



AUSTRALIA

U3AAA BULLETIN No. 19

APRIL 2017



From Left: John Parker, Elsie Mutton, Ainslie Lamb, Claire Eglinton, Chris Paterson, Allan Haggerty; seated: Jean Walker, Julie Porteous

This issue:

- *The U3AAA gang pay a flying visit to Melbourne*
- *Member reports:*
 - 🔊 *Victoria changing of the guard*
 - 🔊 *Queensland adds 2 more to the fold*
 - 🔊 *SA rendezvousing in the Riverland*
 - 🔊 *WA taking it easy*
 - 🔊 *NSW planning their big event*
 - 🔊 *U3A Online live in a virtual world*
- *Reward volunteers with free film passes*

From the Editor

Thanks to everyone for their contributions. I take my hat off to Queensland who sent in ten photographs for us to choose from. Julie Porteous said: "I've been trained to make sure I have a photo of everything for Facebook and our Network News."

Perhaps we will all have to undergo similar training. Photographs are not only important for enlivening this Bulletin, local newsletters, websites and Facebook pages. A good library of photos is an invaluable resource when doing marketing, publicity or grants.

In the last issue I asked for contributors to pay special attention to quality of photos. Grant provider FRRR on the same subject: "We love seeing photos of your grants in action, but what we love even more are GREAT photos of your projects! If you're uncertain behind the camera or unsure of how to take a great photo, Connecting Up has created a super easy to follow guide that will have you taking photos like a pro! There are tips about framing the photo, checking the camera's exposure and focus, as well as editing your photos after you've taken them. Check out Connecting Up's [ultimate easy guide to great social media photos](#), and FRRR's handy [tips on taking great photos](#)."

I liked their tip on people in photographs: including them is good but preferably not more than 3 to 5 people in one shot. Often it is not wise to fit everyone in. Shots of a room full of people milling about, mostly with their backs to camera, don't spark anyone's interest. Remembering that tip of no more than 3 to 5 people would be a good start for us all.

As she steps down from leadership of Australia's largest U3A network, my personal thanks to Elsie Mutton who has provided so much help and advice to myself and to U3A SA in recent years (and good company at U3A events).

Do act quickly to take advantage of the free film tickets on the back page. It is an excellent film combining modern history and entertainment. U3A has been allocated just 5 pairs per screening. As before, RSVP is entirely online, each person follows the link and downloads a pair of tickets which are then printed and taken to the cinema on the night. Dates and locations are displayed when the link is followed. If there is any discrepancy, trust the website as I might have made a typo. Answering any survey after the screening will help ensure we are invited again.

Best wishes to all our members who might be suffering from the aftermath of Debbie. I hope everyone, wherever they are, has an opportunity to enjoy the Easter break.



Happy reading
Claire Eglinton
U3A Lower North, SA

From the Chairman



The past few months have seen the whole gamut of extreme weather across Australia: extreme heat, wild and heavy rainstorms, bushfires, and most recently the devastating damage caused by Cyclone Debbie affecting over much of the north-eastern coastal areas. Undoubtedly, many U3A members will have been affected by these events, and I extend to them the hopes and empathy of all associated with the U3A movement that they will be safe and recover quickly from any injury or damage.

Representatives of all Alliance members except Western Australia met in Melbourne on 28 March to review the objectives and achievements of the Alliance, and to update the Memorandum of Understanding which has bound them together since the formation of the Alliance in 2010. The Alliance is envisaged not as a hierarchal body, but as a co-operative approach to exchanging information, and communicating to national government the contribution that the U3A movement can make to a positive ageing community.

The meeting reaffirmed the terms of the Memorandum and adopted the following statement as the Vision of the Alliance:

To promote within the Australian community and to the national government the contribution that the U3A movement makes to positive ageing and the benefit of lifelong learning to mental and physical health and social engagement.

In adopting that approach as its primary purpose, the Alliance acknowledges that the essential role of the U3A movement is to create low-cost opportunities at local community level for Third Agers to engage in lifelong learning and social interaction. There are about 300 U3As which do this Australia wide currently for about 100,000 members, all of it with the voluntary contributions of co-ordinators, tutors and administrators. The strength of the U3A tree is found in its roots in local communities. The role of State Networks is to support their member U3As with services that enable them to function effectively, and to work with State governments. The Alliance is a mechanism for co-operation at the national level.

This was the last meeting of the Alliance at which Victorian President Elsie Mutton represented that State. On behalf of all members of the Alliance I thank Elsie for her contributions over several years towards the work of the Alliance.

As the year progresses, I wish all our member U3As continued success and growth.

