

Council Workshops – Summary of Issues

November Council workshops examined two topics; the outcomes are summarised below and will be fed into planning for Network’s 2011 activities.

1. Establishing and Maintaining Websites – What assistance do individual U3As want from Network?

A large number of U3As currently have a website, but some have trouble keeping it up-to-date. Most agree that it is a good tool for the public to find information.

There was a strong preference for each U3A to make its own arrangements to establish a website. No members were interested in having Network set requirements for format, style, content, etc., although many would welcome guidelines or templates.

Several smaller Member U3As indicated that having a page on the Network website would suit them well.

2. Establishing and Maintaining Common Database Software and Common Data Structures for All U3As – What are the Pros and Cons?

Feedback on this workshop topic indicated little support for a common database if it would cost extra money or extra effort. In particular, those U3As who already have a member database would be reluctant to change. No one wanted to see grant money spent on developing a centrally-supported database system.

Many members commented that if Network would list the data it needed, each U3A would be able to collect that in its own way.

What has Network been doing lately?

- Negotiated a new four year agreement with the Office of Senior Victorians.
- Developed a new Strategic Plan
- Had discussions with ACFE re next round of funding
- Prepared a Reference Handbook for member U3As
- Attended to National Alliance matters
- Conducted a Presidents briefing workshop on Insurance and Government funding
- Worked on establishing new U3As
- Encouraged U3As to combine in regional groups
- Ongoing financial management
- Distribution of funds to member groups
- Report to Government on behalf of all U3As
- Day-to-day affairs including pays, superannuation, Workcover
- Correspondence – email, phone, written
- Publicity – advertising in “50+” and “Senior” periodicals
- Participation in Carnival of Learning
- Participation in Seniors’ Lifestyle expo.
- Design and printing of pamphlets
- Website information maintenance
- Newsletter
- Participation in Baby Boomers expo
- Organisation of Council meetings which included addresses by specialists in insurance, database and website

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Secretary's Column

October Presidents Briefing

This half-day workshop covered three topics: Firstly, a review of our newly-signed four-year contract with the Office of Senior Victorians (OSV); secondly, planned 2011 activities under Network's recently adopted strategic plan; and, thirdly, the various insurances Member U3As should consider. From feedback at the workshop, accommodation remains the number one challenge for most U3As, followed by recruitment and training of administrators and tutors.

Following on from this meeting, Network plans a workshop in April specifically on issues of accommodation, relationships with local government, and interactions with other local service groups. Details of time and place will be available early in 2011.

Grants

Adult Community & Further Education (ACFE) - discussions

are under way with one of the U3A movement's major Victorian sponsors, the ACFE Board, to confirm conditions of our 2011 grant. ACFE's main aims are skills development and training, and we will be looking to providing them with the statistical and case study information needed to justify their support. Network has secured agreement from ACFE that short courses of ten hours or more can be included in activities and classes which qualify for ACFE grant funding. Early in 2011 the Network office will forward our paperwork on grant conditions for ACFE funds.

OSV – Network Executive is also finalising the conditions for grant funds available under the Program Growth Support Fund. This stream of funding is part of Network's four-year contract with OSV. It emphasises development of new programs for community interaction focussed on cultural and linguistically diverse groups. We anticipate publishing the guidelines for grant applications in early March, and distribution of funds to successful applicants in May-June.

We are also working with OSV to bring forward grant planning, so that our Member U3As can plan their 2012 projects in late 2011, for proper inclusion in their own budgeting process for 2012.

Regions

Support for formation of regions continues to grow, and we now have nine regions meeting regularly or forming up. Members of Network Executive or our officers have tried to attend a meeting of each region at least once this past year.

A list of our regions and the U3As participating in each (some lucky U3As can reach more than one – two bites of the interaction cherry!) will be published with the March Council papers. Regions will also be invited to report to the Network Council, in a fashion similar to the way Member U3As are now invited to sign up on arrival and to speak from the front of the Council room.

*Susan Webster
Hon Secretary*

November Council Welcomes Avoca

The November Council meeting included – as well as the usual reports – a presentation from Bruce Carruthers on building and maintaining a U3A website. But the first action of delegates was a unanimous vote to accept Avoca & District U3A as the 97th member of Network.



Pictured with Network President Ruth Hawley is Avoca delegate Trish Finlay.

After welcoming the Avoca President and presenting a "goodies bag" of Network guidelines and

publications, and after hearing reports from office bearers and the various standing committees, the meeting used a new format for reports from Member U3As.

Delegates who wanted to address the meeting on their own U3A's activities were asked to sign up for speaking at the same time as they signed the attendance sheet.

At the end of general business, delegates who wished to speak were invited to the front microphone, making it easy for all attendees to see and hear their presentations. Among the speakers were Chris Benny from U3A Baw Baw, who requested that Network organise a workshop on accommodation early in 2011, and Sheila Moore from Bass Valley U3A who said her U3A, with Cardinia U3A, were working to create activity groups in a local rehabilitation centre, thus extending their interaction with local community support groups.

An idea that other U3As might like to develop.

November is traditionally Council's strategic planning workshop session. This year a brief presentation was given by Bruce Carruthers of U3A Castlemaine on building and maintaining a U3A website. Bruce's presentation covered basic technical needs and how to find a website host; but he really concentrated on the business and procedural issues which the U3A must manage to keep their site relevant and their information up to date.

The workshop groups were then asked to identify issues their own U3As faced in building and maintaining their sites.

A second topic tackled during the workshopping was the possible needs of Member U3As for a common member database system, possibly supported centrally by U3A Network.

President's Report

The year 2010 is drawing to a close and we wish all our members a happy summer break and may you return to classes in 2011 full of vitality and enthusiasm.

The activities of U3A Network continue, and recently the demands on the time of Executive members have been frequent. There are some items I wish to draw to your attention.

Paul O'Connor keeps on producing great Newsletters and immediate information can be accessed on our website. Seniors' Lifestyle Expo happened at Caulfield Racecourse with Robert Harman organising it, and Seniors Week events occurred with Elsie Mutton and Graham Hawley making a significant contribution. None of this could have happened without lots of willing U3A members participating. Heather Corry, John Mitchell, Sheila Moore and Ann Druery were conspicuous in most activities. Having a presence at these public events is helping U3A to reach the wider community. We feel that at last the general public is becoming aware of what U3A is. Our Marketing and Publicity Committee is active in this endeavour.

A Strategic Plan is in place and Presidents and all stakeholders have had the opportunity to make contributions. The Strategic Plan is the work of the Policy and Planning Committee. A Network Reference Handbook book was completed and distributed to U3As. Many extra copies have been requested as members and others perceive their usefulness. It is important for Committee members of each U3A to be familiar with this book, which was produced in the Network office.

It has some very useful information for all U3As.

