



AUSTRALIA

U3AAA BULLETIN No. 24

NOVEMBER 2018



*Kempsey Macleay Valley U3A Meanderers pick a perfect spot for morning tea
Ron Clarke's property Yessabah*

This issue:

- *New chair holds 'at home' to remember*
- *Member reports:*
 - 🔊 *Victoria receives tick of approval*
 - 🔊 *SA studiously supping*
 - 🔊 *Queensland signs on the line*
 - 🔊 *WA puts on a good party*
 - 🔊 *NSW has a N.T. gain, N.I. loss*
 - 🔊 *U3A Online goes for short courses*

From the Editor

Keeping a low profile, International Day of the Elderly slipped slowly by on Wednesday 24 October. Did you miss it or celebrate it?

For those of you who are not on the UN mailing list, the 2018 UN theme aims to:

- Promote the rights enshrined in the Declaration and what it means in the daily lives of older persons
- Raise the visibility of older people as participating members of society committed to improving the enjoyment of human rights in many areas of life and not just those that affect them immediately
- Reflect on progress and challenges in ensuring full and equal enjoyment of human rights and fundamental freedoms by older persons
- Engage broad audiences across the world and mobilise people for human rights at all stages of life

I can see an excuse for a grant here. Please Mr [insert name of current Prime Minister] we need funding to celebrate International Day of the Elderly. The celebration will be a simultaneous, all-States banquet for U3A members with aged beef, matured cheeses, long-celled vintage wines and old single malt whiskies just to prove that many things improve with age and the elderly can be as dissipated as any X or Y generations. The finale of the day would be a Guinness Record Book attempt to establish the largest ever mass nana nap.



*Claire Eglinton
U3A Lower North
South Australia*



2018/2019 Diary Dates

26-30 November: U3A Online AGM held online of course.

27 March: Deadline for next issue of Bulletin. Start collecting photos now. ☺

10-12 April: U3A Network NSW Conference hosted by Tamworth Regional U3A.

Registrations open November. Email: u3aconference2019@gmail.com

15 April: U3A South Australia's management committee meeting at Tea Tree Gully campus.

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

From the Chairman

A very successful and well attended WA State Conference hosted by Mandurah U3A on October 17- 18 featured former U3A Alliance president Ainslie Lamb who kept delegates on their collective toes with a brain games session in that difficult after-lunch spot on day one. Other presenters covered topics as diverse as local history, a new and innovative WA museum, community science, transport infrastructure, security and drugs in sport: all around a theme of 'Getting Smashed on Learning'.

The WA network held its AGM during the Conference and among other things endorsed entering a licensing agreement with the UK Third Age trust to use and protect the U3A logo.

The protection of the U3A logo and acronym has become a national issue and the process of formalizing an agreement with the UK Third Age Trust, the original owner of the brand, is supported by a majority of U3A groups in WA. The intention is to protect the brand from commercial exploitation, not to discourage genuine new U3A groups from getting up and running.

I was pleased to welcome delegates to the Conference from Geraldton to Albany in WA as well as Eastern States colleagues: Queensland Network President Gail Bonser, NSW Network President Ian Robertson and Victorian Network Vice President Glen Wall. At a meeting of the National Alliance there was strong support for sharing resources nationally and getting a user-friendly online management system that is both flexible and affordable.

Peter Alcock

Chair

U3A Alliance Australia



As a foot note to the trip to Perth, Ainslie Lamb and Ron Browne returned to Sydney via the Indian-Pacific train, where they met with two members of Nepean-Blue Mountains U3A (Penrith, NSW), Paul and Barbara. Together they formed the winning trivia team 'U3A' on the train.

From left: Ron, Ainslie, Matt the entertainment manager, and Paul.



VICTORIA

U3A Network Victoria is very excited to share the news of our success in the 2018 Senior of the Year Awards.

Firstly, an individual award was presented to Margret (Marnie) Sloane, from Seymour and District U3A in Healthy and Active Living Award category. Marnie was nominated by her peers for her volunteering work for the Cancer Council of Victoria and as a deliverer of Meals on Wheels for many years.

Secondly, the U3A Network Vic. President, Susan Webster, was presented with the Age-Friendly Award at a Government House ceremony hosted by the Honourable Linda Dessau AC, Governor of Victoria. It was a wonderful experience to be part of the proceedings in the Great Hall of Government House and to hear of all the volunteering achievements of senior Victorians. Seniors, aged well into their 80s, received awards for their inspiring volunteer work, tirelessly performed over many years.

