



**AUSTRALIA**

**U3AAA BULLETIN No. 16**  
**APRIL 2016**

**This issue:**

- *Member reports: WA turns 30, NSW gets healthy, Queensland creates partnerships, Victoria 106 not out, U3A Online has new faces, SA celebrates volunteers*
- *Change at the top*
- *Our man in Hyderabad*
- *Tasmania produces a new baby every year*
- *Press release envy*
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- *Read my diary*
- *Calling all couch potatoes for research*

# From the Editor

Welcome to issue number 16 of the National Bulletin. This is my first as editor and I would like to thank Peter Flanigan from WA for editing the first 15 issues. As soon as the possibility of a national bulletin was raised, Peter swiftly volunteered to be the inaugural editor. Thanks Peter for giving it shape and getting it launched. I will try to keep it on track.

Thank you also to the good people at Odyssey Travel who have sponsored us for the last 3 years. The deal has now expired but we still recommend you check out their services.

This issue has a final report from outgoing national chairman Julie Porteous. Shortly after our deadline the leadership of U3AAA moved to NSW with Ainslie Lamb chairman from end of March. Ainslie has been a familiar face in U3A circles for many years. For newcomers, Ainslie is a former solicitor and professional legal and adult community educator who is currently NSW network president and fills several roles at her home U3A of Northern Illawarra.

As well as the usual reports from U3AAA members, non-member Tasmania has been given an opportunity to contribute and there are some other articles you may find of interest. There have been a few items which the authors have circulated to State networks in the hope of finding some supporters. These have been included as space allowed.

Our man in Hyderabad, Tom Holloway, from World U3A, has been very supportive creating and maintaining our national website and facilitating on-line meetings. Tom has an interesting holiday suggestion for adventurers wanting to meld volunteering and tourism.

Associate Professor Peter Reaburn from CQUniversity in Rockhampton, Queensland asks for the help of U3A members to complete a 15-minute online survey as part of a large PhD project examining successful ageing. It is for those of us who are less physically active. Fortunately we can complete the survey without even getting out of our seats.

Recently as I read an article in *The Retiree* I thought what a wonderful publicity piece this would make for U3A. It was only when I came to the final couple of paragraphs that I realized it was indeed a publicity piece for U3A. Thank you to its author, Griff Foley, for allowing me to reprint it. Please treat it as a learning exercise on how to make a newsworthy story which actually publicizes U3A. As it appeared in a national magazine, the only change I would make would be to let people know there are U3As all over Australia and how to locate one.

The deadline for the next issue is 27 July. If you have any items you think worthy of inclusion, please send them in to me at [eclair5453@gmail.com](mailto:eclair5453@gmail.com) at any time. I need to create a stockpile.

Happy reading

*Claire Eglinton*

# From the Chairman

My term as Chair is nearly finished and Network Qld will be handing over to Ainslie Lamb, Network NSW at the end of March.

Following the 30 May Alliance Meeting in Brisbane, (and my overseas holiday), it was my hope that the Presidents of the different States would be able to arrange a full day Face to Face meeting that enabled us time to review the objectives of the Alliance and to refresh and extend the current MoU. There has been discussion that we should become an incorporated body, or that we could pursue something akin to the U3A UK Trust model. Thank you to Alan Haggarty for providing some information with regard to incorporation. Unfortunately, we all take holidays at some stage to renew and reinvigorate our souls and then with Christmas holidays and other home-based U3A commitments, it has proved impossible for us to be together in one place. Our first Face to Face meeting since Brisbane will now be on 27 April before the NSW Conference.

Thank you to each of the State networks who have been prompt in paying their membership fee to U3AAA indicating their willingness to continue close cooperation between us all. It would be pleasing to see Tasmania form its own U3A network and join the Alliance. Our belief is that together we can be a much more united voice when lobbying government at a national level for our mutual benefit.

I'd like to thank Maria Licence (Brisbane U3A) for acting as U3AAA treasurer and Iris Murray (U3A Redlands District) for her work as secretary. Our involvement as Chair for U3AAA has made U3A Network Qld more aware of the bigger picture and we look forward to continuing our involvement and support of U3AAA.

