



President's Column

Dear U3A Members.

In the last edition of U3A Matters you were introduced to the new President of U3A Network Victoria, John Parker. Unfortunately for personal reasons John has resigned from this position.

After discussion by the U3A Network Executive it was decided that the smoothest way forward and as one of the Network vice Presidents I would become the Acting President until the next AGM in March 2018. This decision was endorsed by the U3A Network Victoria Committee of Management at their July meeting.

Congratulations to the following U3A Members

Michael Allery, U3A Emerald was recently awarded Cardinia Senior Citizen of the Year. Michael is a long-time U3A Emerald member, former President & was instrumental in securing U3A Emeralds present premises, the old CFA Station. Michael not only lobbied the Council to put U3As case but also prepared a business plan to show they would be a valuable tenant. He then set about getting donations of furniture & equipment to get classes started. All this time, Michael was working hard to establish the Emerald Men's Shed which operates under the auspices of U3A. Michael has a long history of helping people in times of need.

David Gannon and Barbara Ryder from U3A Nunawading and Francis Holmes from U3A Ringwood were recognised in the Deakin Community Awards on the 31st July. Michael Sukkar MP made the presentations. These awards Celebrate and recognise service to the Community in the Federal seat of Deakin. Great to see U3A volunteers recognised.

This will be my last U3A Matters as Anne Grigg from U3A Kingston has agreed to take on the editorship. Thanks Anne.

Elsie Mutton
Acting President and Editor



David Gannon and Barbara Ryder receive their awards from Michael Sukkar.

News from our U3As

A senior's Snactivity

We may not be able to do all the things we did when we were young, but ageing does not mean losing fitness, muscle strength and energy. The reality is you have to 'use it or lose it'!!!

U3A Dandenong

U3A Dandenong now have an MOU with Lexington Gardens and look forward to a good working relationship to benefit all.

We are delighted about signing a Memorandum of Understanding with U3A Dandenong Inc. and look forward to starting a fruitful collaboration. So said Claire Emmanuel Community Engagement Manager.



Myra Archibald, member of U3A Dandenong, James Archibald President U3A Dandenong, Janet Fisher, Village Manager, and Claire Emmanuel, Community Engagement Manager.

News from our U3As

U3A Whittlesea

“The United Nations General Assembly, in its resolution 66/127, designated June 15 as World Elder Abuse Awareness Day (WEAAD). It is the main day in the year when the world voices its opposition to the abuse and suffering inflicted on older people.”

In order to acknowledge and bring awareness for this day, an increasing number of activities and events were held across the globe. ‘Seniors Rights Victoria’ provided information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

The Positive Ageing Department from the Whittlesea Council had approached U3A Whittlesea to make a bear, a mascot in the colours of the organisation. Freda Delia, crotchet tutor took up the challenge and here is the final result.



Freda Delia with Judith Geraghty, Team Leader, Positive Ageing, Aged & Disability, plus the bear.

U3A Bairnsdale

The value of talking with your local Municipality

U3A Bairnsdale have been talking to the Shire to make sure they understand U3A's relationship with the rooms which they have occupied since 2009. Encouraged by The East Gippsland Shire and others, U3A has built its activities around this “home” base investing emotional, physical and intellectual capital which has enabled growth in numbers and activities for our active retiree U3A membership. They have received a friendly response in their dealings with the council who expressed a desire for U3A to keep up the good work which they see is of great value to the local community.

U3A Phillip Island

Creative Writing

Challenge, Satisfaction, Joy, Stimulation, Laughter, Reflection, Sharing, Surprise, Creativity, Friendship - these are just a few of the words people use when describing their experience of being part of the Creative Writing Group. Whether you are an old-hand at writing, or quite new to the field, there will be something to capture your imagination, something to learn, and, equally important, something to share during our classes.

And so they continue to enjoy the magic of words.

U3A Casey

Countries Of Africa

An Inspiring Guest Presentation on South Sudan

Members of U3A Casey had the opportunity to attend a session on South Sudan in the Countries of Africa Those who attended were fascinated and moved by the presentation of the guest speaker: Saturnino Onyala.

Saturnino, who was given time out from his job at the Migrant Information Centre in Box Hill to address members, he began by giving a summary of the conflicts in the Sudan since limited home rule was granted by the British in 1956. When South Sudan gained its independence from the North in 2011 hopes were high that peace and prosperity would at long last be achieved in what is the richest and most fertile part of the country but once again fighting broke out in 2013 between the newly elected government and the several Opposition groups vying for power. He concluded by making members acutely aware of the challenges facing refugees in their efforts to settle in a new country, living, as it were, in two cultures.

U3A Heathcote

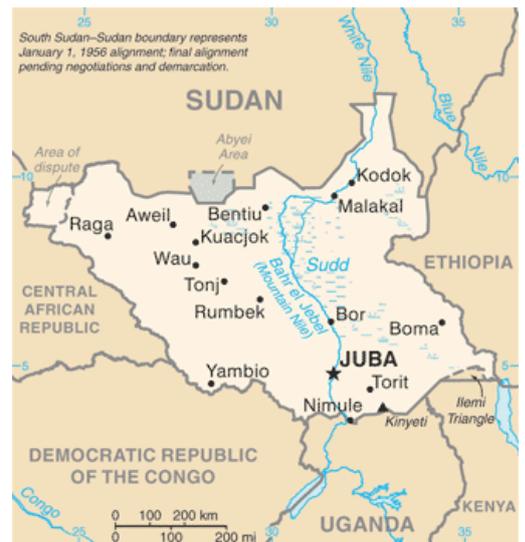
Not much rain but winter is certainly here. Foggy mornings and crisp frost covering everything in white. Thankfully no fog as three members attended the Digital Day Out at Bendigo U3A on 22 June 17. A very interesting day where U3A branches attending spoke about how their groups use digital technology. Committee has agreed that a website for Heathcote U3A is a tool that we can all use. Members will benefit from opportunities to expand programs, activities and services.

