



# AUSTRALIA

## U3AAA BULLETIN No. 27

### NOVEMBER 2019



*Peter and Barbara Alcock discovering new presidential transport on their travels around Australia.  
U3A Lower North committee member Ian Foster doing the locomotion.*

#### **This issue:**

##### ■ *Member reports:*

- 💡 *Queensland bridging generations*
- 💡 *SA just wants to have fun*
- 💡 *WA become good listeners*
- 💡 *NSW building bonds*
- 💡 *U3A Online is for everyone*
- 💡 *Victoria's gong show*

## From the Editor

Thanks to everyone who searched their network events for stories with some national interest and supported them with quality photos. I particularly liked Queensland's stories of reaping the benefits of multi-generational collaboration which ranged from IT advice to getting a building painted. Though U3A Cairns admit their venue's colourful new exterior bore no resemblance to the original concept, members are delighted with the result. Thanks also to U3A Online for showing us how they benefit a wide range of people.

We have received an offer of a free medical ebook from its author Dr Roger Smith. This book's style was inspired by a patient who seemed to value his car more than his heart. It's simple, common sense approach and chapter titles like Fuel, Engine, Cooling System, should appeal to that half of the population who often have to be pressured into annual check-ups.

Go to [thesimpledoctor.info](http://thesimpledoctor.info) site for free download or the books app (orange icon) on home page of iPhone, iPad, iMac, or Amazon kindle via Amazon site. Alternatively for those who want a physical book, they may either email the author on [roger3806@gmail.com](mailto:roger3806@gmail.com) (\$12.50 incl postage) or via trybooking website (\$13 incl postage) just enter title of book as the event.

A new book on the U3A international educational movement is *The University of the Third Age and Active Ageing: European and Asian-Pacific Perspectives*, edited by Prof. Marvin Formosa, Head of Gerontology and Dementia Studies, University of Malta (pub. Springer 2019). It charts the relationship between the development of the University of the Third Age (U3A) movement and active ageing. Chapter 12, *The University of the Third Age Movement in Australia: From Statewide Networking to Community Engagement*, was written by NSW's own Ainslie Lamb, and can be accessed at [https://nsw.u3anet.org.au/book\\_u3a\\_aging/](https://nsw.u3anet.org.au/book_u3a_aging/)

Happy reading.



Claire Eglinton  
U3A Lower North  
South Australia



## 2020 Diary Dates

**24 April:** U3A South Australia's management committee at Tea Tree Gully campus.

**15-16 October:** WA Network Conference hosted by Naturaliste U3A (Inc). The venue will be The Esplanade Hotel situated on the foreshore very close to the iconic Busselton jetty.

## From the Chairman

We are once again nearing the end of another year with groups around the country planning their end-of-year functions. They do come around very quickly don't they?

I see plans for concerts, musical and choral performances, quizzes and luncheons. Enjoy!

I also see big differences in the vibrancy of various U3A groups, largely due I think to the energy and welcoming feel generated by the local committees. Word soon spreads so that others want to share and be part of the group. Regular turnover within committees also provides opportunities for new ideas as well as new faces. This allows new members to feel a sense of belonging rather than a sense of 'us' and 'them'. Regular social activities are a great way of getting to know members from various classes who otherwise may never meet.



The National Alliance of U3As in Australia (U3AAA) is a forum for linking groups throughout Australia via State networks with the aim of promoting the brand and the ideals of U3A.

To ensure we promote our brand consistently we need to make it both recognizable and consistent. Over the years many variations of the brand developed to reflect local character.

When Australia introduced U3A in 1985 the British model was adopted and so the logo developed in the UK was generally used. In recent years the owners of the brand in the UK have become more aware of the widespread use of variants of the U3A logo and are justifiably keen to ensure their intellectual property rights are respected. All State networks now have detailed guidelines and images of the logo with the registered colours and fonts, so if you need to update your publicity material or website please approach your State network secretary. This does not mean you have to trash your existing artwork, but I ask that at least the registered version be used as well. United public profile benefits us all.

Recently during a visit to Clare in South Australia, Barbara and I enjoyed the company of Claire Eglinton, editor of this bulletin and SA Network State secretary, and her partner Ron. The U3A Lower North art group put on an excellent display at a RFDS fundraiser. As well as the hospitality, we enjoyed a steam train ride at the elaborate miniature railway. Thank you all.

I wish you all a very happy and healthy Christmas season

Best wishes

*Peter Alcock*

*Chair,*

*U3A Alliance Australia*



## QUEENSLAND

The young and the young at heart got together at U3A Twin Towns for Get Online Week. There were 37 older persons keen to learn how to: do crosswords online; load WhatsApp; use Street View in Google Maps; podcast; and use Spotify. Their instructors were six students from the local high school, their teacher and a bunch of tutors from U3A Twin Towns.

