



# MATTERS

NETWORK VICTORIA

UNIVERSITY OF THE THIRD AGE

Newsletter No 55 May 2017

Acting Editor: Elsie Mutton

Patron The Honourable Linda Dessau AM, Governor of Victoria

## President's Column



Hello to all our members and our friends.

Not only have we had some changes at Network Victoria Committee level, but we are seeing changes, opportunities and challenges across many of our stakeholders as well as those we might interface with. More about this as time progresses.

I believe the U3A movement is not recognised as widely as it should be; there has been some very good work undertaken, but we must build on it. Network will continue to put a lot of effort into convincing all sections of Government, federal, state and local, of the benefits and value of supporting U3As. I would like to see all Local Government areas providing good and reasonable accommodation to every U3A across the State.

We need to think about who are and could be the Friends of U3A. What does U3A have that is of benefit to them that would cause a business/organisation/government/benefactor to support us in an hour of need?

Any time you have an idea or suggestion please feel free to contact me.

John Parker  
President

president@u3avictoria.com.au

## From the Editor

welcome visitors. If in the past you've visited other U3As, please let us know, we would love to share your experience. If you're travelling in Victoria, go to the U3A Network website for details of all our U3As; if going interstate or overseas, search via Google or at MYu3a.org which is a site that lists a number of U3A across the world. If you've not registered your U3A do so now, it's easy and cost free.

Welcome to this U3A Matters. As you will be aware the previous editor Valerie Burke is no longer able to put this publication together. U3A Network thanks Valerie for the great job she has done over the past four years and members' feedback tells us we need to keep it going. For the present time this has fallen to me, Elsie. I am going to need your help to continue sending in to the office interesting stories that you feel other U3As would like to hear about. Temporary editor Elsie Mutton.

For something a little different, you'll find some pictures and information about our rural U3As; you might like to visit some of them as you travel around. Yes, it's that time of the year when you decide to leave beautiful Victoria for a change of scenery. On that theme, you'll also find details of interstate and overseas U3As happy to



(Above): Thank you and handover to new President; (Below): U3A Network committee 2017.

New President John Parker introduced the new committee to the March Council meeting. From left Janice Kelly, U3A Banyule; Lynn Hall Cavanah, U3A Ararat; Meg Brown, U3A Whittlesea; Han Eisen, U3A Stonnington; Anne Thompson, U3A Seymour; Tom Wong, U3A Nunawading; Elsie Mutton, U3A Nunawading; Susan Webster, U3A Box Hill; Anne Grigg, U3A Kingston; John Parker, U3A Baw Baw.



## Network news

Accommodation with well-equipped, technology-rich and environmentally-sound facilities to provide for classes and other activities, is the aim of all U3As. That accommodation standard is well deserved by, and necessary for, the members of each U3A. From surveys conducted by Network over the past year, it is clear that standard of accommodation is best secured by those U3As who establish and maintain close relationships with the Councillors and Officers of their Councils.

Some U3As have been successful in obtaining significant support from their Councils in the construction or provision of accommodation well suited to their needs. Others are struggling to obtain such Council assistances. Also clear from the surveys is that currently some 30% of Victorian U3As have insufficient accommodation to allow enrolment of additional members in 2017.

Network has prepared a submission for discussion with the State Government, the MAV and representatives of Councils, seeking greater recognition of Victorian U3As' contribution to the community. In particular, we are seeking assistance for U3As inadequately accommodated at present, and for new U3As needing to be formed to satisfy seniors' interests in regions where existing U3As are not now readily accessible. With 35 000+ members in Victoria, U3A is one of the largest organisations serving senior citizens. Yet that membership represents only about 4% of the population aged 65 and over! Clearly a challenge for us and for government

Hans Eisen, U3A Network Committee.

## Ageing Expo

President John Parker, Vice President Elsie Mutton, and U3A Nunawading and Network Marketing Volunteer member Lindsay Glen, promoted U3A at the Ageing in Australia Expo 2017 at the Melbourne Town Hall. As a result, we gathered the below information that may be of help to your U3A.



### Did you know?

**MFB** – Presented by retired firefighters, they run a Fire Safety Program for older people. A session will provide your members with simple home safety information to reduce risk in their home. This highly informative session is delivered in a relaxed, social atmosphere free of charge to any group in the metropolitan area. Contact 9665 4464 or commres@mfb.vic.gov.au

**PARC** – Positive Ageing Resource Centre's website is specially designed to provide resources, recommendations, and inspiration to older people and the people they care

about. We all want to live stronger and longer. PARC is there to help us achieve this. PARC's aim is to monitor and reduce the level of frailty in older people by providing a range of information to help people live the life they want. Log on to [www.parc.net.au](http://www.parc.net.au), answer five quick questions and you'll be on your way. For more information phone 8823 7900 or visit [parc@benetas.com.au](mailto:parc@benetas.com.au)

