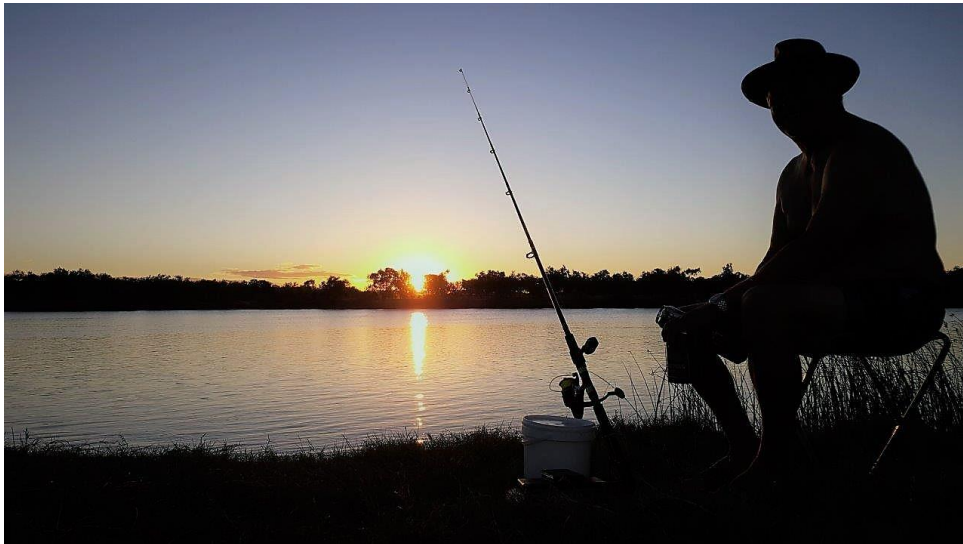




AUSTRALIA

U3AAA BULLETIN No. 23

AUGUST 2018



This issue: ■ *New chair spins around Australia's U3As and fishing spots*

■ *Member reports:*

- 👤 *Victoria: members go to the wall*
- 👤 *SA: different party, same merry-go-round*
- 👤 *Queensland learns about discrimination*
- 👤 *NSW: cheesy debaters and puppet makers*
- 👤 *WA dusting off welcome mat*
- 👤 *Tasmania: Order A Meringue or two*
- 👤 *U3A Online never-ending database update*

From the Editor

Please read the contribution from U3A Online (final page) as it has information relevant to all U3As about the database U3A Online generously maintain on our behalf.

Both U3As who limit themselves to academic subjects and those which also embrace social and physical activities may be interested to learn that a new Australian-led study has found aerobic exercise can improve memory function and maintain brain health as we age.

In an international collaboration, researchers from Australia's National Institute of Complementary Medicine at Western Sydney University and the Division of Psychology and Mental Health at the University of Manchester in the UK examined the effects of aerobic exercise on a region of the brain called the hippocampus, which is critical for memory and other brain functions.

Lead author, NICM postdoctoral research fellow, Joseph Firth said the study provides some of the most definitive evidence to date on the benefits of exercise for brain health. Interestingly, physical exercise is one of the very few 'proven' methods for maintaining brain size and functioning into older age.

Mmm, food for thought.

Claire Eglinton
U3A Lower North
South Australia



2018/2019 Diary Dates

12 October: U3A South Australia's AGM and quarterly meeting at Tea Tree Gully campus.

24 October: Deadline for next issue of Bulletin. Start collecting photos now. 😊

10-11 October: WA Network Conference, Mandurah.

10-12 April 2019: U3A Network NSW Conference hosted by Tamworth Regional U3A. Tamworth, population 62,500, is inland NSW's best-known location, thanks to the annual Country Music Festival. More details will follow with Registrations opening in November.



From the Chairman

The U3A Network in Western Australia took over the chair of the National Alliance as from April this year at the NSW state conference in Canberra.

Since then my wife Barbara and I have been enjoying a road trip around various parts of Australia from the Bungle Bungles and Horizontal Waterfalls of the Kimberly, the Katherine Gorges and hot springs of the Northern Territory, the lush Atherton Tableland and Undarra lava tubes (*pictured*) of Queensland to the fishing towns of SA's Eyre Peninsula.



