



AUSTRALIA

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Gardens and German heritage will feature at the Adelaide Hills Rendezvous in October

This issue:

■ *Member reports:*

- 🔊 *WA favors rail over water*
- 🔊 *NSW takes to water and rail*
- 🔊 *Queensland reveals what they do in winter*
- 🔊 *SA ready to rendezvous in Hahndorf*
- 🔊 *Victoria targets growth and inclusiveness*
- 🔊 *Some correspondents on strike for higher wages and less floggings but editor stands firm*

From the Editor

This issue's deadline reminder to State delegates said: "I admit to being total biased and giving priority to stories which are supported by good quality photos which spark reader interest. Now you know the secret to getting your articles on the early pages of the Bulletin."

Imagine the disappointment when Victoria (back page) sent in no photos but it does put them above those who didn't contribute at all. NSW's many interesting photos sparked delight but it soon turned sour when I found that there was not much more than a handful of pixels between them. They couldn't be reproduced much bigger than a postage stamp yet so many deserved a half page. So, I repeat what I said last issue: all contributors should consider the quality of their photographs. If you don't know how to tell if a photo is 50 kb or 3 mb, enlist the help of someone who does. Clear, crisp photos of people enjoying doing interesting things is what we need. WA didn't have to work hard to earn top spot this issue and, despite the poor photo quality, NSW's ukulele players came second as in every other respect the photo was splendid: U3A members in action, colourful, happy and doing something newsworthy.

Well that is enough sermonizing from me. Happy reading.



*Claire Eglinton
U3A Lower North
South Australia*



2019/20 Diary Dates

11 October: U3A South Australia's management committee AGM at Tea Tree Gully campus.

22-24 October: U3A Adelaide Hills Rendezvous at Hahndorf and neighbouring areas.

2020:

29 April to 1 May NSW Network Conference Forever Flying High hosted by Shellharbour City U3A at the Shellharbour Club. Added attraction: the annual 'Wings Over The Illawarra' Air Show, 2-3 May 2020.

15-16 October: WA Network Conference hosted by Naturaliste U3A (Inc). The Naturaliste group takes in the Busselton/Dunsborough region with neighbouring U3As Bunbury to the north and Margaret River to the south within easy reach. The venue will be The Esplanade Hotel situated on the foreshore very close to the iconic Busselton jetty.

From the Chairman

We are now well into the latter part of 2019 courses and activities around Australia. I am often asked by new members how we get presenters to readily make themselves available to run courses, lead activities and give presentations. Of course, many of these people are U3A members themselves because that is what we do, but there are many others who freely give their time and share their knowledge and skills simply because it is a rewarding and enjoyable thing to do. Whatever the reason I thank them all.

The subject of our trademark continues to bubble along following the initiative from NSW to formalise its use in Australia by signing deeds on a State by State basis with the registered holders in the UK. I think it is in our interest to do so as well as being the right thing to do. I would also like to see a national standard that we can all adopt for the logo image, preferably the one that appears on this Bulletin. Attempts at producing the image from published specifications leads to variations in font, border style and colours.

I am pleased that the vibrant and growing U3A group in Busselton has taken on the Biennial State Conference in WA and which is reported elsewhere in this edition. At our last meeting in Busselton we took the walk along the iconic Busselton Jetty without being run over by the tourist train! You can do this if you make the trip to Busselton for October 2020.

There have been some committee changes around the nation and I particularly wish to acknowledge the work done by Ian Robertson both with the NSW Network and the National Alliance. Ian has been a very energetic and productive contributor to the organisation. Thank you, Ian. I am sure you will be back.



Best wishes
Peter Alcock
Chair,
U3A Alliance Australia



Waving the lone flag for Tasmania this issue is a contribution from the photography group at Port Sorell, Tasmania:

Cattle Egret with lunch
Photo by Donna Evans



WESTERN AUSTRALIA

Conference 2020 to be at Busselton

Put aside October 2020 for a visit to the beautiful South West of WA.

