

Newsletter

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u3a.network.newsletter@gmail.com

Secretaries of our wonderful organisation, and our clever membership, will notice that there is a new email address to send your items.

As most of you would be aware, succession planning is very important in any organisation, and dare I say it, with our age cohort is probably even more important. Having a person "in the wings" who can take on a committee position in case that incumbent becomes ill or worse, is very important for us, otherwise we will fade into obscurity.

To this end the new email address is "generic", so that the next person who offers to do the editing can easily be contacted with the same email account, listed above and below!!

u3a.network.newsletter@gmail.com

Editorial



Welcome everyone to your first 2024 State Network Newsletter.

For those of you who don't know me, my name is Lyn Frings and I am currently the Secretary and Newsletter Editor of U3A Bunbury. I have taken on the task of your newsletter editor for the Network news, trying to fill the shoes of your past editor, Peter Alcock - big shoes to fill indeed!! I hope you will bear with me while I wriggle myself into the task!!

I notice that this newsletter doesn't have a "title" as such. Most of our groups, (well those that produce newsletters), have come up with a name for their tome, so I was wondering if members would like to put their thinking caps on and we can all decide on a name for this one?

U3A's in WA have called their newsletters various titles:-

Naturaliste (Busselton) = The U3A Crier

Bunbury = Insight

U3A Perth = Inform

so the Network one could be called something like, Connect, or Interconnect, or The Link or Broadcast - all synonyms of the word Network. Or maybe it could go in a completely different direction.....?

From the President



April 2024

Welcome to another wonderful year of U3A. What a difference a year makes! In just twelve months I have been appointed a committee member of U3A Network WA, becoming Vice President after Jean Duff resigned and Peter Alcock became President. In October, 2023 I was appointed President of our Network after working extensively with Peter Alcock, Catherine Baxter and Liz Balding to review our Rules and revamp them. The U3A Network WA Inc. now has a representative committee, with each of our 7 constituted U3A groups in WA having a say in what we do and how we do it. As members, please communicate with your representative and have them raise any issues on your behalf. Technology enables all U3A group representatives, via Zoom, to participate overcoming the 'tyranny of distance'.

Your views are requested to **Improve End of Life Services in Aged Care**. Click here to complete an online survey before 30 April: <https://redcap.link/agedcare>, or see explanation at the bottom of this page.

National News

U3A Australia Ltd. is our national body. A memorandum of understanding has been signed with Council of the Aged (COTA), a Federal funded organisation, to ADVOCATE on behalf of older Australians. Remember we cannot change what we do not know needs changing. As older Australians we are entitled to have our needs met. Let your Network representative know and it will be communicated to those who can formulate change. Consider the following; -loneliness, suicide rates in older people, access to technology, access to banks, elder abuse....it is not just physical. Help is available and needs can be met, if we make those needs known.

History of U3A Network WA

Founding President Peter Flanigan with strong support from Naturaliste, Mandurah, Armadale and U3A (UWA), formed the WA Network in 2012. Aiming to promote the U3A movement, supporting groups if required but not intervening, as U3A's by their nature, are independent and governed by their own set of rules. Each State Network has only U3A groups as members and no personal memberships.

2023 marked 50 years of the U3A movement since its' inception in Toulouse. This milestone was celebrated in Australia last May, hosted by Network Queensland at Rockhampton.

Future Celebrations - U3A Network Conference 24-25 October, in Bunbury, W.A.

I look forward to meeting you as we celebrate together our joy of learning, laughing and living our best life.

Tyrl Houghton, U3A Network WA President, Phone: 0400252076, Email: houghton@westnet.com.au

Calling all Western Australians to Improve End-of-Life Services in Aged Care...

The Perron Institute, University of Western Australia and WA Dept of Health are working together to improve end-of-life services in residential aged care facilities across Western Australia.

As local community members, your collective opinions CAN truly make a difference.

If you, or anyone you know has experienced the death of a family member or friend in an aged care facility in Western Australia between 2021 - 2024, we invite you to have your say.

Any support you can provide by completing our online survey and/or sharing the following link online with your personal and professional networks across WA would be sincerely appreciated.

Click here to complete our online survey before 30 April: <https://redcap.link/agedcare>



Government of **Western Australia**
Department of **Health**



U3A Film Crew in rhythm with the jazz scene

Peter Alcock

The Jazz Club of WA turned 40 this year and the U3A Film Crew were asked to prepare a documentary film to celebrate the big event and to record the club's history by way of interviews with club members.