U3A never being far from mind, we happened upon a U3A meeting in Darwin to learn about some of the treasures in the Territory library and local pioneering history. Also noticed the promo for U3A in Clare town hall - one of our favourite South Australian towns.

During the next few months, back in WA we will be preparing for the West Australian U3A State Conference in Mandurah. I do encourage as many of you as possible whether from various parts of WA or interstate to come along, learn, contribute and enjoy the conviviality and hospitality.

At a national level the Alliance is pursuing the registration of our U3A logo which is our trademark, and which needs to be protected from use by commercial groups and others seeking to exploit our good name. Currently the logo and acronym U3A is registered by the UK Third Age Trust under common law.

A suggested way forward is for each State Network to be authorized by the Third Age Trust to use the logo and name. Each state network would then be responsible for its appropriate use within their state by means of a simple licence. The implication for individual U3As is that they would need to apply to their state Network for a licence to use the logo. Also, State networks would need to take a closer interest in ensuring appropriate use of the logo under licence. A draft document by Ian Robertson (NSW Network) has been circulated to state networks for comment by individual U3A groups. I commend it to you and encourage prompt feedback.

Peter Alcock

Chair

U3A Alliance Australia



VICTORIA

Victoria would like to share some of the results from Network Victoria's 2018 marketing campaign which was highlighted in the U3AAA April 2018 Bulletin. The campaign was designed in conjunction with the seniors marketing specialists, Evergreen. The total cost of creating the advertising materials and running the campaign was around \$50,000 but, in our view, and that of our U3As it was a good investment of our funds.

A digital campaign, **U3A. Because your brain doesn't want to retire**, was rolled out in January 2018 for a period of three months. It was targeted at seniors 60-74 years with advertisements being shown through Facebook, the Victorian Seniors Card Program, Google AdWords and TV Networks.



We have made good use of the advertising images for brightening up our office and the one pictured here covers one whole wall and greets you as you enter.

The results are in and the measurable outcomes show that our aim to create greater community engagement and awareness of U3A was successful. The traffic to the U3A Network website has grown by 2.8 fold since January 2018 and the higher interest level is being sustained. The number of U3A Network Facebook followers has grown by 3.2 fold and is continuing to grow. Such growth is significant as there was virtually no growth in the three months leading up to the campaign. We have found that one of the most successful

advertising channels has been the Seniors Card e-newsletter which is circulated to over 230,000 subscribers. An advertisement in the April e-newsletter produced an impressive spike representing 2,500 visits to our website on the day the e-newsletter was sent to seniors. The TV networks have been very generous in showing our 30 second advertisement as part of their free community advertising announcements. Most showings have been in regional towns and to date the commercial value of the showings equals almost \$19,000.



Victoria now has 109 U3As and this photo was taken at the launch of our newest, U3A Myrtleford.

We were impressed to read of Queensland's success in their awareness campaign launched in 2016 – Connecting Seniors to Lifelong Learning. It is Victoria's aim to raise its annual membership percentage growth which is presently running at two per cent per annum. We will do this by continuing with our marketing efforts at the State level and by supporting U3As with their promotional activity at the local level. The State of Victoria is going to the polls in November and Network Victoria is seeking to gain some advantage by providing information and guidelines on ways U3As can effectively engage with their local state politicians. Time to get political and to secure those promises for more accommodation.

By Janice Kelly

U3A Network Victoria

Live Learn Enjoy



SOUTH AUSTRALIA

As predicted last issue, U3A South Australia has been revisiting many of the funding frustrations it endured prior to 2014. In that year they finally mastered the political maze to receive a significant grant over 4 years. Now they are discovering they will have to start from square one educating a new group of politicians. The Department of Health and Wellbeing thinks U3A does excellent work keeping seniors healthy and happy and living in their own homes for longer (which must be quite a saving to the health budget) but insist funding must come from the Dept of Industry and Skills whose only priority is returning people to the workforce (not our forte) and seem to think anyone past retirement age should buy a rocking chair and picture window. We find this a Catch 22 of frustrating proportions and a reminder to keep politicians of all persuasions aware of U3A's community value and of the need to diversify our funding sources.