YES, it's on! Next year's WA Network Conference will be hosted by Naturaliste U3A (Inc). The Naturaliste group takes in the Busselton/Dunsborough region with neighbouring U3As Bunbury to the north and Margaret River to the south within easy reach.

*Barbara Alcock
checking out the
famous Busselton
jetty and the train
which takes you the
jetty's 2 km length
out into the crystal
waters of Geographe
Bay with the world
renowned
underwater
Aquarium at the far
end.*



The venue will be The Esplanade Hotel situated on the foreshore very close to the iconic Busselton jetty. The dates are Thursday 15 and Friday 16 October 2020. This butts on to a weekend. Spring will have sprung, our beaches will have become pristine again after the clever ocean has covered them with seaweed during the winter to save them from erosion; nomads will have returned home after their treks to warmer climes and grandparents will have recovered from the school holidays, so it will be an ideal time to stay on for a few more days after the conference. There is so much more to see in the region.

Plans are progressing well with potential speakers identified and ideas for participants from the various U3As to network and discuss around the general theme of *Connections*. A conference dinner and ukulele night is also being planned.

The Esplanade has accommodation, as does the nearby Busselton Caravan Park and Chalets, the Country Women's Association, and a number of other venues. Public transport, TRANSWA and SW coach lines are available. Updates will be provided as time proceeds so keep your calendars clear.

Information provided by Joan Parke (president, Naturaliste U3A)

U3A (UWA) Perth Seminar: The Genius of DNA

The annual seminar run by Perth U3A was held on Saturday 13 July in the Wesley Centre in the city. Entitled *The Genius of DNA*, it brought together a dazzling array of speakers on a topic of interest to all. Included were Dr Gavin Turbitt from Pathology West, Dr Ruey Leng Loo from The International Phenome Centre, Christine Harris from the Family Centre of WA, Professor Robert Mead and Dr Shane Tobe both from Murdoch University.

Professor Robert Mead with Perth U3A president, Denise Beer.



Gavin Turbitt was comprehensive and interesting on the history of DNA sequencing with plenty of humorous anecdotes and a bit of black humour.

Shane Tobe provided some fascinating case histories around the use of DNA in tracing the trafficking of endangered species by testing of animal and plant products.

Ruey Leng Loo made the case for the importance of pee and poo which she loves to analyse for all the information it provides about our health and immune system across cultures and continents.

Christine Harris provided lots of detail, including pitfalls when delving into family DNA. In particular she warned about the unintended consequences of turning up family history that some may prefer not to be disclosed.

Robert Mead had the dreaded last spot on the program but had us all riveted with his documentary of a 29-year-old case where DNA unmasked a serial killer.

Altogether a great day. Congratulations to the committee, Stephanie Mitchell, Jennie Cox and Ron Mitchell and the members of Wanneroo U3A who assisted with the organisation.

*Peter Flanigan
WA Network*



NEW SOUTH WALES

2019 U3A Network NSW Conference: *Defy Expectation*

Hats off to Tamworth! The 2019 conference hosted by Tamworth Regional U3A, 10-12 April 2019, attracted 110 registrants representing 39 U3As (including Alice Springs).

Cowboy hats were provided to all attendees by Barry Harley, Tamworth Regional Council (country music and events), a reminder of Tamworth's other big event, the famous Country Music Festival.



The principal keynote speaker was Age Discrimination Commissioner, the Hon. Dr Kay Patterson AO, who spoke of the importance of finding ways to change attitudes towards senior members of the community. There were important presentations on governance, copyright and trademark by Network governance officer Carmen Champion, along with valuable workshops covering topics encompassing resources for courses, finding committee members, legalities of associations and raising the profile of your U3A, to name a few.

Network Committee changes

Allan Haggarty retired from the committee, having served in several positions, including president (2012-2015), vice-president and regional representative, since 2010. Allan was presented with a commemorative plaque at the AGM in appreciation of his service to the Network and his outstanding dedication to the greater U3A movement.

