



President's Report

Since I became President life has been very busy indeed.

In late March I attended a leadership course: "Women achieving and flourishing" Christine Nixon was the facilitator. The forum covered:

- Honoring people, unlocking potential
- Overcoming limits
- Network, self-care and staying in the game
- Reflection goals and planning for the future

Out of the above I came away with the following and I pass these onto you:

- What are you risking as a leader?
- Be yourself, everyone else is taken
- Leadership is not about power
- Doubt your incapability not your capabilities
- Have a plan, don't trample on the past

I thank Nunawading U3A for paying for me to attend this very informative forum, maybe you can think about some of the above.

I have had the pleasure of visiting a number of U3As in Metropolitan and Regional areas. The variance between each U3A is noticeable, but all appear to have the same values, sharing ideas and a Learning for Life philosophy.

The Network Secretary Susan Webster, Chris Reidy from the Office of Senior Victorians and myself met with Dr. Irene Bouzo, Policy Officer with the Ethnic Communities Council of Victoria. The discussion centered on how U3A can work in partnership with the CALD community encouraging them to join our U3As.

After booking our conference dinner at William Anglis, I was asked by a tutor there if we would

be prepared to work with a panel of students to coordinate the conference dinner. I subsequently met with five students who were very professional in the way they went about planning the event.

The South Gippsland regional meeting at Grantville was attended by the Development Support Officer Harry Dobson and myself. The attendance of U3As in this area proves they have taken Regionalisation to the next level. They shared ideas and discussed how to solve problems.

I also attended the Later Life Learning and Wellbeing forum. The purpose of the forum was to exchange information and share ideas about the sorts of learning people need for wellbeing in later life. Participants included members of the community sector, government representatives, academics and members of the public. This was a worthwhile event and I look forward to hearing what the next step will be in bringing the ideas shared to fruition.

The NSW Conference was held in early May and John Mitchell and I attended. Barry Jones, Patron of NSW Network, was one of the speakers. Before the conference we attended a National Alliance meeting.

The week 9 – 11 May we held our Victorian conference. I thank the subcommittee, Leo Sargent, Lindsay Glen and Barbara Gardiner from U3A Nunawading and Susan Webster, Secretary Network. Lindsay managed the registrations and Barbara the correspondence. Without the work of this subcommittee we would not have had the 2011 conference.

All who attended the conference were very impressed with the quality of the speakers and panel members.

Have you seen a booklet put out by National Seniors Australia. "Later Life Learning: unlocking the potential for proactive ageing" October 2010? The National Seniors Productive Ageing Centre is an initiative of National Seniors Australia and the Department of Health and Ageing to advance research into issues of productive ageing. The Centre's aim is to advance knowledge and understanding of all aspects of productive ageing to improve the quality of life of people aged 50 and over. If you would like more information about the Productive Ageing Centre visit www.productiveageing.com.au We only have one copy of the report, if you have difficulty in purchasing one ring the office and leave a message with the staff and I will photocopy one for you. (21 pages.)

Until next time

Yours in Life Long Learning
Elsie Mutton
President, U3A Network Victoria

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Network Victoria Conference – May 2011

“Ageing with Interest: Vitality, Knowledge, Growth”

The conference dinner was held at William Angliss Restaurant and there were 78 present. The dinner speaker was entertainer Wendy Stapleton. A highlight of Wendy's talk was her response to a request from the floor for a performance. Saying she had no musicians, back up singers etc she would do so – if we supported her, and also did the hand jive! She belted out **“I met him on a Monday and my heart stood still”** – and we all joined in with **“Da Doo Ron Ron Da Doo Ron Ron”** and very efficiently did the hand jive. There were a few younger folk there who had never heard the song before or encountered the hand jive – and they looked in amazement at us “oldies” singing along and having the best time.



Wendy Stapleton

We were looked after by the students of the William Angliss TAFE College of food, tourism and hospitality. They are currently studying for the Diploma of Events and the Advanced Diploma of Events.

All in all a great night.

DAY ONE (141 attendees)

The Hon. David Davis, Minister for Health & Ageing, opened the conference and was very encouraging on the future of U3A.

Glenn Capelli was our first speaker and his topic was The Circle of Learning

Glenn spoke of his journey so far. He is an author, songwriter, radio and television presenter and creator of the *Dynamic Thinking* course for Leadership. Glenn used his unique presentation style to show us how to become a flexible thinker and a life-long learner, incorporating humor, health, enthusiasm and a positive attitude.

We then held our first panel discussion. **Chris Reidy**, Manager Office of Senior Victorians, Projects and Events was the moderator for this panel, made up of:

- Deborah Westfield, Senior Project Officer, Department of Planning and Community Development
- Helen Kilmier, General Manager Community Services with Interact Australia
- Professor Bruce Wilson, Director of the European Union Centre at RMIT University, Co-director of the PASCAL International Observatory and RMIT's director of research for Regional Development in Western Victoria and is a member of the Hume Global Learning Village Committee.

These people, experts in their field, shared information on how to expand into partnerships in the community and lots more.

Our second key speaker was **Jane Wenlock**. Jane has been teaching for 27 years. Seven of Jane's teaching years were at Mackillop College in Werribee working with Sudanese children and in the broader community. In 2011 Jane transferred to Kolbe Catholic College, Kolbe where she now works with Assyrian or Chaldean communities. Jane shared experiences of working with the children and the community with us. She gave us skills to help encourage us to invite CALD members of the community to join our U3As.

The second panel: **Writing the History of your U3A** was led by **Dr. Andrew Lemon**, President of the Royal Historical Society of Victoria who has a wide experience in writing histories. Andrew's advice to aspiring professional historians is to be persistent.