Elections of a different sort are coming up in October. U3As need to give consideration to who they will be nominating for office at our AGM. Under the new constitution they can nominate two. President Kerrie Smith is definitely retiring after serving as both president and grant officer. Our long-serving Treasurer Peter Adams would also welcome a replacement. In addition to the formal positions, we really need to find people willing to undertake publicity and finding commercial sponsorships. Despite the recent constitution changes we still have quite a small pool of people to run State business and all U3As need to choose their most capable members to be official delegates and for those delegates to understand they are expected to play an active part in the organisation.

U3A Campbelltown found an innovative way to take part in their district's 150th birthday celebrations. They supported the month-long Campbelltown Arts Festival by using their Facebook site to post daily images and



videos which show their involvement in the arts through lead lighting (right), painting, calligraphy, music, play reading and photography (cityscape left). It was a canny

way of showing what a truly diverse, active and multi-skilled group they are. Good marketing too. Community response was enormous with as many as 350 visits to the page on a single day.



U3A Mt Gambier ventured over the border for their latest field trip, basing themselves in Daylesford and Bendigo with stops at Hepburn Springs and Castlemaine. They found plenty of gardens, galleries, antique markets and walking tours with much of historical interest. Highlights included the Great Stupa of Universal Compassion, Chinese Joss House, Golden Dragon Museum, Dai Gum precinct, Bendigo Pottery and sharing lunch with U3A Bendigo.



All aboard the talking trams for both the Dja Dja Warrung and historic Bendigo experience.

The SA Office for the Ageing, is continuing to raise awareness of elder abuse. The fourth annual *Stop Elder Abuse* public awareness campaign ran from June 15 – World Elder Abuse Awareness Day, into August. The message was ‘Elder abuse can be stopped if you speak up’ and asks people to call the Elder Abuse Prevention Phone Line Support and Referral Service **1800 372 310** for free confidential advice and support from a trained staff member if they have concerns about themselves or others. Visit their web site for more information and downloadable materials: www.sahealth.sa.gov.au/stopelderabuse. Around one in 20 Australians is experiencing some form of abuse and, in SA, 50% of cases are financial, often coupled with emotional abuse.

Claire Eglinton
Secretary
U3A South Australia



QUEENSLAND

U3A Network Queensland's annual conference was hosted by U3A Redcliffe. It was a resounding success, attended by 28 of the 33 U3As in Queensland. Delegates came from the far north to the southern border as well as places west and in between.

At the U3A Network Queensland AGM held during the conference Julie Porteous stepped down from the presidency. Gail Bonser was elected president and Julie vice president.

Julie Porteous, Redlands, (left) and incoming president Gail Bonser, Twin Towns (right).

Iris Murray remains secretary and Maria Licence as treasurer. Unfortunately Maria was unable to attend the conference, having not long been out of hospital after an operation.

A hot topic for discussion among the presidents of the U3As present was anti-discrimination legislation and compliance obligations. The president of U3A Ipswich presented a paper which she had developed in conjunction with ADCQ staff, some of whom had held a workshop in Ipswich entitled *Age Friendly Communities – An Introduction to Anti-Discrimination Legislation*. The workshop touched on the many forms of discrimination that are covered by the legislation but concentrated on age-related discrimination.

As many of the U3A presidents were anxious to hear more about this subject and their legislative obligations, the Network committee is working with ADCQ to hold a series of workshops on the same topic across the State.

At the meeting of presidents during the conference we heard from one of our member associations about coping with an influx of members. An embarrassment of member numbers is something that we all thought that we'd like to have but we learned that there can be unintended consequences in terms of accommodation, overflowing classes and insufficient tutors. His U3A is working through a number of possible solutions such as longer hours of operations, involvement of outside clubs in developing activities that could be jointly offered and/or establishment of a sub-branch in another location within the district.

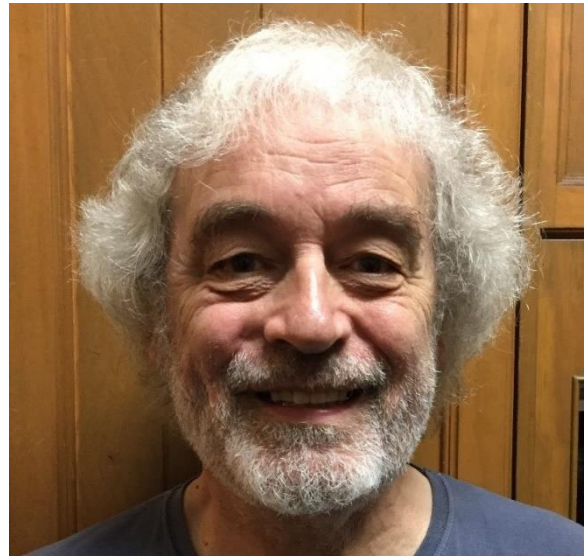
The conference was held in the U3A Redcliffe premises, which are owned by the local council and leased for a peppercorn rental. It became clear during the conference that Redcliffe and other U3As within the local council area have a wonderful relationship with their local government, one which works to their mutual benefit. We know that some other