Ainslie Lamb,
Chair,
U3A Alliance Australia
Contact: u3answ@gmail.com



VICTORIA

Victoria held their Annual General Meeting on Wednesday 29 March.

Elsie Mutton did not stand for re-election and John Parker, a member of U3A Baw Baw, was nominated and elected Network President. Victorian members are all looking forward to working with John over the next two years and hopefully longer. In Victoria the members of the committee are elected for two year periods with at least one of the vice presidents being elected in the different year to the president and other vice president.



*Elsie handing the baton to
new President John Parker*

The funding agreement with the State Government Department of Health is in its last year and we are now in negotiations on the next agreement, this is also the case with the other stream of funding from the education side of government we receive. Interesting times as the focus of funding from the government is changing. Emphasis is on reducing isolation and loneliness, elder abuse and the CALD community. Of course these are all objectives of U3As across the country. We just do it, but when you have to actually report on how you do it, it really makes you look inward.

We were asked to give some stories of how belonging to a U3A has made a difference to a member's life. Asking around, the stories told were amazing and it made us more aware of the value of U3A to the senior community. One story I loved was of a lady who had 47 years of very happy marriage and her husband died, she was distraught until a friend introduced her to U3A. She joined and along the way met a man who had also lost his partner. Yes, they married and she had another very happy fourteen years with this new partner. She still attends U3A and has learnt that if you allow it, when one door closes another opens.

Victoria hosted the recent face to face meeting for the U3A Alliance Australia. It was a pleasure to welcome the delegates from the states and show off our new office on the ground floor at 341 Queen Street, Melbourne. If you are coming to Melbourne do let us know and we can show you around.

We have been establishing our U3As into regions. This has been a long process; change does not happen overnight. As the U3As joined and attended the meetings/workshops, the value of belonging became evident. Good and bad stories are shared, ideas borrowed and problems often solved. It creates a sense of belonging to this great organization.

We contracted for a Research Officer to work with us on the issue of accommodation. The results have been interesting. A number of U3As now have either purpose-built rooms or are in a community hub where they are the major tenant, whilst many are in makeshift space to enable them to offer new classes.

In 2016 we saw a growth of 7% across the state. In some areas, for example the Mornington Peninsula they are seeing a growth of 25%. Accommodation for them is a nightmare and they are working closely with local government to try to overcome this problem to enable them to continue to support this growth.

Elsie Mutton

Vice President

U3A Network Victoria

Live Learn Enjoy



2017 Diary Dates

9 May: U3A SA quarterly meeting, Banrock Station Wine and Wetlands Centre, Kingston on Murray, 10 for 10.30

9-11 May: SA Riverland Rendezvous. Regional gathering: classes, wining, dining, sight-seeing, river cruise. See <http://www.u3ariverland.org>

18-19 May: Queensland network conference hosted by U3A Twin Towns at the Tweed Civic Centre, Tweed Heads. All welcome. Theme: "Live, Laugh, Learn without Boundaries". More information: <https://www.u3aqlconference.org>

28-30 June: NSW conference hosted by Sydney U3A. Theme: The Third Age: Creative and Healthy Living. <http://u3answconference.org>

Wednesday 28 June, 1.30-4.30 pm, Small and Large U3As group meetings, Castlereagh Boutique Hotel, 169 Castlereagh St; 6 pm Conference dinner Castlereagh Boutique Hotel

Thursday 29 June: 9 am, U3A Network NSW Conference, Sydney Lower Town Hall

Friday 30 June: 9am to 12 noon, Annual General Meeting and Members Forum, Sydney Mechanics School of Arts, 280 Pitt St

26 July: Deadline for next issue of Bulletin.

4-5 September: U3A Victorian biennial conference.

QUEENSLAND

2017 has started with lots of action. Firstly, Network Qld is delighted to welcome two established U3As to our Network this year bringing the total U3A membership to 32 with 20,200 members.

U3A Ipswich & West Moreton Inc., established in 1994, has recently become a member of Network Qld. Mayor Paul Pisasale, attended the opening of U3A Ipswich & West Moreton new campus in January on the Ipswich Mall and presented a painting from a sister U3A in China.

*From left: Julie Porteous,
Cr Pisasale,
President Paulette Montaigne
and VP Anna Bradbury.*



Also, joining Network Qld in January was **U3A Mackay Inc.**, established in 1992. Greg Doolan, Vice President, U3A Network Qld (centre back) visited Mackay to meet the committee and some of its members in February.

