

Be Part of the Wider U3A Community

Newsletter of the U3A Network NSW Inc.

www.nsw.u3anet.org.au

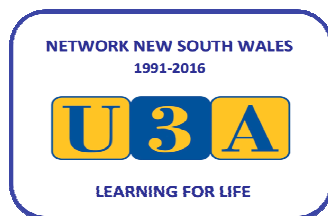
Also in this issue ...

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And more ...



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New Newsier Newslink

From 2018, *Newslink* takes on a new focus. For some years now, the newsletter was pitched as “*Information and Inspiration for U3A Committees of Management*” and contained a mix of content to meet that description. It often contained information of interest to the wider U3A membership but was not usually circulated to them.

In recent months, the Network President has commenced sending an *EBulletin* on a regular basis to member U3A committees, usually about 3 to 4 matters of contemporary administrative concern. This means that U3A committees can be provided with reminders or information as the need arises. This obviates the need to include some of the material previously provided in *Newslink* as ‘Network News’

The purpose of *Newslink* can therefore shift to a more magazine style publication, to provide information of a less urgent and possibly more inclusive kind, on its current quarterly basis, for a wider readership. The new focus is to encourage Network member U3As to “*Be part of the wider U3A community*” and share their memorable moments, news and ideas for U3A programming with other U3As. As distribution will be electronic, we ask the initial recipients to pass *Newslink* on to their wider membership, and to find a place on their websites where members and the wider community can access it.

Thankyou to the many U3As who have contributed to the current issue, and hope others will do so in the future.

Got something to share? A new course, a district honour, a special event, a book review, a photograph?

Send news or articles to editor@nsw.u3anet.org.au or u3answ@gmail.com



2018 U3A Network NSW ANNUAL CONFERENCE

**will be hosted by U3A ACT Inc
at the University of Canberra, and the Premier Hotel Belconnen**

Wednesday 11th April – at the Premier Hotel , Belconnen

12.30 – 4.30 - Afternoon workshops

Evening – Welcome drinks

Thursday 12th April – at the Anne Harding Conference Centre at the University of Canberra Belconnen. 9.30 – 4.00pm

Guest speakers include

Professor Tom Griffiths W K Hancock Professor of History in the Research School of Social Sciences at the Australian National University, *The view from the cave: Time-travelling in Australian history*. In developing his presentation he will be drawing from his book *The Art of Time Travel: Historians and their Craft* (Black Inc., 2016)

Dr Caroline Fisher Professor in Communication and Journalism at the University of Canberra, *What is News? The future of Journalism in the digital age*

Sarah Schindeler: *Building the Nation's Memory: the role of National Library in Australian life*

Premier Hotel, 6.30pm – Conference Dinner

Friday 13th April at the Premier Hotel Belconnen

9.30 – 10.30 – Workshops

10.30 – 12 noon - Annual General Meeting and Members Forum

Further information about the program, cost, registration and accommodation options are available on our website (www.nsw.u3anet.org.au/)

Network Notes

Nancy Christie, President of the Third Age Network, Ontario, Canada, visited Sydney in January, and met with several of our Network members at the Sydney U3A offices to discuss matters of mutual interest.



Ainslie Lamb (Newslink editor), Margaret Stratton (Network committee) Barbara Boston (President, Sydney U3A), Beverley Peken (VP Network Committee) Nancy Christie (Third Age Network Ontario) Dianne Ekert (VP Education, Sydney U3A)

Nancy also visited U3As at Chatswood and Thirroul for a taste of a local U3A activity.

Appointment of new Treasurer

The Network has appointed Richard Coggan, of Lake Macquarie U3A as treasurer to fill the casual vacancy arising from the resignation of Bert de Hosson.



Regional groupings

The Network Committee has revised the regional groupings of member U3As into 9 areas, and to facilitate their representation on the Committee will move to change the Constitution at the AGM in April to 'convert' the two 'at large' general committee positions into

two additional 'regional representative' positions.

The revised groupings have been arrived at in consultation with member U3As. They will even out the number of U3As within each region, and the service load of Regional Representatives.

Living Well in Later Life

The NSW Mental Health Commission has released a publication as part of the Commission's *Living Well in Later Life* project. (pub. July 2017) and includes a case study. "*Learning in the Third Age*" which describes the "unique" contribution that U3A makes to the physical and mental wellbeing of older Australians, offering a range of activities in a friendly supportive environment while encouraging social interaction and enabling the formation of new friendships.