*Julie Porteous, U3A Alliance Australia*



## 2016 Diary Dates

**27 April:** 2.30-4 pm U3AAA meeting Lake Macquarie Visitors Information Centre, Swansea

**27-29 April:** NSW State Conference, Eastlakes U3A, Belmont, NSW.

**29 April:** U3A SA quarterly meeting

**2, 3 June:** Queensland State Conference hosted by Sunshine Coast at university of The Sunshine Coast (Sippy Downs). More information: [www.u3aqldconference.org](http://www.u3aqldconference.org)

**22 July:** U3A SA quarterly meeting

**7 September:** Tasmania state meeting.

**14 October:** U3A SA AGM followed by quarterly meeting

**11, 12 October:** Combined **U3A Asia Pacific Alliance and AIUTA International Conference** at the Asia Pacific Trade Centre, Osaka. More information: <http://u3a-osakainternationalconference2016.org/>

**11-13 November:** U3A SA stand at SA Retirement Lifestyle Expo, Wayville

# QUEENSLAND

In our quest to gain recognition of the work that the U3A organisation and its many volunteers carry out in Queensland (and in fact, all over Australia and beyond), the Network Qld Committee has been purposefully networking and becoming more involved with promoting itself and using Facebook. In fact, we are trying to get noticed and talked about in a good way. To this aim we have been targeting local and State Government as well as our own NFP communities and these are just some of the outcomes so far:

**Local Government Association of Queensland** – a Not For Profit organisation that serves local Councils and their individual needs. Janet Behan, U3A Network Qld committee member, was an invited observer at the recent LGAQ Conference in Toowoomba and we are delighted that we have been able to liaise with LGAQ to establish a collaborative partnership between us. In place is a Memorandum of Understanding that agrees we will work together to promote healthy ageing by facilitating local communities' access to U3A educational, creative and leisure activities.

**Queensland State Library** - We have also been talking to the Queensland State Library as many of our individual U3As use Library computer facilities and Library spaces for classes. We have had an article published in their "Connect" newsletter which acknowledges this cooperation and links between U3As and local Libraries.

**Minister for Seniors and the Office for Seniors and Communities** - In February we had yet another meeting with the Minister for Seniors – we are still trying to convince State Government that U3A activities up and down Queensland are deserving of some form of funding as our organisation directly impacts on the wellbeing of our seniors. As President of Network Qld, I am part of a Committee Reference Group with the Department of Communities & the Office for Seniors, Carers and Volunteers advising on strategies in their focus on an Age Friendly Queensland – next speaker is Professor Alexandre Kalache. One good outcome for U3A here in Queensland is the networking aspect of being included in this group and being able to promote our organisation.



*Dr Claire Mason CSIRO with Julie Porteous*

**CSIRO** has acknowledged that U3A works with and understands many challenges for seniors in this tech savvy world and asked us for a recorded interview for their research. I must admit, I was a bit out of my depth when the conversation moved to robotics but a car that will park itself in that little space along the street is going to be a must.

**ACE QUEENSLAND** – I have been invited to be a guest speaker and panelist at the “Seniors as Lifelong Learners” Symposium later this month. Once again this is being held at the Queensland State Library so – more people to meet who can influence lifelong learning and a healthy active lifestyle.

**REGIONAL MEETINGS.** In the last Bulletin I made mention that Network Qld was initiating a series of regional Presidents Council meetings. We have called them “Road Shows” to give them a less formal style and allow for plenty of sharing and discussion.

Our second such meeting was in the Moreton Bay region with Redcliffe, Bribie Island, Caboolture and Pine Rivers as our host. Can you believe that the Presidents of these individually very successful U3As had never sat down and shared their experiences with each other? In fact, a couple did not know one another and they operate within the same local Council area. It’s a real buzz feeling that you are bringing “family” together.