Lifelong learning – U3As around Queensland held orientation days, information days, open days, enrolment days in January and February this year and we have been hearing positive comments as U3As welcome new members eager to start learning something new – whatever they want really! U3A Network Qld is enjoying positive feedback from member U3As that the Awareness Campaign - Connecting Seniors to Lifelong Learning and funded by the State Government, is creating interest and enquiries in their local community and this is also bringing in enquiries and new members this year.

U3A Redlands District Enrolment Day welcomed nearly 700 people who were interested in finding out about classes and activities for 2017. Learning something new about computers is still a hot favourite with U3A members.

Open day worked well for **U3A Mt Tamborine** with 24 new members signing up – they now boast 120 members!

Now all we need is to persuade our State Government to continue their financial support and encourage more volunteering and engagement of seniors in the community, promoting the value and enormous contribution of older people within our community.

And from around our State, **U3A Beaudesert** gardening group BUGS recently had a visit from conservationist, horticulturist and presenter on ABC TV's *Gardening Australia*, Jerry Coleby-Williams, who spoke about the 21st century cottage garden and other interesting topics. U3A Boonah and Mt Tamborine travelled to Beaudesert for the occasion swelling attendance to 83 for the event.



U3A Warwick recently awarded life membership to one of their long-serving members, Erica Finegan, who joined U3A Warwick 15 years ago because she didn't know anyone. Initially she set up a canasta group, then a ceramics group, she has shown her talents with the newsletter and was the instigator of their training day. Erica still serves on the committee and generally typifies the ethos of U3A.

Most people who take part in flower arranging know how they would like their arrangement to look, but one of **U3A Redlands'** new members of the Flower Arranging class uses her other senses of hearing and touch to get the effect. Sandra Almond has been blind for nine years. Her tutor, Shahin Master, says she has had to adjust her teaching methods and this has had a positive outcome for her and Sandra. Sandra listens to Shahin's descriptions, then feels the shape of the flowers and grasses she is working with. Sandra wants to send a message to other people who may feel that they can't participate in U3A activities. With the right attitude and the understanding of the tutor and other members in the group, people can achieve more than they think possible and can find benefits through learning new skills and pastimes.



Network Qld recently conducted another President's Council Road Show hosted by U3A Noosa and attended by U3As Bribie Island, Caboolture, Gympie, Redcliffe and Sunshine Coast. The morning was very productive with discussions ranging between owning your own premises to finding and retaining tutors and volunteers.

Julie Porteous
President
U3A Network Qld Inc



SOUTH AUSTRALIA

In South Australia we are eagerly awaiting our next quarterly meeting on Tuesday 9 May as it is our first away from the city and will be part of the 3-day regional event, Riverland Rendezvous, hosted by our youngest member, U3A Riverland.

The meeting itself will take place on the first day at Banrock Station Wine and Wetland Centre, an award-winning wine and ecotourism destination situated in the heart of the Riverland at Kingston-On-Murray. Delegates will be able to catch the panoramic views from the deck overlooking the vineyards and wetlands but it is the other attendees who will have time to investigate the self-guided walking trails featuring a series of story centres, information huts and bird hides where they can get close to the wetlands and wildlife. Last time I was there, I was greeted by an enormous goanna blocking the entry track, perhaps fresh from shedding its skin as it was a strikingly beautiful shade of pale green.

Those lucky enough to stay for the full programme certainly won't be short of wining and dining options. The interactive booking form shows exactly how many places are still available for Wednesdays classes and activities while Thursday offers a 1.5 hour cruise on the paddle steamer Industry. Those who haven't booked already, should visit Riverland's website: <http://www.u3ariverland.org>.

At Banrock delegates will be looking at implementation of our business plan, future funding, and the draft constitution should be ready to present. Most of us will be wishing we were outside on the boardwalks rather than bogged down in discussing such weighty matters.

One of our U3As which makes a habit of getting out and about is U3A Mount Gambier. Their last annual field trip took them into the territory of U3A South Coast and U3A Strathalbyn. Basing themselves in historic river port Goolwa, highlights included Glen Barr homestead, Alexandrina cheese factory, and taking the *Spirit of the Coorong* downstream to the River Murray mouth to view the prolific birdlife and seals, before crossing the dunes to the Southern Ocean.



Members travelled along the coast via the volunteer-run, steam-driven Cockle Train to

Victor Harbor for lunch with U3A South Coast. Sightseeing included Granite Island with a choice of walking the causeway or using that other local relic, the horse tram. They returned "on the indefatigable little train, shrilly announcing our arrival at every opportunity".