The Film Crew undertook to record many community events as well as U3A activities.

Crew members were recently invited to an evening of Jazz celebrating the work of Sidney Bechet and were presented with a certificate of appreciation for their work.



U3A Film Crew members Peter Browne, Janice Bowra and Peter Alcock with Club President Caterina Ranieri (with certificate).

The 30 minute documentary film was screened prior to a performance by The Bechet Legacy band, led by Phil Hatton, on Tuesday 19th March. The film was produced over several months, preparing and recording the interviews and live music performances, followed by the lengthy process of editing until all parties were happy with it.

The Crew have once again accepted an invitation to film the U3A State Conference, this time of course at Bunbury, in October.

You have probably seen the videos the Crew produced following the U3A State Conference in Armadale in 2022 .

They are on the website at: <https://u3anetworkwa.org.au/gallery/>

Well done everyone!!



Now that's something to blow your trumpet about.....too much???

(...and Yes - I know that's actually a trombone!!!).....Ed!!

U3A ARMADALE

U3A Armadale event 5th April 2024

The City of Armadale has held a Let's Connect Armadale Expo for the last 3 years and Armadale U3A have participated in each. This year we were in a different venue which gave greater continuity to the exhibitors and for the public as we were in one hall at the Armadale Arena. Free buses were provided by the City with various pick up points in Armadale for visitors.



We were one of 80 exhibitors which covered all ages from the cradle to seniors. Many were service providers but a few like us were organizations sharing activities and we spread the great news about U3A. Visitors to our stand were many and even those not yet eligible to join, took information for their relatives. Some visitors were planning to retire in the next few months so wanted to be aware of what is available to them in our area.

Flyers were on offer with information on our educational courses, our subgroups such as the book club, the tea and coffee group, the walk in the pool exercise class, the coach trips and of course our regular Tuesday meetings with info on past, present and future speakers as well as our brochure.

Free refreshments such as pancakes, tea and coffee and free sausage sizzle ensured stall holders and visitors kept their strength up.

We had 10 volunteers, working in pairs, who freely gave an hour of their time. There was a great buzz in the room and time passed really quickly. Having easy access to all stall holders gave each of us a chance to visit the other stalls and seek out information, not only personally but also potential speakers for us.



It does involve work to get all handouts ready as well as the display but well worth it and I hope we can participate next year too.



Marian Smith, President U3A Armadale

Our Experiment with Topical Talking

Some time in late 2022, after we had helped get U3A Donnybrook off the ground and had an inspiring talk from Hilary about the amazing Edith Cowan, some of our Bunbury membership started rumblings about having some short courses to compliment our usual system of Speakers. Subsequent U3A Bunbury newsletters contained many, (probably too many) ideas incorporating subjects on Music, Art appreciation and the like, and was requested by the Editor for any feedback as to what the members would like. One suggestion in particular stood out - one where members could discuss in an open, non-judgemental, respectful arena, anything that was on their minds, be it International, National, State or Local subjects. This was the birth of our very successful "TOPICAL TALKING" group.

First we had to find a venue, and one that was reasonably priced for the members. That search found one adjoining room at the City of Bunbury Library, and even better was the discovery that for small N.F.P. groups it was gratis for the first 100 hours a year, and then only a nominal charge after that! Bonus!! We duly signed up to start the group in the new year 2023, after our February A.G.M., deciding on a Tuesday morning which suited most people who wanted to attend.

The group is facilitated by our very capable member John McK who in another life was a Primary School Principal, so definitely had the credentials to keep us all in line!! Our first meeting occurred on March 28th, with trepidation from John as to how many members would turn up. He had nothing to fear, we had 7 people for discussions on the Iran protests about the young lady that died while in custody; re-publishing books from authors like Enid Blyton to reflect the "PC" language of today, (this was quite a long discussion and our consensus was that the books should be left alone as they reflect the language of the day. If the reader (or parents) don't like the language they need to teach that it isn't used in this day and age!); and several local gripes. John had only tentatively booked the room until June, not wanting to pre-empt anything. He shouldn't have worried as the sessions have grown in strength with many of our newer members, (we had 16 members sign up in 2023), coming to join in. Our numbers drop off a little in the school holidays, due to Grandparenting duties usually, but we have a constant core of about 6 members who regularly attend. The subjects that are discussed are varied, short and long, words or paragraphs, and even sometimes a bit controversial!!