The panel was made up of

- Barbara Gardiner, Secretary of Nunawading U3A and was the driving force behind the publication of their history of 20 years which was published in 2010. Barbara advised anyone who is about to embark on this journey to make sure you document all interviews and be very sure of the facts.

- David Jenz, past President of Manningham U3A and Vice President of U3A Network. David has seen firsthand the effort that goes into publishing a history of U3A. Manningham has produced a number of publications that cover their early years and then their move from many locations to a purpose built home.
- Lyndsey Burton of U3A Melbourne City and, as a History and English teacher, was 'encouraged' by her committee to assemble archives preparatory to writing the 25 year history of U3A Melbourne City. Lyndsey advised us to make sure all our archive material is safely archived.

DAY TWO (133 attendees)

Brett Lee opened the second day, talking about the Impact of Emerging Technologies. Brett's company is INESS: Internet education & safety services.

Brett worked as a Queensland Police Officer for 22 years, 16 of those as a detective predominately in the field of child exploitation. In his last five years of service, he was a specialist in the field of undercover internet child exploitation investigations.

Brett spoke to us about internet and Facebook safety for all ages.

The mission of INESS is to equip children, teenagers and adults with the skills and knowledge to enable them to use the internet safely whilst making them aware of their rights and responsibilities in the cyber world.

Our second speaker was **Fergus Watts** from Bastion Brands. Bastion has a belief which is based on -

Respect: it can't be bought, begged or borrowed; it's hard-earned and justly deserved. Without it, people are tolerated or worse still, ignored. But with it, relationships are impenetrable and great things occur between people uniquely bound. At Bastion, they believe respect is at the heart of great business, because it is at the heart of great reputation.

Fergus gave us skills to help us create a great brand that is respected for its substance and belief. Bastion calls it 'Reverence through Brand'.

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The third panel - *Where To From Here?*

Harry Dobson, Development Support Officer U3A Network Victoria. Harry spoke of his role and how it has evolved to be the important one it is today.

Ainslie Lamb, National Alliance. Ainslie is the secretary of the U3A Australia National Alliance and, as we held a meeting of states at the NSW conference a week ago, she was able to give us very up-to-date information on the Alliance.

Lindsay Glen, Assistant Secretary U3A Network Victoria, spoke about the conference and asked for interaction from the floor on the future of conferences.

The consensus was that we hold bi-annual conferences, in the CBD, over two days, plenary sessions, no moving to other rooms, interesting

relevant speakers as we had for this conference. A number of members liked the fact we had younger speakers.

The President, Elsie Mutton, acknowledged the people who organised this conference:

Barbara Gardiner, Lindsay Glen and Leo Sargent from Nunawading U3A; Susan Webster from U3A Box Hill.

Without these people saying "yes" to the request to be involved we may not have had a conference in 2011.

Acknowledgement also to the U3A members who provided Talent for the photo shoots that enabled us to receive sponsorship for the conference.

Thank you to our sponsors
Stockland, Odyssey Travel, Seniors Newspapers, Silvertown Primary

school, Melbourne Town Hall, Jason tableware and the key speakers and panelists who either gave us a reduced rate or donated their time and expertise.

Secretary Susan Webster closed the conference with a thank you to Nunawading U3A who had supported The Network President and Secretary in organising the conference. After the conference three U3As came forward to offer their U3A as organisers of the next conference. Discussion indicated that May or October seemed the most practical to hold the next conference. The Executive will discuss this at an Executive meeting and advise.

[Photographs of conference activities are available on our website www.u3anetvic.org.au Ed.]

In the Pipeline

Development Support Officer's Report for April, May and June 2011

Since the last edition I have been involved in supporting the following activities:

Emerging U3As

The following groups continue to explore options for formation later this year:

- Prom Coast** in the Foster and Waratah Bay areas of South Gippsland
- Mirboo North** and District
- St. Arnaud** and District
- Surf Coast** including Torquay, Anglesea, Winchelsea, Dean's Marsh and Lorne.

Regional Activities and Developments

This has been a major focus as we continue to create regional networking opportunities for all our U3As:

- Bass Coast U3A** hosted the **South Gippsland Regional Network** Meeting at Grantville on 7th April, and **Phillip Island U3A** is preparing to host their next gathering on 9th June
- Ballarat U3A** hosted the inaugural meeting of the **Central and Western Victoria Regional Network** on 11th April and **Ararat U3A** is getting

organised for the next gathering of this Grampians group on 15th August

- Nunawading U3A** hosted the **Eastern Metropolitan Forum** on 11th April and is preparing to do so again on 4th July
- Bendigo U3A** hosted the first meeting of the **Central and Northern Victoria Regional Group** on 15th April
- Hume U3A** hosted an exploratory meeting, on 17 May, of the 14 Northern and Western Metro U3As where two new regional groups, Western Metro and Northern Metro were created. **Hume U3A** will host the inaugural meeting of **Northern Metro Regional Network** on 19th July and **Moonee Valley U3A** will host the first gathering of **Western Metro Regional Network** on 21st July
- Plans are underway for **U3A Melbourne City** to host an exploratory meeting of **Central City** and **Southern Metro** U3As on 22nd June to decide on the best grouping arrangement in these areas.

Accommodation Survey and Workshop

Following the April survey, a workshop at the Elizabeth Street

Hub was held on Monday 9th May. The organising group, comprising Bridget Halge, Heather Ambrose, Susan Webster and myself, met with representatives from 20 U3As. After sharing ideas we developed some strategies for improving our accommodation options as about one quarter of our U3As have inadequate arrangements.

