

# Seniors Festival

Thank you for taking part in the Carnival of Learning today (2nd October). Walking around and talking to your members on your stalls, it was agreed the day was a great success.

A number of you would not have heard the Minister David Davis' remarks when he opened Seniors Week at the Carnival of Learning. He recognised the work U3A does in the community, that there are now 98 U3As in Victoria and how pleased he was to see so many represented today.

Part of the funding we receive from the government is that we take part in the Carnival of Learning. This year you made it possible for us to tick the box that U3A took part.

Next year I hope to double the number of U3As in attendance as it is the 30th year of the Seniors

Festival. You will be hearing more from me about this early in the new year.

All of this relies on the skills of our office staff and the volunteers from various U3As who give their time to Network as well as their own local organisation. For their help at Federation Square on the Sunday and during the week at The Lower Melbourne Town Hall Hub we would like to thank members from Kingston, Ballarat, Glen Eira, Werribee, Manningham, Darebin, Deepdene, Hawthorn, Croydon, Hume, Ringwood, Melbourne City and others who offered help but had extensive local commitments during the Seniors Festival.

The role of Network at these events is to spread the U3A message and direct enquiries to the relevant local U3A. The enquiries received

were wide-ranging but handled in a friendly, informative manner by our volunteers, with either literature or direction to the website and links back to the individual U3A.

Tonight (2nd October) on 3AW Chris Reidy, Office of Senior Victorians, was a guest of Dr Sally Cockburn from 6.00 – 8.00pm., talking about "healthy living as we age" then at 7.20pm (thanks to Chris) I was invited to speak about U3A. The exposure we will have received with the Carnival of Learning, 3AW and the promotion at the Hub during the week should find all U3As will have increased membership.

Again thank you all.

*Regards  
Elsie Mutton  
President*

*U3A Network Victoria*



*Silver Grove Swing Band, U3A Nunawading*

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## REGIONAL MEETINGS

Metro Regions	Dates	Host U3A	Time & Location	Contact
Eastern Metro Forum	Monday 26 September	Knox	10am Parkhills Campus, Park Boulevard, Ferntree Gully	Laurie Gaylard (Knox)
Outer Eastern / Yarra Ranges	Friday 9 December	Yarra Ranges	10am Old Courthouse Castella St Lilydale	Terry Green (Healesville)
Northern Metro	Tuesday 20 September	Hume	1 pm Dallas Brooks Primary 46 Kiewa Cres Dallas	Aina Crawford (Hume)
Western Metro	Friday 21 October	Altona	1pm Community Centre 2 Sargood St Altona	Carole Hurwort (Altona)
Mornington Peninsula	Friday 23 September	Southern Peninsula	2pm Room 4, Old Shire Offices, 359A Nepean Hwy Dromana	David Bamford (Southern Pen.)

Country Regions	Dates	Host U3A	Time & Location	Contact
East Gippsland	Wednesday 19 October	Sale	ACES, 55 Raymond St Sale	Lesley Hocken (Sale)
South Gippsland	Thursday 6 October	Cardinia	10am Cardinia Library/Hall/U3A cnr John & Henry Sts Pakenham	Ron Topp (Cardinia)
Goulburn North East Victoria	Thursday 20 October	Benalla	10am 'The Centre' Benalla College Campus Barkly Street Benalla	John Avery (Benalla)
Central and Northern Vic	Thursday 15 September	Bendigo	11am Anderson Room, St Pauls Cathedral, Myer St Bendigo	Barbara Ritchie (Bendigo)
Grampians - CentralWest Vic	Monday 24 October	Creswick	11am The Tangled Maze, corner Midland Hwy & Smokeytown Rd Springmount (just north of Creswick towards Daylesford)	Bill Morrison (Creswick)

*Harry Dobson 30/8/2011*

## U3A Grampians Regional Meeting

The meeting was held on Monday 15th August 2011 at NMIT Training Centre, Grano Street, Ararat.

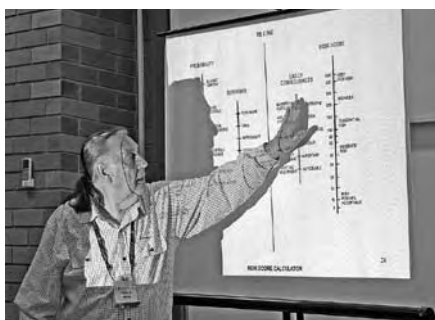
Despite the distance - up to two hours for some - 32 people attended - a very good representation.

### PROGRAM

#### Risk Management

Risk Management, liability risk assessment and litigation are all concerns for the U3As. This was to be the main agenda item.

Neville Betts, who is expert on risk management and Occupational Health and Safety, gave a presentation that was greatly appreciated. Victorian U3As as



*Neville Betts*

recipients of State Government funding are covered as Community Service Organisations under the provisions of the VMIA - The Victorian Managed Insurance Authority. U3A Volunteers are covered whilst engaged in official U3A duties. This also covers the major areas of Public and Product Liability, Professional Indemnity, Medical Indemnity, Directors and Officers Liability. Limited Personal Accident or Injury expenses could be allowable provided such outlays are not claimable in any way under a volunteer's personal Medicare or Private Health arrangements.

However it is important that each U3A minimises risk, by emergency planning and steps to reduce the likelihood of injury. Also that each U3A keeps good records. Further, U3As need to take out their own insurance against loss of equipment. Our U3As have access to competitive insurers via Network affiliations. If an issue arises it needs to be addressed promptly with the insurer and not left in the hope that it will go away.