**Palliative Care Victoria** – helping people with life-limiting illness, live well. It's available to everyone of any age, race, culture, background or religion; most services are free. Project Manager Mike Kennedy is happy to visit and talk to any U3A that feels this could be a good Summer School or one-off talk. For details contact Mike Projects 9662 9644, email: [mkenedy@pallcarevic.asn.au](mailto:mkenedy@pallcarevic.asn.au)

## Local news



**U3A Ringwood's** Jill Cowie was announced as Maroondah Citizen of the Year at Maroondah Council's Australia Day awards ceremony on 26 January 2017. Jill has been actively involved with U3A Ringwood for many years as a class member, tutor, committee member (including Secretary and President) and, along with her husband Ray, she continues to undertake tasks that contribute to the smooth running of the association.

Jill has contributed not only to U3A Ringwood but the broader Maroondah community since the early 1960s when she raised funds for the creation of the Pleasant Drive Kindergarten in Heathmont and the second Heathmont Scout Hall. Jill continues her valuable contribution to U3A Ringwood and the broader Maroondah community.

Congratulations Jill.

## U3A Nunawading

Members after performing *Rocky Horror's Time Warp* at a movie afternoon.



## U3A Knox

U3A Knox Yoga teacher, Kawal Bhagat and his class. Kawal says "Yoga helps in many ways".



## U3A Darebin



The first Morning Tea this year included a Trivia Quiz prepared by the Brain Teasers and Fun Group, with questions testing members' knowledge of Darebin, our U3A as well as general knowledge.

In March Cr Susan Rennie joined U3A Darebin Current Affair class for a lively discussion of local issues (see photo below). Susan is one of three Councillors elected to represent the people of Rucker, Darebin's southern-most ward.



## U3A Whittlesea

With perfect weather, lovely surrounds and a great bunch of people what more do you need for the perfect picnic. Congratulations Pam and Richard Hall for organising another wonderful day at Yan Yean Reservoir. Located at the top of the hill overlooking the water, it is picture perfect. A good crowd of Whittlesea U3A members enjoyed a fun day of friendship and conversation. Quite a noisy crowd at times.



## U3A Warrnambool

U3A Warrnambool members entertained fellow members with a Christmas play, thus the idea of a Play Reading Group as a new activity was born.



## U3A Chinese in Yarra

Around 70 members attended the AGM and Xiao Yue Wang was re-elected as President.

**Right: committee members, Elsie Mutton Vice President of U3A Network Victoria and translator Thomas Lim.**



## A touch of our Rural U3As



**U3A Mornington** French class.



**U3A Wangaratta** publicity tent.

**U3A Bright** branch has its own headquarters and has about 213 members, undertaking 18 courses, including such activities as Birdwatching, Mah-jong

and Scrabble. They also have a Casual Cycling group and about 34 members went for a four-day cycle to Geelong in March.

## Interstate

### A small sample of Interstate U3As to visit on your travels



**U3A Redlands (QLD):** Learning is for life. Life is for learning. U3A Redlands Mah-jong class.



**U3A Gold Coast Southport** Seniors having fun.

### U3A Darwin

In Darwin we have weekly lectures provided by the University, community leaders or our own members. This has worked very well, with a wide diversity of topics. To mark the occasion of our 15th birthday in 2005, a member wrote the complete story of those years, which we published and now sell.

### Visitors to Melbourne



In March, the U3A Alliance met at a face-to-face meeting in Melbourne. From left: John Parker, Elsie Mutton (Vic), Ainslie Lamb, Chair (NSW), Claire Eglinton (SA), Christine Paterson (ACT), Allan Haggarty, Secretary (NSW); seated: Jean Walker (U3A Online), Julie Porteous (QLD).

### State statistics

Please feel free to use the below information when talking to your local, state and federal government representatives.

Approximate U3A numbers across the state as at April 2017:  
**NT:** 3 U3As, 1000 members. **QLD:** 33 U3As 21 000 members.  
**NSW incl. ACT:** 68 U3As 30 000 members. **VIC:** 106 U3As 35 000 members. **SA:** 19 U3As 4500 members. **WA:** 11 U3As 2000 members. **TAS:** 12 U3As 3000 members. **U3A Online:** 1000 members.

**U3A Riverland (SA)**  
 Members expressing themselves through music.



8/341 Queen St Melbourne VIC 3000  
 Telephone: (03) 9670 3659  
 Website: [www.u3avictoria.com.au](http://www.u3avictoria.com.au)  
 Email: [info@u3avictoria.com.au](mailto:info@u3avictoria.com.au)  
 U3A Network-Victoria Inc.  
 Reg. No. A0017645X ABN 85 852 028 849