Someone who may have benefited from joining U3A looks down approvingly on Marnie Sloane (left) and Susan Webster.

U3A Network Vic. received an award in recognition of the organisation's commitment to the engagement of older people at all levels of the organisation and for the well-established presence of the U3A movement in Victoria. The application highlighted the establishment of the movement in Victoria in 1984 as a volunteer-based education and social movement for seniors and how the work of the movement and of the U3A Network Victoria, the peak representative body for all U3As in Victoria, embodies the principles of an age-friendly organisation and builds communities that are inclusive of older people.

The concept of age-friendliness is being developed within organisations and cities and is recognition that we all



have a contribution to make to our communities, irrespective of our age, and that the community is made stronger through positive interaction. In her address to the audience, the Governor, herself a senior, talked about the outstanding contribution that seniors made to the community and how today's seniors are redefining what it is to be an older person. U3A members are a great example. They are actively engaged in their own wellbeing through education, involvement and action in community issues such as climate change and the environment and being physically active.

Encouraging everyone to stay active, a group of enthusiastic members from the U3A Yarra City 'On Yer Bike' cycling group has developed a website that showcases Melbourne's extensive network of bike paths. The website currently describes some 39 rides around Melbourne and ten rides in regional Victoria. The group, led by Ross Armstrong has been cycling Melbourne's bike paths for the past five years and the website is a compilation of their rides over this time. It is envisaged that more rides and information will be added to the website as these become available. It has been designed for use on mobile phones, laptops and tablets.

The website was created by the volunteer efforts of several members of the group and was funded through state government grant administered through U3A Network Vic. It is a great example of seniors sharing their passion and skills with others. I encourage you to check out the website.



The address is <https://onyerbike-u3a.org.au>

*By Tracey Swadling
U3A Network Victoria*

Live Learn Enjoy



NETWORK Vic
UNIVERSITY OF THE THIRD AGE

SOUTH AUSTRALIA

Although a year away, U3A Adelaide Hills is well advanced in planning the next Rendezvous event. Organisers have promised it will be a veritable feast for all our senses and, not ones to shirk responsibility, members decided assessing winery venues was a priority.

Marjolijn Haraghey reports that winemaker Peter Leske treated this most appreciative audience to a fabulously educational and entertaining Wine Appreciation workshop at the Cobb's Hill Estate Winery (near Oakbank). This was followed by sampling platters, and more wine. *'Wonderful location! Perfect afternoon!'* [OK, sign me up.]



Adelaide Hills members selflessly taste-test Cobb's Hill Estate Winery

U3A South Australia's committee of management meetings include a forum for delegates to give an update on their own U3A. From smallest to largest U3As, the common challenge is filling committee positions. The AGM which followed showed it applies at State level too. This AGM was the first under our newly-adopted constitution which intentionally widened the eligibility to stand for office. Despite this and encouraging delegates to talent scout their own U3A, president Kerrie Smith reluctantly allowed herself to be renominated and the job of finding a suitable treasurer was left to the executive.

Finding candidates at AGMs is always a fraught business and a good knowledge of your members allows you to give suitable candidates a tap on the shoulder. A personal approach can make all the difference.

Despondency turned to elation when a week later the perfect person, former accountant Katarina Spudic (*right*), was located hiding in plain sight in Kerrie's Mah-jong group.



Other points of interest from October's meeting were that a couple of U3As are now happily using free versions of Mailchimp to distribute their newsletters to circumvent recent limitations on group emails, and a warning of the need to keep a register of passwords, security questions, etc. for all gmail accounts. It may be impossible to recover control of that email address from a deceased estate. U3A Prospect is flourishing with 136 members at end of first year. Economy drive means just two meetings (minimum required by constitution) confirmed for next year. An additional one may be held if some funding discovered.

SA's seniors festival ZestFest (formerly the equally mis-named Every Generation) has come and gone 10 to 26 October with disappointingly little U3A involvement with the possible exception of U3As Campbelltown and Mt Gambier. Note to us: must do better in 2019.

U3A Lower North had a double-header on Friday 2 November with their AGM in Clare in the afternoon followed by the opening of their annual Art Exhibition in Auburn, at the other end of the Clare Valley, that evening. The afternoon's guest speaker was genetics expert Professor David Smyth. As SA is about to re-examine its ban on genetic modification the subject matter proved very timely. Softening attitudes since the original ban made some of us question whether we had lost touch with our youthful rage.