At our September Council meeting the speaker was from VMIA. Jennifer Phemister helped clarify a lot of queries re our insurance policy. Some points to remember are –

1. Only members actively providing a service are insured.
2. If an incident occurs it needs to be recorded and the form sent immediately to our insurance provider. The incident may seem trivial at the time, but could become serious. Our insurance provider needs to know immediately.
3. We have a substantial public liability cover.
4. We need to take reasonable care of our members and have a Risk Management Policy. VMIA can provide us with a Risk Management Policy. Guidelines can be viewed on VMIA website - www.vmia.vic.gov.au

We continue to communicate with Government officers about our activities and report on achievements. Susan Webster (Secretary) and I met with Deborah Westfield from ACFE who informed us that we would receive \$250,000 for the 2011 year. This is partly to support Network activities and mostly to be distributed around our U3A groups. It is possible that the amount may change in 2012. Deborah continues to request U3A stories and especially asked for some from individuals about how their lives have been changed by joining U3A. Perhaps this topic could be mentioned to your Writing groups and the stories could be forwarded on to me for ACFE.

Whenever possible I attend the



President Ruth Hawley

Marketing and Publicity Committee and Policy and Planning Committee meetings. As President I like to be aware of all aspects of our organisation. Both these committees have made major contributions to the U3A organisation in recent times. A meeting with U3A Presidents was called recently to explain Government funding arrangements, the Strategic Plan and Insurance. Much useful information was exchanged.

Recently I visited Pakenham, Castlemaine, and Kyneton U3As. Professor Ross Garnaut was the speaker at Kyneton's special event. He spoke about China's role in world affairs and the implications of global warming.

Future events include Maryborough's AGM, Melbourne City U3A's celebration of 25 years of U3As in Victoria, Nunawading's 15th birthday and Bendigo U3A's get together with other U3As to form a regional group.

10th and 11th May U3A conference Details will be distributed soon.

Ruth Hawley, President

The View from the Top

One of the first jobs we did as a new committee was to agree on a Vision or Mission Statement. A vision statement is used extensively throughout the business world to encapsulate the absolute core of the organisation – the way the organisation sees itself. The committee agreed that the following statement concisely states the reason for the existence of our U3A. We believe that it indicates our major concern is inward looking but that we also look outwards to the general community, particularly those with whom we form partnerships.

U3A Croydon is committed to sharing knowledge and skills with each other for mutual benefit, well-being and enjoyment and working constructively with its partners.

*Geoff Steventon,
Extract from U3A Croydon Newsletter June 2010*

In the Pipeline

Development Support Officer's Report for October, November and December 2010

New U3As

- a. Avoca U3A, the newest member, formed in October and was welcomed by Network Council on 17 November.
- b. Portland U3A started their first classes in October – Digital Photography, Mah Jong and Armchair Travel. Cobram U3A also started classes in October. Both groups joined U3A Network on 15 September.

Emerging U3As

The following groups are still exploring options for development:

- a. Koo Wee Rup Regional Health Service is keen to obtain access to some of the courses offered by neighbouring Cardinia U3A and Bass Valley U3A for its 40 Hostel residents. Ron Topp (Cardinia President), Sheila Moore (Bass Valley President) and I met with Hostel Management on 22 November, and the U3As have offered some courses to start at the Hostel in February 2011.
- b. On 10 November I attended a Public Exploratory Meeting held at the Mirboo North Community Shed. Tom Potter and Bob Leslie from Leongatha U3A came to assist, as did Geoff Springett from Latrobe Valley U3A. We intend to have a second meeting in late February.

- c. St. Arnaud U3A has advanced a step further. The Management Committee of the St. Arnaud Learning and Resource Centre is keen to sponsor an exploratory meeting in March 2011.
- d. Geelong U3A has offered to support the formation of a North Geelong U3A. They will offer some sample courses in February in the North Geelong catchment area, with the aim of fostering interest in forming a new U3A.
- e. Surf Coast U3A planning group is starting to gather Council and Neighbourhood House support, and is hoping to form a new U3A in 2011.

Regional Activities and Developments

Thank you to the following groups:

- a. To Barbara Ritchie and members of the Bendigo U3A for hosting a second Bendigo Regional U3A Network Meeting on Friday 19 November. At this meeting a decision was made to form two smaller and separate regional networks, as the geographical spread of the one network was too wide, making it difficult for some members to attend meetings (See accompanying article).

- b. To the South Gippsland Regional Forum for inviting me to attend its meeting on 27 September, and for their offer of support for both Koo Wee Rup and Mirboo North.
- c. To the Eastern Metropolitan Forum for its invitation to attend their 6 December meeting at Manningham U3A.

Attending these meetings has enabled me to talk with members and gather a range of good ideas, which will assist with the expansion of my role in 2011. This expansion will include supporting regional networks, and assisting U3As in negotiations with their local councils on such issues as improved accommodation.

Other Events

On 1 November I attended the Ararat and District U3A Annual Review and Planning Day. Congratulations to Frank Kitchen and the Committee for organising this important event. I also attended the 25th birthday celebrations at Melbourne City U3A on 29 October, the 20th birthday events at Nunawading U3A on 10 November, and joined Frankston U3A in celebrating the opening of its new centre at John Paul College on 12 November.

Harry Dobson, U3A Network Victoria Development and Support Officer - 17/12/2010

Casey U3A Inc. 20th Anniversary

A celebratory lunch was held by Casey U3A inc. on the 29th October 2010 at the Fiddlers Green Village, Berwick. The lunch was attended by 90 members together with special guests, including Ruth Hawley, President, U3A Network-Victoria, Shirley Constantine, President, Dandenong U3A, Lauren House, Co-ordinator, Fiddlers Green Village, Laura Smyth MP, Federal Member for La Trobe, Judith Graley MP, State Member for Narre Warren South and Luke Donnellan MP, State Member for Narre Warren North.

Pat Stone, President, Casey U3A Inc. welcomed and introduced the special guests to the assembled members.

She also thanked them for taking time out of their busy schedules to attend the anniversary lunch. Ruth Hawley gave an interesting talk on the advantages of belonging to and participating in the U3A movement. Shirley Constantine and Judith Graley spoke on the benefits of involvement in such organisations and of keeping an active mind and body when we reach retirement.

During the lunch, a Twentieth Anniversary Booklet was distributed to all present. This publication is essentially a compilation of many members' life stories. It is interesting to see how people from such diverse

backgrounds have come together in the U3A movement.

During the afternoon, Frank Hambridge was presented with Casey U3A Distinguished Service Award for his many years of service as Committee Member, Network Delegate and in many other capacities.

The Anniversary Lunch was a very enjoyable experience with good food and good company. May there be many more such anniversaries in the future.

Reported by Colin Derbyshire, Committee Member, Casey U3A Inc.

Pat's Hume U3A Cancer Fundraising Challenge

Hume U3A's President, Pat Townsend, threw down THE challenge to our member, Helen Wilson.

Pat agreed, if Helen could raise \$1,000 towards our partnership with Relay for Life, raising money towards Cancer research, then she would have her hair shaved off at Federation Square during the Carnival of Learning on Sunday 3rd October, 2010.

