



AUSTRALIA

U3AAA BULLETIN No. 18

NOVEMBER 2016



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From the Editor

Thanks to everyone who has contributed to this edition and special thanks to those who didn't object to me taking my editor's old blue pencil to their stories to make them fit. Online readers are quick to reject lengthy publications and we want as many U3A members as possible to read the Bulletin. That means we need short articles and good photos.

Photographs are a challenge and we ask every U3A to take responsibility for furnishing their State representative with colourful, quirky or interesting photos of publishable standard.

Couldn't stop Allan Haggerty from waxing lyrical about his high Cs adventure. He obviously had a wow of an anniversary as there was no cash for comment incentive. Early birds will find a freebie on the final page. (Limited tickets so act fast.)

Elsie Mutton sends us a warning of an email scam which nearly caught out a Victorian U3A. The Treasurer received an email from a committee member asking for a transfer of funds to their bank account urgently, giving the details. Fortunately this did not sound right and the treasurer rang the person requesting the transfer. Needless to say, they knew nothing about it. A number of their U3As had the same request.

Over the holiday season I hope you enjoy your break from U3A duties and come back refreshed and revitalized for 2017. May your Christmas be everything you wish it to be, followed by an absolutely bonzer New Year for you and your U3A.



Happy reading
Claire Eglinton
Clare Valley, SA
(we make the wine
to make your
Xmas Merry)



Left: My January siesta
buddy, Eddie, a.k.a.
Edmund Hillary Eglinton,
is eager to get
Christmas over and
done with

2017 Diary Dates

22 March: Deadline for next issue of Bulletin. Please submit any items you think worthy of inclusion, to eclair5453@gmail.com at any time. I need to create a stockpile.

9-11 May: SA Riverland Rendezvous. Regional gathering and quarterly State meeting.

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". Please visit the website: www.u3aqlconference.org.au for more information.

28-30 June: NSW conference hosted by Sydney U3A at Sydney Town Hall and Castlereagh Boutique Hotel. Theme: The Third Age: Creative and Healthy Living.

4-5 September: U3A Victorian bi-annual conference.

From the Chairman

Along with several other Australians, I attended the IAUTA (International Association of Universities of the Third Age) Conference in Osaka, Japan in early October. I provide a report on my impressions of the Conference later in this Bulletin.



Not having spent any time previously in Japan, I was mightily impressed by what I observed of that country in 13 days in Tokyo, Nagoya, Osaka and Kyoto. People are courteous and very helpful when asked for directions. The streets are impeccably clean (although I did see one cigarette butt thrown carelessly on the pavement). Rail and road infrastructure is mind-boggling both in extent and efficiency. In the midst of apparently unending density of suburbia there are very large parklands and temple sites which offer serenity and recreation. Small laneways between bleak buildings are enlivened with pot plants. Many people use bicycles as transport in the cities, these might be parked (neatly) for hours or even days without locks and will not be stolen or damaged. English speakers are often bemused by the strange English usage of slogans or other words which often appear on T-shirts in Japan, but I do commend one which I observed, which might be readily adopted as a U3A byline: Let curiosity be your guide.

But to return to our own national alliance. Thank you for your responses to the recent survey on the purpose and organization of the Alliance. The responses indicate a clear intention of continuing and improving the working relationships between State networks, and prospects for the future. I have circulated a summary of the principal comments and suggestions, and welcome further feedback so that we can produce a more effective Memorandum of Understanding and approach to national U3A issues.

The process of review is ongoing.

Finally, the U3A movement is currently celebrated by about 300 groups and 100,000 individual members across the country. Many of those U3As are small (but enthusiastic) and located in remote areas, and in recent months many of those areas have been subject to devastating floods and storms. I sincerely hope that all our members and their communities are safe.

This is probably the last Bulletin for the year, so I wish you all a relaxed and happy Christmas and best wishes for 2017.

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



IAUTA – APA CONFERENCE

Osaka Japan 11-12 October 2016

The 2016 International Conference of the International Association of Universities of the Third Age (IAUTA) and the Asia-Pacific Alliance (APA) was hosted by Osaka U3A. It was attended by representatives of 21 countries, mostly from Europe (France the largest) and Asia (India and Japan largest). Australia had 9 attendees. U3A Australia was not represented as such, although Rhonda Weston (U3A Queensland past president and current chair of APA) was co-chair with Professor François Vellas (IAUTA president), and Elsie Mutton (president, U3A Victoria) and Di Delchau (U3A Online) both made presentations.