Ironically that evening when opening the art exhibition Mayor Allan Aughey challenged us to maintain our rage riffing on Dylan Thomas's plea that old age should burn and rave at close of day and rage against the dying of the light. While we did do some raving about the art and imbibe a good deal of local wine, the night's celebrations were a very well-behaved rage compared to the poet's drunken revels . . . but I did leave early.

From left: U3A artist Meredith Mayr, gallery owner Hellen Bakhoff, and Mayor Allan Aughey ready to rage in style wearing his Banksy threads.



Claire Eglinton
Secretary
U3A South Australia



QUEENSLAND

U3A Network Queensland has renewed its Memorandum of Understanding with Council of the Ageing Queensland (COTAQ) for a further two years. The MoU is an expression of the shared objectives of Network and COTAQ and our willingness to work together to attain them. The COTAQ chairman and board members attended the signing. They were extremely enthusiastic about the importance of the MoU.

The original MoU was signed in November 2016. Since then COTAQ have provided speakers, piloted programs, offered advice on the development of proposals and have been generally supportive of U3A. The CEO of COTAQ is very proud of the fact that his organisation supported the establishment of U3A in Queensland.

In recent discussions with COTAQ we were assured that the organisation is searching for partners to assist with research designed to establish the value of U3A in economic terms as well as in cognitive and physical health and well-being.

The signing of the MoU by David Howells, chairman of the COTAQ Board and Gail Bonser, president of U3A Network Queensland.

Network Queensland also renewed its MoU with the Local Government Association Queensland. For the LGAQ the signing marked their commitment to lifelong learning for members of their communities.

In an article in the LGAQ publication *Council Leader*, I outlined some of the common

objectives of U3A and local governments. A benefit of the MoU is the opportunity to attend the annual LGAQ conference. The conference will provide an opportunity to make new contacts in local governments and chat to them about U3A and the mutual objectives of our respective organisations.

Rhonda Weston, President of U3A Toowoomba has advised that their application to join the International Association of Universities of the Third Age (IUTA/AUITA) was accepted by the governing board meeting and the general assembly held in Barcelona earlier this year.

Rhonda's international involvement took her to Yantai for the World Senior Tourism Congress (WSTC) in May, where she was a guest speaker. Rhonda has said that "words cannot express the enormous pride I felt when Australia was acknowledged as one of the six continents represented at the World Senior Tourism Congress in Yantai. To stand on the stage with the Australian flag and with 26 other country representatives each waving their country's flag was a very special and emotional moment."



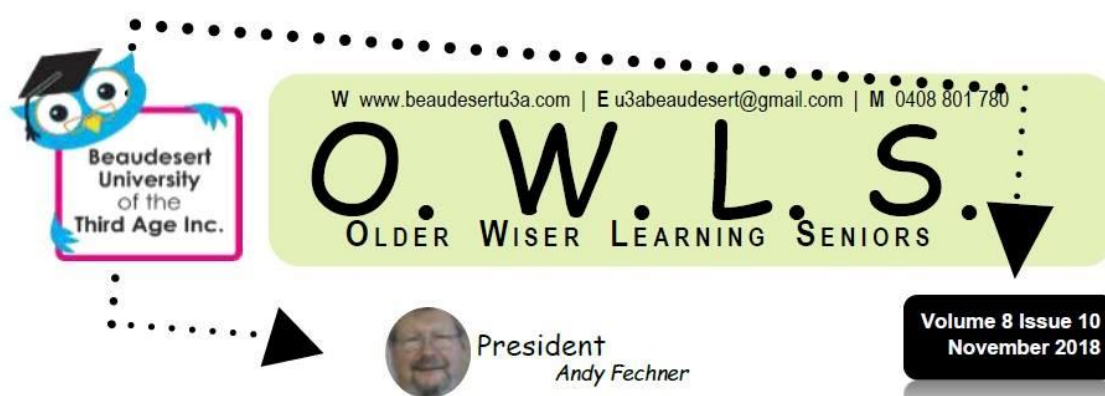
On 10 September Rhonda gave a presentation on Toowoomba's international membership and the Congress in Yantai. Her presentation was attended by many representatives from Toowoomba and neighbouring U3As, as well as members of the Network committee. Rhonda spoke of the advantages of being involved in the global context and the opportunities it offers, the exponential growth of U3A in China and the increasing interest in seniors' tourism. The WSTC is an international event, the aim of which is to gather companies and organisations from the entire world involved in senior welfare and tourism. U3A Toowoomba is now part of a volunteer ambassador program at Wellness Camp airport. The U3A volunteers are thoroughly enjoying their new jobs.