U3A Bunbury would encourage any other U3A group to start this sort of meeting with any of your interested members. After the vitriolic nastiness that came with the "debate" on The Voice referendum, it was very refreshing to see that our U3A members could sit in a room and discuss that and any other issues that had been raised, with respect for another persons' point of view without all the hateful language we were seeing in media-driven debates, even if they did not agree with the person speaking and their views.

With Age also comes Wisdom, but we were also taught about Respect for another's Opinion!

U3A PERTH NEWS

U3A PERTH OPEN DAY

Catherine Baxter

U3A Perth recently held its first ever Open Day. We always represent U3A at Have a Go Day which is a huge annual event held at Burswood Park in November. As successful as this event is, we have always felt it comes at the wrong time of the year to capitalise on converting those interested in U3A into members because our activities are usually beginning to wind down for our summer break.

Towards the end of last year we decided to experiment and see what would happen if we ran an event as our U3A branch programs were cranking up rather than winding down. So, we put together a committee representing all branches, hired the State Library Theatre and 3 adjacent rooms in the Perth Cultural Centre and put together a program which, we thought represented what U3A Perth offers.

We had a continuous program of 15 minute talks throughout the day; people explaining our City Courses and Art for Everyone programs; from our 12 branches explaining what they each offer, a mahjong exhibition;



a large picture board and entertainment in the form of a performance by our fabulous U3A Perth Choir



and our Uke3A Ukelele group from the Melville Branch.



We ran a strong publicity campaign with stories in The West Australian; Have a Go News; The Post western suburbs edition and participated in interviews on Curtin and Capital radio stations. Of course, we also had the usual flyers distributed to all members and displayed in libraries and on public noticeboards.

We were quite nervous as this was our first such event. We had no idea if our messages would get through to members of the public and spark their interest sufficiently for them to make the trip to Perth to find out about U3A. We need not have worried because on the day we were swamped with visitors.

It was an amazing event which resulted in many people signing up on the day and for some time after to become members. We'll definitely be doing this again!

I'm sure if other independent groups wish to try this in their region, U3A Perth would be able to help guide them through the process.....Editor.

U3A DONNYBROOK BRANCH:

Maddie Smith, Coordinator: 0448 169 785



Donnybrook U3A were again honoured to have one of their own members present a talk in February.

Claire Vander Linden spoke of her time working with Médecins Sans Frontières, a.k.a. Doctors Without Borders or MSF, which is a global organisation that she was associated with from 1980. The origins of MSF can be traced back to 1971, when a group of French doctors and journalists formed a group (with the Red Cross) to provide relief and assistance to people in distress, without discrimination. Several years later, they formed Médecins Sans Frontières, as their own group to break the “culture of silence”, where they not only assisted, but importantly, raised awareness about people in distress to improve their situations. There are between 40,000 to 60,000 MSF people all over the world and MSF upholds three principles:

neutrality - in the name of universal ethics and the right to humanitarian assistance;

impartiality - assistance to populations in distress, victims of man-made or natural disasters, and victims of armed conflicts;

independence - full independence of political, economic, religious powers & unhindered freedom in its functions.

Often MSF people are in war-torn areas where their own lives are constantly in danger and at high risk of being kidnapped. Claire herself was attacked, resulting in serious injury. She spoke of the millions of people suffering tropical diseases, some of which have no cures. These do not attract the huge pharmaceutical companies researching a cure as they are often the diseases of poor insolvent populations. Some of the teams Claire was involved with are very varied:-

as a vaccinator in a slum in Cairo, Egypt,

in the creation of a dispensary in Burkina Faso, West Africa

part of establishing a babies’ clinic in a detention centre in Hong Kong,

organising a pharmacy in Lahsa, Tibet,

a clinical nurse in an HIV clinic in Guatemala,

working in Chikungunya virus clinics in Cameroon, where she was attacked.

information, education & development in an HIV project, & coordinator in a cholera unit in Democratic Republic of Congo,

and awareness campaigns of refugees and asylum seekers in Canada and in Australia.

Claire talked about the high infant mortality from tetanus, because the only instruments the local medical helpers have for cutting the umbilical cord is the edge of a lid from a can.

"People with cholera tended not to come into clinics until they were already emaciated, and treatment was too late, so they were placed on beds with a large hole in the middle and a bucket underneath for their diarrhoea," she said.

Claire witnessed clinics with rows of stretchers and patients with many different ailments, including HIV, and a nurse moving from bed to bed administering medications using the same needle. When questioned, she replied it was the only needle the clinic possessed. Sometimes patients found alternative uses for resources, such as nets sprayed with repellents to protect people whilst sleeping made into fishing nets, and condoms to help with birth control for carrying alcohol.

