-called Generation Gap was clearly bridged by the event. The students were presented with certificates to commemorate the event, and the teams mingled together over lunch afterwards.



*Lani Taylor (Bulli H.S.) demolishes the arguments of U3A members Graham Smith, Nancye Kettley and David Goss.
Photo: Adam McLean, Illawarra Mercury, 21/2/2019*

Northern Rivers (Lismore) U3A. Margaret Hardwick's portrait of Rev. Dorothy Gordon McKenzie (aka Auntie Dorrie) of the Uniting Church has been acquired by the Lismore Regional Gallery for their collection. Margaret has been a U3A Northern Rivers member for more than 22 years. Her interests include art, music and genealogy.



Eastlakes U3A. Stories are the foundation of our lives and one group has built on this idea to create an amazing and proud achievement: publication of an anthology of stories called *Paperbark*. This anthology, celebrating the 10th year of the Eastlakes U3A writing for pleasure group, was officially launched by past Eastlakes U3A president, Barbara Kathner, at the Newcastle Writers Festival in April. The festival is a prestigious event in the Novocastrian literary community and it is a real honour to have been accepted into the 2019 program.

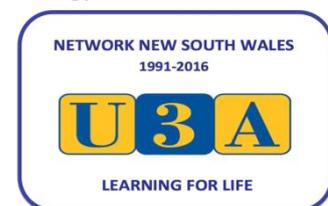
From Brenda Proudfoot's preface: *'Paperbark' is a collection of memoir and fiction written by the members of the Eastlakes U3A writing groups. Set in the Hunter and beyond, the stories offer new insights into the familiar as well as life-changing events. Each story offers a distinctive perspective, allowing the reader to walk for a while in someone else's shoes.*

Belonging to a writing group that meets regularly, is an incentive to produce a polished piece of writing to read to the class. We learn by identifying strengths in each other's stories: an intriguing beginning, a unique observation, an evocative image which lingers in the mind.

There are 38 stories in the *Paperbark* collection, from 20 authors who work together, sharing their stories, their drafts and supporting each other in the detailed editing of their finely crafted texts. And the intricate and unfolding layers of their experiences are artfully symbolised in the cover of their anthology. Digitally enhanced from a photo of a paperbark tree on the local Fernleigh Track, the cover and title represents the writing process.

Kempsey MacLeay Valley U3A. A children's book written by the Kempsey Macleay Valley U3A French group (leader Marlene Holland) had its official launch in February. Several months in the making, it is about two young French siblings on holiday on an Australian farm who find new friends among the native animals. The fun project has also drawn on the talents of other KMVU3A members with illustrations by Susan Baker (leader of the drawing, sketching and painting class) and the book's front cover has been designed and produced by the card-making group (leader Brenda Prescott). More information about the book can be obtained from Marlene Holland (02) 6566 8702 or marleneholland2@bigpond.com.

Ainslie Lamb,
U3A Network NSW Inc.



WESTERN AUSTRALIA

Our roving U3AAA chair and president of U3A Network WA, Peter Alcock, included a visit to South Australia in the tour with his wife Barbara in their campervan over the summer. Peter, who was a geologist in another life, always takes an interest in the rock formations that he passes on his trips and recently gave a most interesting presentation to North Coast (Hamersley) U3A on the way Australia was made over the billions of years since the process started. The talk was accompanied with appropriate rock music.

All the various U3A groups have started 2019 with a bang. There's a lot going on in the Perth where centrally run courses have started as well as a wide range of programs in the regional groups.

Armadale U3A which is independent of the other metropolitan groups had a very successful application to Lotteries WA to install an aid for those with hearing difficulties. This works by radio signal to individual hearing aids.

Geraldton U3A is one of the state's smaller groups. Nevertheless they are very active with a range of talks, excursions and other events.

Geraldton members pictured left visiting the Ancient Rome exhibition at the local museum.



Mandurah U3A members recently visited Penguin Island, off the coast near Rockingham, to see the developments that have occurred in the ongoing conservation program.

Some honorary U3A Mandurah members enjoy making a splash.



*Peter Flanigan
WA Network*



U3A ONLINE

Last month members of the Committee of Management of U3A Online met in Melbourne for our annual, two-day, face-to-face meeting. All our other meetings are held online but as our committee is far flung – from Queensland, NSW, WA, Tasmania and New Zealand – there are items which are not easily done online and it also promotes good working relationships when we can get to know each other in person.



Besides general business, this year we reviewed and revised our vision statement and wrote a new strategic plan. That is the sort of work which is difficult to do online. But it was not all work as CoM members enjoyed dinner and lunch together and we were pleased to welcome a new New Zealand committee member, Kathy Slater, from Auckland. Kathy is keen to promote U3A Online in her country for which we are very grateful.

If you haven't looked at our website for a while, you may not have noticed that we have introduced a new category of short courses and we have added one, a novel and film study of Picnic at Hanging Rock. Shakespeare's Histories has been released for enrolment. Both these courses may be useful to U3As which hold a site licence – something we would encourage all U3As to consider. For the small fee of \$15, plus \$20 for the use of each course in your own U3A. Our Course Co-ordinator is currently working on a new Maths course which should be available soon.

Remember to send any contact updates to the U3A Directory so we can keep them current.

Jean Walker
President



Parkes College for Seniors, NSW, has accepted a Chicken Challenge as one of their special craft days where they are encouraging their members to make chickens for Ronald MacDonald House in Orange.

It is a knitted pattern and is quite challenging to follow, so they have an expert chicken knitter to teach the technique. She is also trying her hand at a crocheted chicken. Hopefully by the end of this term all the chickens will have come home to roost.

Hope they don't go to KFC by mistake.



Complimentary Film Preview Tickets

Transmission Films invite you to a special advance preview of RED JOAN
at a cinema near you!

Follow this link for more info and to download complimentary tickets to your
preferred cinema: <https://www.showfilmfirst.com/pin/829196>

This is your chance to attend a free preview before national release on 6 June.
Limited tickets available. Act fast. If you like it remember to tell your friends.




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#REDJOAN

**IN CINEMAS
JUNE 6**

In a picturesque village in England, Joan Stanley (Academy Award® winner Dame Judi Dench), lives in contented retirement. Then suddenly her tranquil existence is shattered as she's shockingly arrested by MI5. For Joan has been hiding an incredible past; she is one of the most influential spies in living history.