This report is my personal observations and reflections, and does not represent the views of U3AAA or any of the other participants. The general theme of the conference was *Recognition of the Older Society* (my interpretation) with the twin themes of *Active and Healthy Ageing* and *Intergenerational Co-operation*.

The format of the conference was somewhat daunting, consisting of four 10 minute opening addresses, seventeen 20 minute presentations from individual country representatives, two 30 minute panel sessions, three closing addresses (all inclusive of interpreters), and two robot aged-support demonstrations. While it was interesting to hear from such a wide range of speakers, the format rarely allowed for much more than motherhood statements about healthy active ageing, and the intergenerational theme seemed mainly to invoke concerns about the failings of the youngest generation.

Some of the presentations described how U3A operates especially in those countries which follow the French model of U3A, which locates programs for the provision of lifelong learning for older people within the academic structure of participating universities. The universities provide the administration and curriculum without cost, although they present these programs as U3A. This model compares starkly with the 'British' model which is followed by the UK, Australia and Singapore, and which is essentially a grassroots self-administered and self-funded sharing of knowledge and skills.

The academic model has its advantages in that the participating universities are also involved in research which aims to support concepts of healthy and active ageing, and in this they have access to EU research funding. One particularly interesting presentation was from Dr Hans Kristjan Gudmundsson, chairman of U3A Reykjavik, Iceland. A consortium of universities involved in U3A has been investigating how people nearing retirement (identified as Baby Boomers, aged 50-70) can best plan and implement preparations for an active latter part of life. This is the BALL Project (Be Active through Lifelong Learning). The research findings are presented as guidelines and recommendations to any organisation (public or private) which have an interest in this demographic. The package is presented in

three stages, *Awareness Raising*, *Personal Development Academy*, and *The Warehouse of Opportunities for the Third Age*. It can be accessed (in English) at www.ball-project.eu. The package may provide some insight into encouraging new, younger, members to join U3A.

The presentation from China (from a lively 82 year old representative) suggested a third model of U3A: described as an “active and healthy ageing strategic ideology of sinicizing (sic) as the foundation of China’s ageing policy and the elderly education theory” – that is, a State-run policy-based program to support positive ageing and lifelong learning opportunities. China has 60,000 U3As and 7.8 million participants, based on this model.

An interesting Singaporean demonstration was Qi Gong (pron. *chee kung*) a Chinese health care system that integrates physical postures, breathing techniques and meditation, similarly to tai chi. A simple exercise involving holding the arms straight ahead, then swinging them back and down five times, and on the fifth time bending the knees, and repeating this sequence 4 or 5 times, was said to improve circulation. This may encourage a new form of U3A physical exercise activity, perhaps as part of an existing program.

Pam Jones, Chair of the UK Third Age Trust, reported on developments in Britain. The 1000th U3A has just been established, and there are 380,000 members across the UK. The most popular courses are walking groups, and music appreciation, although there is a wide range of academic, social and personal interest groups. The current promotional brochure features an older person abseiling - no lesser person than Pam herself!

The newest member of IUATA is Senegal. The colourfully dressed representative described the equally colourful logo which has been adopted by Senegal U3A: a central design of a ‘brain tree’ noting that even when the old tree is cut down (ages) it retains life; sunbeams and a yellow sun to represent a new day (the third age). The motto is “*On vieillit quand on cesse d’apprendre*” – *we grow old when we stop learning*.

There were two demonstrations of how robotics can assist in the care and mental stimulation of older people. The first was a drone which could assist with shopping and similar tasks. The second, called Pepper, was not so much in the Third Age, but adjunct equipment to free up carers in nursing homes. Pepper conducts brain games training to encourage dementia patients to recognise (recall?) colours, numbers, shapes and symbols; reading aloud; and other exercises for stimulating short-term memory. Pepper also responds to face recognition making the training personal to the patient. A Pepper model entertained us with flashing eyes, body movements and a high-pitched voice (I hesitate to say one of the more expressive presentations of the conference).

Ainslie Lamb



NEW SOUTH WALES

The Network is midway through its current Three Year Plan. Most of the objectives aimed at supporting new and smaller and remote U3As with material support for promotion of U3A have been achieved.

