

U3A NETWORK VICTORIA BULLETIN

March 2017

This Bulletin is distributed by U3A Network Victoria, the peak body of the U3A movement in Victoria, for information and use by Member U3As

Upcoming Events

- 29 March—U3A Network Victoria AGM
- 10 May – Presidents’ briefing
- 31 May—PGSF Regional Grant deadline
- 6 April—U-MAS User group Meeting
- Also check Regional Meetings calendar in this newsletter

U3A Network Victoria office is on the move.

From Monday 6 March the office will be located on the **Ground floor at 341 Queen Street, Melbourne.** This space will give us better visibility to the public and a more efficient use of working space.

If you are in the City and have five minutes to spare, come in and say hello.

The U3A Network Victoria **Annual General Meeting** will be held at The Multicultural Hub 506 Elizabeth St., Melbourne on **Wednesday 29 March 2017 from 10.30am.**

Please note change of date.

Grant opportunities

PGSF and ACFE applications will be sent to your U3A in the next two weeks. Put on your thinking caps to consider what projects you may wish to complete in 2017 that fit the guidelines. Remember no paid advertising, no accommodation costs. **Projects to help reduce isolation and loneliness.**

From the President



As this is my last message as President, I would like to take the opportunity to thank those who have been responsible for bringing this eBulletin to you our members, giving you a brief update with what is happening at Network. Thank you to Stan Lowe of U3A Nathalia, then our secretary Susan Webster for bringing it together initially and now Di Lewis from for keeping it flowing.

My time as President has been very rewarding and I thank all those who I have worked alongside over the past six years. It has been an honour to represent you the members of U3A during this time.

I know that U3A across Victoria will continue to grow as the word is spread and you continue to volunteer and support the brand.

Thank you all
Elsie Mutton

Keep the Date

U3A Conference 4, 5 September 2017
Communities Learning Together.

The planning for the Network conference is coming along nicely with some interesting speakers confirmed. Kate Torney CEO of the State Library Victoria, Professor Craig Hassed, Monash University speaking about Mindfulness, and Professor Stephen Parker, ex Vice-Chancellor of the University of Canberra. More information to come as confirmed.

Regional workshop on Marketing & Publicity: a report

Marketing and Publicity reps from the Outer Eastern region came together on a beautiful Saturday morning to share ideas and learn. U3A Yarra Ranges hosted the well-organised event. Surrounding Member U3As, including Healesville, Upper Yarra and Mt Dandenong & District shared ideas that worked in this rural urban fringe area. The efficacy of the use of Council *Temporary Banner poles*, local papers, 1278 FM radio, Real estate "welcome packs" and leaving pamphlets in the usual places where seniors "wait" were all discussed. The use of *bring a guest High Teas* and "taster days" were evaluated. As always it was the opportunity to network with people who have a similar role that was most valuable. Congratulations president Anne O’Shaughnessy for a well organised day in a beautiful setting.

U3A Yarra Ranges received an Australia Day Award from Yarra Ranges Council for its service to the senior's community.

Valerie Bourke - Marketing, Network Committee

Accommodation Survey Update

The majority of the 24 member U3As have completed and returned the accommodation surveys which were issued to them as a representative sample of U3As in Victoria.

Analysis of the survey returns has been delayed while Victor Szwed our Consultant is overseas – South America and Antarctica for lucky Victor! Following completion of the analysis we will prepare and circulate a report on the survey findings.

Hans Eisen - Network Committee

Treasurers' Corner

How to distinguish a genuine email message from your Bank.

Displayed below are extracts from two separate emails that were purportedly sent from my bank, NAB.

Email # 1 - Genuine message from NAB

National Australia Bank
donotreply-internetbanking@nab.com.au via ubank.com.au

Dear Tom Wong....

Security notice: NAB will never request personal information such as your PIN / password or ask you to login to online services directly from an email. For further security advice about online banking, visit the NAB Internet Banking site.

This message is a genuine email, please note the sender's email address contains "...@nab.com.au". It usually contains a "donotreply..." text in the sender's email address and a short standard "Security notice" explaining that your Bank will never ask you to divulge any personal information or to login via an enclosed email link.

Email # 2 - False message from NAB

National Australia Bank <national-australia-bank@bell.net>

Dear Tom Wong...

A counselor sent you an important message, you can consult your message attached.
 cordially

This second email, however, displays the senders email address as "...@bell.net". This is a quick giveaway that tells you immediately that this email is not genuine. You should **never** try to click on any links/icon images or try to unsubscribe. Many of these links are embedded with damaging viruses that can enter your PC and cause havoc. You should always delete these spam emails immediately.

Tom Wong

Photos for U3A Network Website

Calling all photography tutors and students!

We need 'action shots' of U3A members involved in U3A activities showing the wealth of opportunities provided by U3As across the state.

Credit for the photos will be given on the website. They must be well-composed, well-lit and provided in high resolution

Please share with your photography tutors and students.