Conference

With 55 U3A groups attending the Conference it was an excellent opportunity to do some networking and to make arrangements for any follow up contacts where necessary.

Local Government Negotiations

Currently discussions are taking place with the following Councils:

- Bayside City Council about the possibility of a U3A in the Brighton, Sandringham area
- Yarra Ranges Council about their support for the six U3A groups in their Municipality.

Harry Dobson,
U3A Development and
Support Officer,
10/6/2011

My Long Journey

To all my friends and relatives who have supported me during the last three years, especially my dear wife who has been so good and enduring and has seen me through the hard times.

My nightmare began three years ago, when one morning I woke up very ill, went outside to do something and collapsed, bringing up black blood. My wife took me immediately to the doctor. The doc took one look at me, called for an ambulance and rushed me to hospital. My doc sent me to a top specialist in Melbourne. His prognosis was that my liver was only just functioning and would not last much longer. He told me I would die when the liver gave in. He said my only hope was to get a new liver.

I went to the Austin Hospital which specialises in transplants and was examined by the doctors in the liver department. I was told to move house immediately so as to be near the hospital. We sold up our holiday cottages at Lakes Entrance and moved to Melbourne. After three months of tests and procedures I was finally accepted onto a transplant list. Livers are scarce and there were a lot of sick people before me, so I had to wait two years before I could get a new liver.

This was a trying time as my wife was left to do all the work. I was not permitted to drive as the poor



Colin Lane

liver affected me terribly. At times I would drift off into another state of mind, was lethargic and not myself. I was basically house bound most of the time.

On Dec 21st 2010 I was called to the hospital to undergo chemo. I was to stay in hospital for a couple of days. On the 22nd close to midnight there was suddenly **ACTION STATIONS**; a liver had just arrived, with the name tag Colin Lane. I had prayed to God to please give me a liver for Christmas. He answered my prayer and the day before Christmas I was wheeled into the operating theatre.

They started the operation at 7am. but my heart was too weak to withstand the operation. We have

one of the finest heart surgeons at the Austin. He went to work first and did a complete heart bypass. This was followed by the liver transplant team who took out the cancerous liver and put in my new young healthy liver. My wife was so worried; she never thought I was going to make it. They wheeled me out at 7.30pm, but I had to undergo more surgery a few hours later due to complications. I started to hallucinate from the chemo and was like that for ten days. They had to restrain me as I was so delirious, that I kept pulling all the tubes out. When I eventually came around I opened my eyes with all of the doctors and surgeons and of course my family around me. I felt a warm glow inside me and it seemed to rise up. I knew then that God was with me, He had given me new life. I have recovered slowly. I have been released from hospital and am enjoying life at home, albeit very weak and tired. I will have to go to clinic every week for a long, long time. It will not be many months though before I am fully recovered. Once again my mind is crystal clear and I feel like a new person.

If anyone out there has the same problem feel free to phone me at 03 9717 4637. I will willingly give a complete rundown on the various aspects of my experience.

*Colin Lane – March 2011
Whittlesea U3A*

WA U3A State Conference 2011

“U3A in the 21st Century – Riding the Tiger of Change”

The conference will be held Monday 19th and Tuesday 20th September at the Duxton Hotel, St. George's Terrace, Perth. There will be an informal reception on the afternoon of Sunday 18 especially for those connected with U3AAA or interested in hearing about the progress of the Alliance.

Included in the well known speakers are **Vice-Chancellor Professor Alan Robson** and **Winthrop Professor Alan Harvey**.

There will be six workshop/presentation sessions each day where participants will be able to choose between concurrent topics. These will include:

- *Anti-Ageing in the 21st Century*
- *Brain Power - Harnessing the Mind*
- *Art Therapy*
- *U3A Online*
- *Exchanging Ideas*
- *Presentation Skills for the Mortally Terrified*

For further information visit the website www.u3awa.org

Secretary's Column – June Council

Distinguished Service Awards

June Council meeting saw Distinguished Service Awards presented to three of our members who have contributed strongly to the wider U3A movement. These went to:

- Aina Crawford for services to U3A Network over the last ten years as Newsletter Editor and Network Executive member
- Beryl Rowley (nominated by Kingston U3A) for her services over many years in the establishment of U3As in four eastern and southern suburbs
- Past Network Secretary Sheila Moore, nominated by the Network Executive for her years of service to the Network administration, to several individual U3As, Sub Editor of the Network Newsletter and to the movement generally.

Following these presentations, the new policy for granting U3A Network DSAs was reviewed for the meeting. I noted that the 2010 June Council had adopted a policy that Network will present awards for service to our movement at the regional, state or national level. DSAs for service at the individual U3A level will be voted and presented in the U3A itself.

From discussion with Member U3As, the distinction in the new policy has not been clear, despite the affirmative vote in June, 2010. The policy will be on the agenda for the September Presidents' Briefing Workshop.

Insurance Working Party

The Council meeting also received the results of the Insurance Working Party, formed after last year's VMIA

presentation at the September Council on their public liability and asset insurance policies. These policies are provided to Member U3As via our grant from the Office of Senior Victorians.

The Insurance Working Party looked at the feasibility of developing through Network a third insurance policy to cover general members at U3A activities.

The group –

- identified possible policy products
- estimated the amount of work that would be required for Network to administer such a policy
- worked through the cost of such a policy on a per member and/or per U3A basis.

Based on this analysis the working party recommended that Network not proceed with trying to develop this service for members.