The article cites a 2009 study of 975 members of U3A undertaken by the University of Sydney's Faculty of Health Sciences which concluded that, on the basis of eight health criteria, members of U3A "had a better-than-average general, physical and mental health, and that membership of U3A can, even in the very elderly, assist in conferring a much more positive perception of well-being."

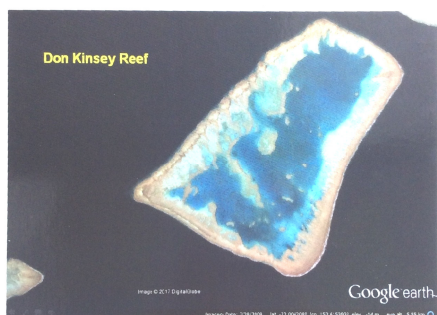
A copy of the publication called '*Living Well In Later Life- The Case for Change*' can be found at https://nswmentalhealthcommission.com.au/sites/default/files/documents/living_well_in_later_life_the_case_for_change.pdf

Son: I don't want to go to school today
Mum: Don't be silly, you must go to school.
Son: Why must I?
Mum: Because you're 49 years old, and you're the headmaster.

Coral reef named to honour past Network President

By Graeme Eggins, Northern Rivers (Lismore) U3A.

The nation has honoured a past President of Network NSW, Dr. Don Kinsey, by naming a coral reef after him.



The Don Kinsey reef lies towards the southern end of the Great Barrier Reef. It is 227 km north-east of Yeppoon on the central Queensland coast.

Don had an active association with the U3A movement in Australia for more than 20 years.

He led the committee that subsequently founded the 600+ member U3A Northern Rivers in 1994 and was its first President for three years. He was President of the NSW U3A Network (then known as the U3A Council) from 1997-1999.

He and his wife Barbara moved to Mountaintop, outside Nimbin, following his retirement as CEO of the Great Barrier Reef Marine Park Authority (GBRMPA).

As an internationally acclaimed oceanographer Don pioneered science focused on metabolism and calcification rates of coral reefs, helping people understand how fast stresses degrade reefs.

The current GBRMA chairman, Russell Reichelt, said Don Kinsey's diverse scientific work and passion to

share knowledge about the Reef had left a great legacy.

"Dr Kinsey was known for his eloquent radio and television media interviews, explaining Reef matters of deep consequence to the general public," he said.

Early in his career, Don designed and patented the oxygen electrode that enabled the instantaneous measurement of oxygen in seawater.

He also developed the methodology to measure carbon dioxide in seawater which is still in use today.

Don was appointed a Member of the Order of Australia (AM) in 1993 for service to reef ecology and to the conservation and management of marine environments.



Don's passion for the Reef did not wane after his retirement – apart from teaching he led groups of U3A members in exploring one of his favourite haunts, Heron Island.

He and Barbara left the Northern Rivers some 13 years ago to move to Northern Queensland, closer to the reefs he loved. He established a U3A on Magnetic Island off Townsville and taught science until shortly before his death last October.

Someone who worked closely with Don throughout his U3A years, herself a former Network President, Pat McLaren-Smith, said: "Don was a great leader. We had a great working relationship, sharing our passion for life-long learning as well as a special friendship."

Anniversary Celebrations

From Little Things Big Things Grow - Wollongong U3A's 30 Year Anniversary

By Nancy Harman, Wollongong U3A secretary

Wollongong U3A held its first documented steering committee meeting on 1st February 1988 at the old Wollongong Town Hall. There were only six people at this meeting with one apology and not enough members to elect an interim committee. The first order of business was to find a venue for the U3A.

Meetings were held weekly leading up to enrolment day on 24th March 1988 held in the Conference Room at the Town Hall. The committee arrived at 9am. 30 chairs were arranged informally and coffee, tea and biscuits provided.

Excerpt from the minutes: *"At 9.45 only about two people had put in an appearance and we all thought it was going to be a disaster. However, suddenly, through the front foyer and the back door people arrived and very soon the conference room was bursting at the seams, people were sitting on the steps and standing in the corridor. The attendance in the morning, including the committee, was 76 people."*

At the end of the day there were 27 paid up members and many more had taken enrolment forms. Volunteers had already been found to teach Art, Languages, Dressmaking and Public Speaking. These volunteers were all from the membership.