#### Attracting the Baby Boomers

Harry Dobson led a discussion on how we attract the next generation, the baby boomers, to U3A. Harry had prepared detailed data of courses currently taught in U3As in Victoria and the age breakdown of U3As showing that a significant number of baby boomers are already involved.

Some of the points made in discussion were:

- The baby boomers are a diverse group and can't be categorised except that they had the opportunity for more advanced education than previous generations
- There was a lot of discussion on timing of U3A activities such as moving to evenings and weekends
- Publicity ideas suggested were leaving brochures at doctors' surgeries, attending new residents days, using the web, local papers, packages for Probud, Senior Citizens etc.

## REGIONAL MEETINGS

### Potential Role of Regional Groups in Victoria's Policy and Planning Committee

This is an idea that is being developed by the Policy and Planning Committee so there is greater input from the Regions. The suggestion is that one representative from each Regional Group attend the Policy and Planning Meetings.

In discussion it was agreed that it would be good if country Networks have greater representation than they do at the moment.

### Next Grampians Regional Meeting, Creswick U3A on Monday 24 October 2011

*Frank Kitchen, President,  
Ararat & District U3A*

## U3A West Region – Report

On Thursday 21st July 2011, 17 enthusiastic people gathered at Emerald Street Community Centre in Essendon West for the inaugural meeting of the West Metro Region. Representatives were from Altona, Brimbank, Footscray (Western), Hobsons Bay, Melton, Moonee Valley and Werribee.

Following a lunch of sandwiches, bun and fruit, business began and the suggestion of one vote for each group was moved and accepted and a time frame for the circulation of minutes and agendas agreed upon. The next meeting will be hosted by Altona on Friday 31 October, 2011 and the group anticipates meeting 3 - 4 times each year, rotating the venue when possible.

Discussion revealed that common problems are basically the difficulties in finding and securing suitable venues at reasonable cost and attracting tutors. Various experiences and options were exchanged and discussed and these topics will be visited at the next meeting.

Hopefully, shared ideas will bear fruit and some positive suggestions will be available next year to put to Network Officers for guidance and successful implementation. Looking outside the 'third age' circle for tutors is one option to be explored, as is placing continued pressure on local government to provide facilities for the increasing number of seniors within their municipalities.

Meeting our neighbours and sharing the pains and joys of running a U3A was enlightening to say the least. Exchanging ideas, sharing knowledge and having a unified approach to government, at all levels, must continue because it is obvious that people of the third age will be around for many years to come.

*Frances Horton, President, Mooney Valley Region U3A*

## U3A North Metro Region Report

On Tuesday 20th September members of the U3A North Metro Region met at Dallas Brooks Community Primary School Hub.

Members attending were from Moreland U3A, Whittlesea U3A, Yarra Valley U3A, Moonee Valley U3A, Darebin U3A, Nillumbik U3A and Hume U3A, representing 1,500 members.

Pat Townsend, President, Hume U3A talked about the reasons for sitting on Committees of partner organisations:

- o promoting recognition of our U3As in the local area and particularly with local Council, keeping informed of events and opportunities throughout local area and beyond. Talk to Local Member – also Federal Member – keep in touch with them – tell them our needs
- o We have to keep up with changes in Council
- o Yarra Valley U3A has a representative on the Network of Seniors for Banyule – CALD organisation
- o Darebin U3A have good working relationship with Council – supporting Council with CALD – support for local schools.

**Insurance for U3A members was discussed** – in respect of Personal

Accident cover for normal members whilst not engaged in anything in a voluntary capacity - this would be too expensive – members should be informed that their U3A Committee will take all care but no responsibility – members need to be aware that they are responsible for their own welfare. Suggestion: Disclaimer in Newsletters. (Moreland Council have to be notified of excursions for insurance purposes.)

Mary Renshaw (Whittlesea U3A)

- Westpac banks will permit a one-off advert on their screens
- Browse Aloud website – for hearing impaired
- Info exchange – worked with Darebin Council – Wifi for Northern Suburbs (Hume Global Learning Village and Banksia Gardens in the City of Hume are taking this up) - Technology support - setting up digital inclusion
- ✓ Whittlesea U3A use around 20 venues – don't have their own building
- ✓ Yarra Valley U3A don't pay rent - do pay utilities – use other venues periodically
- ✓ Darebin U3A – Council lease historical site from Fairfield Railway Station – renovated by Council rented to Darebin U3A – costs covered by community

- grants – 7 venues – 33 classes
- ✓ Moreland U3A – have moved to Senior Citizens in Jukes Road, Fawkner Sports & Leisure would like membership interaction – use of other venues – Greg Lynch Senior Citizens Peacock street West Brunswick - Library
- ✓ Nillumbik U3A – old library – health service – share use of rooms – Council may expand present building

U3A could have input into planning – Council advocating supporting other groups.

### Discussion on pros and cons of having our own building –

- Have to find money for costs and upkeep (could rent out to other users to raise funds for expenses) big responsibility
- U3A Knox has own building – upgraded by Council

Grants – Pat Townsend often finds grants in Our Community newsletter to apply for [www.ourcommunity.com](http://www.ourcommunity.com) – pay \$55 annual fee for newsletters – this will be emailed to you.

### 10th year International Volunteers Day – 1st Sunday in December

Darebin U3A – 20th Anniversary – 23rd October

## In the Pipeline

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

### Emerging New U3As

- a. Attended the **Prom Coast U3A** public meeting at Foster on 25th July at which a Steering Committee was formed and preparations started for the launch of this new U3A on 29 August. Thanks to Tom Potter (Leongatha U3A) and Jean Melzer (Wonthaggi U3A) for their support in this South Gippsland development
- b. Assisted the **Mirboo North and District U3A** prepare for its public meeting on 30 August when a Steering Committee should form to prepare for a 16th November Council welcome
- c. Continuing to explore options for the formation, early next year, of **St. Arnaud and District U3A**, **Surf Coast U3A** (Torquay, Anglesea, etc) and **Bayside U3A** (Brighton, Sandringham).