Another U3A Mount Gambier project which deserves acknowledgement is their fun-packed St Patrick's day celebration. They went all out to include absolutely everything from the Emerald Isle. Irish-themed toasts, grace, food, jokes, dancing, poetry, music, singing, quizz, fancy dress competition provided a surfeit of Irishness. The speaker was president Doreen Kennedy who reminisced about her childhood growing up in 1940s and 50s Ireland where she said fairies and their fairy circles were still a common belief.

Inspired members contributed an array of amazing dishes such as Irish soda bread, Bailey's Irish Cream cheesecake, Irish potato cake, green lamingtons, beef and Guinness pies, Irish stew, and bread and butter pudding.

But one must always pay the piper. Fifteen-year-old Emily Hanel addressed them about her campaign to raise money for Cows for Cambodia and played several Irish items on her flute. The audience's appreciation was demonstrated by raising almost \$200 for Emily's mission.



It was declared a most successful and joyful experiment. Well done to all involved for this multi-talented, multi-generational social day. Of course the Irish have their own version of the Four Ages of Man: *Twenty years a child; twenty years running wild; twenty years a mature man -- and after that, praying.*



Entertainers included the Margaret Cleves Dancers, Beth Horvath with her button accordion, an irrepressible Don Forbes who had a litany of Irish jokes, and flautist Emily Hanel.

Claire Eglinton
Secretary
U3A South Australia



WESTERN AUSTRALIA

After the hard work and excitement of our successful State Conference late last year, not a great deal has happened as far as the Network is concerned. The strategic plan is being revised and some thought has gone into visits to various member groups. Albany U3A has joined the network which means all U3As in the state are now members. Unfortunately no-one was available to represent WA at the Melbourne U3AAA meeting on 28 March. The tyranny of distance has worked against us on this occasion.

Much, however, is going on at the individual U3A group level.

There was a near-death experience of the Central U3A, part of U3A (UWA) Perth, at the end of 2016 when no-one could be found to take on executive positions. As this group had been in existence for over 30 years, this was a potential disaster for the 160 members. Fortunately an eleventh hour rescue was staged under the leadership of long-time member, Joy Hill. The group has been renamed Western Suburbs as 'Central' was seen to be misleading.

NORTH COAST (HAMERSLEY) U3A

North Coast (Hamersley), another of the U3A (UWA) Perth affiliates, has been going from strength to strength. A new venue has led to an increase in activities and a rise in membership. Much credit is due to Terry and Jacqui Harvey. Terry is the chairman and Jacqui, the secretary: a great double act.



A group of North Coasters taken on a trip to the WA Police Academy in Joondalup

MARGARET RIVER



Margaret River is widely known as a wine region, a surfing centre and a tourist destination, situated in the SW of the state some 277 km south of Perth. It is also a favourite retirement area and although the population is less than 5000 it has a thriving U3A group.

The group began in 2012 and has grown to over 100 members with quite an impressive variety of courses on offer. Gail McMahon has kindly sent the list of courses for Semester One 2017. They include:

- In Search of Fine Music – Six Composers
- Philosophy – The Reality and Rationality of Numbers
- Body Boarding for Granny and Poppy Grommets
- Early Twentieth Century Social History
- Painting with Acrylics
- Qi Gong
- Up with the Lark – a Study of Birds
- Computing and Ancestry
- Guitarist Composers of the Romantic Period and several others.

Well done all those people who have come forward to run courses.

Peter Flanigan
Vice President
WA Network



NEW SOUTH WALES

The community record of two U3A members was recognised in the Australia Day Honours awards this year. Jim Tiberi of Nepean-Blue Mountains U3A, and Doug Crocker of Armidale U3A were both awarded the Medal of the Order of Australia (OAM). Both have given long service in many aspects to their local communities, including many years in U3A variously as tutors, coordinators and office-bearers. It is very pleasing when voluntary hard work at community level is recognised, especially for the work of our great movement.

The U3A Network NSW Conference 2017 will be hosted by Sydney U3A on Thursday 29 June, at the Sydney Lower Town Hall, from 9 am.

The theme of the conference is The Third Age – Creative and Healthy Living – A Fusion of Education & Creativity.

The speakers include:

Professor David Christian, Big History Institute, Macquarie University;

Professor Toni Robertson, Interaction Design & Human Practice Laboratory, University of Technology, Sydney;

Margret Meagher, Director, Aust. Centre for Arts & Health;

Chris Mead, Arts Health Agency, Tasmania.



The conference dinner will be held at the heritage-listed Castlereagh Boutique Hotel, 169 Castlereagh Street Sydney, on Wednesday 28 June, at 6 pm. Some may recall the fine art deco features of the hotel from the 2011 conference dinner.