U3As also enjoy excellent and mutually-beneficial relations with their local governments too but this is something that we will be working to encourage more broadly. Network Queensland has an MOU with LGAQ but this delivers overarching benefit rather than benefit at the local level. We would like to think that the relationship that Moreton Bay Regional Council has with its U3As could be used as leverage at all levels of local government administration.

Redcliffe is a very interesting place to visit. It was the place where the first European settlement occurred in Queensland. Topic for one conference speaker, Brian Randall, was the history of Redcliffe and the archeological dig that is currently being undertaken to establish the exact whereabouts of the short-lived original settlement.

A member of U3A Brisbane, Dr Martin Bridgestock (*pictured*) who is a retired academic from Griffith University, recently compiled a very interesting paper entitled *The Impact of Universities of the Third Age upon the Health and Welfare of their membership*. The conclusion is that activities promoted by Universities of the Third Age are strongly beneficial to the physical health and the cognitive health and well-being of their members. A copy of the paper can be downloaded from the U3A Network Queensland website.



The management committee of U3A Network Queensland will be interested to see feedback from other states in relation to the draft agreement for use of the U3A trademark. We will be discussing the issue at our next committee meeting which is in August. Compliance by the users of the trademark will be a difficult issue for the respective Network to manage. Cost will also be an issue on the minds of committee members.

U3A Brisbane recently held its annual Winter School. This is their premier event. This year their principal keynote speaker was Dr Daniel Blackmore from the Queensland Brain Institute where there is ground-breaking research occurring into Alzheimer's.

As an adjunct to Dr Blackmore's presentation John Quinn, who has been living successfully with Early Onset Dementia since he was diagnosed in 2010, spoke of his personal experience of his journey. He was joined by his carer Glenys Petrie, who gave an insight into the disease from the point of view of a carer.

Gail Bonser
President
U3A Network Qld Inc

NEW SOUTH WALES

The **NSW Network Committee** been extremely busy working on important matters such as upgrading our websites so they are more secure against cyber-attack, updating our guide for managing U3As (*The Blue Book*), preparing the 2018-20 Strategic Plan, re-negotiating insurance and copyright licencing, website training and other regional events.

Representatives from more than 35 U3As attended the **U3A Annual Conference in Canberra** in April, including three delegates from Western Australia and one from Tasmania who travelled at their own expense to attend.

The keynote speaker was Professor Tom Griffiths (ANU), a notable historian whose presentation covered more recent perspectives from historians and novelists on the true history of the relationships between Indigenous Australians and post-1787 Australians, based on his book *The Art of Time Travel* (Black Books, 2016). Dr Caroline Fisher (University of Canberra) spoke about competition between conventional mass media and the rise of digital communication methods, as demonstrated by changes observed in news consumption trends. The ABC remains the most trusted source of news.



The associated workshops on governance issues and the AGM were also well attended.

Armidale U3A member Des Latham has been honoured in the Queen's Birthday Australian Honours List, with a Medal of the Order of Australia (OAM), the award for grassroots community service. Des has been involved with Armidale U3A since its establishment in 1992. In that time he has been on the Management Committee every year as either President or Vice-President. As well as his service on the committee, Des also helped set up computer classes in 2000 and has been an instructor in those classes ever since. Des has also conducted dance classes for the U3AA and participates in regular classes each week in the wider community as both teacher and partner. He has also been active in other local community activities for many, many years.

Distinguished and passionate educator and former Moderator of the Uniting Church of Australia, **Freda Whitlam AM** died recently at the age of 97. After her retirement, Freda became involved with the U3A movement, including the establishment of the Nepean-Blue Mountains U3A in 1989, and the NSW U3A Council (now Network) Steering Committee: she became the first President of the Council in 1991. Freda was proficient in French, German, Latin and Esperanto, and taught Latin classes at U3A for many years, well into her 90s.