*From left, standing: Barry Clark (Bribie Island), Bob Pratt (Redcliffe), Maria Licence (Network treasurer), Carl Jones (Redcliffe), Wendy Sanders (Caboolture), Margaret Harding (Pine Rivers), Desley Matthews (Caboolture), seated: Andy Doogan (Pine Rivers), Julie Porteous (network president), Greg Dooolan (network VP), Lyn Browne (Pine Rivers) and Iris Murray (network secretary).*

*Allan Sutherland, Mayor Moreton Bay Regional Council with Julie Porteous at Pine Rivers U3A.*

*Allan is most supportive of the four U3As in his region.*



Next Road Show is Cairns and of course, not all our Committee can attend due to costs, but Cairns is hosting the meeting with Tablelands and Townsville attending. This looks like being a real “Far North Queensland” event with Cairns inviting us to meet members for lunch.

**NEW U3As:** One of the objectives of an active Network Committee is the opportunity to promote new U3As within our State. I can report that Goondiwindi, being auspiced by Warwick, is trying hard to become more settled and a U3A in their own right. We are hoping to have a Regional Meeting later this year to include these more rural areas. Whilst we are in Cairns, we have an invitation from the Mareeba Council to meet with Councillors and interested parties to try to form a “start up” committee for a U3A in that region. We are really hoping this will happen and we have the right people at this meeting because the Council is offering substantial support in the way of accommodation.

**SPONSORSHIP:** Network Qld has also been fortunate in acquiring sponsorship from Odyssey Travel, a NFP organisation and leading provider of worldwide educational tours. Their 2016/17 catalogue displays the U3A logo and mentions benefits to U3A Queensland members.

*Julie Porteous*  
*President*  
*U3A Network Qld Inc*



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## Researchers need your help

CQ University, Rockhampton, is researching the **health benefits of master’s sport** for older Australian adults. At the last Pan Pacific Masters Games they had a large number of people who regularly train for, and compete in, masters sport complete the survey.

Now they are looking for **less physically active older adults** to complete an **online survey**. Specifically they are looking for people who:

1. Are **over 40 years old**
2. Are relatively physically **inactive**
3. **Do not** train for, or play, sport regularly

The survey asks about **your perceptions of your own physical activity levels, your physical, mental and social health**, and your demographic (age, gender etc.) profile. The survey takes approximately 15 minutes to complete. No names are identified and all results are anonymous and confidential. The study has **CQ University Ethics Committee approval**.

**The survey and an Information Sheet can be found at:**

**<https://www.surveymonkey.com/r/SAQ2a>**

Click the link and you are away. CQU would appreciate your support of this research project.

**Questions please contact:** David Geard email: [d.geard@cqu.edu.au](mailto:d.geard@cqu.edu.au)

# NEW SOUTH WALES

The **Network State Conference, *Staying Connected***, hosted by the Eastlakes U3A, will be held at the Belmont 16ft Sailing Club, Belmont NSW, 27 to 29 April 2016.



Keynote speakers include:

- *The Hon Susan Ryan*, Age Discrimination and Disability Discrimination Commissioner, Australian Human Rights Commission.
- *Gerry Collins*, retired broadcaster of swimming at Commonwealth and Olympic Games, rugby union commentator at three World Cups, presenter on ABC Radio Grandstand.
- *Professor Julie Byles*, B Med. PhD FAAHMA, Director of Research Centre for Gender, Health and Ageing at Newcastle University.

There are also 8 workshops to choose from. They are a mix of personal interest and ideas for U3A committees.

**In association with the Conference, the U3AAA meeting** will be held at the Swansea Centre (also known as Lake Macquarie Visitors Information Centre), 228 Pacific Highway, Swansea, on Wednesday 27 April, 2.30 – 4pm. Tea and biscuits will be available from 2pm.

From the end of March, the NSW Network assumed the Chair of U3AAA for the next 2 years.

## **U3A NETWORK NSW 25 YEARS ANNIVERSARY**

The U3A Network NSW celebrates its 25<sup>th</sup> Anniversary in 2016. A Brief History of the Network is being prepared by former Network President, Dr Ron Browne AM, and will be launched at the State Conference on 29 April.

The Network commenced life as the NSW U3A State Council with 10 member U3As. It currently has almost 70 member U3As (a couple are still in early stages of formation) and about 30,000 individual members in New South Wales, and the ACT.

The Council changed its name in 2006 to U3A Network NSW. The Network Committee of Management comprises the President, Vice-President, Treasurer, Secretary, and 2 general committee members elected by and from all NSW and ACT member U3As. Additionally, there is 1 metropolitan regional representative (Sydney) and 6 non-metropolitan regional representatives. The regional representatives work closely with the U3As grouped within their regions to provide advice and assistance as needed.