### Regional Activities and Developments

- a) Attended the **Inner City and Southern Metro Region** exploratory meeting hosted by Melbourne City U3A on 22nd June
- b) Attended the **Eastern Metropolitan** Forum meeting at Nunawading on 4th July
- c) Participated in the inaugural **Northern Metro U3A Regional Collective** meeting at **Hume U3A** on 19th July
- d) Assisted **Moonee Valley U3A** in its hosting the first gathering of the **Western Metro Regional** meeting on 21st July
- e) Assisted **Ararat U3A** with some of its agenda items for the **Grampians Regional** meeting at Ararat on 15th August. Thanks also to Neville Betts (U3A Nunawading) for his contribution to the agenda item on Risk Management
- f) Attended the **Outer Eastern/Combined U3As of the Yarra Ranges Regional** meeting on Friday 19th August
- g) Contacted all the regional groups to provide each with **an email and phone contacts list**, and to find out details of their next meetings so a meeting calendar could be prepared.

### Exploring strategies to be used with Local Government for gaining access to Senior Citizen Centres

On 29th July, I met with **Helen Killmier**, CEO of Interact, to explore this matter further. Helen spoke at our Conference, and had previously supported Moonee Valley and Nunawading U3As negotiate with their Councils for the open use of Senior Citizens Centres.

For a list of these strategies please contact the Network Office.

### Supporting individual U3As

- a. Attended the **Brimbank U3A** AGM on 27th July, and **Whittlesea U3A** AGM on 25th August
- b. Assisting **Kinglake U3A** to be re-established with support from Murrindindi Shire
- c. Supporting **Moreland U3A** as it relocates from one end of its municipality to the other
- d. Supporting **Melton U3A** to expand its membership and course offerings.

### Attending Forums

- a. Along with representatives from Melbourne City U3A and Moonee Valley U3A, we explored ways that **Kensington Public Housing** residents might access U3A courses on site or nearby
- b. **Later Life Learning and Wellbeing Forum** on 3rd August at the Brotherhood of St Laurence, to establish an interest group/network that can exchange ideas and information on later years learning needs, opportunities, policies and strategies for the future
- c. **Seminar on 'Delving Deeper into Diversity'** run by the Brimbank Community Learning Strategy that addressed both gender and disability issues in non formal education.

*Harry Dobson,  
U3A Development and  
Support Officer  
August 29th 2011*

## Uniting Care Community Options

I recently attended the Eastern Metropolitan Forum where they had speakers from Uniting Care. They asked that we get the news out to you our members who may reside in the Eastern suburbs. If you care for someone or know of someone who is a carer this organisation may be of help to you.

There are two organisations. Direct2Care which offers services to help put you in touch with:

- help at home with cleaning or housekeeping

- help with shower or dressing
- nursing
- allied health services
- food services
- social support
- basic home maintenance
- respite services and a lot more.

If you wish to find out more call 1300 121 121

The second group is Commonwealth respite and Carelink centre

They support Carers and provide practical assistance to individuals and families in Melbourne's East. Their aim is to support people to remain living at home and connected to their community.

For contact call freecall 1800 059 059 or if you would like to know more go to [ww.ucco.org.au](http://ww.ucco.org.au)

Unfortunately this service is only available to people who reside in the Eastern suburbs.

*Elsie Mutton  
President. U3A Network Victoria*

## President's Report

What a busy life we retirees lead. As I go around the State and meet up with U3A members either at AGMs, birthday celebrations or regional meetings I realise just how busy U3A people are. This is a message I tried to convey to the members of the Parliamentary enquiry I attended on your behalf.

You may be interested in the following statistics which have been taken from the census you completed earlier in the year.

- There are now 98 member U3As in the State of Victoria, 49 in the metropolitan area and 49 in regional areas
- There are 232 U3As in Australia
- In Victoria membership ranges from 30 to 1500
- 17 U3As are very small with 10 to 50 members
- 24 have 100 – 200
- 22 have 200 – 500
- 12 have 500 – 1,000
- 3 have over 1,000
- Country regions have the majority of the small numbers
- Art, craft and physical education are more prominent in the regional areas whilst metropolitan areas have larger numbers in humanities, IT, languages, science, fitness, Tai Chi, exercise, dance etc.
- In the age group 45 – 60 there are around 1% more members

attending in the country area than in the metropolitan area

- The largest age group is in the 71 – 80 closely followed by the 61 – 70. U3A volunteers contribute a calculated 871,318 hours (2008 figure) in Australia per annum
- Victorian U3As represent 40% of total membership in Australia. This equates to around 348,000 hours per annum
- At a minimum of \$20 per hour our value is \$7 million, \$20 being a very low rate. I believe our value is much higher.

The Presidents' meeting was held in September and was well attended. There was a lively interactive session that produced some food for thought for both the Executive and the Presidents.

Congratulations to Nunawading U3A on holding a successful Quilt, Art, Craft, Bonsai exhibition in August.

Congratulations also to Mornington U3A on celebrating their 21st year of operation. They celebrated with a showing of their talents and a day full of fun.

I had the pleasure of attending the opening of Cardinia U3As new premises. Ron Topp played a huge role in the planning of this building and was spoken about very highly by the CEO of Cardinia and members

of Parliament. Congratulations Cardinia.