The challenge was formalised at Hume U3A's 15th Birthday Lunch on Friday 18th June 2010. We all "dug deep" to get the fundraising off to a good start.

Helen took the challenge to heart and called on many Hume U3A craft friends to produce items for raffle prizes. An example being Paper-tote framed pictures which were raffled at our Hume U3A display at Gladstone Park Shopping Centre on Thursday 2nd September.

The day arrived, with bright sunshine and Federation Square full of people, some for the bike race leaving around 11 am and many others to check out what

was on offer for Seniors. We had our "sandwich" board outside our "pod" letting the public know that the President was having her head shaved at 12 noon to raise money for cancer.

Prior to Pat having to part with her hair, she had much pleasure in spraying bright colours onto "volunteers" hair for a gold coin donation – all towards cancer research.

Midday arrived with a nervous Pat sitting out in front of our "pod" and being covered, from her neck down, in what looked suspiciously like a black plastic bag. The fun began with the public being asked to pay \$5 for the privilege of cutting off sections of hair. Once the donations "dried up" Ann Druery, Vice President of Hume U3A, came forward to do her duty of finishing off the job with a number one shave.

Pat's family were there to witness this brave act and, along with Hume U3A members, were very proud of what Pat achieved by this selfless

act. Over \$4,000 had been raised for a very worthy cause.

Special thanks to Hume U3A volunteers, especially Helen, Pat's family and members of other U3As and the public for the support given to Pat and Cancer research.

*Ann Druery
Vice President, Hume U3A*



Carnival of Learning - Seniors' Week

For the first time I ventured along to the first day of Seniors' Week at Federation Square, Melbourne. It was a perfect Spring day – blue sky, warm sunshine, a little breeze. Approaching the Square the sounds of a well known Rock number filled the air. People were gathered around the police band and a female constable belted out the lyrics, setting feet tapping and faces brightened with smiles of appreciation.

Peter Hitchener, Channel 9 newsreader introduced Minister Lisa Neville from the stage.

The Minister welcomed all to the festivities that day and for the remainder of Seniors' Week. Both then toured the stalls around the complex – and there were many to see.

Organised by U3A Network Victoria Vice President Elsie Mutton, there were 20 U3A stalls from metropolitan Melbourne and Regional centres. It was evident that U3A was of interest to many of the thousands of people who attended. Information was given, brochures handed out, invitations to join local U3As – and copies of the Network Newsletter,

hot off the press, were on offer.

The whole occasion was a festive one and it was good to see folk enjoying an ice cream, a cold beer, a glass of wine or a coffee and listening to and watching the jazz, rock and folk bands playing and displays of dancing and synchronised exercise routines.

If you have not been to the first day celebrations of Seniors' Week at Federation Square, do yourself a favour and go along next year.

Editor

Participating U3As

Bass Valley, Box Hill, Brimbank, Croydon, Dandenong, Darebin, Deepdeene, Emerald, Hawthorn, Hume, Knox, Manningham, Melbourne Chinese Christian, Melbourne City, Moonee Valley, Moorabool, Mount Dandenong, Nunawading, Port Phillip, Ringwood, Waverley, Whittlesea – and, of course, U3A Network Victoria.



Melbourne Chinese Christian U3A performing in The Edge

U3A Regional Meeting at Bendigo

New Regional Formations

On Friday 19 November 2010, representatives of various U3A groups from Central, Northern and Western Victoria met in Bendigo. This gathering, the second convened and hosted by Barbara Ritchie and the Bendigo U3A Committee, was keen to finally resolve the preferred regional structure for this large part of Victoria.

After consideration of forming one large group of 18 U3As – from, for example, Macedon Ranges to Kerang in one direction, and from Heathcote to Horsham in another, we decided that two smaller groups would improve access, encourage greater involvement and provide better mutual support.

The two groupings, largely based on State Government Departmental regions, have yet to be given a name, but in geographical terms could be called : a) Central and Northern Victoria, and b) Central and Western Victoria.

Central and Northern Victoria

This group will mainly consist of the following Loddon Mallee Region towns and cities: Macedon Ranges, Kyneton, Castlemaine, Heathcote, Maryborough, Bendigo, Echuca,

Gannawarra (Cohuna), Kerang, and (possibly) Mildura. Bendigo would be the central point for this region and Barbara Ritchie and Bendigo U3A will convene the initial gathering early in 2011.

Central and Western Victoria

Will mainly comprise the Grampians Region towns and cities: Moorabool (Bacchus Marsh), Ballarat, Hepburn (Daylesford), Creswick, Ararat, Stawell, Avoca and Horsham. Ballarat and Ararat are the central cities in this region, and Anne Borg and the Ballarat U3A have offered to organise the first gathering of this group.

We agreed that U3As could belong to both groups if they wished, or join the other group if they preferred. Groups not represented at the meeting would also be informed of these regional developments and, again, offered a choice of allegiance.

Questions and Discussion

Some broad questions were then raised about the benefits and costs of operating such regional groups. We identified the benefits of sharing ideas and resources (such as class activities, tutors/group leaders, guest speakers, etc). We agreed that

each regional cluster would decide how often to meet, and whether to rotate venues over the long term, so that every member group had the opportunity to host a meeting. We would like to know how the other regions operate, how they manage the increased workload, and how additional costs are met. Could there be some regional grant provision in 2011?

We could see the benefits in reporting outcomes of our regional meetings at U3A Network Council Meetings and how Network communications could be better disseminated, discussed and debated in regional settings. We could also see that workshops and conferences would suit regional delivery and that regional support for new U3A groupings, or extensions into new communities, would benefit from having a regional support base.

President, Ruth Hawley, thanked Barbara and the Bendigo U3A for taking this initiative that has now led to the formation of the two new regional groups and for an opportunity to raise and explore some of the questions associated with the spread of regions throughout Victoria.

*Harry Dobson,
U3A Network Victoria
Development and Support Officer
December 2010*

Seniors' Festival Photo Competition

One of our enthusiastic Bass Valley U3A members, Heather White, won the \$500 first prize in the Photo Competition with her photo of husband Kevin and grandson Matthew making music together.

We have started a new "Enjoy Your Digital Camera" class this year so naturally all the other class members, and the leader, were delighted with Heather's achievement and the cheque presentation on stage at the Melbourne Town Hall during Seniors' Week in early October.



Pa Kev can you play Baa Baa Black Sheep?

Tutor Profile - Vera Andrades

Vera was born in Bombay, India and trained as an English teacher before going to Tanganyika, East Africa, as a young married woman. There her husband worked for the local diamond mining company and, as there was no secondary school, Vera taught at the local primary school. During that time two of their children were born - the first in Bombay where Vera went to be with her family for the firstborn, and the second in Tanganyika. The young family spent thirteen years in Tanganyika and only left when it became independent and amalgamated with Zanzibar to become Tanzania.

They settled back in India for a few years but felt that the opportunities for their children were limited so they decided to emigrate to Australia. At first Vera was reluctant to leave her home city and her family but, finally, after two years of indecision, they arrived in Melbourne.