From this small beginning and a lot of hard work by dedicated people Wollongong U3A has grown; our present membership is 324. We still rely on a relatively small core group to plan talks and carry out the many

tasks associated with running a large organisation.

Finally a few words from the inaugural committee: "The Committee hopes that in 200 years time someone will read these comments in the Old Minute Book and marvel that it started in such a small way and accept the fact that oak trees do indeed grow from small acorns."

Celebrations for the 30 years of U3A were led by the Lord Mayor Gordon Bradbery and former NSW Governor, Dame Marie Bashir.



Wollongong President David Christensen and Dame Marie Bashir cut the birthday cake.

Milton Ulladulla U3A

is also celebrating its 30th year. The group's website records that ..

"In the 1990s, Harry Higgs a rocket scientist who had managed the Woomera Rocket Range, along with his wife Marcia, a language teacher, retired in Ulladulla. Together with a group of friends they began U3A Milton Ulladulla as an autonomous group. Marcia was patron of MU U3A until her death a few years ago."

Three Cheers For Shoalhaven 30th Birthday Celebrations

By Jan Martin, Shoalhaven U3A Publicity Officer.

There was a warm atmosphere of nostalgia, fun and anticipation when more than 150 members, past and present, gathered at Bomaderry Bowling Club's Sunrise Room for U3A's 30th birthday celebrations on Sunday, 12th November.

President, Denis Simond conducted proceedings which included an informative and amusing talk by a past president, Andrew Stevens. Andrew spoke of U3A Shoalhaven's origins as the first branch of this worldwide organisation to be formed in NSW with 30 members. He focussed on the various sites of early meetings, the valued contributions of presenters over the years and the range of U3A activities which continues to expand.

It was evident that the current committee and membership follow in a great tradition.

Eight past Presidents assembled to cut the birthday cake before enjoying a delicious lunch. Joy Sharpe and the Food of Love a cappella choir performed to much appreciation, several items encouraging audience participation.



Past Presidents cutting the cake: (l-r) Kevin Hopkins (rep Jan Hopkins), Pat Mason, Marie Golding, Bob Haywood, Gwen Banks, Andrew Stevens, Don Anstey, Terry Crockford

SYDNEY U3A 30th Anniversary

will be celebrated **on** Saturday 7 April 10:00 – 3:00 at The Refectory, Science Road, University of Sydney

Guest speakers:

Professor Ron McCallum AO

The foundation Blake Dawson Waldron Professor in Industrial Law in the University of Sydney Law School.

Janine Kitson (Environmentalist)

An active volunteer for many of NSW's key environment groups where she has developed a particular passion for the history of the environment movement.

Entertainment – Woodwind Trio – Royal Australian Navy Band

For further information, go to the Sydney U3A website at <https://sydneyu3a.org/>

A Book for the Philosophers among us ...

Peanuts and Philosophy - You're A Wise Man, Charlie Brown. ed

Richard Greene and Rachel Robinson-Greene (Open Court Chicago, 2017)

Were you a fan of *Peanuts* cartoons by Charles Schultz? In *Peanuts and Philosophy*, twenty philosophers, from a diverse range of perspectives, look at different aspects of the *Peanuts* canon. How can the thoughts of children, who have yet to become grown-up, help us to become more grown up ourselves? Do we get good results from believing in something like the Great Pumpkin, even though we're disappointed every time? What can Linus's reactions to the leukemia of his friend Janice tell us about the stages of grief? Is true happiness attainable without a warm puppy?

Lucy: In all of mankind's history, there has never been more damage done than by people who thought they were doing the right thing.

Regional News

Myall U3A Choir 20th Anniversary Celebration Concert

By Barbara Llyle, President, Myall U3A

(with additional material adapted from *A Brief History of Myall U3A Choir*)



In 1996 Dolores Lester moved to Tea Gardens and as Programme Co-ordinator of Myall U3A decided to form a choir as there was none in the area.