Claire said MSF aimed to set up clinics and educate people to a point where governments were expected to take over. One such clinic was running efficiently, and the government of that country asked MSF to leave so they would take over. The locals begged MSF not to leave because they said the government would abandon them, but the government didn’t abandon them - they bombed them after MSF had left!

Claire lamented that MSF used to be able to move easily between countries needing help, but currently they are blocked by governments of many countries, preventing them from giving aid. Claire was asked how she managed to “stay sane” and she said you see so many terrible things, but as an individual you cannot hold onto them. Psychologically it could be so difficult to carry on.

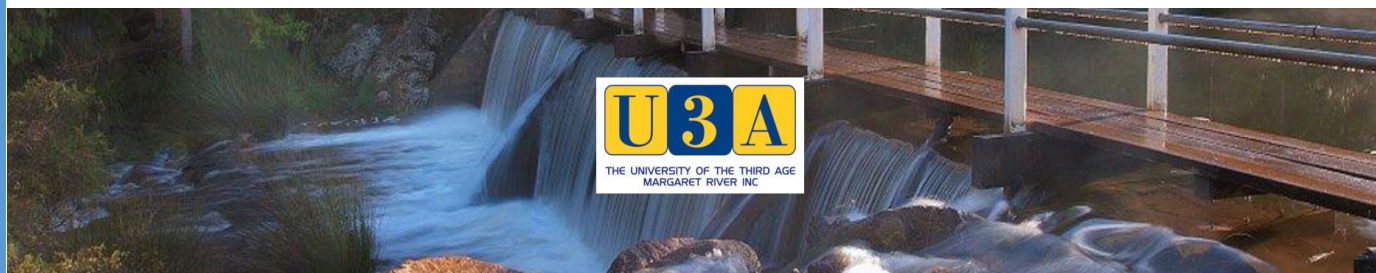
MSF has no government funding, with funding totally from the public. Please consider a donation to this extraordinary organisation trying to make a difference.AND YES, THEY ARE IN PALESTINE AT PRESENT.



More information is available at: www.donations.msf.org.au

Edited by L Frings. Original story by Glenda Kennerson and appeared in the Preston Press, March 2024 Edition

U3A MARGARET RIVER



Jane Vanderstoel, Secretary

U3A Margaret River has had a very interesting program to begin 2024.

- ◇ Creativity has been expressed through a number of courses: Felt-making, Water-colour painting, Stain glass making and Bonsai.
- ◇ Musically we have started Singing for Pleasure and developed an Appreciation for Classical Music.
- ◇ Our brains have been engaged with courses such as Learning Japanese Number Puzzles, Italian for Beginners, and a discussion group on Politics, Religion and Sex.
- ◇ We had a very interesting talk titled a Sense of Place. This explored how early settlers to WA identified with their new home in an unfamiliar landscape and First Nations people and lessons we have learnt along the way.
- ◇ Physically we have enjoyed boot-scooting and tasting different olive oils.
- ◇ Our March event was a talk by Brian Easton on his time as CEO at Perth Zoo. It was a great success with 55 members & guests attending. He began with the history of the zoo and the move away from just exhibiting animals to a focus on the conservation of endangered species.
- ◇ We are now preparing for our AGM and the Semester 2 programme.

Below: Fun with Glass



Above: Lunch prepared using olive oil in different ways for participants who attended the Olive Oil Tasting.

U3A GERALDTON



Contact the U3A Geraldton Secretary

0498 162 774



Network Committee

PRESIDENT: Tyril Houghton, (Bunbury)

VICE PRESIDENT: Liz Balding, (Perth)

SECRETARY: Catherine Baxter, (Perth)

TREASURER: Val Jarrett- Crowe,
(Armadale)

COMMITTEE: Bunty Paramor,
(Margaret River)

Gary Triffitt, (Perth)

and Webpage manager: Ric Stacey,
(Bunbury)

Newsletter editor: Lyn Frings, (Bunbury)

North of Perth certainly had a downpour recently, but those of us down in the SW, particularly Bunbury, are "crying out" for some rain, which led me to look at the Noongar Seasons, and see what they describe as this season.

We're in Djeran (April-May), their season of adulthood, and although we are having the cooler nights, with a little dew in the mornings, our days can still be a little warm.

Djeran is the time for red flowers, and the Sheoaks are forming the male and female pods on the trees. Banksias are also starting to display their beautiful flowers as these will become nectar food for those small mammals and birds that enjoy it.