Vera went straight to work at St Columba's College in Essendon, having organised the job before she left India. There she taught English and some Maths. However, she soon found she was pregnant for the third time and, after teaching for less than a year, lost her job, according to the school policy at the time which decreed that pregnant women could not teach.

A few months after the baby was born Vera began teaching English at Niddrie Technical School (now Rosehill Secondary College) and remained there for the next 25 years until retirement. To Vera, retirement didn't mean sitting around doing nothing. She saw it as an opportunity to try all those things put off doing while working. She joined the Essendon Choral Society in 1981 while still working and now had more time to devote to its activities. At the Choral Society she met Betty Meadows who introduced her to U3A. Vera wants to especially acknowledge Betty's role in her joining U3A as it gave her a wonderful opportunity to learn interesting and enjoyable things.

Vera joined Moonee Valley U3A in its first year of existence thirteen years ago. In that time she has done a variety of classes including Public Speaking with Beth Wheeler, Computers and Italian. She has always loved the grammatical side of English and was particularly attracted to Italian because of the grammar. However so much was her hunger for learning that she found the U3A class was not intensive enough so she joined a Council of Adult Education class in Italian. She completed VCE Italian and continued with private lessons for eleven years. Vera says that because she is a Goan Indian, with its Portuguese heritage, she found

it relatively easy to pick up Italian as there are many similarities between the two languages.

When she became confident with the language Vera offered to run a Beginners class in Italian for MVR U3A. She has now been taking the Italian for Beginners class since 2002. In this class she prepares members for the more advanced Italian Language and Culture class.

Vera has always loved dancing and has danced all her life. In 2004 she needed to have a hip replacement. She slowly recovered from the operation but needed a walking stick to walk confidently. Someone from U3A told her about a Line Dancing class so she joined the class. She has now been doing Line Dancing for over six years and there is no trace of a limp and the walking stick has been discarded. Earlier this year she had the idea of introducing Line Dancing to U3A members. The class was introduced this semester and is a big hit with over 20 members at each class. Vera says Line Dancing is exercise for the mind and the body as you need to have your wits about you to keep up with the steps. She has 417 dance routines down on cards so there are years of dancing ahead. We thank Vera for her wonderful contribution to our U3A.

Extract from Moonee Valley Region Newsletter September 2010



Stroke Foundation

On behalf of the National Stroke Foundation, we would like to sincerely thank you for using the Stroke Week pack to hold an activity or display. With your help, we were able to raise awareness of the signs of stroke to over 180 U3A clubs in NSW, ACT, Victoria, Queensland and SA. Early recognition of a stroke and getting to hospital fast can make the difference between death, disability and a good recovery. So remember, Face, Arms, Speech and Time. Think F.A.S.T. Act FAST!

W: www.signsofstroke.com.au
 P: 1800 787 653
 E: strokeweek@strokefoundation.com.au

[This was sent to the U3A Network Victoria office, acknowledging the assistance provided to enable awareness throughout Australia – Editor]

! Breaking News !

U3A Kerang & District is now in its third year of operation with current membership at 65. We offer a range of 13 activities; philosophy, art, drama, scrabble, exercises, writing and 10 pin bowling to name a few. We now share the Kerang Memorial Hall Supper Room with other community groups since the Senior Citizens Clubrooms were destroyed by an arsonist late December 2010

Active Ageing Network

In conjunction with the Office of Senior Victorians, YMCA Victoria, as the lead agency, has established and is managing the Active Ageing Network (AAN) in partnership with Council on the Ageing (COTA) Victoria to work with key stakeholders to support the sector to increase the number, range and capacity of evidence-based and sustainable physical activity programs for older people, particularly from disadvantaged groups and areas of disadvantage.

Funding has been provided by the Department of Planning and Community Development for the YMCA and COTA to:

- Develop and deliver a strategy to increase the number and capacity of evidence-based physical activity programs, including
 - strength training programs for older people and particularly those who are disadvantaged, including people from culturally and linguistically diverse (CALD) backgrounds, Indigenous, socially isolated, economically or transport disadvantaged, people with a disability and carers;
 - Improve the capacity of the health and fitness sectors to deliver activity programs for older people, particularly those who are disadvantaged;
 - Based on a needs analysis, in partnership with OSV, identify and recommend organisations to receive grants to develop strength training programs for older people or extend the reach of existing programs to disadvantaged groups and/or in disadvantaged areas;
- Improve access to affordable and accessible strength training programs for older people by supporting funded organisations; and
- Appoint an appropriately qualified organisation, in partnership with OSV, to conduct an evaluation of the effectiveness and outcomes of the Strength Training for Older Adults initiative.

For further information about the Active Ageing Network, please contact Lauren Jordan, Health Promotion Officer, lauren.jordan@ymca.org.au or call

(03) 9403 5000 (Tuesday – Thursday) or visit the Active Ageing Network website: www.activeageingnetwork.org.au



Minister for Community Services Visits Cardinia U3A

This week (October 27th) the President, Committee and members of Cardinia U3A welcomed Lily D'Ambrosio Minister for Community Services to Cardinia Shire. President Ron Topp thanked her for her interest and visit.

The Minister was interested to visit the group arising from the work Cardinia U3A does at the Community level.

Mr Topp said that Cardinia U3A worked in a wide range of Community Education and Social Support which included working with the disabled community in a supportive capacity as a base for a group from Outlook (Disabled Centre) who daily go out from U3A, into the community to partake in a wide range of activities and to make class places available wherever needed for disabled members. Also Cardinia U3A works in the Culturally and Linguistically Diverse Community where Educational and Social

support is provided for our Sudanese and Brazilian friends and other Ethnic Communities. Cardinia U3A also gives volunteer support to maintain the Safety Register in conjunction with Victoria Police.

Cardinia U3A also runs a wide range of Adult Education Classes which specialises in Computing as well as many general interest classes, 35 in all.

The Minister inspected the equipment that had been purchased through the funding provided by her department under the funding agreement with U3A Network Victoria.

The plans for the new Library, U3A and Pakenham Hall complex were on display (to which the Victorian Government had contributed) and the Minister was interested to look at the detail.

The Minister encouraged Cardinia U3A to work with the local Department of Planning and

Community Development team with a view to further funding to support our community work.

Cardinia U3A's partners present included Outlook Assistant CEO Anne McCormick and Outlook Community House Manager Dianne Wilson. Cardinia Shire was represented by Bianca Baddock from Community Strengthening, also Emerald U3A President Mandy Gipps and Vice President Mike Allery.

Tammy Lobato MP, Member for Gembrook and Johan Scheffer MP, Member for Eastern Region represented the Government of Victoria.

The Minister's response was centred around the work that Cardinia U3A does at the Community level and said that this partnership approach has the approval of the Government of Victoria and highly commended the effort and care involved.