Over the years, the Network has offered a wide range of services to its member U3As, including Public Liability Insurance and CAL, APRA and Screenrights licences at negotiated rates lower than could be arranged individually. Since 2006 it has developed a Resources Library of materials which U3As can access free of charge, a service especially useful for smaller and remote U3As which have limited local resources for lectures and classes. Twenty-three interstate U3As also have membership of the Network, which enables them to access these services.

In 2013 the Network produced an exercise program *Balance'n'Bones*, devised and presented by Beth Denny, an experienced and qualified fitness instructor, especially for older people, to strengthen bones and balance. Available as a DVD, the program is used in many U3As, as well as by individual members. It is available for sale at \$20 plus \$5 postage.

### **IRT FOUNDATION COMMUNITY GRANTS 2015-16**

The IRT Foundation's Community Grants Program is part of IRT (Illawarra Retirement Trust) Group's engagement with local communities to improve the lives of older people by funding practical initiatives through not-for-profit organisations, community service groups, registered charities and local councils, within its operational areas in New South Wales, the ACT and Queensland.

The Foundation's 2015-16 program approved funding for 20 projects totalling \$142,966 for community based projects. Among them were three U3A projects -

- U3A Network NSW – *Brain Games Project* to develop resources to conduct regular U3A classes to encourage mental agility in older people through exercises to stimulate different parts of the brain.
- U3A Northern Illawarra – *Technology Improvements* - Computer upgrade to allow for speakers' requirements and additional microphone to allow members to better hear presentations and debates.
- Shellharbour City U3A – *Lifelong Learning Classes* in computer use and/or social media for senior members to enhance social interaction.

*Pictured at the award presentation –  
Toby Dawson (Manager IRT Foundation)  
Ireena Hardy (Northern Illawarra U3A)  
Kristine Hughes (Shellharbour City U3A)  
Ainslie Lamb (President, U3A Network NSW)  
and Dr Ron Browne.*

*Photo by Greg Ellis, Illawarra Mercury*



The IRT Foundation also funds academic research which assists in a greater understanding of the ageing process and the care and wellbeing of older people.



## DGR STATUS

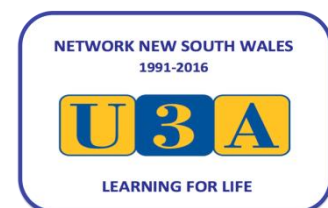
The Network, with the assistance of Mr Stephen Jones MHR (Shadow Minister for Health at present), is currently applying to alter its charitable status with the ACNC from Education to Health, focussing on the activities of constituent member U3As and the role of the U3A movement in promoting wellbeing and positive ageing. We await a response. If the change is successful it may more readily provide access to DGR (deductible gift recipient) status.

## NSW AGEING ALLIANCE

In accordance with Objective (6) of the Network constitution, “to establish and maintain links with educational and seniors organisations”, the Network has been admitted to membership of the NSW Ageing Alliance, an initiative of COTA NSW. The NSW Ageing Alliance is comprised of 26 organisations established to promote the needs, rights and interests of all people in NSW aged 50 years and over, and develops policy submissions in a wide range of issues affecting older citizens.

The Alliance is currently working on preparing a submission to the Commonwealth Minister and Shadow Minister for Ageing in respect to policies affecting older members of the community. U3A Network NSW is part of the drafting group proposing the adoption of a broad whole-of-government policy approach to promote positive ageing, as an antidote to the stereotyping of older citizens as a burden on the community.

Ainslie Lamb,  
President  
U3A Network NSW Inc.



## Book Review

### ***The Shock of Recognition*, by Barry Jones AO, Allen & Unwin, 2016**

*“How much time do I have left? A hundred days? A thousand? If I knew I was going to die next week but could be taken to see The Marriage of Figaro tonight, would I go? Absolutely.”*



Following the publication of his biography (*A Thinking Reed*, 2006), Barry Jones, a genuine polymath and futurist thinker (and national Patron of the U3A Alliance Australia), was staggered by the response to his lists of great works that have had the most profound effect on his life and thinking. Here he expands on those lists to write about the literature and the music that have inspired him.