Significant anniversaries continue to be observed in 2018: Nambucca Valley U3A, 20 years ; Kempsey-Macleay Valley U3A, 15 years; Goulburn-Mulwaree U3A, 10 years; Tamworth Regional U3A, 10 years (although this is Tamworth's second incarnation).

At the grassroots the quest for learning and doing new things suggests there are few limits, as the following items illustrate.

For Seniors Week, the Grafton Regional Library organised "*The Great Debate – Millennials v. Centennials*", between Grafton U3A and students of the Clarence Valley Anglican School. The topic was *Was Life Better 50 Years Ago?* Aaron Dewhurst, the Principal of the Clarence Valley Anglican School, adjudicated the debate. In an extremely close contest, the U3A team emerged triumphant after arguing that life now is indeed better than 50 years ago.

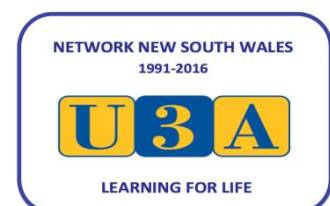


Almost 10 years ago some members of Forster-Tuncurry U3A (on the mid-north coast) formed a group interested in making their own puppets and performing for pre-schoolers. One of those members, Jan Paton, had previous experience with amateur puppet making, and she led the group to design and make several large puppets which were held in front of the puppeteer, as well as some marionettes which were operated with strings.

Over the past 10 years the puppet group has performed for children in most of the preschools in the Forster/Tuncurry area, as well as at the Great Lakes Library, where there has been an annual Christmas show. More recently the group decided that some new puppets were needed, and some have been made in the style of Muppets, where the puppets can be made to "talk" by moving their mouths. The group now has a portable puppet theatre, with background curtains, which allows the hand puppets to be used in a Punch and Judy style format (without the violence). Members write some of the skits and plays themselves, with some help also from a member of the U3A Writers group.

Hilltops U3A (a very new and small U3A located at Young) recently embarked on a cheese making course. Over two afternoons they made ricotta and feta from goat's milk. Monica Kelly reports "One cheese wasn't very successful but we all enjoyed the course, and we plan to run it again later in the year".

Ainslie Lamb,
U3A Network NSW Inc.



WESTERN AUSTRALIA

All systems are in place for the State Conference in Mandurah in October. This promises to be a particularly lively affair with an excellent line up of panellists and speakers. Highlights include Alex Coles the Director of the WA Museum and our State resident heritage expert Richard Offen who has made a real name for himself since settling in Perth some years back. Another is former chief scientist, Lyn Beazley, always an impassioned speaker on scientific matters.

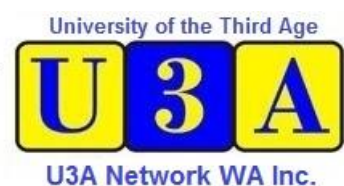


An artist's impression of the new Perth Museum. Costing over \$400 million, it is due to open in 2020. An eye-catching example of the incorporation of heritage buildings with the new.

U3A(UWA) ran its annual seminar in Perth on 25 July. Entitled "Australia's Place in Changing Power Relations", with keynote speaker Professor Gordon Flake, the CEO of the Perth US Asia Centre. In August Naturaliste U3A held a regional meeting in Busselton. It was aimed at all local groups but visitors from further afield were promised a warm welcome.

Our network president and also U3AAA Chair, Peter Alcock has been touring the country with his wife, Barbara. Peter has been demonstrating that you don't have to be in one place to keep on top of what is happening. Nevertheless we all hope he can now stay still for a while.