On the assumption that not all Member U3As would want to take up this policy, and that the administrative work in the Network Office would require additional volunteer or paid staff, and in light of the projected cost of the policy, Network Executive endorsed the working party recommendation not to proceed.

Presidents' Workshop in September

To continue working with Member U3As on development of OSV Program Growth Support projects and grant applications, Network is scheduling another Presidents' Briefing Workshop for Tuesday, 6th September. This will be a half-day workshop followed by stand-up

lunch. Letters of invitation for the workshop will be sent to Member U3A presidents in early August.

After discussion with Member U3As and with the Office of Senior Victorians, Network has decided to bring the PGS planning process forward to allow Member U3As more time to develop their projects and more time to include them in their 2012 budget planning.

Other topics at the workshop will include progress in development of regions, changes to the DSA policy, and how to improve communication between Network and Member U3As.

Volunteers Needed

Network is looking for volunteers from Member U3As. We have four areas needing keen workers, full of ideas. We need:

- An assistant Treasurer, prepared to sit on the Network Executive. Knowledge of MYOB would make the job easier
- Clerical types to work in the Network Office on maintaining our own members' database. We use MS Access software for our database
- Experienced marketing types to join the Marketing & Publicity committee and help develop our marketing analysis and plan
- Members interested in working with our existing webmaster and staff on a Website Development Task Force.

Those interested in any of these activities can talk to me or to President Elsie Mutton. You can contact us through the Network Office.

*Susan Webster
Hon. Secretary*

Travellers' Aid Society - Medical Companion

Take the worry out of travelling to Melbourne. Approximately 50,000 regional Victorians travel to Melbourne each year for medical treatment. While many rely on others to drive or accompany them, others do not have this assistance.

Travellers' Aid Society trained volunteers will meet medical travellers and accompany them by public transport to and from their appointment in central Melbourne. They assist people able to travel independently but who are unfamiliar with Melbourne, or

feel anxious using public transport alone.

The service is:

- * Free
- * Can be booked by calling 1300 700 399
- * Available to regional and metropolitan travellers
- * Must be booked in advance. A minimum 24 hours notice is required
- * Travellers must purchase their own public transport tickets. We'll cover the volunteer's transport costs

You can also request this service online at least 48 hours in advance of your appointment. We will contact you to confirm your request when a booking has been made.

The service operates Monday to Friday: 8.00am – 6.00pm. Weekend or out-of-hours services can be requested depending on volunteer availability.

The service is available at Flinders Street Station and Southern Cross Station.

*[From the U3A Ballarat Bulletin,
June 2011 – Ed.]*

2011 U3A Regional Meetings Schedule

At the time of going to press, the following details were available:

Metro Regions	Dates	Host U3A	Time & Location	Contact
Eastern Metro	4th July 26th September	Nunawading	10am 16-20 Silver Gve. Nunawading	Leo Sargent (Nunawading)
Outer Eastern / Yarra Ranges	19th August	Yarra Ranges/ Lilydale	11am Old Courthouse Castella St Lilydale	Terry Green (Healesville)
Northern Metro	19th July	Hume	1 pm Dallas Brooks Primary School 46 Kiewa Cres Dallas	Aina Crawford (Hume)
Western Metro	21st July	Moonee Valley	1pm Cnr Emerald St /Hoffmans Rd West Essendon	Fran Horton (Moonee Valley)

Information on the other 3 Metropolitan Groups – Inner City, Southern Metro and Mornington Peninsula - will be published in the next edition

Country Regions	Dates	Host U3A	Time & Location	Contact
North East Victoria	23rd June	Goulburn Valley	11am 14 Esson St Shepparton	Jim Douglas (Goulburn Valley)
Central and Northern Victoria	15th September	Bendigo	11am Anderson Room, St Paul's Cathedral Myer St Bendigo	Barbara Ritchie (Bendigo)
Central and Western Victoria	15th August	Ararat	11am NMIT Campus	Frank Kitchen (Ararat)

Information on the other 3 Country Groups – East Gippsland, South Gippsland and South West Victoria - will also be published in the next edition.

Harry Dobson, U3A Development and Support Officer, 25th June 2011

Setting up Regional Groups

A meeting was held at the Dallas Brooks Community School Hub on 17th May 2011 to consider setting up two Regional Groups – Northern and Western Metropolitan.

Attendees came from U3As at Hobsons Bay, Werribee, Western/Footscray, Brimbank, Moonee Valley, Moreland, Hume, Sunbury, Darebin and Whittlesea and from Network Victoria (Harry Dobson, Development Officer and Paul O'Connor, Network Newsletter Editor).

Harry Dobson reported that Regionalisation is developing throughout Victoria and we were here to determine whether we form one large Region or two smaller Regions. In a Regional Group:

- U3As can share ideas and resources
- Help to solve problems
- Showcase each U3A
- Support new or struggling U3A

Help and advice is much better given in a regional meeting; council meetings are not always the place. Regional meetings can be used for development as well.

Discussion: Two groups might be best – U3As from Northern region would have similar problems – ditto

U3As from Western region – one larger group may be unwieldy.

The discussion was resolved as follows:

1. Formation of two regional groups – divided roughly along geographical lines – Western Metro & Northern Metro – individual U3As to decide their preferred group or join both groups
2. Three meetings per year for each group and one annual meeting of combined regions
3. Inaugural Northern Metro Region meeting will be held at 1pm on Tuesday 19th July at Hume U3A – Hume U3A will convene this meeting
4. Inaugural Western Metro Region meeting will be held at 1pm on Thursday 21st July at Moonee Valley U3A – Moonee Valley to convene this meeting
5. Each group to decide on the dates of meetings and whether to rotate meetings around member U3As.