The objective to establish 10-12 new U3As is on track: three were set up in 2014-15, and another three are currently in the early 'steering committee' stages. On that topic, all hail to community librarians who have been very helpful in publicising and hosting information sessions held to gauge support for a new U3A in their towns. The Network supports new U3As with a Start-Up Kit, promotional materials, general advice as needed, and a small grant to meet initial expenses such as incorporation fees. Members from nearby (ie up to 150 kms away!) U3As have also been helpful in providing advice and mentoring new U3As.

Another initiative which is currently under investigation is the potential to arrange webinars to enable U3A administrators to access workshops, and classes to access guest speakers.

As mentioned in the last Bulletin, the Network has launched The Brain Games Project, a guide for co-ordinators and class leaders of 'Brain Games' classes.

This is a resource to support regular U3A group classes designed to encourage mental agility through exercises to stimulate different parts of the brain, in a socially friendly and participatory way.



At left:

*Toby Dawson
(CEO, IRT
Foundation),
Margaret Stratton
(South Coast RR,
U3A Network),
Ainslie Lamb
(President,
U3A Network),
Natasha Debsieh,
Foundation
Officer.*

*(Photo: Kirk
Gilmour)*

The Project comprises a booklet with information and suggestions for conducting classes and includes:

- An introduction to the functions of the brain, and to the types of exercises which engage different parts of the brain;

- Sample exercises and games which involve and illustrate the main functions of brain activity - verbal; numerical; spatial recognition; logical thinking; short and long term memory; creativity and lateral thinking;
- Tips on locating and developing resources such as puzzles and games to include in a “Brain Games” class to support each of these functions.

The Project was produced with a grant from the IRT Foundation’s Community Grants Program, which seeks to engage 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, in its operational areas in New South Wales, the ACT and Queensland. 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.

A copy of the Project has been sent to each member of the NSW U3A Network. If any other U3A would like a copy (free) please send me an email.

Ainslie Lamb,
President
U3A Network NSW Inc.
(u3answ@gmail.com)



A Lion of Nunawading

Leo Sargent (pictured with Martin Foley, Minister for Ageing) is a U3A Nunawading member who received a Victorian Seniors COTA award from the Governor of Victoria, the Hon Linda Dessau AM.



Leo's passion for lifelong learning and his dedication to leadership and community service came together one day in 2001 when he decided to go along to U3A to brush up on his computer skills. Fifteen years later, he has served as secretary, president and then vice president, and continues to be strongly involved in the office administration.

In that time, Nunawading U3A has grown from 500 members to over 2000 and Leo has mentored many fellow members and encouraged them to take on various roles, ensuring that U3A Nunawading will continue to thrive.

Leo says, 'We are a progressive organisation, continually building on the foundations, looking at the wider world to see what's happening out there. We're not standing still.'

SOUTH AUSTRALIA

At the October AGM our management team went largely unchanged apart from welcoming Campbelltown's Kerrie Smith to the grant sub-committee. However we can't let this air of stability lull us into complacency as our current president and grants officer, the highly competent Bernie McSwain, has plans for departing in 2017 and there is no succession plan. Member U3As are encouraged to direct their best and brightest our way as we can certainly find jobs for them all and, though we have been lucky with the present crop, it is best if not only they learn the ropes before taking office but also we have a chance to learn who we may be electing. New faces at recent meetings have given an injection of confidence.

U3A SA's various sub-committees now have some much-needed terms of reference for guidance. The secretary encouraged U3As adopting the official logo and email signatures for U3A business but warned about members using them to air personal opinions.

An Adelaide Go-Digi event in September advised that SA is the second-least digitally inclusive State. Attendees discovered that IT learning need not be serious or even billed as learning. Having fun and playing games sometimes achieves the same things when it comes to mastering new technology like iPads.

While the Retirement, Lifestyle & Travel Expo at Wayville showgrounds on 11-13 November is U3A SA's main marketing effort for the year, state funding has provided the necessary publicity materials to U3As who fly the flag at local markets and regional events. It is all in the cause of raising our profile and overcoming the "You three what?" retort.

Right: Handing out smiles and flyers at the recent Tailem Bend Ageing Expo are two of U3A Murraylands' finest: Shirley Hack and Helen Elix.