In August I represented U3A Victoria and presented a paper at the Asia Pacific Alliance conference in Singapore. (See report in the body of the newsletter)

The September Council meeting was well attended and Patricia Reeves from COTA proved to be a very popular speaker.

The Marketing & Planning committee attended a workshop held at Evergreen advertising. We thank Gill Walker for giving of her time and expertise in facilitating this workshop.

You will have received your application for funding, please read carefully.

This is a brief summary of some of the tasks/pleasures I have experienced over the last few months. As well as those mentioned it has been a pleasure visiting many U3As and hearing about your achievements.

Let us all spread the word of U3A and remember the three Bs "Be fruitful in the Third Age, Be useful in the Third Age, Be joyful in the Third Age" and this will lead us all to Healthy, Active Ageing.

*Elsie Mutton, President  
U3A Network*

## Cardinia U3A poised for new era

The recent opening of the Pakenham library/hall and U3A building has boosted both services. For Cardinia U3A, the new "permanent" home provides more space, more comfort and better technology. It also has the advantage of both services complementing each other.

President Ron Topp says the move allows U3A to expand its community inclusion program to include as many people in education activities as possible.

"We aim to make a difference by providing a wide range of services such as classes for the disabled."

Culturally diverse programs such as the Home Work Club

help primary pupils tackle study difficulties. English as a Second Language classes help those having difficulty in mainstream classes.

Mr. Topp said: "We have a wide range of regular classes for all adult-age students in philosophy, current affairs, painting, china painting and stitching. We run computer classes from beginner to advanced levels and can now hold these in our two state-of-the-art computer labs."

During its 16 years, Cardinia U3A has enjoyed steady growth – as has the shire – while moving from one makeshift accommodation to another.

"This is a new era for Cardinia U3A and we look forward to meeting the challenge by providing more

education and social support programs," Mr Topp said. "We see our role as both inclusive and entrepreneurial in benefiting our community: we like to make a difference."

The U3A is manned by volunteers. It derives its small revenue base from members' fees and support from sources such as the Shire of Cardinia, Outlook, CWA, RACV, Pakenham Opportunity Shop and The Office of Senior Victoria (Department of Health).

"Without this support we would find it difficult to survive," Mr Topp said.

*(From Pakenham News,  
August 2nd 2011 – Ed.)*

## Secretary's Column

### U3A Number 98!

September Council admitted our State's 98th U3A to Network : Prom Coast U3A, centred around the Foster area. President Elsie Mutton welcomed Dr. Neil Shaw, Hon. Secretary and Council Delegate. Our newest U3A has been founded after one of the shortest development phases in recent memory, with the first public meeting taking place in early August. Congratulations to the steering committee and the other hard workers who have brought this new team together. Network Executive was especially impressed with their initial class list, including geology of diamonds and snake handling!

### Program Growth Support Fund

Network's four-year contract with the Office of Senior Victorians is now in its second year, and we have brought forward the Year 2 grant funding process to finish in 2011. Our hope is that U3As will be able to better integrate their project planning with their budgeting for the upcoming year.

Executive has sought feedback and advice from many stakeholders on appropriate guidelines for allocation of PGS grant monies. Feedback has been received from individual U3As, and from Council workshops. From this review work, the Network Executive has formed the view that Program Growth Support grant monies should be directed in three streams, with priority being given to Streams 1 and 2.

**Stream 1** – projects to support smaller and/or financially weaker U3As in their efforts to grow in membership numbers, to stabilise their infrastructure, and to broaden the diversity of offerings

**Stream 2** – projects to assist U3As in overcoming disadvantage, including the disadvantages of distance, size, and social isolation.

**Stream 3** – projects to develop innovative programs, to promote U3A activity to new groups, and/or to develop partnerships within the community with the purpose of enriching the U3A's offerings and enhancing its contribution to the wider community.

There will not be a suggested upper limit for proposals

under Streams 1 and 2. The upper limit for proposals under Stream 3 will be \$1,500.

Application guidelines have been forwarded to all U3As, and forms are due back to the Network Office by 28th October. Network will not be able to accept applications beyond that date; any late applications will have to be returned for submission at a later funding round.

### COTA Addresses September Council

Guest speaker at the September council meeting was Patricia Reeve, senior policy officer with COTA (the Council on the Ageing) who talked about COTA's role as a policy formulation body for the senior sector and its submission to the Productivity Commission Report on Aged Care.



Patricia artfully summarised the 600+ page Commission report in a dot point list of recommendations and a matrix to cover proposed funding sources for various aspects of care.

She noted that the recommendations have been structured to address some of the inequities within the existing system. Questions from the floor indicated that many of those present had experienced some of the problems confronted by those entering or seeking to enter such facilities.

COTA's full policy paper in regard to this issue can be read on their website [www.cotaaustralia.org.au](http://www.cotaaustralia.org.au)

*Susan Webster, Hon. Secretary*

## Musical Society of Victoria

The *Musical Society of Victoria* is proud to be celebrating its 150th Anniversary this year, and has recently had contact with a number of U3A members. Specifically, our secretary Geraldine spoke about the History of MSV at U3A Stonnington. As a result, a group of U3A members attended our 150th Anniversary Concert in July. This was a momentous event featuring acclaimed musicians and MSV alumni. See our website for more information: [www.msv.org.au](http://www.msv.org.au).

As many U3As have courses and interests in history and music, we are writing to let you know about the production of a history of the MSV.

**The Musical Society of Victoria, Celebrating 150 Years 1861-2011 by Eril Tan**

**ISBN: 9781921756863.**

Eril is a long term MSV member and the history presents over 100 pages of many interesting details such as:

- Establishing musical opportunities in Melbourne's early days;

- Beginning the first Music Examination System in Victoria;
- Development of Chamber and Orchestral music;
- Social changes such as
  - o ladies only concerts
  - o benevolent funds for destitute professional musicians
  - o establishing regional & local centres during war years
- Biographies of founders, MSV office bearers and performers.