The following are suggestions from Network Marketing & Publicity Committee & also Network Council meeting – possible topics for discussion at meetings:

- o U3As could provide pamphlets to local Councils to send out with their "Senior" letters
- o Use Advertising Sheets such as the "Coffee News" which is distributed to cafes, restaurants, fast food outlets, medical centres in suburbs where several U3As in the same area could share the advertising and costs
- o Individual U3A bookmarks, stickers and brochures to hand out
- o One quote for stickers – prices range from .47c to \$1 each or \$1.50 for stickers for the inside of windows
- o Invite local Newspapers to attend classes
- o Network Banners available for displays
- o Reference Handbook (available from Network office)
- o Promotional Package folder is being prepared by Network, putting together all promotional products Network has produced
- o Individual U3As could produce their own Promotional Package which could include their achievements, statistics etc. (use for Councils and publicity).

Central & Western Victorian Regional gathering

Sharing Local knowledge and expertise

On Monday 11th April, 2011 representatives and members from eight rural U3As met to discuss common issues and further develop common links between our organisations.

Members came from Ararat, Avoca, Bacchus Marsh, Creswick, Hepburn, Maryborough, Horsham and Ballarat. (Apologies were received from Kyneton, Stawell and Geelong.)

Discussion between members was marked by an enormous diversity within and between our U3As, a tremendous enthusiasm for the future possibilities of each member group and the extent to which local initiatives held the key to their success.

The Value of direct contact with Central Network

There is no doubt that an important feature of the day was that members could raise issues that could be taken 'straight to the top' and situations and issues could be easily clarified.

The presence at the meeting of Network Victoria's Immediate Past-President Ruth Hawley and Harry Dobson, Network Victoria's Development and Support Officer, was of benefit to all.

Regional Meetings

It was strongly felt that periodic meetings in local areas were an important adjunct of support for rural U3As supplementing regular Melbourne Network meetings of delegates.

Regional meetings should be moved around the 'district', with the next meeting venue responsible for drawing up the Agenda and chairing the meeting.

U3A Groupings

Those members and U3As present recognised the value in meeting periodically in regional groups.

All recognised that each U3A had the opportunity to learn about different achievements, strategies and issues in an environment where full discussion can take place. As a voluntary self-help group, it is

essential that each U3A helps and co-operates with other U3As.

Rather than rigidly adhere to regional boundaries that can include/exclude on the basis of location, we felt that a more flexible approach was required whereby U3As across a broad area can be invited to attend. Some U3As may choose to belong to more than one broad 'district'.

Business of meeting Important

It was felt that in future meetings in our region should be centred on a speaker of expertise on U3A Issues.

The meeting would also provide the opportunity for current U3A issues to be raised and discussed and for co-operative links to be built upon.

Next Meeting

Venue – Ararat

Date – Monday 8th or 15th August. (dependent upon speaker.)

Guest Speaker – *U3A Members and Insurance*

Agenda Items – To Ararat.

*John Olsen, Chairperson
U3A (Ballarat)*

Awards Presentation

Awards were presented to Paul Bownas by Sharman Stone, Member for Murray, for contributions to Australia on behalf of the general community in respect of active service in Malaya, Indonesia, and Vietnam whilst serving on board *HMAS Melbourne* from 1963 to 1965. This was a time when Malaya was being targeted by Communist guerrillas and Australia was undergoing confrontation with Indonesia. The Vietnam award was for when *HMAS Melbourne* was escorting the *HMAS Sydney* loaded with troops to Vietnam.

Paul subsequently spent two years in the Submarine Service and was on the commissioning crew of our first Oberon Class Submarine, *HMAS Oxley*. Paul began his U3A experience at Frankston U3A and was delighted when a new U3A began in Cobram. He is interested in writing poetry and landscape and wildlife photography and has won prizes in the Veteran's Affairs annual competitions for both photography and poetry, with publication of poetry in "This England" Magazine.



Sharman Stone, Paul and wife Jacqueline

Understanding the Framework for Partnering

Partnerships are a formal way of structuring a relationship of inter-dependence between two or more organisations to achieve a common goal.

Many funding bodies respond positively to requests from organisations that are complementing, endorsing each other and that through joint effort develop better outcomes.

At a recent workshop provided by Boroondara City Council for not-for-profit groups Greg Cook, consultant, outlined the levels of partnering; a Continuum of Joint Effort and Relationships.

The model he presented was very helpful in pointing out the options that exist in establishing a joint relationship with another agency. The continuum moves from Information Sharing, Networks, Cooperation, Coordination, Collaboration, to Partnership. The further along the continuum the greater is the effort and commitment required. Therefore it is important to match the type of relationship on the desired outcomes and the level of intensity and commitment each agency is prepared to make. Not all situations require a partnership.

For definitions of the stages see Vichealth - Partnerships information at: www.vichealth.vic.gov.au/partnerships.

U3A Deepdene

Swimming to the Top

Most of my friends in U3A know that I am involved in Masters Swimming and have been since 1984. Since that time I have competed in all State and National events, Masters Games, Pan Pacs and the FINA World Masters and the World Masters Games. These events have taken me to every State in Australia, New Zealand, USA (twice), Canada (twice), UK, Sweden, Japan, Brazil, Italy, Germany and then coming up in 2012, the next FINA World Masters Swimming is again being held in Riccioni Italy, and the World Masters Games in 2013 will also be held in Italy in Torino.