Peter Flanigan
WA Network





U3A Network WA

Get Smashed on Learning

WA STATE CONFERENCE

HOSTED BY U3A MANDURAH

17 & 18 October 2018

Peel Thunder Football Club, 9.15 for 10 am start

Cost: \$65 (includes morning tea, buffet lunch, canapes & beverages)

SPECIAL GUEST:

Ian Robertson (President U3A Network NSW)

SPEAKERS INCLUDE:

Professor Lyn Beazley (Scientist) David Smeeton (History of Mandurah)

Alec Coles (WA Museum) Richard Offen (Heritage)

Glenn Mitchell (Sport) Ainslie Lamb (U3A NSW)

EXPERT Q & A PANEL ON 'WA LIFESTYLE OF THE FUTURE'

David Hynes (Transport) Eric Lumsden (Town Planning)

Karl O'Callagan (Security) Rhys Williams (Mandurah Mayor)

EXCURSIONS TO ALCOA, WINERY, ESTUARY CRUISE AT COST

See website for details: u3amandurah.org.au

Tickets online through Ticketebo: ticketebo.com.au

(Enter U3A Conference then Scroll down to U3A Network WA Conference).

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Jean Duff --- jeanduff54@gmail.com

TASMANIA

At the request of Jean Walker, here is a little background on Hobart and Glenorchy U3As.

U3A Hobart was established in 1990, and it has encouraged and supported the formation of three other U3As in the city, U3A Clarence (1993), U3A Kingborough (1999), and U3A Glenorchy (2008). Hobart has an annual membership of 650 and these four U3As combined have about 1,000 members. Hobart operates four days a week, offering eight courses each day. These include languages, art and art appreciation, book discussion, play reading, writing workshop, Shakespeare study, courses on science, history and philosophy, circle dancing and Mah Jong. We are rather more 'academic' than the other groups, but all the courses that are offered appeal to members and are always popular. Each group enjoys an attractive venue. Hobart meet at the Philip Smith Centre, a heritage-listed building, the original Tasmanian Teachers' Training College. Kingborough have rooms at the Kingston Linc and Clarence at the Rosny Linc Complex. Glenorchy meet in a classroom block at Cosgrove High School.

In March 2018 U3A Glenorchy celebrated its 10th Anniversary. The main event was a thoroughly enjoyable talk by former ABC Radio host, Tim Cox, about his life on air. Hobart U3A was represented on this happy occasion by Vice-President Les Crompton.

U3A Hobart celebrates a somewhat different occasion. In the Queen's Birthday Honours two long-serving members received the OAM for their service to education – Joan Loudon, tutor of the Writing Workshop group since 1992, and Leone Scrivener, tutor of the Shakespeare class and committee member since 1992.

As an unwise woman once said, 'Let them eat cake'. Leone poses with her OAM cake made by a friend with a special talent for pavlovas.

Formerly teachers, both Joan and Leone have played an active part in the education process for over half a century.



*Leone Scrivener
U3A Hobart*

U3A ONLINE

In April, I was able to attend the NSW State Network conference in Canberra which was thoroughly enjoyable as well as educational. I was kindly given a spot on the program to promote U3A OL and also to speak to many delegates individually about our services. There is no doubt that our U3A state conferences are a great opportunity to learn and interact together. It also provided a good opportunity to explain about the **Find a U3A** Directory which we keep on our website.

We regularly hear comments that it is not up to date, so how it works is not clearly understood by individual U3As, through no fault of their own. The Directory is held by U3A OL as a courtesy because there is no other in Australia. But as you will appreciate, it is not our core business, although we are happy to hold it and update it, provided that individual U3As let us know what changes are required.

This is the part that people don't always understand - there are over 300 U3As in Australia and we couldn't possibly be aware of the changes that happen in them almost every year, and still run our core business of providing online courses, both nationally and internationally, unless people send us their changes. As with all U3As, we are entirely run by a small voluntary committee and for obvious reasons only three of us have access to the website as administrators able to make changes.

We all agreed at the NSW Conference that it needs an overhaul, so I have undertaken to make that happen if State Networks send me their updated contact lists and, in turn, they will do their best to get the message out there about the responsibility of each U3A to send us their updates as they happen. This task is now underway with SA, WA and Tasmania completed and Victoria's already in the process. It will be a fairly slow task as it can only be done by one of our committee members, in order to make it work smoothly and accurately, but it will hopefully happen before the end of the year. **Please pass this message on to your groups.**

Is your U3A an Organisational member of U3A Online? If so, keep an eye out for new courses which may be of use to your group. 'Shakespeare's Histories' will be coming online soon.

It will never be our role to be an alternative to local U3As. That is not our *raison d'être* and never will be, but if you have members who can no longer attend physically because of ill health or lack of transport, etc., it is worth letting them know they can continue their connection with U3A through our online courses.

Jean Walker
President