We are a voluntary, non-profit organisation and would welcome any opportunity to promote the book through U3A at State and National levels. The book is extremely affordable at \$20.00.

Geraldine de Korte, Secretary, 9509 7767

Stana Sargood, MSV 150 Promotions 9808 2659 [sargood@bigpond.net.au](mailto:sargood@bigpond.net.au)

## A success story

Dear Editor

I am a life member of U3A Castlemaine and I have just published a book called "The Nelson Milbanke Saga". I wanted to write it for about 10 years and it was only this year when I joined the U3A Castlemaine 'Memoir Writing' course that I was shown the direction to take. I know that you are always interested in a positive outcome from U3A courses and this is an example of one. The members in the group were extremely encouraging and helpful with expert advice and I don't think I could have done it without them.

I thought it would be especially interesting to any U3A member who had lived at any time from 1940s to 1970s in the Thornbury/Northcote area as my grandfather's shop, R.H. NELSON & SONS, was very well known and his life story is one of hardship and determination to achieve his dream, of owning his own shop. The shop was described by The Leader Newspaper in the 1950s as an Emporium. It was run along the lines of the old Coles stores and all the extended family worked in it. Contact details are: email – valorie@mmnet.com.au tel: 03 5472 1860; Cost \$30 + postage

*Val Anderson*



## Migrant English at Manningham U3A

Manningham U3A has been providing assistance to migrants wishing to learn English for the past eight years. It has become the custom to hold a meeting of English tutors and their students in August each year. The students are asked to bring along something from their own culture to share for afternoon tea.

The aim is to further introduce migrants into the workings of U3A and to give our students an opportunity to give some feedback

on the way in which our program is structured and maintained.

It gives students the opportunity to share something of their own culture with tutors and people from different backgrounds. It is also an opportunity for students to give their tutors a small gift of food, as a small gesture of thanks for the time and effort that the tutors gladly give to their students.

Over several years we have shared a wonderful variety of taste treats.

Delicacies from many countries including China, Korea, Italy, Greece, Iran, Malaysia, India and Jordan have shown what a wonderful variety of flavours are around in our community.

We plan to continue this sharing of food and culture as one way to assist migrants to become more involved in U3A activities and be part of the general community.

*Joan Creber – Co-ordinator  
Migrant English*

## Caulfield Life Style EXPO

Is done and dusted for another year and, the good news for our Organisation at least, is it was successful. Always leading up to such events there are the normal jitters - "is it worth the money? - will it be a flop?" This was particularly true this year with the downturn in business enthusiasm, exemplified by the cancellation at the same venue of the Gardening Show only the week prior.

However, I am pleased to report that in spite of reduced numbers of exhibitors and visitors our results were not affected. Indeed

if anything they were up on last year. The main beneficiaries are quite naturally the Melbourne U3As. By the time you are reading this newsletter new memberships will have occurred as a direct result, additionally word of mouth will help our cause everywhere.

My heartfelt thanks go to the volunteers who make our involvement such a huge success. The great disappointment is that these people represent so few of our Metropolitan network. So next year, if there is one, how about some of you who have never been involved making the effort, or

perhaps we can roster you?

Amongst several individuals to whom I spoke and who wished to be tutors was one elderly man whose life's work was a Make-up Artist in the theatre. I said to him that when he starts a class the applicants will overwhelm him. So here's a challenge. Will somebody from the U3A he joins please keep me advised through Network because I would love to hear what happens.

*Robert Harman, Marketing  
and Publicity Committee, U3A  
Network Victoria*

## Presidents' Workshop

Network hosted its second Presidents' Briefing Workshop in early September. The workshop had two purposes: First, to give Member U3As a deeper understanding of the guidelines for grants. Second, to work through a number of other topics to strengthen communication between U3As and Network. Discussion at the workshop was supportive of the Executive's grant guidelines proposals. (See Secretary's Column elsewhere in this issue for further details on the grants application process – Ed.).

The workshop also received a report from Vice President David Jenz on progress in developing regions throughout the State, including a one-page summary of each region, its member U3As, next meeting, and contact details. He also noted that all regions had been invited to nominate a committee member onto the Network Policy & Planning committee. He said it was hoped to broaden inputs to this committee and to give greater feedback to Member U3As through their regional representative on the committee. He also said that it is Network Executive's intention to further strengthen the role of regions by supplying speakers from Network and inviting formal feedback to the Executive and Council.

Webmaster Graham Hawley also noted that a Regions page has been added to the Network website. This page includes contact details for each region and the date of the next meeting.

President Elsie Mutton then conducted a whiteboard brainstorming session on communication issues – communications between Network and Member U3As and communications by U3As with their own members and stakeholders. Topics raised included :

- Does current Council structure operate efficiently with a membership of nearly 100 U3As?
- Should presidents or other senior officials of each U3A also act as Council delegates?
- Is the hardcopy Network newsletter an effective communication to Member U3As? How much circulation does the Network newsletter receive within a U3A? The workshop endorsed Executive's decision to maintain its hardcopy distribution and to supplement this with a parallel electronic distribution to all Member U3As, so that the electronic copy can be further distributed within the individual U3A.
- U3As were also asked to include a regular Network article or column in their own newsletters.

The President also reported on the recent workshop of the Marketing & Publicity committee which had identified the need in the Victorian U3A movement for a branding campaign to strengthen recognition of our logo and to coordinate a common message that all Member U3As can project to their outside audiences – government, community, and possible members. She said that the Executive and the M&P committee are working with a specialist consultancy which focuses on the seniors community, and that development of this campaign will be a major activity in 2012.