Every year, FINA, the world body of Masters Swimming prints out a list of the top ten swimmers in the world. Because I turned 80 in 2010, I swim in the 80-84 age group. Before I continue, I must explain about short and long course. Those of you who are swimmers would understand, but the non-swimmers would not. The short course pool is 25 metres long and the long course 50 metres long. (therefore, 1500 in a short course is 60 laps, and in the long course, 30 laps). Fortunately I don't have to swim against the young 25 year olds, only ladies in my own age group and 2010 saw me make the top ten in the World in the 50, 100, 200, 400, 800, 1500 meters freestyle in both the long and short course, 50 fly and 100 IM in the short course, and the 100 and 200 backstroke in the short and long course, but the most exciting thing



is I made NO. 1 in the 400, 800 and 1500 in the short and long course pools. So, 2010 was an exciting year and I will probably have to wait till I turn 85 and swim all those events again to make the WORLD TOP TEN in 2015. (Of course, that is, if I am still around). At the moment I hold 4 National and 11 State Records – Long Course, and 7 National & 16 State records - Short Course.

Just recently the State championships were held at the Melbourne Sports & Aquatic Centre and I came home with 5 gold medals and the Nationals were held in Perth in April where I was lucky enough to win 6 gold and 1 silver with 1 National and 2 state Records.

Now it is all systems GO for ITALY in 2012.

P.S. In 1986 I attempted my first Open Water Swim, The Pier to Pub at Lorne. I became absolutely smitten by the ocean. Since then, every year from December through to February, I compete in most of these events, e.g. Pier to Pub – Lorne, Danger 1000 - Torquay, Blue Water Challenge - Queenscliff, Rip

View Swim Classic – Pt Lonsdale, Rock2Ramp – Angelsea, MMAD – Mt Martha, Dromana Bay Pier Swim - Dromana, Edithvale to Aspendale Club to Club, Point to Point – Hampton. I have done the Portsea Swim Classic and Pt Leo, but these are not my favourites. Fortunately there are not too many OLD ladies and I am able to win most of the above events. But – as I have to compete 70+ I am starting to find it is getting difficult, and as all those 60+ ladies will be turning 70 very soon, my years of winning are about to finish.

*Dorothy Dickey
Manningham U3A*



Support of Oxfam's Work

Once again the Patchwork ladies amaze me. So far we have bought pigs, goats and a well. It was decided that even though we have enough money to buy another well, and we all know how important water is, that perhaps a buffalo would be our next project – so far we have \$176 towards this. It will take a bit longer as they are \$495 but we will get there. Thanks girls, you do a wonderful job, and this has rubbed off on Erin's walking group and I believe they are saving towards a well. Congratulations to you all and keep up the good work.

*Marie
[U3A Croydon's Newsletter April 2011- Ed.]*

Policy and Planning Committee

The new and enlarged P & P Committee meeting was held after the Council Meeting on Wednesday 15th June at the U3A Network Office. Future meetings will be held at 1.30pm on the same day as Council meetings so that representatives from the Regions, particularly the Country Regions, may attend.

The Policy & Planning Committee deals with issues for the U3A movement in Victoria. Its work includes the review of existing policies, succession planning, oversight of the funding agreements, the organisation of regular forums and monitoring progress with the U3A Network Victoria Strategic Plan. The interests and concerns of stakeholders – individual U3As – are paramount at all times.

Regions not currently represented on the P & P Committee are requested to nominate a representative by the September 21st meeting.

*David Jensz
Convenor*

U3A Sunraysia - 20th Anniversary

U3A Sunraysia was formed in 1991 and this year will be our Twentieth Anniversary. We are celebrating by having a buffet lunch on the 12th November, in the Hub at Sunraysia Institute of TAFE, Benetook Avenue, Mildura at a cost of \$25. If any U3As are interested in coming to help us celebrate, please contact us, either by phone, 50223730 or e-mail: u3a_sunraysia@sunitafe.edu.org.au We would love to hear from you.

A Short History of U3A Sunraysia:

The idea of Third Age learning had been a dream of a number of local people for a long time. In 1991 the Sunraysia Institute of TAFE was the venue for an Open Forum

to promote the establishment of a U3A. The then Network State President, Mrs Judy Gould, was the guest speaker. The arrangements for promotion of a U3A in Sunraysia had been facilitated by Cheryl Hardie from the Sunraysia Institute of TAFE, with the support of Bob Cruise

At this well-attended Forum, Kaye Gambetta, who was a member of the TAFE council, agreed to develop this initiative. TAFE Director, Dr Bob Cruise, offered the use of facilities within the TAFE Campus

Mildura South Rotary Club gave initial valuable financial support to us and by June 1991 membership of our U3A had reached 38. As we

are on the brink of celebrating our twentieth birthday our membership is over 400. Thanks to the continuing support of Sunraysia Institute of TAFE, a strong U3A committee and a group of dedicated tutors we are a stimulating branch of the U3A Network.

The steering committee formed in 1991 consisted of Kaye Gambetta, Chairman, Val Cleary, Kevin and Judith Green, Min Wight, Silvia Marrows, Meryl Nichols, Elaine Lawton and Arthur Batten.

Judith and Kevin are still members of our committee.

*Emily Kalamaras, President
U3A Sunraysia*

Bonny Barbara

In mid March, the Philosophy class of the Ballarat U3A honoured one of their members, Barbara Morison with a special afternoon tea, as Barbara was soon to celebrate her 90th birthday.

Whilst not a foundation member Barbara joined U3A in 1987, the year the Ballarat group began and she has been a committed and involved member ever since, including some years on the Executive Committee as Treasurer or Class Coordinator. For many years Barbara was in charge of the Current Affairs class, arranging topical subjects for discussion as well as many interesting speakers. She has only recently handed on this position. Barbara is a regular attendee at General Meetings where she often asks the current committee some challenging questions.