*The Shock of Recognition* is a deeply considered, idiosyncratic, fascinating and often very funny journey of the mind.

# VICTORIA

Term one of 2016 for our Victorian members was greeted with enthusiasm, against the background of a series of global incidents and a controversial US Presidential campaign providing substance for discussion amongst our members. Sharing views on such matters is just one of many advantages of U3A membership, assisting to keep the mind alert through an exchange of views on life beyond immediate experience.

The durability and maturity of our movement has been evidenced by the number of our U3As celebrating 25<sup>th</sup> and 30<sup>th</sup> years of operation, all of which have been celebrated and acknowledged with pride for their contribution to those within senior community.

In line with this our Victorian Network recently held its 28<sup>th</sup> Annual General Meeting, electing a new committee and signing off on a new two-year funding agreement with the Department of Seniors Programmes and Participation Branch of the Victorian Department of Health (SP&P). This funding is designed to assist our movement's role in addressing social isolation and to encourage member participation in intergenerational exchange activity as well as supporting the operation of the Network Office. U3As and Regions may apply for grants to initiate and deliver programmes complying with the agreement's aims and objectives. A further funding agreement with the Adult Education and Further Education (ACFE) has also been finalised, providing additional benefit to member U3As applying for growth support.

Late in 2015 U3A Wheelers Hill was welcomed as the 106<sup>th</sup> member to our Network, the organisation now embracing approximately 35,000 individuals throughout the state. In order to better serve this membership body the Network will this year be seeking to fortify and consolidate the state's twelve Regional organisations in conducting or hosting workshops to exchange ideas, share resources and facilitate mutual support. Digital literacy, governance and succession planning were among the topics presented at these workshops and gatherings, with each region meeting on average twice per year.

A revised version of the Network Reference Handbook has been prepared incorporating details covering Constitutional development, administrative and legal requirements, insurance, marketing and promotion tips, policy development, OH&S obligations, tutors handbook, copyright rules and performance responsibilities. This manual (also available online via the Network website) endeavours to support those wishing to participate in the increasingly daunting task of U3A administration or assist the establishment of new organisations within their community.

Network's Education Committee held its second workshop in December attended by sixty Course Co-ordinators entitled "Curriculum Development – Now and For the Future". Wide ranging, and often-vigorous exchanges followed the discussion of social interaction, community partnership development, suitable accommodation, tutor sourcing and training and their importance to the success of U3A learning programmes.

Further U3As will be adopting Network's membership administration system, now renamed U-MAS during the forthcoming year. Current users of the database system report positive experiences and the Technology User Group continues to conduct training sessions as well as supervising the introduction of additional flexibility and features required by U3As as they become more familiar with the potential of the system.



**U3A Latrobe Valley**  
(country Victoria) members prepared 300 knitted poppies as part of the "5000 Poppy Campaign" during November 2015 to form part of the Australian exhibit at the forthcoming Chelsea Flower Show (UK) to be held in May 2016.

Daphne Sands, a tutor at U3A Geelong recently featured on the ABC Radio National Science Show segment entitled "Keeping Brains Alive". Daphne outlined aspects of her course programme, her passion for the U3A movement and the place it represents both in her own life and that of many of her students. This provided great publicity for U3A Geelong and the opportunities and social capital delivered by our organisation.

U3A Network Victoria, whilst anticipating a few challenges, anticipates a year of steady growth driven by the enthusiasm of members who experience the reward of following U3As governing principle of sharing knowledge and experience.

*Lindsay Glen*  
*U3A Network Victoria Inc*

Live Learn Enjoy



# SOUTH AUSTRALIA

Those who volunteer for U3A, whether as committee or tutors, are very special people so it is no surprise to find many have a lifetime record of contributing to their community. Australia Day awards usually include a few familiar names.

This year former State and U3A Campbelltown president, Vale Pederson, U3A Yorke Peninsula past president and current secretary, Carlene Cook, and former U3A Mt Gambier president, Robin Conboy, were all named Citizens of the Year by their respective Councils. Robin now has a matched set as he was Mount Gambier's Senior Citizen of the Year in 2015. Does this mean he is getting younger? There were also plenty of other members from across the State recognized in different categories. Congratulations to you all.