Member U3As also asked that some guidelines be issued by Executive on White and Yellow pages contact listings.

Finally, the communications session noted a number of program development and training initiatives, both from Network and from individual U3A. These

included Network's promotional DVD built by our Webmaster and used at the Retirement and Living Expo, the team building course offered to fellow U3As by U3A Croydon, the grant application to ACFE to build a tutor induction course, a number of moves by U3As to translate their brochures and literature into languages relevant in their catchments, and the research program initiated by Melbourne City U3A on the aspirations of baby boomers.

The workshop concluded with an update on accommodation issues, following on from the Accommodation Workshop held in May. The Secretary Susan Webster noted that the Executive and the Development & Support Officer and others would be creating a mentoring program for individual U3As which still report accommodation problems.

General insurance for U3A members was an issue raised from the floor. The President summarised again the results of the Insurance Working Party early this year – that the cost of such a scheme administered through Network would not provide coverage any cheaper than obtainable by U3As individually. The recommendation of the working party, not to proceed with this idea, had been accepted by Executive and published to the June Council. She asked for a show of hands of U3As interested in providing general insurance for their members. Only three attendees indicated an interest in this, and the President urged them to seek a policy offer from a commercial insurer.

The meeting ended with an endorsement from the floor of such gatherings, and an agreement that another workshop will be held in 2012, possibly towards the middle of the year.

## Farewell from Paul

This is the last issue of the Network Newsletter in which I shall be involved as Editor. For personal reasons I have decided to discontinue my involvement with U3A Network Victoria. I have thoroughly enjoyed my two years as Editor and especially wish to thank all of you who have contributed articles and photographs.

All articles etc for future editions please send to the Network office. See page 12 for Contact Details.

*Paul O'Connor, Editor*

## Policy and Planning Committee

The first of the new and expanded P & P Committee held its first meeting at 1.30pm on Wednesday 15th June at 341 Queen Street, Melbourne. This meeting was held after the Council Meeting No 94.

### Present:

Jenny Kuenster: Ararat U3A, Grampians (Central West)  
 Susan Webster: Secretary, Network Exec Box Hill U3A (Eastern Metro)  
 Aina Crawford: Hume U3A (Northern Metro)  
 Harry Dobson: Network Development Officer  
 Chris Bennie: U3A Baw Baw  
 Jill Thompson: Melbourne U3A  
 Leo Sargent: Nunawading U3A (Eastern Metro)  
 Fran Haughton: Moonee Valley U3A (Western Metro)  
 Pam Newton: Kyneton U3A  
 David Jenz: VP Network

### Apologies:

Bridget Halge, Heather Ambrose, Sheila Moore, Lindsay Doig.

It is expected that more Regions will appoint representatives to the P & P Committee in the near future. Harry Dobson is following this matter up.

The role of the P & P Committee was outlined by David Jenz and Harry Dobson gave a detailed outline on Regionalisation.

### Recommendation to

#### Executive:

It was noted that in many instances the information in the Network newsletter did not get beyond the President, or the Committee of Management, and the role of the Network is therefore not widely understood. There was discussion

about the Network newsletter being emailed to the Secretaries of each U3A, with a request that they email it to as many members as have email addresses. In this way the Network activities and ideas will get much more exposure to the membership generally. Some hard copies will also need to be distributed.

### Recommendation:

That Network newsletters be emailed to U3A secretaries for wider distribution.

\*\*\*\*\*

I attended the Altona U3A AGM on Friday 1st July 2011

*David Jenz, Convenor  
 Policy and Planning Committee  
 8th July 2011*

## U3A Philosophy is a good idea

When U3A Bairnsdale offered a course on philosophy there was great enthusiasm among its four hundred members. Fifty or so members enrolled – a flying start. U3A Network Victoria offered help in developing the course by providing a list of U3A group members offering philosophy as a subject.

“Contact with the nine or ten members proved very helpful” said Bernard West U3A Bairnsdale’s initial course co-ordinator. “As a result of the U3A Network contacts we received a wide variety of practical ideas to enable the course to develop.” We were pleased to have a visit from Rob Siedle, author of “Philosophy You Can Use”. Rob has taught philosophy at U3A Hawthorn for several years. Rob stressed the importance of discourse within the class - advice which U3A Bairnsdale has beneficially followed.

Dr. Maurita Harney, Senior Fellow in Philosophy at the University of Melbourne, and a U3A course leader, also helped in providing advice on web based material which is attractive to a rural U3A organisation like Bairnsdale where there are not the library and other facilities available in the city.

“I really wish to express my thanks for the help which U3A course leaders in the subject of philosophy provided. One sent a book on philosophy which was surplus to his requirements as well as lots of newspaper cuttings on topics which had been the subject of philosophical debate, others provided reading lists – all were helpful.

“Currently U3A Bairnsdale has a smaller number of participants in philosophy but the course helps us to think deeply about the challenges of life. We have a lending library of philosophy books which U3A Bairnsdale borrowings restricts to the philosophy class participants, some DVD’s and a projector, and best of all enthusiastic participants who get stuck into some

of those perpetual thorny philosophical questions” says Bernard.

Thank you U3A Network Victoria for being so helpful and also a big thankyou to all those in U3A who gave and continue to give us help when we need it.

And a thought – maybe the U3A Network could develop a blog in which U3A Philosophy Groups can share their ideas, reading lists, and pass on those tricky “trolley – ology questions” which require you to decide and leave you with the feeling that you are damned if you agree and damned if you disagree. – But that’s philosophy OK?