Registrations for this year's conference and dinner opened on 1 March 2017. Bookings are essential for all conference events. Full information, including registration and accommodation options, on <http://u3answconference.org>

Associated events, conducted by the U3A Network NSW, are:

Wednesday 28 June, at the Castlereagh Boutique Hotel, 169 Castlereagh Street Sydney, 1.30–4.30pm – Small and Large U3As group meetings.

Friday 30 June, at the Sydney Mechanics School of Arts, 280 Pitt Street Sydney, Annual General Meeting and Members Forum, 9am to 12noon.

Ainslie Lamb,

President

U3A Network NSW Inc.

(u3answ@gmail.com)



U3A ONLINE

In February the U3A Online Committee of Management met in Melbourne for our yearly face-to-face meeting. Our committee members come from far and wide – New Zealand, WA, NSW, Queensland and Tasmania – so this is our once a year chance to meet each other across a real table to discuss the promotion of U3A Online and plan for the coming year. All the CoM members who attended felt it was a really worthwhile exercise as we achieved a lot in a short time.

Early this year I had a wonderful opportunity to promote U3A Online when I saw in Tom Holloway's Signpost newsletter, a mention of an online organisation which has been recently formed called Pass It On, where, to quote from the home page: "innovative minds from around the world meet to explore, document, and spread creative insights that are shaping a new way of talking and a new way of being as we adapt to a longer life span."

The group was founded by two amazing ladies, one in Paris and one in the US. I contacted Moira Allan in Paris and asked if they might like to promote U3A Online. Not only was she happy to do that but she was so taken by the concept of an online U3A that she invited me to be a guest speaker on an online international conference she was helping to organise called Age Without Borders. She interviewed me from her home in Paris via Skype and the result was added to the 55 speakers at the virtual conference which went out to hundreds of people worldwide.

It was not only a great experience for me but a wonderful opportunity to promote U3A Online and hopefully spread the word about what we offer right round the world. It will be interesting to see if we acquire some new members from other countries. Although the conference has ended, the biographies of all the speakers are still online at: <http://agewithoutborders.net/>

The Pass It On website is well worth looking at as it has many and various resources which may be of use in your local U3A. Web address is: <http://passitonnetwork.org/>

Jean Walker
President
U3A Online



WEBMASTER REQUIRED

It is time for the U3AAA website to have a refresh. It will probably involve finding a new hosting service, redesign and then ongoing maintenance to keep it current and relevant.

If you have the skills and would like to be involved in some part of that operation, please let your local U3AAA delegate know or contact Ainslie Lamb direct at u3answ@gmail.com.

VICEROY'S HOUSE

Complimentary Film Preview Tickets

Follow this link to download complimentary tickets to your preferred cinema:

<http://www.showfilmfirst.com/pin/121025>

This is your chance to attend a free preview.

Limited tickets available. Act fast.



*Transmission Films invite you to a special advance preview of
VICEROY'S HOUSE at cinemas across Australia.*

*Here's your chance to see this historical drama before
its May 18 national release*

Check out the trailer -

www.youtube.com/watch?time_continue=6&v=T4ZnofZJCD8

The End of an Empire. The Birth of Two Nations. VICEROY'S HOUSE tells the true story of the final months of British rule in India. Viceroy's House in Delhi was the home of the British rulers of India. After 300 years, that rule was coming to an end. For 6 months in 1947, Lord Mountbatten, great grandson of Queen Victoria, assumed the post of the last Viceroy, charged with handing India back to its people.

Screenings at 6.30 pm
unless stated otherwise

ACT

Wed. 26 April Capitol Cinemas
Manuka

NSW

Mon. 24 April Dendy Opera Quays
Wed. 26 April Event Cinemas
George St
Wed. 3 May 7pm Ritz Cinema

QLD

Tues. 2 May Palace Barracks
Cinema
Wed. 3 May Event Cinemas
Chermside
Wed. 3 May Event Cinemas Pacific
Fair
Wed. 3 May Event Cinemas
Indooroopilly
Wed. 3 May BCC Cinemas
Maroochydore
Wed. 3 May Event Cinemas Garden
City

SA

Mon. 1 May The Regal Theatre
Tues. 2 May Palace Nova
Wed. 3 May Piccadilly Cinemas

TAS

Mon. 1 May 6.15pm State Cinema

VIC

Tues. 2 May 6.15pm The Astor
Theatre
Tues. 2 May 8.30pm The Astor
Theatre
Mon. 8 May Hoyts Melbourne
Central

WA

Wed. 26 April & Wed. 10 May Event
Cinemas Innaloo