*Vale Pederson, third from left, with husband Noel, surrounded by friends and supporters on Australia Day. Below: Robin Conboy*



Sometimes when local government is asked to support U3A they look on us as strangers with our hands out but our members are not strangers who come to take. Most of them have been long-term ratepayers. They have a history of volunteering so have likely been responsible for building many of the community's organizations. Indeed some of them are former councillors and citizens of the year. Many are still actively involved in running other community organizations. Sometimes Councils need to be reminded of this.

U3A South Australia has had tentative enquiries about starting U3As in a few areas so we are seeking local identities willing to drive the projects. If you know of any movers and shakers in these areas, please let me know: Barossa, Prospect, Marion.

U3A Charles Sturt down at Henley Beach also has someone special in their ranks. A particularly popular member just celebrated her 99<sup>th</sup> birthday. The U3A magic must be working for Noeline Laing as she is still living independently in her own home, drives herself to U3A and invariably asks the pertinent questions of any visiting speaker. We look forward to the celebrations when Noeline makes triple figures.

The 2015 Intergenerational Report projected in 2055 Australia would have almost nine times the number of 100-year-olds we have today, and well over 300 times the 120 or so centenarians we had 40 years ago. According to the report, in 40 years' time the ranks of Australians aged 85 years or over are projected to quadruple from today's number to two million, and will represent almost 5 per cent of the population, up from 2 per cent today.

Whatever keeps people living independently in their own homes for longer will be a great benefit to the community but that process doesn't happen overnight. It is that generation who are now of an age to be eligible for U3A membership. Those people who will be centenarians in 2055 are now 60 years old. U3A SA is quite right to stress its health benefits.

U3A South Australia is coming to the end of our second financial year of our 4-year funding. We may have to rethink how we expend funds as U3A SA has been informed only a small proportion should be spent on capital items but that is where most demand always is.

One of the most sensible decisions we made was to professionally prepare logos for all U3As. U3As have had their own, usually home-made, for so long that they all might not make the change for several years, however it has allowed many to adopt a uniform, business-like logo. Wherever possible, we encourage all U3As to make the original artwork downloadable from their website. Too often, over the years, original artwork becomes lost and people start working from photocopies until they are no longer fit for publication.

Our logo is based on the style chosen nationally: the U3A block with district underneath. President Bernie McSwain has asked U3As not to bastardise the logo with modifications. That applies to design, typeface (Handel Gothic), colours and borders. It was Queensland's Jim Hales, who first promoted the benefits of a uniform logo which could become widely recognized, just like the Rotary cog logo. If any interstate U3As like the idea, I am happy to supply them with contact details of the nfp group who produced and still hold the artwork.

*Claire Eglinton*  
*Secretary*  
*U3A South Australia*



*Noeline Laing standing tall and proud on her 99<sup>th</sup> birthday next to the U3A Charles Sturt banner.*



# WESTERN AUSTRALIA

## 2016 CONFERENCE/WORKSHOP

It is planned to have a U3A Network Conference/workshop in Perth in October. The proposed dates are October 5 and 6 with the venue still to be arranged.

It will be conducted mainly in “workshop” style, ie, discussion groups on selected topics, following presentations and is intended for participation by U3As, with some interstate U3A involvement, eg representative/s from U3A Alliance Australia (U3AAA). The emphasis will be on the operations and membership of WA groups, and further development of U3A in Western Australia.

We are seeking funds to assist country members with travel and accommodation costs. Details will be announced in the near future.

## VISIT TO U3A MANDURAH

The Network Committee met at Mandurah on 23 February, with several U3A Mandurah Committee members joining our meeting. We then attended the regular general meeting of this vibrant U3A group. The guest speaker was Tracy Farr. Tracy’s talk, “From Seaweeds to Stories”, described her background as a scientist in marine biology, short story writer, and the publication of her first novel.

The business meeting then followed. President Dr Sheila Twine conducted this in a lively and friendly fashion, assisted by a team of enthusiastic members each outlining a part of U3A Mandurah’s current and coming activities. A fine example of how to keep members informed and engaged.