The choir was formed in 1997 with Brian Wright as Director, Jill North accompanist for a brief time, followed by Rita Cameron. Early members included Paul and Robin Gregor, Mary Knight, Brian Jones, all still members of the choir, and Helen Reid who encouraged Dolores in this venture. Early practices were held in St Stephens Catholic Church, which had a piano. It appears that the new Director thought that members of this ensemble were all experienced singers, and soon realized that most had not been part of a choir since school days.

With many ups and downs the choir has continued to contribute to the Community. For 10 years we have led the singing at Anzac Day and Remembrance Day Services in Tea Gardens. Choir members provide the afternoon tea for the annual concert performed by David Miller and graduate students of Sydney Conservatorium of Music, and The Charisma Ensemble.

The Myall U3A choir celebrated their 20th Anniversary with a highly

successful concert on 2nd December 2017. Before it could begin, extra chairs were found for patrons who were still lining up at the door. Four of the original choir members who are still singing with the choir cut a 20th Anniversary Celebration cake at the end of the concert, before we all moved into the supper hall for refreshments (supplied by the choir - tea, coffee, home baked goodies).

Lake Macquarie U3A Music Events 2017

By Christine Peel, President, Lake Macquarie U3A

Once again this year, our talented members entertained us with memorable performances at the Musicale, the Variety Concert and the AGM.

The Musicale was a wonderful morning of musical offerings from our multi-talented U3A members held at the Toronto Workers Club. The room was so full we had to beg, borrow and steal chairs from other rooms! Our thanks must go to the club for providing the room at no charge.

I think the Variety Concert was the most colourful and entertaining that I have attended so far in my short time with Lake Mac U3A. All the colour, rhythm and music, the choreography and the costumes were amazing.

At the AGM we were entertained by the choir and ukulele group and, of course, our arts and crafts groups put on their usual impressive displays.



Ballina Byron U3A -Egyptian Raqs Sharqi Dance Class

By Jacqui Tuckwell, Tutor

Photograph by Kim Pendreigh

At the end of every year in early December, the U3A Egyptian Raqs Sharqi Dance Class holds their annual Hafla. A Hafla is an Arabic tradition; a party with family and friends celebrating together.

Everyone is welcome to join us each year, with the class members providing a feast of Middle Eastern finger food. This year, our third annual Hafla was held on Tuesday 5th December, 2017.

El-Ma'alima is the name of the class dance troupe. The name translates as "boss lady" but in reality represents a mature woman with rich life experience. As a dance character she is self assured and confident, bidding the audience to pay attention to herself and her fellow dancers.

There are many forms of oriental dance, however in our class we follow the Egyptian technique which is characterised by earthy, grounded movements when danced in the various traditional Sha'abi & Folkloric styles, contained and delicate movements within the Beledi style and flowing, rounded movements in the Classical style.

Our choreographies each year are a mix of traditional, modern and fusion which gives us great scope in creating a challenging, yet fun range of dances to showcase each year.

As a tutor I couldn't be more proud of the dedication the ladies have exhibited over the past three years in regularly attending class, learning, practicing and embracing wholeheartedly this earthy and quite difficult women's Egyptian Raq Sharqi dance form. Every member of the class exudes a happy and positive attitude which makes this wonderfully cohesive group of women a joy to

teach. I take great pleasure in saying "Thank you El Ma'alima".



Support Dementia Australia Memory Walk and Jog –

Support Dementia Australia by registering for or sponsoring someone in the fundraising Memory Walk and Jog in your district.

Dates and locations:

25 March – Tench Reserve Penrith

6 May - Leichardt Oval#3, Lilyfield

20 May – Speers Point Park, Speers Point

Events start with a 2km walk (U3Aers can easily do that!) or longer walks or runs.

For further information go to

www.memorywalk.com.au/



Northern Illawarra U3A members Margaret Stratton and Joan Fleming 'in the frame' at the Illawarra Memory Walk on 4th March 2018

Upcoming Community Events

Adult Learning Australia



From ideal to real: Towards a national lifelong learning policy for Australia

How can lifelong learning contribute to a healthy, productive, inclusive and sustainable Australia?

Adult Learning Australia is bringing together leaders from across adult education, community, social services, government and business to build a vision for lifelong learning in Australia.

Our April Summit is designed to support the Federal Government to articulate an integrated and comprehensive lifelong learning policy, with a primary focus on adult education.

Come ready to contribute your ideas and hear a stellar lineup of national and international leaders and thinkers from the International Council for Adult Education, ACOSS, Australian Industry Group, ALIA, ANU, and more.