Sustainable Population

(Summary of talk given to U3A Kyneton October 8 2010 By Jill Quirk President - Sustainable Population Australia - Victorian branch www.population.org.au)

The world's population was stable or rising very gradually for thousands of years until it started to rise exponentially after 1750 reaching its first billion around 1800. The increase later accelerated so that now the world's population is heading to 7 billion in the near future and an estimated 9-10 billion by mid-century. Because of the huge numbers of people, although the percentage growth rate is now slowing, one billion people are added at less than 15 year intervals. The growth of Australia's population follows a similar pattern of increase through the ages. The population of Aborigines at the time of European settlement is estimated to be somewhere between 300,000 to 1 million living on the whole of the continent including Tasmania.

A relatively low human population density at this time in Australia can be attributed to the low carrying capacity of the continent. Australia's population is now the highest it has ever been yet it is still low with respect to its land area compared with many other countries. However at 22.5 million people we are already making unsustainable demands on the fragile environment. The Australian continent is characterised by an old weathered landscape, low erratic rainfall, thin nutrient deficient soils, poor depleted fisheries, salinity, erosion and high biodiversity due to the need for living organisms to adapt to harsh conditions. Australia has a very high rate of species loss. It can be summed up as fragile.

The Victorian State of the Environment Report 2008 states"

- "Population growth, settlement and consumption patterns and climate change are the key drivers of environmental degradation in Victoria"; and

- "Victoria's population growth, increasing affluence and the expansion of our cities and towns, have contributed to unsustainable levels of resource consumption and waste production."

When considering environmental sustainability, the time period is important.

The Aborigines lived sustainably for 40,000 to 60,000 years on the Australian continent but let us consider just the next 100 years since we will probably know someone at some stage in our lives who will see the year 2110. At a constant rate of growth of 2% per annum (Australia's growth rate in 2009 was 2.2%p.a) a population will double every 35 years. This would lead to a population in Australia of 180 million by 2115 in the absence of catastrophic limiting factors. - food production, energy, water, space, other resources or the need to limit greenhouse gas emissions.

Bearing in mind that world per capita oil production peaked and plateaued from 1979, oil as an energy resource is expected to be in shorter supply in the future. Water storages in Victoria have, until recently, been at very low levels. Even a renewable resource such as timber if it comes from old growth forests is practically non-renewable in terms of a human lifespan.

Even on a large continent there are conflicts over space. The recent extension of the Melbourne Urban Growth Boundary into the Green Wedges was in response to pressures of accommodating greater population and it means losses of agricultural land natural areas and biodiversity.

Since the total impact of a population is both its numbers and its lifestyle

the talk explored some of the ways that individual impacts could be reduced:

- Abolish unsustainable practices such as logging of old growth forests.
- Environmentally friendly architecture
- Re-localisation
- Reverse trend towards outsized houses.
- Less consumption
- Less production
- Less work ☺

Important to sustainability are the following:

- Maintaining our biodiversity
- Living with our wildlife
- Respect and compassion for our farm animals
- Keeping our forests
- Maintaining our fisheries
- Living within the limits of our water supplies
- Maintaining soil fertility

The ageing population is often used as a reason to rapidly increase our population. This tends to paint ageing in a negative way. It is more constructive to look at dependency ratios which in reality show that children represent far more time as dependants than do older people. The unpaid work after retirement of older people is significant especially moral and financial support within their families. The "Baby Boomers" who are blamed for their impending time of being a burden on society are in fact the healthiest and wealthiest older generation ever.

Population needs to be seen in a wider context of environmental sustainability and within the context of world in which other species have a right to exist as well.

From the Editor

This issue completes my first year as Editor of the Network Victoria Newsletter. It has been a challenging and interesting time for me and I wish to convey my thanks and appreciation to my Sub Editor Sheila Moore, members of the Executive Committee for their guidance and input, the office for their support and especially to all who have contributed articles and material for publication.

I look forward to further involvement and interaction with all U3As throughout Victoria.

Paul O'Connor

U3AAA October 2010 – Progress Report

The next meeting of U3A Australia Alliance (U3AAA) is proposed be held in Sydney at 2-00PM Wednesday 27th April, 2011, when it is anticipated that all seven members of the Alliance will be represented ,and also attending the U3A NSW Network Conference the following day. An agenda will be prepared and circulated in advance of the meeting, but items so far include:

- Report from Victoria (John Mitchell) on Deductible Gift Recipient status for U3As
- Report from ACT (Jim Nichterlein) on the developments with the model Work Safety Act Proposal from Queensland (Jim Hales) for promoting the 'corporate image" of U3A nationally.
- Proposal from Queensland (Jim Hales) for establishing a Third Age Foundation)
- Discussion on accommodation for U3As (NSW Network)

Issues to raise with Mark Butler, Federal Minister for Ageing, including a national preventative health strategy
On-line meetings

The Victorian U3A Network Conference will be held in Melbourne on 9-11th May 2011 – this will be another opportunity for those Alliance representatives attending to meet.

The Lord Mayor of Sydney has offered a Civic Reception at 6pm on Wednesday 27th April, as a precursor to the NSW Network Conference. An invitation will be extended to Presidents (or their representatives) of the interstate networks (including ACT and UWA) and their partners. The Protocol Officer of Sydney City Council requires the names and addresses of persons proposing to attend (so they can send a formal invitation) two months in advance).

U3A - What it means to me

I joined U3A Nunawading some years ago whilst working in a fairly demanding job and helping care for elderly frail parents. My goal was to do something entirely new that would allow me to forget my worries for a few hours a week and so I joined the Choir. I soon began to realise what a wonderful organisation U3A was and how fortunate I was to be able to participate in the many varied courses that were offered.

Over the years I have participated in a number of courses, Spanish with Rita, Genealogy with Noelene and various Dance classes as well. Two of the classes that I have continued with are the Exercise class with Eileen Moore and the Art class with Paul Makinson. Both of these leaders give their knowledge and time so cheerfully and they are an inspiration to all of the students who attend their classes.

I truly look forward to my Thursday classes; Eileen is always smiling and happy and puts a lot of time and effort into her routines and selection of bright bubbly music you hardly know you are exercising at all. Then after a quick cup of coffee it's off to Paul's class where we all show each other our finished masterpieces and receive encouragement and suggestions from Paul before starting a new subject. Paul has helped and encouraged me for some years now and I am grateful for such a truly talented tutor.

Both Eileen and Paul are what make U3A a special place for me; hopefully they will continue to give of their time, enthusiasm and talents so we all can continue to benefit from their generosity.

Dierdre Dyer

[U3A Nunawading Editor: We note that Dierdre has more than repaid what she has reaped. She has served on the Committee, as Treasurer from 2003 to 2005 and teaches computer subjects in our laboratory.]

Class Leadership Workshop

U3A Croydon held their second Class Leadership Workshop during the third term break. There were 17 participants including leaders from Yarra Ranges, Ferntree Gully, Knox, Ringwood, Box Hill, Nunawading as well as Croydon. The workshop was advertised through the Eastern Metropolitan Forum. That provided an interesting mix and different perspectives. The feedback was very positive and we paid particular attention to the comments from the other U3As as our own leaders may be more forgiving.