U3A Mandurah conducts meetings for members three times a week. They are currently developing a sub-branch at Pinjarra, 18km from Mandurah.

*Don McDonald, President*

## U3A 30 YEARS OLD IN WA

Thirty years ago in March 1986 the first meeting of people interested in starting U3A in WA was held at the University of WA. The moving spirit was Dr Maureen Smith from the University Extension service. The response was far greater than expected with over one thousand people flooding into the Somerville Auditorium.



*Maureen Smith addresses 2016 gathering*

The same Maureen Smith attended the 30-year celebration garden party on 13 March and told the story as she recalled it. ‘We planned to hold it in one of the student buildings, but quite quickly we saw we had to move to Somerville. The atmosphere was absolutely buzzing with interest and excitement. It was quite amazing.’



*The U3A Singers*



*Petra and Norm Butterworth best dressed! (left); June and Merv Hill, Foundation members (right)*

Sunday 13 March 2016 turned out to be a day when the temperature reached 40 degrees. Despite this there was a good turnout at the UWA Sunken Garden. The jazz band was a feature of the event and kept things moving in a lively fashion. There was also some entertainment from the U3A Choir and the U3A Singers.

People dressed up, there was plenty of food and drink, everyone forgot the oppressive heat. A big well done to the organisers led by U3A (UWA) president, Peter Alcock.

*Peter Flanigan*



# U3A ONLINE

At our AGM in August, a new Committee of Management was elected and we welcomed new members, Annie Webster and Ross Bell, as well as continuing members, Di Delchau, Bev Tapper, Pauline Saunier, Heather Jones, Sharon Butler, Allan Thompson, Jean Duff and Kerry Hamilton. We are especially pleased to have a representative from New Zealand in Annie Webster, to increase our links with that country.

We have been adding to our course offerings in the last few months and currently have 52 courses available so if you haven't looked at our website recently we encourage you to do so. Don't forget that all our courses can be studied individually or, with the purchase of a site licence, can be used as a basis for your local U3A courses.

I continue to promote U3A Online wherever I can, as we all do, and we were lucky to have been contacted by a journalist from the magazine 'Yours' in December for an article he was doing on learning in retirement and we got a small spot about U3A Online. We now also have an active Facebook page. We currently have 1,182 members, predominantly from Australia but also including 33 from New Zealand and 54 from the UK and we would be happy to have many more.

A Face to Face meeting of the Committee of Management was held in Melbourne in February and was both productive and enjoyable, allowing committee of management members from right across Australia and New Zealand to get to know each other and to work together towards an even bigger and better U3A Online.

*Jean Walker*  
*President*





# TASMANIA

U3As in Tasmania are growing steadily in the north with Kentish starting up this year, Wynyard turning one and Port Sorell now two years old. The established groups in the south are active and as in all areas, they are moving with the times and local situations to meet member needs.

Hobart hosted an excellent Summer school to which members of all groups could attend. Their special Maureen and Roy Davies Memorial Lecture was held at the University of Tasmania Life Sciences Lecture Theatre on Friday 5 February and Her Excellency Kate Warner, Governor of Tasmania, spoke on crime and punishment with a lecture entitled “Are the public as punitive as the polls suggest?” This was very well attended.

The state group meets every 6 months, our most recent meeting being 9 March when we gathered at Campbell Town, the most central location for a north-west, north and south mix. We were missing some southern groups this time but the north and north west were well represented and enthusiasm made up for fewer than normal attendees. Launceston School for Seniors is a U3A affiliate and an important member. Their operation is very similar to that of many U3As as you will see from their website and program <http://www.lss.org.au/>

Our next state meeting is 7 September when the ongoing discussion of where from here, what does U3A in Tasmania need to do to move forward will continue.

*Patricia Corby  
Tasmania*

*This beautiful area is home to the new Kentish U3A*



# A HOLIDAY WITH A DIFFERENCE?

## A personal challenge?

Tom Holloway, Secretary General of Worldu3a.org, lives in Hyderabad and supports several schools in slum communities. He recruits volunteers and gives them bed and board for a month or three, and in exchange asks them to work as teacher-assistants for only 8 hours per week.