When: 17 April 2018

Where: Australian Centre for Moving Image (ACMI) Melbourne

For further information go to <http://adultlearningaustralia.cmail20.com/t/j-l-bykhdy-qtturkty-y/>

National Advance Care Planning Week 16-22 April 2018

If you were unable to speak for yourself, who would you want to speak for you? And more importantly, what health care decisions would you want them to make to ensure you achieved an acceptable outcome?

The inaugural National Advance Care Planning Week is being held in Australia from 16-22 April and will encourage Australians to start conversations with loved ones about what they value most, their beliefs and future health care preferences. This is the beginning of advance care planning, a free Australian Government funded initiative that everyone should be thinking about regardless of their age or current health. Advance care planning is invaluable because it gives you control over your future health care and ensures your voice is heard.

Throughout the week a series of events will be taking place around the country to help you understand your options to plan for your future health care, as well as offering some first steps for getting started. Events will be published to our website as they are registered. If you'd like to attend or host an event, visit our website at <https://www.advancecareplanning.org.au/acpweek>

FREE Power of Attorney Seminars by Cognitive Decline Partnership Centre (CDPC) and COTA NSW

Powers of Attorney - Choose who manages your finances when you can't?

Following our first two Power of Attorney seminars, held in Sydney and Orange in November, we will continue to roll out these free events in 2018 at locations across New South Wales including Wollongong, Newcastle, the Central Coast, Rockdale, Parramatta and Bankstown.

These seminars cover all the details about how a substitute decision-maker can be appointed to make financial decisions on your behalf – when you can't, or choose not to.

Check for locations and dates at www.cotansw.com.au under menu 'Events'

Resources for U3A classes and talks

The **Network Resource Library** has 100's of items from lectures and access to external resources, especially useful for smaller and newer U3As to establish their programs. You can access the Library Catalogues at <http://courses.u3anet.org.au> or via the box on the Network website.

Many courses are available electronically without charge. When you see the word **download** at the end of any item, it means that you can download that item via Adobe Acrobat. If any item is too lengthy to be sent in this way, a CD or thumb drive (if you don't have CD accessibility) may be sent to you. The charge for material on CD or thumb drive is \$6, postage included.

To order any other resource material, contact the Library Manager Jan Bennett (jan.bee@bigpond.com can also be done via the Library website).

Balance 'n' Bones DVD

The DVD continues to receive a positive response from U3As as an easy-to-use and useful addition to their class offerings, and from individual members who want to keep up their exercises during term breaks. The exercise program was devised and is presented by Beth Denny, an experienced and qualified fitness instructor, especially for older people, to strengthen bones and balance.

Additional copies of the DVD are available for sale at \$20 each, plus postage (\$5 for single copies, postage free for batches of 5 copies or more).

For copies, contact Ainslie Lamb, 12 Station Street, Corrimal NSW 2518, enclosing a cheque or money order payable to the *U3A Network NSW Inc*, for the relevant amount.

relevant amount.

The \$46.5 billion-dollar key held by older Australian volunteers

Leon Della Bosca , Your Life Matters , 2 March 2018

If older Australians were to cease donating their time for volunteering it would leave the Government with a \$46 billion hole to fill.

The *Modern Australian Communities* report reveals that 53 per cent of Australians aged over 50 are involved in organised volunteering within the community.

This equates to 2.2 million seniors donating their time each week, at an average of around 411.9 hours a year (8 hours a week) which, at minimum wage, would add up to \$46.5 billion in unpaid work.

Should the rate of volunteering decline, which more than two thirds of those surveyed are concerned will happen, the economy would surely take a massive hit.

"Aussie seniors are already seeing a downward trend in volunteering, which is likely to continue over the next decade as the current generation of over-50s starts to wind back their volunteering commitments," said Australian Seniors Insurance Agency spokesperson Simon Hovell.

"Nearly a third of seniors say they're less likely to volunteer in ten years' time due to their health, mobility or availability of time."

However, volunteering also has positive benefits aside from economic concerns, and this is also reflected in the survey results, with most respondents believing it helps to keep the mind healthy, improve self-esteem and promote self worth. Around nine in 10 say it reduces loneliness and improves their mental health.

Read the report at www.seniors.com.au