The workshop is highly inter-active and designed to support leaders by providing guidelines to make classes more fulfilling for both leaders and

class members. As U3A classes are extremely diverse no absolutes are provided. The aim is to stimulate the class leader or potential class leader to consider ways of handling the information they present and how to relate better with their class members.

The workshop is broken into four sessions; the first covers an introduction to U3A and the principles of adult learning; the second covers the planning of courses and lessons. On day two the first session looks at hands-on teaching and the final session is about handling individual class members' needs and personalities.

The workshop is run over two half days as we consider that there is too much to absorb in one concentrated session. It is suitable for current leaders as well as potential leaders and a mix is beneficial in stimulating ideas.

U3A Croydon would be delighted to share this workshop with any Victorian U3A or group of U3As. The minimum number of participants required is 12, the maximum 30. For more information or to register your interest contact Geoff Steventon through U3A Croydon: u3acroydon@bigpond.com; or at home on (03) 9879 6718 and myrnas44@optusnet.com.au

Geoff Steventon

Older adults still have a thirst to learn

Australia is missing out on increased productivity and improved wellbeing amongst older adults because of a lack of investment in learning and educational opportunities, according to a new report.

The National Seniors Australia report entitled **Later Life Learning: Unlocking the Potential for Productive Ageing** has found that to reap the social and economic benefits of learning in later life, it is important for governments and providers of adult learning to do more to address the barriers currently in place.

National Seniors Australia general manager of policy, Peter Matwijiw, said despite all the positive research which links being mentally active to living longer and healthier lives, the issue was not being taken seriously enough.

"There is all this talk about increasing training and learning opportunities to ensure older people are able to work longer but there is not a mutual recognition in terms of what is being invested," he said.

"Investment should continue to include benefits to employers for providing training for older workers, but expand to give access to low cost courses for individuals

who are both in and out of the labour force, as well as supporting increased awareness about lifelong learning.

"In a study of older learners, 80 per cent reported an improvement in life satisfaction, self confidence, self-image or ability to cope due to engagement in learning.

"Engagement in learning and education is linked to economic, social and health benefits, especially in the older age groups, but compared to our international counterparts, there is much more we can do."

The benefits of later learning include: preventing social isolation through networks and connecting with other individuals; improvements in mental health and warding off diseases such as Alzheimer's; and the economic benefits include providing more knowledgeable and skilled workers in the workforce.

With a quarter of a million members Australia-wide, National Seniors is the consumer lobby for the over-50s. It is the fourth largest organisation of its type in the world.

October 2010

My Amazing Friends

I would never trade my amazing friends, wonderful life, loving family for less grey hair or a flatter belly. As I've aged, I've become kinder to myself and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant garde on my patio. I am entitled to a treat, be messy, be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with ageing. Whose business is it if I choose to read or play on the computer until 4am and sleep until noon? I will dance by myself to those wonderful tunes of the 60s and 70s and if, at the same time, I wish to weep over a lost loveI will. I will walk the beach in a swim suit that is stretched over a bulging body, will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They too will get old. I know I am sometimes forgetful. But there again, some of life is just as well forgotten.

And I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when you lose a loved

one, or when a child suffers, even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning grey, to have my youthful laughs be forever etched into deep grooves on my face.

So many have never laughed, so many have died before their hair could turn silver. As you get older it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've earned the right to be wrong.

So, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

Story from Latrobe Valley "Our Newsletter"
October 2010



U3A Melbourne City 25 Years On

The silver balloons floating above the tables in the Angliss Restaurant on 29 October were a signal that this was no ordinary celebration. As President Jill Thompson reminded the 110 guests, we were there to mark not only U3A Melbourne City's birthday, but also 25 years of U3A's contribution to Australian society – and to look forward to further expansion and success in the years ahead.

These various themes were admirably addressed by guest speaker Dr Rick Swindell AM, distinguished academic and co-founder of U3A On-line, which links U3A campuses worldwide. Rick started by giving us an oversight of the development and current breadth of U3As in Australia – currently 214 with 67,000 members. He then revealed some staggering statistics, drawn from a comprehensive study undertaken by him and other researchers in 2008. (You can find this at www.u3aonline.org.au.) For instance: In Australia in 2008, volunteer tutors (course leaders) collectively contributed more than 667,000 hours towards their U3A courses and activities. Administrators and other volunteers contributed 192,000 hours.

Using a notional dollar value of \$20 an hour, the value of U3A volunteerism in Australia in 2008 is conservatively calculated to have been \$21 million. Not so surprising were the findings that: Suitable low cost accommodation remains the most pressing problem facing U3As. Attracting new committee members is the second most pressing problem, and sourcing new course leaders is third.

As Rick told us, the findings in this study clearly demonstrate the hidden value to society of a low cost, adult education

model like U3A, where retired experts volunteer their skills to provide successful ageing activities for fellow retirees. The more statistics a U3A can gather (such as numbers and ages of members), the better grounds it has for claiming support from local government and other potential sponsors.

Finally, Rick stressed the need to attract new members from the new wave of baby boomers, who are likely to have the energy and workplace skills to keep the U3As going, as tutors, admin staff and committee members. This means offering courses, activities and management styles that are attractive to these younger retirees – or those preparing for retirement. And of course our committee is already trying hard to do just that! Special thanks go to Jill Thompson, Helena Ling and Tony Miles for their work in organising this very enjoyable event, and to all the other volunteers who helped.

WHO WAS THERE? Among the 110 people attending were Life Members John Besley, Joyce Bromage, Marie Einoder, and Alan Liubinas. Representatives of 12 other U3As attended and many others sent their congratulations via email. Distinguished guests included Dr Jack McDonnell with his wife Win and Cliff Picton. (Jack and Cliff were two of the four founders of U3A in Australia, along with Anne Whyte and our own Jill Thompson.)

Also welcomed were Chris Reidy from the Office of Senior Victorians, Dr Jocelyn Angus from Victoria University and Ruth Hawley, President of U3A Network Victoria, with her husband Graham Hawley.

Report by Anne Riddell

<http://www.u3amelbcity.org.au/node/210>

The U3A Newsletter

*I hear the postman on his bike,
With anticipation to the box
I hike.*

*U3A Newsletter any day is due,
Its list of courses I am anxious
to view.*

*In my box I can see it folded neatly
Among the bills that have been
sent to me,*

*I pluck it out and ignore the rest
And view the contents
with interest.*

*U3A Nunawading provides
such a selection,
Of classes of interest to hold
our attention.*

*You scan the syllabus and just take
your pick,
But as they are popular, you have
to be quick.*

*I find their activities are
always inspiring,
And a place in Elvira's writing class
I will be enquiring.*

*My application is written without
any delay
And posted that night, to arrive
the next day.*

*At the office the requests are
sifted and sorted
Into the various classes and the
results reported,*

*To the course administrator who
has the last say
On where people go, on what
date and what day.*

*I was so lucky that I was selected
To get a place in the class that I
had elected.*

*This class has been happy and so
full of fun
Time has gone so quickly since the
year began.*

*Stories have been written and
verses composed.
The amazing talent from each
member has flowed*

*Like a river racing seaward bound,
The works produced are quite
profound.*

*Jillianne Bailey
Writing Skills Class, Monday
(Leader: Elvira Fitzgerald)*

Goulburn Valley U3A Natural Resources Report, 2010

The Natural Resources Group meets the first and second Friday morning each month.