We have been so inundated with requests to participate in research studies that I am starting to think every U3A needs to establish a group especially for people who like answering questions (Guinea Pig Group?). The most recent one to cross my desk has real relevance to U3A and offers rewards for participation. Rachel Curtis, a PhD student in the School of Psychology at Flinders University, is undertaking research leading to the production of a thesis and possibly other publications in the area of leisure activity. Specifically, Rachel's study focuses on how midlife and older adults choose and participate

in leisure activities. Please take the time to complete the questionnaire which can be found at https://flinderspsychology.au1.qualtrics.com/SE/?SID=SV_dcXgisZHG7naaW1. It will take 20-25 minutes. As a thank-you, participants will receive a voucher of \$5 value for their choice of Coles, Kmart, Officeworks, or Target. A \$5 discount on the weekly shop is always welcome and, if you don't think so, you can always make it a \$5 Officeworks voucher donated to your U3A to feed that monster who sits in the corner eating A4 paper.

One study whose results I liked, showed the positive benefits which stem from volunteering. The British Medical Journal report found that while everyone who volunteered scored better on a mental wellbeing scale, it was from the age of 40 that mental health and wellbeing improved 'significantly' and peaked at the age of 76 to 80. Finally I have proof of my claim that those who put most into U3A, teaching or serving on the administration team, are the ones who benefit most. Despite suggestions to the contrary: we're saner.

President Bernie was invited to be one of the judges at this year's Office for the Ageing *Through the Lens: Seniors Card photographic competition and exhibition*. There were various categories, but of course we were most interested in those which had an ageing theme.

Right: U3A Lower North's Sue Mayfield submitted a snap of potential Wiggles at a seated exercise class.



Our big event in 2017 is the Riverland Rendezvous. Our first quarterly meeting outside the city, will be part of three days of activities showcasing Riverland's charms. It will also be a test case for future regional meetings which have been included in our new business plan. The organizers have been learning on the job and proved flexible and accepting of feedback. The latest shorter programme includes a river cruise and moon-lit drinks and dinner which sound great but it seems most people are waiting to see the workshop topics before committing themselves. It suggests people don't just want an outing: they want an outing combined with learning. That's the U3A spirit but please help organizers by booking early.

*Claire Eglinton
Secretary
U3A South Australia*



WESTERN AUSTRALIA

The first state conference under the auspices of U3A Network WA was held earlier this month in the Uniting Church conference rooms in the centre of Perth. Some 60 delegates from 16 different U3A groups attended over the day and a half and many fruitful discussions were held. The theme of the conference was Working and Growing Together. Most topics revolved around this theme with a number of speakers from a variety of U3A groups, small group discussion and a panel discussion to wind up proceedings.

The keynote speaker on day one was Julie Porteous, Queensland network president, who talked about the national scene and how U3A had expanded in recent years in Queensland. “Expect a 10% loss of members each year, so aim for twice that number of new members to ensure growth”. It was an inspiring call to arms. Keep growing or fade away.

Sheila Twine, president of U3A Mandurah, followed with a description of what their group has done this year in their “Encore” program to reach out to the community so as to spread the word to a wider audience. Other groups spoke about successful programs they had run and a small group discussion followed.



Listening to the words of wisdom at the successful Network Conference

Day two started with the Network AGM. This was followed by an address by June van de Klashorst, chair of the Seniors’ Ministerial Advisory Council (SMAC). June talked about the increase in the number of seniors in recent years and the importance of catering for this demographic. U3A is well positioned to take an active role in this. But seniors won’t just come to U3A. We must demonstrate we can supply their needs.



Keynote speaker Julie Porteous with June Van de Klashorst and Cheryl Cundall, Wanneroo delegate. The 3 chatting in the background are David Fenton, Conference MC, with the Minister for Seniors, Paul Miles, and Christine Norman (Mandurah)



The new committee: President Don McDonald, Secretary Christine Oliver, Christine Norman, Vice President Peter Flanigan, Jim Barns. Absent: Treasurer Jean Duff.

*Peter Flanigan
Vice President
WA Network*



ACT

Not only can members of U3A ACT undertake U3A courses, but since 2014, also they have been able to attend the University of Canberra (UC) and listen to (audit) units, under a Memorandum of Understanding between U3A ACT and UC. A number of U3A ACT members have taken the opportunity to audit units at UC.