Current Affairs U3A Heathcote

Will Donald Trump be impeached? What really happened to the American student in North Korea?

A reflection on the Sunday attendance at “Afternoon at the proms”. Gender imbalance on a number of Boards. Male CEOs tend to be more inclusive of women in general, if they have daughters. And the list is endless.

This group discusses recent current affairs that are topical and of interest to members.



News from our UBAs



UBA Latrobe Valley

Latrobe Valley U3A has a small but enthusiastic bike riding group. This is the report, written by the leader, Helen Lancaster of the group's most recent activity'

Well what an interesting bike ride. We had five riders on the Fish Creek/Foster return ride yesterday. The day started well with a cool but fine day so off we headed to Foster. One rider had a rush of blood and decided to set a mean fast pace so we

arrived in Foster in under an hour. The coffee and cakes from the bakery were delicious and after devouring our fill decided to head back to Fish Creek stopping at the lookout on the return. There was a slight incline all the way back so it was done at a steady easy pace. When at the lookout we saw several dark clouds forming so quickly on our bikes again to try and beat the rain. No such luck. Approximately 7klms from Fish Creek the skies opened and it was every man for himself. As we ride bikes suitable for rail trails no one has mudguards, so not only do you get the spray up your back you also get it in the front. All of us were covered in mud. But all considering it was a very enjoyable, laughable and fun filled day.

UBA Albury Wodonga

In addition to their regular 23 courses for the year, they have 4 more courses. Bill Warnock, the incredible human journey. David Geryga, the organic architecture of Frank Lloyd Wright. John Shilling, the Europeans, and Vince Black, the great war- a global conflict with lasting legacies. Sounds like interesting classes are on the agenda at Albury/Wodonga.

UBA Emerald

News from Emerald, it's been confirmed U3A & Men's Shed will have a new home from 2019. In February next year, demolition of their existing premises will commence to make way for a new Community Hub. They have had extensive involvement in the layout planning for the Hub which will provide for the continuing growth in their membership which now stands at 314. They have been growing at 10% annually for the past 4 years.

UBA Latrobe Valley

UBA Latrobe Valley was founded in 1989/90 and currently have over 200 members with activities ranging from Science and Psychology to Gardening, walking and music appreciation. Below is a photo of the first psychology class this year at which 40 members attended.

UBA Latrobe Valley members love being CITIZEN SCIENTISTS

The Citizen Science Program is relatively new for EPA Victoria. In the Latrobe Valley region it was started in 2014 and co-designed with Members of the local community. It has since engaged with over 100 citizen scientists across a range of projects, which should provide EPA with valuable science outcomes.

What – or who - do the EPA, Citizen Science and U3A Latrobe have in common?

A little band of U3A members find that being a Citizen Scientist is very rewarding. As volunteers, they assist the EPA to monitor our environment and provide worthwhile data under the guidance of professionals. If anyone is interested in joining the Citizen Science program, please email the Program team at citizen.science@epa.vic.gov.au. Regardless of your life stage, we can all play a valuable role in helping to address and solve issues in our communities. In a small way citizen science can play its part in increasing community awareness of environmental problems."



UBA Latrobe Valley Psychology Class

News from our UBAs

UBA Surfcoast



"Toni McCormack, UBA SurfCoast Committee member (on right) receives SurfCoast Small Grants award with Robyn Lucas (left) Community Engagement Facilitator".

UBA Glen Eira

Members of the Glen Eira Cycling Group stopped for a brief minute next to Betty Cuthberts Bronze Statue outside the MCG. Betty was an outstanding athlete who passed away early August aged 79. Betty won the 100/200 and relay gold medals at the 1956 Melbourne Olympics. Betty retired after the Rome 1960 Olympics but made a comeback for 1964 Tokyo Olympics in the 400 metres and won the gold medals.



UBA Cardinia

Congratulation to UBA Cardinia on a great turn around for your U3A. Tutors Ian Booker and Algi Gabrys, or Batman and Robin as they are fondly known in the office! Ian is a serving member on the Committee and is U3A's IT Manager. Together he and Algi run all of the computer classes. One year ago, the computer labs were in total disarray, being used as storage rooms rather than learning spaces. The pc's were in dire need of upgrading, none of the printers worked and the office machines were only slightly better.

Enter the superheroes!! Ian and Algi worked tirelessly to bring everything back up to date and in good working order. The testament of this is in the popularity of the courses now being run.

UBA Box Hill

2017 marks the 25th year of U3A Box Hill serving the local community. In March the AGM was followed by a 3 course luncheon at Box Hill R.S.L. where the updated History of U3A Box Hill was launched, "A Week in the Life" photo collage was unveiled, members were serenaded by The Hillsmen [who put funny lyrics to their songs to commemorate the occasion], and Elsie Mutton [President of Network Victoria] was the guest speaker before the cutting of the 25th birthday cake.



From left: Past & Present Presidents. Colin Mayfield, Greg McGregor, Susan Webster, Valerie Burke, Bruce Burke, Alister McCloud, Max Mccready.

Denise Massoud [Mayor of Whitehorse] together with other councillors & audience members enjoyed stories from past presidents and inaugural members. Awards were presented to 2 new life members - Helen Elliott & Susan Webster and the outgoing president Bruce Bourke.

On the 6th of August over 80 people braved the inclement weather to enjoy the delectable delights made by the members of U3A Box Hill for our 25th Anniversary High Tea where An Honour Board was unveiled by Rotary members. The occasion was also a big thank you to all Box Hill tutors for donating their valuable time & expertise over the years.