## Network Newsletter Distribution

Many U3A members are interested in activities beyond their own U3A. To facilitate wider distribution of the Network newsletter to Victorian U3A members, the Network Executive Committee has resolved to send an electronic version of the newsletter to each U3A secretary, with the request that it be onforwarded to all of that U3A's members who receive email distributions.

This email distribution will commence with this issue of the newsletter. Network is keen to receive feedback from Member U3As or from individual members on this electronic distribution. Hardcopy distribution for individuals remains available for those who request to be on the mailing list, by contacting the Network Office.

*Paul O'Connor, Editor*

## U3A Alliance Australia (U3AAA)

During July the Alliance held its initial online meeting.

### Outcomes:

1. Adopted draft procedures for conduct of future online meetings
2. Chairman Ron Browne to initiate a submission for presentation to the Advisory Panel on the Economic Potential of Seniors – the aim is to promote the national interests and values of U3A in Australia. Our intention is to include how the potential of Australian Seniors may be enhanced. Highlighting some existing legislative (e.g. forthcoming **Work Health and Safety Uniform Legislation**) requirements and impacts

tend to discourage rather than encourage volunteers to contribute their skills to the benefit of the community.

- Development of a U3AAA website
- Finalise work on the Log/trademark.
- Support the conference of the Asian Pacific U3A Alliance to be held in Australia.
- Contacts to be established & maintained:
  - Patron : Barry Jones
  - Commonwealth Minister for Ageing
  - Coordinate with other organisations to promote Positive Ageing (e.g. National Seniors – Positive Ageing

Centre, Australian Association of Gerontology).

- Formulate a more formal constitution and investigate future incorporation.
- Consider the establishment of a U3A Foundation - conditional upon forthcoming Deductible Gift Recipients Legislation outcomes.

### Discussions:

Network Victoria outlined their initial discussions with the Scientific advocacy body ANZAAS regarding the possibility of a linkage with U3As to access their science programmes and presentations.

*Lindsay Glen, Assistant Secretary,  
U3A Network Victoria  
August 2011*

## Asia Pacific Conference Singapore - August 2011

This was the second conference held by the U3A Asia Pacific Alliance (U3AAPA).

We were welcomed by Mr Tom Holloway, Secretary General, World U3A and Mr Thomas Kuan, Singapore Association for Continuing Education (SAGE) who was the conference organiser.

The theme of the conference was 'Healthy Ageing Making Friends'

It was interesting to hear from the various groups from the Asia Pacific and some parts of Europe. Did you know there are 33 U3As in India, 1000 groups across Britain?

Nepal U3A started in 2006 and now has 8000 members. All operate in slightly different ways but with the same goal - Healthy, Active, Happy Ageing in our senior years.

Mr Thomas Kuan gave a presentation on "Autonomous Learning of Senior Citizens; an NGO's perspective". Asia has the largest ageing population in the world and Singapore is amongst the top three ageing nations in Asia. Lifelong learning opportunities in a world where computer technology is ever-changing will depend on the autonomous learning of individuals, notably amongst senior citizens."

What is the value of the Victorian Network sending a member of the Executive to attend overseas and state conferences? Hearing what others in the world use as best practice for U3A and bringing back information on how we may implement some of these ideas in our own U3As and sharing what we do is very rewarding and making contact with U3As across the globe invaluable.

In Asia most of the U3As come under a Council of the Ageing or Association for Continuing Education and have paid positions to run the U3As. Asia is very aware of the need for U3As for the senior members of the community.

The next Asia Pacific Conference will be held in October 2012 in Chinmaya, India. It will be hosted by the new chairman of the U3AAPA, Dr. Sajjan Singh, President of the Indian Society of U3As.

**Australia was asked to host the 2013 Asia Pacific Alliance conference in 2013 and Network Victoria has agreed to do this.** It will be run in conjunction with our biannual conference.

If you would like any further information on this alliance, Google - U3A Asia Pacific Alliance.

*Elsie Mutton  
President  
U3A Network Victoria.*

## Progress of Goulburn Valley U3A

Growth in membership has continued, in both Bridge and Book Groups.

GVU3A rent a hall from the Shepparton City Council. There is good support from the Council on numerous aspects of the hall maintenance and improvements etc. This year we will have a small extension of the building to improve facilities for courses.

The Committee of Management is functioning well. Members are being surveyed for suggestions, courses and suggested course leaders etc, as part of our five year plan.

Current membership is 350.

*James Douglass*

## 2011 Senior Citizens of the Year Awards

On Friday 30th September 2011 the COTA Awards for Senior Citizen of the Year were held at Government House.

The beautiful ballroom at Government House was filled to capacity with hundreds of Senior Citizens and their family and friends, who sang the National Anthem along with Governor Alex Chernov AO, QC, his wife and the Premier of Victoria, Ted Baillieu, who also spoke on the importance of U3A.

There were several categories of awards:

1. Premier's Award for Victorian Senior of the Year

2. Veteran Community Award
3. Promotion of Multiculturalism Award (new this year)
4. Healthy and Active Living Award
5. COTA Senior Achiever Awards

There were nine recipients of the COTA Senior Achiever Awards and Pat Townsend, President of Hume U3A was one of those honoured on the day: a well-deserved recognition of the work that Pat puts in around the Community of the City of Hume. Pat sits on Committees of several of the partners that Hume U3A work with and works diligently as a volunteer for all of these and thereby promotes the U3A cause.



*Pat Townsend and family at Government House*

## U3A from Hume to Kerang

Saturday 27th August - the day had finally arrived.