The program is run as a forum on topical and often controversial natural resources issues that will affect the Goulburn Broken catchment. We also have bus trips to look at how some of the topics are being handled in a practical way out in the field.

Speakers are generally from Government Departments or Authorities, with the occasional community expert.

Because of the subject matter, the idea behind the course is to put the facts out and let attendees interact with the presenter and then make up their own minds on how the issues are being handled.

For the first three months we discussed Climate Change and the Northern Region Sustainable Water Strategy. Other subjects discussed over the year were: Solar

Energy, Can Water Savings be Achieved, Water Savings for Melbourne, River Health, Threatened Native Species, Weather Patterns, Soils and Soil Health, Environmental Watering of Wetlands, Goulburn Valley Waters, Resources Recovered from Waste Projects etc.

The first bus trip in April was to the Yea area to inspect the rehabilitation of the natural environment following the disastrous bushfires and hear from the local Landcare coordinator of the work being done to get landowners to work together to repair fencing and other losses as quickly as possible to lift morale.

The second bus trip was in November to Barmah where we inspected the Superb Parrot Project shrub plantations and visited Yenbeena Centre to hear how Parks Victoria and the Yorta Yorta people were going to work together to manage the recently announced Barmah and Lower Goulburn National Parks.

John Dainton, Course Leader

About U3A from Members of U3A Knox Writing Group



U3A is one of the best things any retired man could do. Many men wonder what they are going to do after the daily routine of the working week. However, at U3A many subjects, some possibly never before considered, can soon become an interest, and together with the companionship of other retirees, U3A can become a beneficial part of life.

Howard Morgan

As the motto of U3A Knox says "Retired from Earning, not from Learning", and this describes membership for me. I am using skills from the past, writing, using my computer, and patchwork, and also making new friends. The time spent in my classes gets me out of the house for a bit of "free time". I can also enrol for subjects I have not tried before, and this is opening up a whole new world of information.

Angela Gibb

It gave me the opportunity to participate in several interesting classes under the leadership of very knowledgeable tutors. I have thoroughly enjoyed this for thirteen years, meeting many fascinating people.

Geraldine Damian

My work in facets of Engineering was so involved, exciting and rewarding that the thought of retirement didn't appeal to me at all. But I did retire at the age of seventy, which left a vacuum in my days. At that time, a friend introduced me to U3A and I was amazed at the wonderful organisation I suddenly found myself a part of. Things put on hold for years were now at hand for me. So many classes, so many interesting subjects, so many wonderful people and lots of encouragement from the many selfless volunteer tutors. I shall ever be grateful to all those involved in making U3A such a vibrant organisation of learning, for me and many others like me.

T. H. Robson

U3A has helped to fill the void that I was experiencing when my children moved on as independent adults. I came to know of U3A through a

friend. I was pleasantly surprised at the many activities offered for its members. It is run by volunteers who have given their time and talents to enable people like me to have classes of interest to attend. I joined creative writing and finance and investment classes, areas in which I have always had an interest. Through the guidance of the teachers I have learnt the basic foundation of creating writing. Sharing of written pieces read by my peers also helped my creativity. I have always been interested in share trading, and the finance and investment classes have given me a wider scope of understanding of the trends and share market. Most members are self funded retirees or pensioners, with a world of knowledge to share. There is also a variety of social activities at the U3A that cater for those who might be lonely and/or interested in theatre or movies. I look forward to every Wednesday and Thursday as I head for my classes, excited to meet wonderful people and learn new things.

K. K. Tan

Development Day

Ararat & District U3A Inc Development Day was held on 1st November 2010 to review our first year as an operational U3A group.

All committee members, tutors and members were invited to attend proceedings with morning tea and lunch provided.

We were most fortunate to have with us Harry Dobson, U3A Network Victoria Development Officer and also member of the Moonee Valley Region U3A. Harry also attended the initial show of interest to form an Ararat U3A group held at the Neighbourhood House back in 2009.

We also had Fran Durow, a U3A Horsham Committee Member, Newsletter Editor and computer whiz.

Representing Ararat Rural City Council was Angela Hunt from the Community Services area. Angela was Manager of Brace in Ararat and has great experience in community education.

After morning tea Frank Kitchen, our Ararat U3A President, welcomed participants to the Development

Day, asking each person to nominate briefly one highlight for the year past and what improvement they could make, or would like to be made, for the following year. Communication and getting the message out to the community about what U3A was all about, that it was about mature age learning, people networking were all mentioned

Fran Durow gave a rundown on her experiences over many years and provided copies of their August and September U3A Newsletters.

Alwyn Kitchen, our program Coordinator, gave a quick talk on the 2010 program, streamlining enrolments, tutors and their availability.

Angela Hunt spoke on ways we could better use the resources available to us in Ararat through the Council network and MPs .

After lunch we had a brief overview of Operations Now and for Next year. This was conducted with regard to publicity, the quarterly newsletter, finance and committee meetings. The U3A message is still not getting out to some areas of the community.

Use of community notice boards, other lines of communications such as inclusion in the council's welcoming package for new residents could be investigated, especially retirees. With the newsletter, it was felt that we could adopt how Horsham have an A4 sheet for each month's activities.

Harry Dobson distributed a list of Goals and Strategies for 2011 which included membership growth, new courses, local partnerships, advertising and promotion.

Thanks to Harry and the subsequent discussion of his draft, he has provided next year's committee with some formidable goals to achieve.



Attentive Attendees at Ararat

Frankston U3A On the Move

On Wednesday 29th September our U3A was moved "holus bolus" from the old and outdated portables at Chisholm/Tafe, a site where we had virtually no parking available, to our new address at Stella Maris Centre, John Paul College, Mc.Mahons Rd., Frankston. Here we have three large class rooms, a separate room housing 10 computers, a

Manager's office, the Secretary's office plus a Reception area, toilet facilities, new kitchen and adjacent lounge room. The class rooms are bright and airy with white boards and all the necessary equipment for teaching classes. All areas have been painted and carpeted and best of all – we have ample parking for all our members!

A special feature is the establishment of a "Kiosk" facility – two computers easily accessed by all members for their personal use.

The number of courses/subjects offered has gone from 33 at the old site with approximately 300 members to 50 with eight new tutors and a rise in members to 450 and still growing.

Most courses are now filled with us having to create more classes for Beginners and Advanced Computers and more Tai Chi times and we have the room to do it. The whole move has been exciting, overwhelming and seriously hard work. The Committee members and volunteer helpers have outdone themselves. Frankston Council gave excellent assistance, as did John Paul College administration and maintenance staff.