Email Anne secretary@u3avictoria.com.au for more information or to share your work! **Deadline March 24th, 2017**

Calling for your U3A Health and Lifestyle course experiences!



For our first edition of the year of U3A Education Matters (UEM) the spotlight is on the range of U3A **Health and Lifestyle** courses.

The brief for submissions is broad.

Possible topics borrowed from some U3A's program offerings include "Dancercise", "PANDI GAMES", "Know your Body" and "Cognitive Dysfunction after Surgery and Anaesthesia"! Do tell us your story about any of your courses that you think come under this category.

We would like to hear about your successes, key issues faced in establishing/running courses, recommended resources and the benefits that have been experienced by members. And of course we'd love an action photo that tells a story too. Please add names if appropriate.

The 4th *Health and Wellbeing* Edition will be published early in April and the Network Education Committee would appreciate your contributions by the end of March. Please email your story or queries to u3anec@gmail.com with the Subject Line *Health and Lifestyle Course*.

We look forward to receiving your contribution.

With thanks from the UEM team.

Network Education Committee



U-MAS User Group Meeting

6 April 10.30am - 3.00pm

Invitations for the U-MAS User Group meeting have been sent to U3As currently using U-MAS and those U3As planning to implement U-MAS this year.

Lectures and workshops are planned for both the technical support and the administrative and course co-ordinator teams. A number of the sessions will be streamed to focus on those aspects of U-MAS of particular interest to each of these groups.

The agenda will be forwarded in the week before the meeting, but probable topics include functions of the DocOMatic application, aspects of course coding (parent codes and rationalisation of codes), email interactions, and also a review of features of the February upgrade. Aspects of managing members and classes may also be addressed.

The meeting will be held during the school term break at U3A Nunawading, 16-20 Silver Grove, Nunawading, courtesy of the U3A Nunawading. We are grateful for this generosity which saves the cost of rooms hire, approximately \$1000. The U-MAS Implementation Team and U3A Network will have the rooms open from 10.00am to allow attendees to settle in and meet their fellows before the 10.30am start.

U3A Regional Meetings & Workshops Schedule for March-June 2017

Region	Dates	Host(s) U3A	Time & Location	Contact for meeting
Outer Eastern Metro	Friday 10 March	Yarra Ranges	1pm. Japara Centre, Durham Rd.	Ann Brickell, President Margaret Love, Secretary
South Gippsland Workshop "Finding Tutors"	Friday 17 March	Cardinia	10.30am. Pakenham Library, cnr John and Henry St Pakenham	Janet Hodge, President Pat Fricot, Secretary Steve Munro, Regional Rep
North East Victoria	Monday 20 March	Goulburn Valley	10.00am U3A Hall, 14 Esson St Shepparton	Greg Barnes, President Madeline Dyer, Secretary
Western Metro & Northern Metro Joint regional workshop	Wed. 22 March	Moonee Valley	TBA, Windy Hill Function Centre cnr Napier and Brewster Sts. Essendon	Robyn Temby, President Fran Horton, W MetroRep Anne Heafield, N MetroRep
Loddon Mallee	Thursday 23 March	Kyneton	10.00am, St Mary's 193-197 High St	Geoff Brookes, President Leigh Baker, Secretary
Grampians Workshop "Course Planning & finding tutors"	Monday 27 March	Creswick	10.30, Training Centre, Melbourne Polytechnic, Grano St., Ararat	Doug McCallum, President Bill Morrison, Secretary Lynne Hall-Cavanagh, R.Rep
South West Victoria	Friday 31 March	Warrnambool	10.30am, Hammond Centre, Christ Church, Henna St. Warrnambool	Max Couper, President Mary Fitzgerald, Secretary
Eastern Metro	Monday 3 April	Nunawading	10am, Silver Grove Nunawading	Valerie Bourke, Box Hill Geoff Steventon, Reg.Rep
Outer Sth East and Mornington Peninsula	Wed. 10 May	Dandenong	TBA, John Paul College, McMahons Rd Frankston	Jim Archibald, President Lorice Lellyett, Secretary Diane Bell, Regional Rep
Northern Metro	Thursday 1 June	Banyule	14 Ivanhoe Pde Ivanhoe	Helen McKinnon, President Mary Wilson, Secretary Anne Heafield, Regional Rep
Outer Eastern	Friday 9 June	Upper Yarra	10am TBA	Anne O'Shaughnessy, Pres Vernon Denford, Secretary Julian Higgs, Regional Rep
Loddon Mallee	Thursday 22 June	TBA	10.00am, St Mary's 193-197 High St	President Secretary
South Metro	TBA	Port Phillip	Mary Keogh Centre Danks St Albert Park	Renate Mattiske, President Pauline Amos, Secretary David Hone, Regional Rep

Harry Dobson, February 2017

Hon President: Elsie Mutton
 Hon Secretary: Anne Grigg
 Hon Treasurer: Tom Wong
 Development & Support Officer: Harry Dobson

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