How privileged Ballarat has been to have such a member for all these years and we look forward to Barbara's continued involvement.

Janice Cook, Ballarat U3A



Message from Sunshine Hospital

With many thanks for your support throughout the year by providing knitted garments and booties for our stillborn babies at Sunshine Hospital.

We are an extremely busy public hospital currently birthing 4,500 women a year. Over the next couple of years our birth rate is projected to increase to 5,500 – 6,000 per year. Many of our women come from disadvantaged groups often associated with complex birthing needs.

In caring for these women we are often confronted with challenges of teenage pregnancy, drug and alcohol dependency, psychiatric illness and poor socioeconomic conditions. In 2010 we birthed 50 stillborn babies in our birthing suite.

Many of these babies were dressed in the garments your members generously created.

Despite their overwhelming grief many of these women and their families request that we thank your group for their kindness.

On behalf of the midwives at Sunshine Hospital I would like to thank "Whittlesea U3A" for their amazing support. It is because of the support from community groups that we are able to provide a high standard of care to these special women and their families entrusted to our care.

With many thanks

*(Signed) Kirsten de Chalain
[Letter printed in Whittlesea U3A
Newsletter April 2011]*

Growth at Frankston U3A

I was delighted to hear news from Frankston's delegate at the U3A Conference recently. She was pleased to report that Frankston U3A's membership has grown from 300 to 500 members. Also the number of classes has grown from 30 to 52.

Keep up the good work Frankston U3A!

*Ruth Hawley
Immediate Past President*

Accommodation Workshop

Thirty one U3A members and two state government representatives attended the U3A Network Victoria Accommodation Workshop on 9th May 2011 to address Member U3A accommodation issues. Participants were given a summary of the findings from the survey conducted in March (data presented by Harry Dobson) and then led in a discussion. Strategies for improving communication with local Councils were discussed at length with Heather Ambrose and Bridget Halge, who organised the workshop, spoke of ways to utilise alternative venues for classes and making the most of grants and other resources, while Susan Webster spoke of ways to collect and present data. Members were given samples of data presentation which are also available on request to Network Office.

The discussion was very positive and brought many examples of initiatives that have had successful

results. Helen Hargreaves from the Office of Senior Victorians and Deborah Westfield from Adult, Community and Further Education (ACFE) contributed helpful advice.

Following the workshop many participants expressed their thanks for the practical guides to proceeding with situations that had seemed intractable. Others were thankful that Network was offering such help and would continue to do so. Many thanks go to Network office support for all their secretarial help.

Copies of the survey information and the article on practical ways of keeping in touch with Local, State and Federal governments are available on the U3A Network Victoria Website:

www.u3anetvic.org.au/

*Heather Ambrose
Policy and Planning
Committee Member
U3A Network Victoria*

Network Newsletter Availability

The quarterly Network Newsletter is currently mailed to a large number of readers – and from U3As includes the President, Secretary and Council Delegate from each of the 97 Victorian U3As. Comparatively few individuals beyond these committee members ever get the chance to read the Newsletter. There are two easy ways to remedy this:

- Go to our website www.u3anetvic.org.au and click on "Newsletters" to read or download the latest issue
- Contact the Network office and ask to be placed on the mailing list, to receive four issues per annum free of charge.

Student Feedback on the 2010 Yearlong Course Program

U3A Melbourne City has undertaken a detailed study on student appraisal of the courses provided. The report is very interesting and undoubtedly of value to other U3As.

Major Findings in the report are featured under the following headings:

- Overall enjoyment
- Initial attraction to the course
- Match between course description and its delivery
- Aspect of the course most enjoyed
- What students liked about how the way classes were run
- Opportunity to participate in class
- Satisfaction with number and frequency of classes
- Suggested changes to course content
- Suggested changes to how the course is run and organised
- Additional comments about the course
- Comments on the overall U3A course program

The Report can be viewed on the U3A Melbourne City website www.u3amelbcity.org.au/links

For further information or comment about the report please contact Julie Nankervis on 03 9639 5209 or email citymelb@u3a.org.au

Green Shed Report

Our Green Shed is doing extremely well thanks to Blythe Osborne and his skill of keeping a group of people busy with a wide variety of woodwork constructions. As a part of the total activity in U3A it has developed into a very successful and satisfying aspect.

We are now listed as a member of the Victorian Men's Shed Association which gives us recognition within the wider Men's Shed movement. We are also listed as part of the Cardinia Men's Shed Cluster group. Our activity gained wider recognition at the recent men's health meeting organised by Emerald & District Rotary Club.

This meeting was called to raise awareness of the wider problem of health and depression among men in our community and the range of services and help available. A Men's Shed can be a source of help for men with this condition.

"Women talk face to face. Men talk shoulder to shoulder."

The men I would like to see joining our Green Shed are unlikely to make the effort to join without some encouragement from friends, relatives, wives or neighbours. Do YOU know someone who would benefit from making new friends, having something interesting to do and getting out of the house to do it? You could help by encouraging someone in need to drop in on a Wednesday afternoon to meet the other people and join in. If you would like to discuss this action please call me.

*Mike Ellery
[From Emerald U3A Newsletter May 2011 – Ed.]*

Visiting Gallipoli is a very moving experience

It gives you an understanding of the topography of the land where so many stories of Australian history took place. At the same time, the beautiful scenery that is now a national park is hard to reconcile with the horrors of those stories.