So it is very pleasing that UC and U3A ACT have just renewed the Memorandum to continue this arrangement for another 3 years. At the signing of the new Memorandum, Professor Frances Shannon (then Acting Vice Chancellor, UC) expressed her interest in the UC courses that our members were auditing and also enquired as to the range of courses run by U3A ACT. Professor Nick Klomp, Deputy Vice-Chancellor (Education), UC is a strong supporter of life-long learning and believes that UC students and lecturers gain much from the participation of the lived experiences of U3A members.



Signing the Memorandum in August 2016, University of Canberra.

L-R: Prof Nick Klomp (Deputy Vice Chancellor (Education), Prof Frances Shannon (Act'g Vice Chancellor), Chris Paterson (President U3A ACT) and Julia Rymer (U3A/UC Liaison)

Photo ©

University of Canberra

Continuing our links with the university is extremely valuable as it means our members have access to a wide range of units at the tertiary level at no cost. This Memorandum will be of ongoing benefit to our members who wish to learn about subjects in the sciences, arts, maths, health, sport, tourism, marketing or education areas at this level. Most units offered by UC are open for auditing and registration is easy on a dedicated part of the UC website.

Our members have participated in a range of subject, such as psychology, creative writing and landscaping. They have found the experience rewarding, saying that the units have been of a high quality and very interesting. It has even allowed one member to landscape the garden around his home!

Chris Paterson, president U3A ACT

U3A ONLINE

U3A Online now has 57 courses available to study online. This year we have added The Shakespeare Canon, The History of Espionage Parts 1 and 2 (Parts 3 and 4 to come), The Battle for Australia 1942-3, and very shortly British Poetry from Chaucer to Ted Hughes.

All courses can be studied independently and some with a course leader. Remember that your U3A can use these courses as a basis for a face-to-face course in your own U3A by becoming an organisational member for \$15 a year and then purchasing a site licence for each course at a cost of \$20 per course. This enables you to download the course material and either print it off or use it online. Many smaller U3As have found this very useful.

You may be interested to know we now have 1,111 members from every state in Australia and also from Canada, France, Japan, Kenya, Singapore, South Africa, UK, and the US.

Our Committee of Management has worked hard this year to spread the word about U3A Online, and have attended expos and conferences where they have distributed brochures or spoken about U3A Online. We have also advertised in Senior Week publications and written to retirement villages and other seniors organisations. As you all know, many people are still not aware of what U3As are, so the work to inform people continues. If you can spread the word about U3A Online to your own U3A, we would be most grateful. If you require some of our brochures, please contact us through the website at: www.u3aonline.org.au.

Jean Walker
President
U3A Online



Does your club receive The Senior newspaper every month?

If your U3A would like to receive The Senior newspaper (minimum 1 bundle – 50 papers), phone 1800-001-987 and ask for circulation.

This leading newspaper for over-55s is full of news, lifestyle, finance and travel information specifically aimed at our needs. Whether it's pension or superannuation news, housing, aged care or adult education, The Senior has the latest information available. There are inspirational stories of ordinary people doing extraordinary things or giving their time to help others.

The lifestyle section, Live!, looks at trends in retirement living and aged care and the people who have chosen these types of accommodation. It also highlights health news, there's a helpful finance Q&A column, entertainment and the ever-popular puzzles page. The Senior Traveller liftout features destinations in Australia and overseas to suit a range of tastes and budgets.

Log on to www.thesenior.com.au for even more news, travel and lifestyle information plus competitions and new puzzles daily or join the conversation and follow theseniornewspaper on Facebook.

QUEENSLAND

Life in Queensland has been busy these last three months and particularly for our Network Publicity Officer, Greg Doolan. Network Qld received State Government funding for an awareness campaign “Connecting Seniors to Lifelong Learning”. We are delighted with the responses from our Network members and hope to be able to collate some “real” data when we measure new and renewed membership figures against this time last year. Several of our Network membership have requested top ups of their promotional material and we have received enquiries from potential new members who can’t find a U3A in their area. This seems to be in response to community radio talks, particularly in rural areas.