Photographic proof that it can get cold in Queensland.

Pictured are some very chilled walkers from U3A Granite Belt. They set out on a walk in 2C weather. With the wind chill factored in the temperature was more like -1C. At last report they had just started to thaw out!



The U3A Beaudesert newsletter must be one of the most unusually titled:



Andy Fechner (former editor of *Network News*) is renowned for taking a lateral view. When we printed promotional bumper stickers, Andy got rid of a bundle of them around Beaudesert by encouraged businesses to stick them on their windows, which they did.

*Gail Bonser
President
U3A Network Qld Inc.*

WESTERN AUSTRALIA

Mandurah U3A turned on a superb two-day conference for almost 100 delegates and other members on 17 and 18 October. Everything, from the conference venue to the boat cruise on the second afternoon, was very well organised, even the weather! (Apart from a shower as we scrambled aboard the boat.) Held in the spacious rooms of Peel Thunder football club there was adequate space for all activities and the catering was top class.

After a welcome by Peter Alcock, WA Network and Alliance president, and the official opening by local MLA, David Templeman, the main program began with local U3A member, David Smeeton's fascinating presentation on Mandurah and the Peel District whose history goes back to the very early days of the Swan River Colony. This was followed by Professor Lyn Beazley, former WA chief scientist, who covered a range of topics from research into the local dolphin population (over 100 live in the Peel estuary), migratory birds (again the Mandurah area is a hotspot for these), smarter agriculture, Coderdojo (look it up) and one of her favourite projects, microscopes in primary schools.



Racking their brains – the afternoon session on day one began with Brain Games

Following an excellent buffet lunch, Ainslie Lamb (NSW) staved off all signs of postprandial drowsiness with her session on keeping our minds active using non-competitive puzzles, memory tests and the like. This was followed by WA Museum director, Alex Coles, who opened all our minds to what a modern museum is all about – not just collections on display but education and research. With the new WA Museum now well under construction, he promised exciting times ahead for all West Australians and visitors to the state.

The final session on day one was a Q and A – *Australian Lifestyles of the Future* – with some high-powered panellists moderated by local member Sheila Twine. We heard from Eric Lumsden (former chair WA Planning Commission), David Hynes (Public Transport Authority),

Karl O'Callaghan (retired Police Commissioner) and Rhys Williams (Mandurah mayor). This was a lively session with many questions from the floor.

The day concluded with a canapés and drinks hour giving everyone a further chance to socialise and meet people from groups other than their own.

Thursday morning commenced with Ian Robertson, president NSW Network, promoting the idea of protecting the U3A brand under an agreement with the UK Third Age Trust. This was followed by two very interesting speakers – Richard Offen on WA heritage with particular reference to the 50,000 years of Aboriginal settlement, and Glenn Mitchell, former ABC sports broadcaster. Glenn spoke on drugs in sport, a very pertinent topic. He has an encyclopaedic memory and regaled us with a litany of events drawn from Olympic Games and other events, including cycling, starting in 1904 in St Louis, USA. Part of the problem in the Olympics movement he sheeted home to the governing body where lifetime appointments are the general rule.



Mandurah president Christine Norman (right) taking a well-earned break with some new friends on the afternoon estuary cruise.

The conference was drawn to a close, however a sizeable group then repaired to the Mandurah Pier for an extremely pleasant lunch cruise on the local, very extensive, waterways. A great conclusion.

Peter Flanigan
WA Network



NEW SOUTH WALES

The Network has arranged a new member benefit with EnhanceTV, an educational video platform, for those U3As which hold a Screenrights Copyright Licence through the Network. EnhanceTV is a video streaming service especially designed for educational use that allows U3As to access over 14,000 documentaries, 30,000 TV shows and thousands of movies for use in classes and courses, all for \$4 per month per subscription, including news, entertainment and documentaries. This service will add to the resources available for classes, especially useful for those in more remote rural and regional areas.

A delegation from Silpakorn University, Bangkok, Thailand, visited us in Sydney in August. Dr Jittra Makapol and Dr Panpat Plungsricharoensuk have been providing network support and research to establish U3A in several regional centres outside Bangkok. For older people, the classes and programs are on health, income generation and socialisation in older age. There is no welfare system in Thailand. The curriculum offered in these programs is seen as a middle way between what the University can provide and local input. The network was established in April 2018 and already has 3,300 members and growing.

From left, Back row: Cameron Richards, Dr Jittra, Dr Panpat; Front row: Network committee members Rowena Simone, Beverley Peken and Margaret Stratton.