Beverley Peken has retired having served first as metropolitan representative (as president of Sydney U3A) and later as vice-president, over the past 6 years. Along with her predecessor Barbara Caldicott, Beverley brought Sydney U3A into the Network in 2010. Rowena Simone retired as secretary, after 3 years in this pivotal position. Robert Birrer is the new secretary.

Ian Robertson, re-elected as Network president at the AGM in April, resigned in June from the committee due to personal family circumstances, although he will continue to work with the committee on special projects. Laurene Mulcahy has stepped up from vice to president.

Meanwhile, at the grass roots...

Parkes College for Seniors' knitted chickens (reported in the last Bulletin) have flown the coop on completion to Ronald MacDonald House in Orange; there were about 25 chickens knitted and crocheted under the guidance of our expert chicken knitter, Maree.

(Photo and text from Denise White, Parkes CS)



Newcastle U3A members take to water. In Term 1, Newcastle U3A members were given a wonderful opportunity to start learning to sail on 24ft Force 4 keelboats (very hard to capsize) in conjunction with Newcastle Cruising Yacht Club (NCYC).



One of our own members, an experienced sea captain, instigated this great addition to our program and was a volunteer instructor for the four sessions. NCYC provided additional qualified instructors for the four learners per boat, safety equipment, and the safety power boat that closely accompanied the sailors.

Interest in the four sessions was so high that an extra two were run, and over 25 members attended one or more of these.

Safety was our first priority. Lifejackets to be worn before getting onto the pontoon; sunscreen; water bottles for hydration; and hats with an attachment. It was a real hands on experience and throughout Henk was encouraging, instructing and answering questions. It really was a fantastic and, at times, thrilling introduction to sailing.

(Photos and text from Stefan, Newcastle U3A)

Nepean – Blue Mountains U3A takes train for International ‘Make Music Day’

Our U3A Ukulele group were invited to join the Ukulele Circus in celebrating Make Music Day on Friday 21 June. Everybody joined up at Springwood railway station for a chilly 9.22 am start. We soon got into the swing of things, singing and playing all the way to Central while we were recorded by the Sydney Morning Herald, the Dept of Family & Community Services and StateRail. Some of



the public got into the act, but with 39 U3Aers involved it was a bit hard to get a look-in upstairs in the carriage. After coffee and a bit of a breather at Central most of us trooped off down to Circular Quay and caught the Manly ferry singing along the way. After a break at Manly we headed off back home to the West. Everyone had a great day and we will do it again next year.

(Photo and text from Philip Howson, N-BM U3A)

*Ainslie Lamb,
U3A Network NSW Inc.*

QUEENSLAND

Winter School has been the premier event of U3A Brisbane now for 12 years. It just gets bigger each year and 2019 was no exception. There were 58 sessions held throughout the week, attracting over 2,200 people. The sessions covered almost every subject imaginable with 2,000 people booking sessions within the first 24 hours of them opening online.

The highlight was the sell-out keynote address by Alan MacSporran QC, chair of Crime & Corruption Commission of Queensland, who gave a fascinating insight into how this peak corruption-fighting agency works. The auditorium of the State Library was filled to capacity.

Much of the credit for U3A Brisbane Winter School's success can go to Anne Douglass who started it all in 2007. This is Anne's final year on the Winter School committee, and she retires with the knowledge that the event is in good hands under the leadership of Marilyn Wagland and her dedicated team of volunteers. Anne has been presented with life membership of U3A Brisbane for her drive and determination in making this such a successful event.

*Alan MacSporran
QC, Anne Douglass,
Marilyn Wagland
and Greg Doolan
U3A Brisbane
president.*



Break out of Your Shell was the theme of the U3A Network 2019 State Conference, held in Bundaberg on 16 and 17 May.