A Volunteers grant enabled Network to present a Good Governance workshop. Eleven of our U3As sent delegates from as far away as Maryborough, the Granite Belt, Warwick and Twin Towns and all agreed that Leisa Donlan (www.committee.com.au) presented a training day that will help them conduct more effective meetings, address risk management and understand the laws that govern management of NFPs. And, for those management committees who were unable to attend, Leisa provided notes and access to her presentation. Everyone agreed there were changes they could make and this would start with just “one small step”.

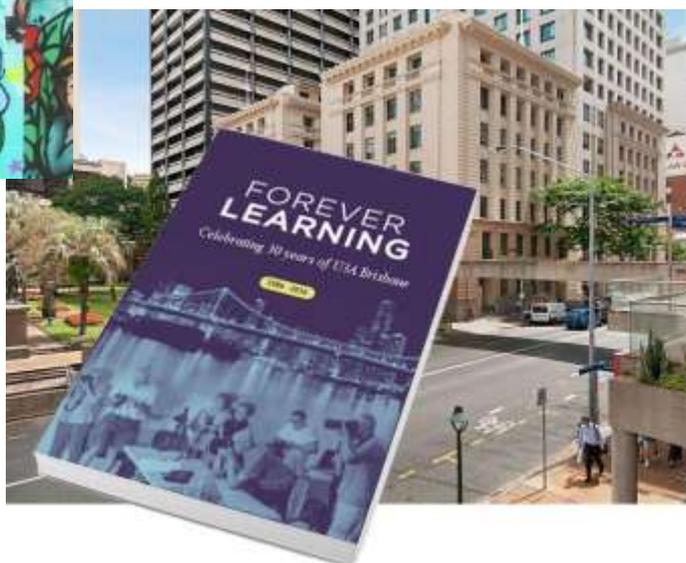
U3As around Queensland are getting a facelift. U3A Cairns has newly decorated premises.



Their colourful design was made possible as part of the Painting a Brighter Future project. U3A Caboolture also has new premises.

Denise Collyer, President, U3A Cairns, cuts the ribbon at the opening after new paintwork.

U3A Brisbane is celebrating additional and new premises in the heart of Brisbane as well as the launch of a book, *Forever Learning* to commemorate 30 years of U3A Brisbane, collated by Ian Lipke and June Morris. Pictured in the background is U3A Brisbane’s new abode – (well, one floor).





Many Queensland U3As celebrated Seniors Week in August. U3A Redlands District's week was packed full: a social golf day, a variety showcase which had 7 local musical groups combining to perform at Redland City Performing Arts Theatre. Sponsored by Redland City Council, entrance was free, and 550 attended: a full house.

A Back-to-School day of lectures covered neuroscience, criminal law, a journey along St James Way from France to Spain, robotics and the history of Islam. Students enjoyed the paper bag lunch. The photo shows one student hoping to earn a gold star with an apple for the teacher.



As part of our partnership with LGAQ (Local Government Association Queensland), Andy Fechner was granted observer status at their annual State Conference on the Gold Coast. Network Qld believes that U3As need to build close relationships with their local councils.

I attended the U3A WA Conference and workshop in October as their keynote speaker. For me, it was a golden opportunity to meet with our colleagues in WA and to recognise that we all have similar challenges. Congratulations and a big thank you to all those dedicated people who made the two days a reflection of who we are and how we want to grow into the future.

U3A Network Qld attended the COTA Queensland AGM in October. We signed a Memorandum of Understanding reaffirming our wish to extend and nurture our collaborative partnership. I addressed the attendees on the objectives of U3A in Queensland and how our two organisations have had a long history of working together for the benefit of seniors. U3A has been featured in a COTAQ Radio Podcast for Seniors and Greg Doolan and I am shortly to be interviewed. The audio will then be available to download from the internet.