At the U3A Network Conference earlier this year Pat Townsend from Hume U3A and Pat Gillingham from Kerang U3A decided it would be very beneficial if Hume U3A Chair Aerobics team could visit Kerang to demonstrate their program.

Kerang members have been using the Hume U3A Chair Aerobics DVD as their instructor for their Saturday morning exercise class.

Thanks to the generosity of the Dallas Brooks Community Primary School, two buses were provided to take the 18 Hume U3A members on the long trip to Kerang.

Leah Dunstan's neighbour, Shaun, (who is not a member of U3A – because, as he told me, he is too young!), offered to drive a bus as his contribution to the day. We had hoped for a 20 seater bus, but due to mechanical problems we were provided with two 10 seater buses, so John Druery (our Treasurer/Tutor) was asked to be our second driver. He was very happy to take on this

task, especially when he was advised he would not have to participate in the chair aerobics display!

7.50 am the buses departed from the school. After a couple of "refreshment" stops we arrived at the Kerang Northern District Community Health Services building, prior to midday, to a very warm welcome by Kerang U3A members.

Once inside the building we were greeted with a wonderful morning tea prepared by the Kerang members.

Our Chair Aerobic instructor, Ira Vale, did a wonderful job in leading us in a combined Hume/Kerang Chair Aerobics exercise session. This was enjoyed by all those who joined in and by the few who decided to watch from the sidelines.

Our bus driver, Shaun, soon changed his mind about this being an exercise for "geriatrics" to being impressed and stating that a lot of younger people would have struggled. Shaun had confessed to being caught out during a truck run to

Kerang recently. He was in the bank and happened to mention that he would be back in Kerang soon with a busload of "geriatrics" – but he was not aware that he was chatting to a Kerang U3A member!

Once again it was time to enjoy the wonderful home cooking provided by Kerang U3A. We were treated to a very enjoyable lunch consisting of homemade soups, sandwiches and savouries followed by delicious slices and drinks.

At 2.30 pm, after saying our goodbyes and sharing hugs, we all boarded the buses for the trip back to Dallas. With only one "refreshment" stop, we arrived back at the school at 5.45 p.m., tired but happy with our "networking" efforts.

There were ten Hume U3A Committee Members in our group.

Special thanks to Ira and Shaun for giving up their time and earnings to be a part of this special day.

*Ann Druery  
Hume U3A Vice-President*



# Bendigo U3A and the City of Greater Bendigo's Positive Ageing Strategy

During 2010 the City of Greater Bendigo developed A Positive Ageing Strategy, considerably influenced by members of Bendigo U3A. The process was of community consultation, including a survey and meetings for older residents and with relevant service providers. Extensive research into issues affecting older people was undertaken. The process included a Positive Ageing Advisory Group. Members of U3A Bendigo were part of this group.

The strategy identified good features about ageing in Greater Bendigo such as health and library services, and the range of organisations and social life. Key needs and actions were developed around five themes: social connections, healthy mind and body, housing, physical environment and transport. In actioning these attention is to be on access, different cohorts within the older population, promoting impact and the use of technology, promotion of equity, and ensuring actions are achievable. The strategy's completion was mainly due to an energetic, thoughtful and sensitive manager within the Council's staff, who worked very closely with U3A members.

The completed strategy was opened to community comment and then approved by Council. An ongoing role is with the Positive Ageing Advisory Group. Of some 18 members seven come from U3A Bendigo. Through monthly meetings components of the plans

for action have been given priority for implementation in the three year strategy.

These include promoting life-long learning opportunities for older adults; investigating and quantifying demand for future housing needs of various types relevant to ageing people; advocating for improvement of existing options and opportunities for alternative transport to the Bendigo Hospital and Public Library; creating community hubs at seniors' centres to provide activities that promote healthy lifestyles for older people.

The Council manages some current services impacting on ageing residents, and could influence other authorities and organisations which maintain relevant services. The Advisory group gives information and strategic advice, reflecting the views of the community, on the availability and outcomes of service provision. This input has directly influenced the strategy's implementation; a good example being production and distribution of a brochure covering residential accommodation services.

Perhaps the most important questions are whether the strategy will achieve its aims, and how best can community members promote and support effective outcomes for ageing people. The work of the Council's staff which manages the strategy is critical. Support from the Council itself is most important. This has been ongoing in particular through one councillor who chairs Advisory group meetings. However, repeated observations attest to the critical decisions actually resting with officers rather than with councillors.

These observations highlight problems community members face in how they work within the advisory system. Being overly demanding or controlling is clearly counterproductive. Pursuing the meeting of older persons' needs and demonstrating how such actions enhance the function and status of Council and it's officers, have uncertain outcomes. However, at present this seems the best approach to take.

It is still early days in the strategy's life. Hopefully, much good work and constructive thinking will give Bendigo's older population comfort and improved living as they age.

*Peter Eisen, Courses Coordinator, U3A Bendigo*

Dates to Note in 2011	
16 Nov	Network Victoria Council Meeting #96 10.30 am, Multicultural Hub Blue Room 506 Elizabeth Street, Melbourne
16 Dec	Material due for January 2012 Newsletter
Dates to Note in 2012	
28-30 Mar	U3A Network NSW Annual Conference Port Macquarie "The Fountain of Age"
5-6 Jun	U3A Network Queensland State Conference and AGM (further details TBA)
Oct	U3A Asia Pacific Conference, India (further details TBA)

**Editor: Paul O'Connor – Manningham U3A**  
**Sub-Editor: Ross Peacock – Nunawading U3A**  
**Please ensure all material for the January 2012 edition is sent by Friday 16 December, 2011, by email to: Network Office: info@u3anetvic.org.au**

## U3A NEWSLETTER

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