Trees, shrubs flowers, productive farms growing crops, abundant wildflowers including the ever-present poppy cover the landscape that once was hell on earth. It has been a bumper season so the vegetation is lush and green and the flowers are in splendid abundance.

Our guide, Kenan Celik, is the foremost Turkish war historian, a university professor and accepted around the world, including Australia, as one of the most knowledgeable experts on the Gallipoli campaign.

Anzac Cove today is a pleasant little beach and the flowers around the well maintained graves are in full bloom. It is hard to imagine what it was like in 1915. The hills and cliffs do not look as though they would be an easy climb for adventurous kids on a seaside holiday, let alone trying to climb them with a full pack being blasted by shells and shot at by snipers.

The beautiful vegetation that has regenerated hides all the scars of war and if it were not for the knowledge of what happened there ninety-six years ago, it would be a very pleasant place.

Fittingly, the Commonwealth War Graves Commission maintains the cemeteries in very attractive condition but it is scant reward for those who gave their lives in such a brutal manner, including the youngest, a 14 year old boy who lied about his age. His boat was sunk and he spent twenty five minutes swimming to the shore only to be shot a few days later. He was taken to the hospital ship but died and was buried at sea. His name is listed amongst others who were also buried at sea and those for whom there is no known grave but their remains are forever part of this National Park.



The trenches and tunnels have almost disappeared, filled in by erosion and reclaimed by the pines, shrubs and wild flowers.

I can now read again the accounts of Gallipoli and have a better understanding of where it happened – but not why it happened, nor why, even though this was “the war to end wars”, it has happened again and again and again and is still happening today.

A group of 18 people, organised by Nathalia U3A and mainly from Nathalia, travelled to Turkey, Jordan and Egypt. The initial aim was to visit Gallipoli and find some graves of people with local connections - which they did - and the tour

grew to include a tour around Turkey which was very interesting and then on to Jordan and Egypt. And they are already talking about possibilities for 2012.

*Stan Lowe,
Nathalia U3A*

Footnote: Our guide wished to establish whether a U3A exists in Turkey. It appears it does not, but he is keen to get a U3A operating in his home village. His parents are retired teachers. He says the older men of the village sit around in the cafes drinking coffee and smoking, and the women socialise in each other's houses. He thinks U3A would be a great thing for them.

Ode for U3A

It's fun to belong to U3A
And well worth the money you have to pay
To learn by the hour, the day or the week
Depending on what kind of knowledge you seek.

It's now fifteen years since this branch first began
So it's certainly more than a flash in the pan.
It's run by a President and the committee
Who do it for love, not for what's in the kitty.

The time-table's full of subjects that tempt
And the venue is good –it's rarely unkempt.
The tutors give willingly, sharing their skill
And no-one could say they were 'over the hill'.

The words of Jean Melzer I'll encapsulate
Participate, contribute, share and create.
Keep the brain working; give thanks for the day
You took up the challenge to join U3A.

Jane Denton, Wonthaggi U3A

Proverbs - according to six year olds

Mary taught first grade. She had a class of twenty-five adorable six year olds. One day Mary gave each child the first half of a well known proverb and asked them to write in the remainder of the proverb. It's hard to believe these were actually done by first graders. While reading the results, keep in mind that these are only first graders.

No news is *impossible*
 Love all, trust *me*
 An idle mind is *the best way to relax*
 Strike while the *bug is close*
 Better late than *pregnant*
 A penny saved is *not much*
 Don't change horses *until they stop running*
 A miss is as good as a *Mr*
 Happy is the bride who *gets all the presents*
 Two's company, three's *the Musketeers*
 Don't bite the hand that *looks dirty*
 It's always darkest before *Daylight Saving Time*

There are none so blind as *Stevie Wonder*
 Where there's smoke there's *pollution*
 The pen is mightier than the *pigs*
 If at first you don't succeed *get new batteries*
 When the blind lead the blind *get out of the way*
 Children should be seen and not *spanked or grounded*
 You can't teach an old dog new *math*
 Don't put off till tomorrow what you *put on to go to bed*

[From U3A Ballarat BULLETIN
 April 2011 – Ed.]

Dates to Note in 2011	
8-9 Aug	The Singapore International Conference
20-28 Aug	The Mildura Masters Games Programme available at www.milduramasters.com.au
6 Sept	U3A Presidents' Workshop 10.00 am, Multicultural Hub 506 Elizabeth Street, Melbourne
19-20 Sept	WA U3A State Conference 2011 Duxton Hotel, St. George's Terrace, Perth
21 Sept	Network Victoria Council Meeting #95, 10.30 am, Multicultural Hub Blue Room 506 Elizabeth Street, Melbourne
2 Oct	"Carnival of Learning" Federation Square, Melbourne 10.00 am – 4.00 pm
3 – 9 Oct	Melbourne Town Hall Seniors' Week 10.00 am – 4.30 pm

Exhibition

U3A Nunawading Inc. is holding their bi-annual exhibition of work by the Quilting, Art, Needlework, Tatting and Bonsai classes.

The venue is Box Hill Town Hall, opening at 3pm 8th September then 10.30am – 4.00 pm 9th, 10th and 11th September.

Enquiries 9878 3898



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 Please ensure all material for the October 2011 edition is sent by Friday 2 September, 2011, by email to: pfoconnor@iprimus.com.au or to the Network Office: info@u3anetvic.org.au

U3A NEWSLETTER

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The Newsletter is published quarterly by U3A Network Victoria Inc. with grants assistance from (ACFE) Adult Community & Further Education and (DPCD) Department of Planning and Community Development

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