Julie Porteous
President
U3A Network Qld Inc

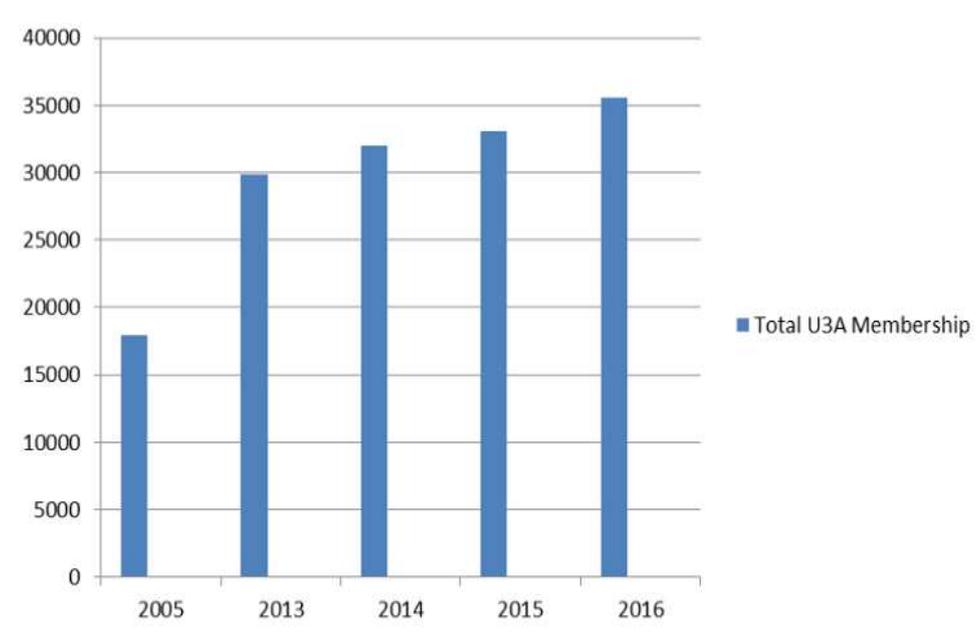


VICTORIA

U3As across Victoria celebrated Seniors Week not only at the opening at Federation Square but also in their own municipality. This has proved to be a great way to promote U3A across the state at minimal cost.

We have just completed a pilot survey of six of our U3As. Once the results are available Victoria will share with other states. Another survey was done with 21 U3As on accommodation. This report will serve as the basis for a submission to a meeting with government and community representatives with the objective of gaining enhanced recognition for support for U3A in Victoria. An estimate of the economic value of volunteer contribution is calculated at \$11.73 million per year. The new rate per dollar for a volunteer is \$25 per hour, you do the maths.

Latest growth figures for Victoria:



Victoria now has 12 regional groups, and regional meetings and workshops have become a regular happening with much sharing and support of each other.

One of our regional U3As, Baw Baw has set up a successful link with a remote U3A to share classes. They also use their sound system for members who have a hearing problem to hear and be involved. Skype is also used for members who can no longer attend classes, thus keeping them involved and hopefully stopping them from feeling isolated.

Another U3A is working with Monash University helping graduates with interviewing skills.

U3A Hamilton will be stars of the screen if all goes well. Channel 7 is filming U3A members, mainly their Hip Hoppers, for a programme they are doing on Age. The producer who

started off in Los Angeles filmed in Spain, Italy, Greece and America before coming to Hamilton, with a camera crew and reporter. See it on Channel 7, Sunday 27 November.

The Victorian Network education committee are holding their annual course coordinators meeting in December. The title for 2016 is: *Surveys, sharing and showing off*. This meeting gives course coordinators the opportunity to exchange ideas and networking.

U3A Nunawading welcomed Janet Pinder, a patchwork class leader and member of High Wycombe District U3A in England. Janet and her husband, Geoff, were holidaying in Melbourne. Before setting off, Janet checked the internet for the U3A closest to where they would be staying. Having emailed Bruce Lancashire from Hawthorn U3A, Janet and Geoff were invited to Seniors Week celebrations at Federation Square where they enjoyed the superb playing of Hawthorn's orchestra.

Whilst checking out the displays, Janet came upon the embroidery and patchwork pieces being worked on by Leonie Clyne and Barbara Worcester. On recognising their common interest, Janet was immediately invited to attend a patchwork class at U3A Nunawading, an easy train trip from where she was staying. Janet attended three of their classes and enjoyed sharing interests and skills.



Janet also shared how her U3A, High Wycombe, was organised. There are about 350 members with around 40 classes. Their year ends in August and they have until November to re-enrol. Classes are mainly year-long, with a guest speaker organised for monthly meetings. These usually attract 90-100 members. Classes are held in the village hall and some smaller classes in the homes of class leaders. There are a few other U3As within a ten-mile radius of High Wycombe, most of a similar size and one with over 1000 members.

Classes are similar to what we do and it was interesting to have someone visit who is also a member of the world-wide U3A organisation where older people gather together to share their skills and experience, help each other, talk, socialise, laugh, learn and have fun.