Job requirements are:

- ability to speak basic English clearly and slowly (if you speak at normal speed they won't understand you)
- lots and lots of patience and tolerance and imagination
- handy with scissors, sellotape, cardboard, flour paste etc.



If that sounds interesting and you would like to know more just email or SKYPE him. In the meantime, for a taster, have a look at the video tour at: <http://msfoundationschool.org/>

He is [tom@holloways.org](mailto:tom@holloways.org)

Personal web:

<http://holloways.org>

Skype:

tomathollowaysorg





## 2016 U3A CHINA TOUR

### China's Cradle of Civilization

Tour Outline: Fly into Nanjing to enjoy an exciting time with Nanjing U3A who again will set up a program providing the opportunity for mixing with the students and experiencing Chinese calligraphy, Chinese music, Chinese art and Chinese culture.

Then a fast train to Kaifeng, one of the ancient capitals of China, then onto Anyang to visit the 1000BC tomb and Luoyang to see famous Buddhist caves and Shaolin Temple (above right)

Fast train to Xian to spend time at the terracotta warriors (above left) and neolithic village before returning to Brisbane.

Dates: 9 October 2016 to 23 October 2016

Price: Land content price is \$3100 twin share, single accommodation \$3170. The cost of international flights, visa, travel insurance, etc., are NOT included.

In addition: The U3A tour from 2015 it can be repeated if sufficient numbers are interested.

Register: For a detailed itinerary contact:

BRYAN ILES

tutor of Experiencing China

Brisbane U3A

Email: [bryaniles@bigpond.com](mailto:bryaniles@bigpond.com);

Telephone: 07 33433141;

Mobile: 0418986027;

57 Crewe Street,

Mount Gravatt East, Qld 4122



## Retirees offer opportunities for smarter communities

**Most discussion of retirement in Australia focuses on income, but retirees also have to decide what they will do with the 20 to 30 or more years they will live post-work, writes Griff Foley.**

Unfortunately, this vital aspect of retirement gets little attention. As a result many older people are not using their time as productively and satisfyingly as they might, and younger Australians often see retirees as an economic burden.

My own experience and that of many people I know is that retirement presents an opportunity for a full, rich life. My working life was busy and satisfying – but it was also all-encompassing and at times exhausting.

Since retirement in 2000 I have had led a more balanced life, spending more time with family and friends and having a rich and varied cultural and recreational life. I also have time to think, and to contribute to community activities. In a social sense, this might be the most important aspect of retirement.

In our working lives we are absorbed in our jobs and in child-rearing. This is more the case today than ever. People work longer hours, and many parents spend a lot of time running their children to and from school and other activities. One result of this is that membership of community organisations like Rotary, Lions and Apex has declined.

Busy work lives also combine with the ubiquity of electronic and social media, political spin, advertising and consumerism to erode serious public discussion of matters crucial to our present and future wellbeing. Serious public deliberation and policy making on issues like climate change, industry policy, health and education has virtually disappeared, crowded out by the 24-hour news cycle and a general trivialisation of news and current affairs.

In Australia and elsewhere in the 19th and 20th centuries, social action created universal public school education, adult education, public libraries and hence, an informed citizenry. Since World War II there has been an alarming dumbing down of our public culture. It is not an exaggeration to say that today many Australians are both ill-informed and supremely manipulable.

Seen from this angle, the retirement years present an educational opportunity. Freed from work and other obligations, older Australians can learn through travel, cultural activities, conversation and courses.

Starting in France in 1973, a self-help style of seniors' adult education, the University of the Third Age or U3A, spread to other countries including Australia – this model recognises that retired people have a lifetime of experience and, collectively, a vast amount of knowledge. This provides the basis for courses led by group members with specialist knowledge.

Newcastle U3A was established in 1990 and now offers 60 courses a year in a wide range of subjects. Students pay an annual fee of \$50 which entitles them to attend as many courses as they like. All U3A work is voluntary, including the development, teaching and administration of courses.

*Griff Foley teaches at Newcastle U3A. He was formerly associate professor of adult education at the University of Technology, Sydney. He is author of Learning in Social Action and Strategic Learning.*

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We need more articles like this appearing in national publications. There is no shortage of publications, especially online, targeting retirees. Any volunteers?