The IT coordinator and organiser of the afternoon's activities was hard pressed at times to be heard, as the 'students' and their instructors engaged enthusiastically over phones, tablets and notebooks. During the afternoon there were also quizzes, prizes and afternoon tea.



The *Lines in the Sand Festival* is held in Hervey Bay each September, sponsored by the Fraser Coast Regional Council and managed by the library staff. Kerry O'Brien spoke at the Friday night welcome event where results of the 2019 Whales Tales competition were announced. 1st Daniel Wright, 2nd Julie Duke, highly commended Anne Hammond of U3A Hervey Bay.

Founder of the Whale Tales creative writing competition, Alison Taylor of U3A Hervey Bay, views this event as an excellent opportunity for local writers and U3A members to be involved in a combined community event. Writers at all Queensland U3As were encouraged to enter. Judge was Trudy Graham, a member of U3A Sunshine Coast and U3A Toowoomba. Trudy has enormous experience in writing and editing and is a member of the Society of Editors.

The festival attracts readers and writers from around Queensland. University of the Sunshine Coast's creative writing department provides expert presenters for writing workshops. The winning stories can be read on the U3A Hervey Bay website: [www.u3aherveybay.net](http://www.u3aherveybay.net)

U3A Atherton Tablelands author Des O'Neill launched his new book ***Timid Drip*** at the Yungaburra Book Fair. In this delightful little story of a bullied water drop, Des has combined his two loves: creative story writing and photography.

*A happy Des O'Neill at the Book Fair. Photo by Judith Barnett*

U3A Atherton Tablelands held a cryptic crossword course. One participant, to say thank you, brought the tutor a jar of her homemade jam.

The label read: *Hibiscus conserve another flower (large) left with a predicament. (7, 3) \**



U3A Cairns received a grant to revitalise the facade of their building in the year that the COTA theme was ***Young and Old Working Together***. YETI a NFP with programmes to support young people responded to the call. Wally, a young professional street artist agreed to oversee the project. He arrived with a group of enthusiastic young people and transformed the building's facade. U3A members kept the food and drinks coming and those wonderful youth kept the paint splashing. The artists turned up at the Seniors Week ceremony to officially cut the ribbon.

The building used to be hard to find but now giving directions is simple because it is now far and away the most visible on a very long road.



*Gail Bonser  
President  
U3A Network Qld Inc.*

*\* For those who are not Cryptic Crossword aficionados it was a jar of Rosella Jam*

## SOUTH AUSTRALIA

Many of us abandoned normal U3A activities to attend the U3A Adelaide Hills Rendezvous on 22-24 October. Activities centred around the tourist town Hahndorf with its unique German heritage. The program offered a mix of tourist and U3A activities. Organization was slick with the choice of 40 activities all booked online. The 127 attendees seemed scant reward for organizers' hard work but booked 860 separate sessions and it was a comfy number for attendees.

Visiting Gardening Australia's Sophie Thompson was a popular choice. Sophie guided us through her garden with a constant stream of advice and anecdotes before a quick pause in her kitchen to collect such delights as green tomato cake and plum cordial to consume in the shade of her wisteria.



**Top:** Sophie continues her talk while we seek seats and shade. **Left:** After only one strum-up session, a mixed band of ukulele players performed a humorous number, the U3A Anthem, at an impromptu pre-dinner concert. **Below:** Players of Games of Strategy know how to have fun and entertain themselves.

Early risers birdwatched in the Laratinga Wetlands. Guide and passionate birder, John Gitsham, president of BirdsSA, helped identify the birds and explained the value of providing varying water levels and native vegetation to support Laratinga's diverse birdlife.



Too many other sessions to mention but all needs were catered for, including of course Wine Tasting which appeared to attract the largest enrolment of men. (SA is currently on a quest to learn what subjects attract men.) Congratulations to U3A Charles Sturt for winning the prize for greatest proportion of members attending. Their 'sheep nuts' prizes were really a local chocolatier's version of chocolate-coated sultanas. Well done to the organizing committee who set a new standard and created a wealth of advice for the next hosts.

Our other October event was the AGM of the State network, U3A South Australia. There were no changes to the executive though president and vice president sternly warned this was their last year. We were pleased Jenny Rossiter was feeling up to taking on the job of webmaster. 'I don't know WordPress but I will learn', is the sort of attitude we like. Funding picture is still bleak and a \$5,000 loss necessitated a rise in capitation fees.

Check out this great cover photo from U3A Tea Tree Gully's *The Conveyor*. It shows their harmonica group looking 'too cool for school'. Where was that urban grunge location which made them look so edgy and cool? Aha, editor Kevin Neale had waved his Photoshop wand.