We look forward to the future growth of Frankston U3A and take this opportunity to wish all U3A members Statewide a "Happy Christmas and Wonderful New Year" as we indulge in "Learning in Retirement" Special "Good Wishes" to all at U3A Network.

*President Gail Dudeck
December 2010*



Brightly and Happily Moving In

Could testosterone prevent memory loss in women?

Memory changes with ageing are not uncommon, but when memory lapses start to interfere with day-to-day activities and are associated with other symptoms, such as disorientation or personality changes, the affected person may be experiencing early signs of dementia.

In this study women will be randomly allocated to receive a small dose of testosterone applied to the skin, or an identical placebo that does not contain any active ingredient. The effects of therapy will be evaluated by comparing how well women complete memory and learning tasks before treatment and after 6 months of treatment.

Women in good health and aged between 55 to 70 years who are interested in participating in this research should contact the Women's Health Program, Monash University on (03) 9903 0820 or by email at: womens.health@monash.edu

U3As in the South Gippsland Region are working well together!

Here's an example: a recently-retired gentleman, seeking to learn German, was referred to me for Bass Valley U3A by a member of Phillip Island U3A because they no longer have German classes on the Island. Bass Valley U3A doesn't have German classes either, so I undertook to do some research with other U3As in the Region and ring him back. There are seven U3As in our Region - Bass Valley, Baw Baw, Cardinia, Cranbourne, Leongatha, Phillip Island and Wonthaggi.

As a result of my search, Leongatha U3A is able to offer a German study group for him to join, and he is invited to apply to join the German class for 2011 at Cranbourne U3A - where there is usually a German class, although the tutor is currently unwell so the class is in abeyance for the rest of 2010.

Sheila Moore

Network Victoria 2011 Conference

**Ageing with Interest: Vitality, Knowledge, Growth
Monday 9th – Wednesday 11th May 2011**

The Pre Conference Dinner will be held at The Angliss Restaurant 550 Lt. Lonsdale Street, Melbourne at 7.00 pm. The After Dinner Speaker will be Wendy Stapleton pop/rock singer-songwriter, musical theatre and television actress and all-round entertainer.

The Conference venue is Melbourne Town Hall 90-120 Swanston Street, Melbourne.

Speakers on Day 1 will be Glenn Capelli one of the world's leading experts in Dynamic Thinking, Creativity and Leadership and Jane Wenlock, who will speak on How to attract the Culturally and Linguistically Diverse (CALD) to U3A. There will also be a Panel Discussion on Writing the History of Your U3A – led by a member of the Royal Historical Society of Victoria and panelists from three U3As.

Speakers on Day 2 will be Brett Lee on Impact of Emerging Technologies and the effect they could have on U3A members and Fergus Watts on Marketing to the Next Generation. There will also be an Information Panel discussing Where to from Here? Future Conferences? National Alliance, and Development Support Officer and how he can support your U3A in the future.

Conference Costs are: Dinner \$55 pp; Two Days \$80 pp; One Day \$40 pp.

Enquiries

Conference Convenor: Elsie Mutton

Tel: BH (03) 9878 3898

Mob: 0408 584 072

Email: u3anuna@bigpond.com

The French Connection

Lucy Samson, Nunawading U3A Leader of French classes 2A and French 3 organised for them to visit a 'Home School club in Nunawading'

The children aged 5 to 10 and their two teachers welcomed the visitors to the class called 'Fun French for Children'

During the session, basic French is taught and assimilated, via dancing, singing, miming, listening and repeating with enthusiasm. What worked at this visit?

1. The experience
2. The connection between the First and Third Age Francophiles – pure Magic.

Assistance by Network in establishing and maintaining websites

At the November Council meeting a workshop followed the presentation by Bruce Carruthers, web guru from Castlemaine U3A. The resulting discussions found that many U3As are happy with their websites but others need some advice in either setting up or maintaining a website. To help these U3As, an advisory group is to be formed early in 2011.

Responses on the following are asked from individuals and U3As:

- From those individuals with some expertise in setting up and maintaining a site.
- From those U3As having difficulties changing and upgrading a site
- From those having difficulties in getting started with a site.
- From those without a site, Network is offering space on our site with an opportunity to supply information about your U3A, additional to the contact listing on the *Find a U3A page*.

With your response to, or questions about, any of these points contact Graham Hawley at ghawley@ncable.net.au

Successful Information Day

The University of the Third Age Southern Peninsula branch was thrilled with the number of visitors to the Rye Civic Hall on Saturday 16th October. Despite the cold blustery weather a great many people arrived and spent time talking with the various groups represented. These included Digital Photography, Crafts, Oil Painting, Book Clubs, Bird Watching, Historical Lunches, Table Tennis and Walking and Cycling groups. Visitors were invited to engage in discussion with the Words of Wisdom and Current Affairs groups or challenge the Scrabble Group to a game.

The U3A choir performed several numbers, Ballroom Dancers took to the floor as did the beautifully clad Scottish Dancers. Of particular interest was the talk on Free On-Line Learning conducted by U3A's Computer tutor, Lyn Hayward. Several members of U3A's Creative Writing group read their efforts at Humorous Fiction.

In a further effort to engage with other sections of the community U3A SP had invited organisations to provide guest speakers and Rye Fire Brigade, Rosebud Senior Citizens Register, Robert Austin Indigenous Elder and Naturalist Gidja Lee Walker provided information well appreciated by their audience. Point Nepean National Park provided literature for members and visitors.

Visitors were also entertained by students from the Rosebud Secondary College, whose musical director David Parker led the group through a number of popular musical pieces. Throughout the day the public and U3A members were able to enjoy coffee and a sausage sizzle.

Amongst invited guests on the day were representatives from other Peninsula U3As and our State Member for Nepean, Martin Dixon.

The Committee of U3A SP thank all volunteers who helped with planning and implementation of the day and hope that those visitors who showed interest may become U3A members and enjoy the great benefits offered to senior citizens.

Dates to Note in 2011	
16 March	U3A Network Victoria AGM and Council Meeting, 10.30am Multicultural Hub Blue Room 506 Elizabeth Street, Melbourne (opp Vic Market) Parking at Vic Market
18 March	Material due for April Newsletter
April (TBA)	Accommodation Workshop
28-29 April	NSW Network Conference " <i>The Future in Mind</i> ". Programme available at www.nsw.u3anet.org.au
9-11 May	Network Victoria Conference " <i>Ageing with Interest: Vitality, Knowledge, Growth</i> " Dinner at William Angliss Restaurant Conference at Melbourne Town Hall

Editor: Paul O'Connor – Manningham U3A
Sub-Editor: Sheila Moore – Bass Valley U3A
 Please ensure all material for the April 2011 edition is sent by Friday 18 March, 2011, by email to: pfoconnor@iprimus.com.au or to the Network Office: info@u3anetvic.org.au

U3A NEWSLETTER

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