Keynote speaker was Rhonda Weston who gave an inspiring speech in which she told her life story and how in her personal journey she had broken out of her shell. Naturally there was a strong reference to U3A and Rhonda's passion for the movement.



The conference program included an emphasis on volunteering: how to attract volunteers and manage them. There was a recitation of Australian poems from Louise Gott, a session on U3A Online by Kerry Hamilton and an address from U3A Redcliffe president Tony Nobbs on promoting positive relationships with local government. Tony was the perfect choice as speaker on this matter as U3A Redcliffe enjoys an enviable relationship with Moreton Bay

Regional Council. The Council is also very supportive of the four other U3As within the region. The Annual General Meeting including election of the Network Committee for 2019/20, was held on Day One of the Conference.

The new Network committee includes some familiar faces along with new ones including Alison Taylor (secretary) and Margaret Cook (committee member). Wendy Sanders is the new VP, Julie Porteous has moved to committee member.



We said farewell to Iris Murray who was secretary of the Network since 2015. Iris was a model secretary and a great worker on the committee. She and husband Terry are now intent on caravanning, and we wish them the best.

Conference chair U3A Bundaberg president Bev Hault (left), ably assisted by vice president Fiona Pitt and a willing committee. Photo: Glyni Cumming.



Queen's Birthday Honours to Queensland U3A Members

Marie Burley (U3A Broadbeach) and Ron Baker (U3A Brisbane) were both awarded an OAM in the Queen's Birthday Honours List.

Marie is a life member of U3A Broadbeach. In her many years as a member she has served as president, secretary, treasurer and tutor to many groups. She has also been a stalwart in several other organisations throughout the Gold Coast and a significant figure in the field of nursing.



Ron, a heritage architect, was recognised for his contribution to many community groups including Coorparoo & District Heritage Group and Rotary.



*Gail Bonser
President
U3A Network Qld Inc.*

SOUTH AUSTRALIA

Bookings have opened for the Adelaide Hills Rendezvous to be held 22-24 October in and around Hahndorf. Hosted by U3A Adelaide Hills, this is an opportunity for members from across the State to meet and enjoy a wide programme of U3A-related sessions along with local tourism attractions. The selection of over 30 activities, 2 dinners and several cream teas has necessitated an online booking system. SA doesn't hold conferences so U3A Riverland inaugurated this style of gathering in 2017 and it looks like it will become a biennial feature.

U3A SA will be holding its AGM in October and is asking all U3As to do some talent spotting amongst their members. We need interested members to fill vacancies on various sub-committees but most importantly we need a new webmaster. U3A Adelaide's Pauline McCreery has done a tremendous job but changed circumstances mean she now needs to turn it over to someone else. Pauline says it hasn't been very time consuming. It just requires someone with a basic knowledge of WordPress or willingness to learn.

Representatives from all U3As are free to attend the quarterly meetings of our State network. This allows an opportunity for real networking between U3As and one example has been brought to our attention by U3A Yorke Peninsula president Heather Simpson. Back in 2013 the Yorke Peninsula representative said it was difficult to get new subjects started and they might like to try mah-jong but had no one to teach them.

Yorke Peninsula is the central boot-shaped peninsula north/west of Adelaide. It includes the Copper Coast northern region and the Yorke Peninsula southern region. U3AYP does not have its own building in any town. One chooses a topic and travels to the town in which it is offered.

Grant money was made available by the State network for four members from U3A Campbelltown to drive the 160km to run a two-day mah-jong workshop in farming centre Maitland (pop. 1,000).

Then network president, Campbelltown's Vale Pederson provided the workbook of simple steps and, with her helpers, had 28 U3AYP members understanding the relevance of this Chinese game and how it has been adopted by Western culture. Some local



members travelled 100km a day. It was an eye opener to city members into just how difficult it is to organise activities in a large, sparsely populated area.

Since that small beginning, mah-jong has spread through many of the peninsula's towns. When another course was offered at Minlaton, many members made the 120 km round trip to increase their opportunity to play. Further beginner courses were offered by U3AYP; playing socially increased, and one member started teaching the game outside of U3AYP. Over time some 30 sets were purchased for personal use outside of U3A.