Just one year old, the harmonica group welcomes members with little or no experience to more accomplished players. Leader John Sommerville says the aim is to learn and share methods of play with a view to playing for one's own pleasure. They are currently playing a selection of folk/pop tunes and stepping into beginner blues. The tutoring technique uses free music tabs and video, ability to read music is not required, just a harmonica in the key of 'C'.

Claire Eglinton  
Secretary  
U3A South Australia



# WESTERN AUSTRALIA

## **U3A NATURALISTE** *from Joan Parke (President)*

U3A Naturaliste will host the U3A Network WA State Conference on 15/16 October 2020. The theme will be 'Connections'. Plans are already underway and further information will be forwarded as we proceed into next year.

With local attractions including beautiful beaches, the iconic Busselton Jetty and Underwater Observatory, magnificent Tuart forests, stunning wildflowers and renowned wineries, they will be encouraging visitors to stay 'Connected', by adding a few more days into their itinerary to appreciate the highlights of this area.

U3A Naturaliste launched in 2009 after an earlier group had gone into recession. Current membership is over 270. From the beginning it has been a very course-oriented group. Courses vary between year-long and short courses of 4-8 weeks. There are also half-day workshops, and annually four topical talks and four issues of *The Crier* newsletter.

Offerings include a 'Let's talk' range: Let's walk and talk, Let's talk-TED talks, Let's talk philosophy; two book clubs, science oriented groups have included those on climate change, beauty in science and biodiversity; creative writing, drama, brain games, mah-jong, scrabble, tap and sacred dance, music appreciation, singing for pleasure, coffee meet-up and art.



*Sacred dance course. Leader: Tricia Lee*

### **U3A Armadale WA from publicity officer Keith Durrans**

Kay Whitely, from the newly formed West Australian Assistance and Therapy Dogs was a recent Armadale speaker. Kay specialises in training dogs for all needs, including seeing. It is hard to believe the sophistication of the assistance a dog can give. Pressure points, creating a protection barrier, awareness and warning of an impending panic attack – are just a few.

Kay has just completed getting approval to be a charity so she can fulfil her dream of helping people train their own dogs, to help assist them in minor ways.



The photo shows U3A Armadale's main room, at Evelyn Gribble Community Centre, with Kay speaking to two chocolate labrador puppies, who had just started their training.

Bill, the gentleman at the back of the auditorium, wearing a headset, is linked to the new hearing augmentation equipment that, after some fine tuning, is now running successfully. Bill has chosen to boost his hearing via the headset, but the system can assist directly to a person's hearing aid or cochlear implant.

During the audience's arrival a looping PowerPoint presentation runs continuously, listing the next month's activities and advising everyone that they can make use of the new hearing augmentation equipment.

*Submitted by Peter Flanigan*  
**WA Network**



# NEW SOUTH WALES

New State President, Laurene Mulcahy, has defined the goals for her presidency to promote regional forums and connecting U3As. Since June she has attended regional forums at Wagga Wagga, Orange, Shellharbour, Bateman's Bay, Cessnock and Wollongong. For some regions it has been a 'first' and met with enthusiasm and appreciation. The aim is to develop bonds within regions and with the Network committee of friendship, support and communication.

## ***Meanwhile, at the grassroots ...***

### **North Coast U3A Radio** *From Graeme Eggins, Northern Rivers (Lismore) U3A)*

One of the longest running activities of U3A Northern Rivers, the U3A radio show, will celebrate its 25<sup>th</sup> birthday in December. In that time it has had just four presenters: Graeme Eggins, the late Norman Cochrane, Coralie Gardiner and currently Des Ball.



Des has been hosting two hours of music on community station River FM 92.9 for the past 15 years. Des describes it as a smorgasbord of easy listening music including many tracks from his personal collection. Broadcast from a studio in a former dairy co-op building in South Lismore, its time slot has changed from its original Sunday morning to 2-4pm on Fridays.

### **U3A Hawkesbury creates keen birders** *from Ken Fraser and Valerie Tabet*

A new Birds of the Hawkesbury class has exceeded its original purpose of identification and knowledge. Classroom lectures and videos are supported by field trips to view the area's rich birdlife. Bird photography has become a new passion for some students and others admit to spending far too much time watching live streaming of a white-bellied sea eagle nest with its new eaglets and their parents. See it at: <http://www.sea-eaglecam.org/video.html>.

**Anniversary Celebrations.** About 100 members celebrated 20 years of Kiama U3A with a Mad Hatter's Tea Party. Thanks to generous sponsorship there were prizes freely awarded to spread the fun and the laughter and during afternoon tea a special cake cut by two life members.

Several U3As celebrated their 25<sup>th</sup> anniversaries this year: Ballina-Byron Bay, Forster-Tuncurry, Hawkesbury, Lake Macquarie, Liverpool and Northern Rivers (Lismore). Long may they continue to promote lifelong learning.



