

# Media Release

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## **U3A Adelaide Volunteers Use Teaching and Learning Opportunities to Stay Active and Connected in Retirement.**

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Volunteers are the backbone of most community organisations and since joining her local U3A Pauline McCreery has contributed tirelessly to the work of U3A Adelaide.

Pauline retired from full-time teaching at St Joseph's High School Fullarton in 2009 but didn't want to retire from life. "I knew I would continue to need structure and involvement and maintain my need to learn and develop new horizons. My local U3A offered a wonderful opportunity to do this and stay connected socially" she said.

Pauline contacted U3A Adelaide and met with committee members where she offered to tutor and conduct workshops on a number of computer software packages. These include the Microsoft website content editor Front Page, and GIMP a free, open-source image manipulation package similar to Photoshop. Her courses are now well attended and allow her to continue her love of teaching.

In addition to teaching others, Pauline has taken a number of U3A courses herself including French and art history and has benefited from the knowledge and experience of others involved with the organisation.

Pauline says she is astounded by the talent and expertise within U3A and impressed by the number of people prepared to share their skills with others. She said "some people come from an academic background and others simply have a wealth of knowledge in their area of expertise. In the true tradition of U3A, it's a fun learning environment and our tutors are members and our members are teachers."

Pauline went on to become President of U3A Adelaide from 2011-13 and currently serves as webmaster and sits on both the General and Program Committees. She has recently become involved with U3A South Australia as their webmaster and sits on the committee.

Current U3A South Australia President Erica Majba said "my thanks to Pauline for sharing her personal story to show others the importance of volunteering for their local U3A and for her commitment to U3A South Australia enabling this body to support the 17 U3A member organisations around our State".

Pauline graduated from the Underdale College of Adult Education with a Bachelor degree in Education in 1984 and went on to teach at St Joseph's School which provided refuge for young unmarried mothers with children up to the age of three years.

U3As are not-for-profit organisations providing courses which may last for an hour or a year. For a small annual fee members may enrol for as many courses as they wish, however, an additional fee may apply for some courses.

People wanting to learn more about U3A should go to [u3asouthaustralia.org.au](http://u3asouthaustralia.org.au) or visit the U3A South Australia stand at the Retirement Lifestyle and Travel Expo at the Adelaide Showground from 29-31 May, 2015.

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