In 2016 courses were offered in Wallaroo. Next Moonta and Pt Vincent picked up the game with the latter now hosting play weekly. Mah-jong Fests are held every term either in Maitland or Kadina. From the start, contact with Campbelltown has been maintained and greatly valued. Some members from U3AYP have visited U3A Campbelltown and in turn Vale and Marie Galletta visited Kadina to introduce scoring. Vale Pederson has maintained her contribution of expertise and support which has been greatly appreciated. As a result, some 50 out of 150 financial members are attending mah-jong courses on a yearly basis. Let's see more inter-U3A projects and may they all be as successful.

U3A creative writers may be interested in a community radio station PBA FM project. In February, PBA FM launched their first *Well Versed* program. Poets across SA were invited to submit and record their poems for broadcasting and an audiobook anthology. Nearly 70 poets entered their work, which is still being broadcast by PBA FM. *Well Versed 2* will be launched in February 2021 as part of Fringe and Salisbury Fringe. Poets may enter up to two poems (no more than 60 lines each) by email to competitions@pbafm.org.au, or post to PBA FM, 17-19 Wiltshire Street, Salisbury. Submissions close 31 October 2019. Forms from PBA FM.

Belated birthday wishes to Noeline Laing of U3A Charles Sturt. I first mentioned Noeline when she was a mere 99. We thought it worthy of note that she was enjoying U3A activities, living an independent life and driving herself to U3A each week. Nothing has changed except this April Noeline celebrated her 102nd birthday. Noeline was presented with a Phalaenopsis orchid provided by Brian Lyttle, the speaker on the day.

Seniors should be deciding ageing policy. At a recent State ageing policy workshop, I was explaining U3A to a young aged care industry professional. I said U3A aimed to lengthen the Third Age and shorten the Fourth Age. "I don't believe in euthanasia" was her sniffy reply. 😊



Claire Eglinton
Secretary
U3A South Australia



VICTORIA

As at May 2019, there were 108 U3As in Victoria with a total of more than 39,000 members. Total membership grew by 2.9 per cent in the year.

A pilot Targeted Growth project has been running for a few months in a group of five U3As to encourage higher membership in a corridor with a high proportion of seniors. The five U3A committees were provided with tools to analyse their situation and begin planning for growth. Whilst the project is still underway, it has now been linked with work on inclusiveness to build broader community engagement. Twenty-one U3As are participating in the inclusiveness project.

The Victorian government has established a seniors' participation toolbox which provides case studies and learnings to promote inclusiveness. U3As Bendigo and Whittlesea are featured as case studies on the Victorian government's seniors' website: www.seniorsonline.vic.gov.au/get-involved/for-organisations/online-toolbox

Following completion of the strategic plan last year, work commenced on a review of the rules of Network Victoria. The review was led by a working group of Network and member U3As. Some of the key issues that were tackled included:

- The ability to register for Deductible Gift Recipient status to seek funding from broader sources, including philanthropic trusts and gifts
- Change to a financial year ending 30 June to facilitate negotiations and reporting to government funding sources
- Introduction of annual terms and conditions which, amongst other things, enable data collection
- Clarify the exercise of voting rights by delegates of member U3As
- A requirement for member U3As to be incorporated in future
- Clarification about the scope and role of members council

It is expected that the rules will be voted on at a special meeting in September.

Network made a recent submission to the Aged Care Royal Commission to advocate the need to strengthen community-based organisations that support seniors for the 15 to 20 years following retirement, and thereby help to manage the high and growing demand for aged care services.

Network has produced a pamphlet listing all U3As in Victoria. It will be distributed shortly to various community organisations and used to promote U3As at the annual seniors' festival.

By Del Stitz

Vice President

U3A Network Victoria



Network Victoria
UNIVERSITY OF THE THIRD AGE