It was good to see both U3A Hawthorn and Nunawading share stories with an overseas member.

Elsie Mutton

President

U3A Network Victoria

Live Learn Enjoy



NETWORK Vic
UNIVERSITY OF THE THIRD AGE

Cruise hits right note



Having subscribed to Opera Australia and its predecessor for nearly 30 years and tired of the drive of at least 1,000 kms return to either Sydney or Melbourne, our interest was aroused

by an advertisement for *Bravo! Cruise of the Performing Arts* as many of the performers were familiar to us. (Added bonus: it coincided with our 51st wedding anniversary.)

Radiance of the Seas departed from Sydney on 17 October for New Caledonia as we dined in style. Our fellow passengers were from every state in Australia, averaging over 80 years.

The cruise was an unforgettable musical experience. That first evening's concert in the 800 seat theatre featured tenor David Hobson and soprano Rachael Beck. Next evening outstanding NZ bass-baritone Teddy Tahu Rhodes and Alexandra Flood had us captivated.

We thought the standard couldn't get any better but Wednesday night's concert proved us wrong. Husband and wife team Cheryl Barker and Peter Coleman-Wright had the audience enthralled by a moving scene from Puccini's *Tosca* followed by a medley from *Kiss Me Kate*.

Thursday's concert featured Simon Tedeschi on the grand piano, The Kermonds, a tap-dancing and singing trio of grandfather (aged 80), son and grandson, The Idea of North, an amazing *a cappella* group and the Bravo Choir, up to 200 passengers who were trained on board by Jonathan Welch, perhaps best known for forming The Choir of Hard Knocks.

Dame Kiri Te Kanawa had the stage to herself on Friday. Understandably, her repertoire was not as adventurous as when we last heard her 25 years earlier but she was in remarkable voice for a 72 year-old. Saturday was Marina Prior's turn and on Sunday the week's performers united for an All Star Finale, braving an unsteady stage as the ship coped with high seas. The Metropolitan Orchestra under 3 conductors, including Brian Castles-Onion who conducts the Handa Operas on Sydney Harbour, accompanied the artists at each concert.

Almost around the clock other artists and groups performed at various smaller venues. Operatic sopranos teamed with a mezzo and tenors with a baritone while a string quartet and jazz, indie and other performers catered for their respective followers. It could be a challenge to get from one part of the ship to another in time not to miss a performance.

Everywhere enthusiastic audiences showed their appreciation which encouraged the performers to step up to another level. Although many patrons used mobility aids, arthritic hands didn't deter them from applauding enthusiastically accompanied by shouts of bravo and those 'woo' calls indicative of people less than half their age. When, in a song, David Hobson asked the question 'What's it like to be 70?' an audience member shouted out 'I forget' which almost brought the house down.

Allan Haggarty, Griffiths U3A

A UNITED KINGDOM

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Screenings at 6.30 pm unless stated otherwise

Monday 21 November

SA Capri Theatre 6.45pm

Wednesday 23 Nov.

NSW George Street

Monday 28 Nov.

NSW Randwick Ritz

QLD Cherside

QLD Garden City

Tuesday 29 Nov.

VIC The Astor Theatre, St

Kilda, 6pm and 8pm

Wednesday 30 Nov.

NSW Haydens Cremorne

NSW George Street

ACT Manuka

QLD Indooroopilly

QLD Pacific Fair

Monday 5 Dec.

WA Innaloo

WA Grand Cinema

Warwick

Wednesday 7 Dec.

WA Innaloo

He was an Oxford-educated African king, while she was a white Englishwoman working as a clerk at Lloyd's of London. Now their 1948 marriage, which caused scandal in Apartheid-stricken South Africa and the British protectorate of Bechuanaland (later Botswana), is the subject of a new period drama starring Britain's David Oyelowo and Rosamund Pike.

Oyelowo plays Seretse Khama, who in 1965 became independent Botswana's first president. He was also kgosi (king) of the Bamangwato people, having been crowned at the age of four in 1925. Pike stars as Ruth Williams, who would go on to be the first lady of Botswana between 1966 and 1980.

[From the moment you watch the trailer, I am sure you will be as smitten with this film as I was. U3A Lower North already wants to book it for their first monthly matinee in 2017: Claire]