### **Chau Chak Wing Business School Excursion from Joan Fleming, Northern Illawarra U3A**



Twenty-five members of the Northern Illawarra U3A visited the Frank Gehry designed building in Sydney, their interest having been whetted by earlier viewing the ABC documentary on the building's design and the eccentricities of its Canadian architect. UTS operations manager Paul Sztelma kindly showed the main features of the building, inside and out.

### **Myall Music from Barbara Lyle, President, Myall U3A**

Each year Myall U3A hosts an ensemble of graduate students from Sydney Conservatorium of Music under the leadership of David Miller AM, Head of Performance Studies at the Con. They arrive in time for lunch on Friday, then to Tea Gardens Public School where children and teachers enjoy a visit which U3A sponsors.

Saturday afternoon they present a public concert which is always very well received. This year we were enthralled by the talents of The Icarus Wind Quintet.



*Ainslie Lamb,*  
*U3A Network NSW Inc.*



# U3A ONLINE

There are many good reasons to join U3A Online, either as an organisational member or an individual member. Here are some comments which have been sent to us:

*U3A Online gives me purpose. I worked in aged care, as a senior manager of a large NFP organisation for 20+ years. Eleven years ago, aged 48, I was suddenly bed bound with a degenerative neurological muscular condition that has rendered me unable to do what most take for granted. My life changed for the worse – dependent on carers. I can't do many of the things I used to I enjoy.*

*U3A Online was a life saver. It helped me write my life story for my girls which they loved.*

*I delighted in making connections in my work life to enhance social connections and now am stranded. I thank U3A online for providing wonderful programs, wish some were a bit lighter, as cognitive problems rear ugly head, but an outlet for me from home nonetheless.*

Another member writes:

*My U3A paid for the rights to teach Botany. One person reluctantly put up her hand to act as group leader. Turned out she was highly qualified herself, soon moved on from the U3A material, and was teaching her own material. It just required that encouragement to become involved: an easy starter step.*

A retirement village in SA has been using our courses for some time and their co-ordinator writes:

*We have two groups, each of about 8 members. Of these two are blind, four totally dependent on mobility scooters and only four are able to drive. So the opportunity you offer is huge! Both groups have really enjoyed their selection of topics.*

*I have just paid to enrol in History of Education. The group is thoroughly enjoying Picnic at Hanging Rock. Thanks for your time and effort keeping all this going. A suggestion from one group is a course about C.J. Dennis and other Australian poets (e.g. Dorothea Mackellar). Thank you again for your work and care.*

*The group has nearly finished the English language course and thoroughly enjoyed it. Lots of fun with sayings, etc., so thank you again for such a great course.*

It is good to receive so much positive feedback and I'm pleased to say that we are currently working on a course about Australian poets.

Organisational membership costs only \$15 plus \$20 for each course accessed for your group. Details on our website: <http://www.u3aonline.org.au/>

Jean Walker  
President  
U3A Online



# VICTORIA

We are very proud of the achievements of our 39,000 members, and thrilled that three of them were acknowledged for their contribution to their local communities, as well as to their U3As, in the 2019 Victorian Seniors Festival Awards. Congratulations to Toni McCormack, U3A Surfcoast; Jan Mock, U3A Myrtleford and District; and Hazel Radley, U3A Cohuna, on receiving 2019 COTA Victoria Senior Achiever Award at this year's Victorian Seniors Festival.

**Toni McCormack** was nominated for her work on the rapid growth of U3A Surfcoast membership over the past four years. Membership is now in excess of 300. She is acknowledged for her strategic planning and project management skills which she has also brought to bear on two other local community-based organisations: Probus and Torquay Community House. She has harnessed the mutual interest these bodies have in creating age-friendly communities to ensure that the Surfcoast area offers a diverse range of activities for older residents.



**Jan Mock** was nominated by her U3A for her leadership, capacity to positively change the circumstance of older people, and for her broader community involvement. As founding secretary, over the past three years she led the task of establishing one of Victoria's newest U3As and continues to strengthen its ability to reach out to older people. She also volunteers with the Alpine Shire Heritage Network, Myrtleford Lawn Tennis Club and the Myrtleford Show. She is recognised for her community engagement work with the organisation Into Our Hands, and her work on bushfire recovery and community cohesion.



**Hazel Radley** is involved in her community at every level, leading it on a path to ageing with dignity, grace and harmony. She is recognised for her administrative and hands on support at Cohuna Neighbourhood House and work with Uniting Church outreach programs.



Follow us on Facebook to learn more about our activities and the activities of our member U3As - @u3anetworkvictoria. All award recipients at: <https://www.seniorsonline.vic.gov.au/festivalsandawards/seniors-awards/2019-awards>

*Tracey Swadling*  
U3A Network Victoria



**Network Victoria**  
UNIVERSITY OF THE THIRD AGE