In September, Alice Springs U3A became an associate member of the NSW U3A Network. Unfortunately Norfolk Island U3A, also an associate member, has been forced to close due to 'the tyranny of distance,' which has inhibited its development. Over the years, many U3A members from Australia have visited Norfolk Island and enjoyed the local members' hospitality, and we are sure to stay in touch.

Ainslie Lamb and Ron Browne, past presidents of the Network and chairs of U3AAA, attended the U3A WA Network annual conference in October, and enjoyed local hospitality. Ainslie presented a session to the conference on the brain games project which was published by the Network in 2016. The program aims to support brain health through a diversity of activities to exercise different parts of the brain, in a friendly classroom setting. Network president Ian Robertson also addressed the conference on day 2, en route from returning from his recent sojourn in the United Kingdom. We congratulate U3A Mandurah which hosted the conference on its excellent program and organisation – interesting and relevant speakers, excellent venue and catering, and friendly convivial atmosphere. No conference dinner as such, but a happy lunch cruise on the Mandurah Estuary which was enjoyed by everyone who attended, despite the rainy weather. Well done, Mandurah U3A.

At the grassroots, milestone celebrations continue: Myall Lakes U3A is celebrating its 25 year anniversary, Sapphire Coast celebrated 21 years in July, and Tuggerah Lakes, Central Coast and Kiama U3As are celebrating 20 year anniversaries. More to come next year.

Liverpool U3A has started classes in learning Auslan, the [sign language](#) of the [Australian Deaf community](#). Rose Nancollas reports: "The Auslan class has been very popular as we had a few deaf members and some other people with hearing problems. We have also gained some new members because of this class starting."

Lake Macquarie U3A members enjoyed a tour of Newcastle city's past. Guide Suzanne Martin took them from Customs House to see all the landmarks, grand and humble, passing terrace homes (some previously used by 'professionals' as business quarters), bond stores, back lanes with 'dinkum dunnies', Nobbys and Fort Scratchley; early schools, the Cathedral, impressive private residences, and The Boltons (a set of four free-standing terraces, commissioned by the Harbour Master's wife for her four daughters). They wound back into the city through back lanes and stairways and miraculously found themselves in The Lucky Hotel beer garden for lunch. How lucky can you get?



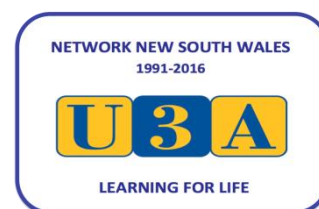
In August, renowned Australian artist Ron Robertson-Swann OAM and his partner and fellow artist Ayako Saito, visited the Pt Macquarie Hastings U3A Art and Culture class, at the invitation of class member Dr Jenny Hutchison. Both artists spoke about their work, in



particular about their sculptures and works designed for public spaces, including Sydney's annual Sculpture by the Sea exhibition. It provided an excellent introduction to the artists' processes of moving from initial ideas to the realisation of complex and often challenging works of art.

U3A Dubbo has a class entitled *Endangered Species* that goes out to the Western Plains Zoo twice a term. Around 60 people attend the class which is in the form of a lecture by a zoo employee and meeting different animals. In Term 2, the group met the elephant family of 9 animals, 4 males and 5 females including the most recent, a female calf born in early July. The U3A donates \$500 per year to the Save the Tasmanian Devil conservation appeal, and receives the zoo bulletin each quarter which keeps members up to date with zoo events.

Ainslie Lamb,
U3A Network NSW Inc.



U3A ONLINE

During the week of 15-20 October U3A Online has been taking part in the Get Online Week sponsored by Be Connected which is a company tasked by the Federal Government with improving the IT literacy of older Australians. It offers grants and support to groups so if your U3A has not already partnered with them and runs computer classes, you may be eligible for assistance.

Their website is <https://beconnected.esafety.gov.au/> which is worth a look as they also offer free online courses.

U3A Online is starting a new initiative with the inclusion of short courses. We have our first one ready to enrol in. It is a novel and film study of Picnic at Hanging Rock which may be useful to U3As, as well as individuals, as it could be expanded to a term by reading the book and viewing the film, both of which, since the new TV series, are easy to purchase. We also have a couple of new courses in the wings, Domestic History and Shakespeare's Histories, so keep a look out for those shortly.

We hold our AGM online in the last week of November (26 to 30) and U3As which are organisational members can access this via our website.

And if you haven't already seen it, we now have a Facebook page which you can find by searching for U3A Online in the Facebook search box.

Jean Walker
President