If you were "on Country" you would be eating the collected fruits from the Zamia plant, along with the root bulbs of the Bullrush, fresh water fish, frog and turtles. It would also be the time to make sure your mia mia (your shelter) was repaired, updated and waterproofed ready for the wintery months ahead.

I hope everyone is also prepared for storms and unpredictable weather, we seem to be getting more of this each year!!

MAY will see the celebration of Mothers' Day, so here's to all you ladies out there, who may or may not be Mothers, but do a darn good job anyway! This will be celebrated on Sunday, 12th May. Before this, however, is World Laughter Day, so here are a few Jokes and Quotes to brighten up your day!!

Betty White, "It's not easy being a mom. If it were easy, fathers would do it."

Buddy Hackett

**"My mother's menu consisted of two choices:
Take it or leave it."**

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

Knock, knock.

Who's there?

Ice cream soda.

Ice cream soda, who?

Ice cream soda people can hear me.

**What did the plate say to the fork?
"Lunch is on me."**

MANDURAH U3A NEWS



secretary@u3amandurah.org.au

NATURALISTE U3A NEWS



secretary@u3anaturaliste.com.au

Benefits of Belonging



Apart from some well publicised personal advantages of belonging to a group such as U3A—like laughing, learning and living, there are many benefits in linking groups together. This is one of the reasons for having a State Network and then ultimately, a National Network including all the States & Territories.

These include negotiating bulk deals on insurance and copyright licences, paying a flat rate for music and performance copyright and a fairer cost method with the OneMusic organisation. In 2024 these costs combined have led to much cheaper costs for each incorporated group, and therefore benefits to the membership, too.

U3A Australia Ltd. is now registered as a charity. Their website is still in need of a facelift but I'm sure that will occur in the not to distant future. You can still access it here <https://u3aaustralia.org.au>

As you will see from the advertisements on the back page, some of our Eastern States counterparts have offered additional resources to us all, like podcasts and webinars. Our National Executive will be looking into more of the same as the years go on, so keep an eye out for these interesting subjects, and as our WA President has alluded to, we are now partnered with C.O.T.A. (Council on the Ageing), who have been one of the main advocates for OUR RIGHTS as older people. Some exciting times to come!! I know there are moves to encourage Tasmania with a State Network group, so then all we need is to encourage the Northern Territory to do the same and we have a huge voice to present to Governments about our Older People Rights!!!



WESTERN AUSTRALIA

U3A State Conference

Open To All U3A Members and the General Public

STATE CONFERENCE 2024

U3A Bunbury, Inc are very excited to be hosting the Conference in conjunction with U3A Network WA, Inc

THE BIENNIAL U3A CONFERENCE FOR
WESTERN AUSTRALIA WILL BE HELD AT

BUNBURY REGIONAL ENTERTAINMENT CENTRE

THURSDAY 24TH OCTOBER & FRIDAY 25TH OCTOBER

*Learn to Listen, Listen to Learn,
Get Curious not Judgemental!*

*Our programme is being finalised and we hope to bring you an
extraordinary array of speakers and things to do.*



Bunbury's Back Beach at Sunset C L. Frings

**When was the last time you visited
Bunbury?**

**Come on down and view our
magnificent sunsets and see what
we have to offer you now!!**

WATCH THIS SPACE FOR UPDATES

Notices

Consistency using our U3A brand is important for recognition and presenting a professional image. Large format images of the brand without text can be downloaded from the Network website.

Even if you use your own local version we do ask you to include an image of the standard 3-cell logo which comprises 3 equal squares and should not be stretched or distorted. You can have your own branded logo prepared by Network staff if required.

Further guidelines are at:



[u3anetworkwa.org.au/about-us/
branding-images/](https://u3anetworkwa.org.au/about-us/branding-images/)

Next Newsletter

The next newsletter is due in July 2024 which is plenty of time to think about your next contribution and careful choice of good quality photographs to illustrate it. Thank you to all contributors, be they past, or (hopefully) the futureEd.



Despite rumours to the contrary, U3A Online is alive and well and is funded for at least the next two years.

Address is here:

<https://www.u3aonline.org.au/>

U3A Network WA Inc.

<https://u3anetworkwa.org.au/contact-us/>

For comments or articles to add to the next newsletter:

u3a.network.newsletter@gmail.com

Links for other newsletters

National Alliance News: <https://u3aaa.org/news-bulletins/>

Victoria Network News: [https://u3avictoria.org.au/
publications](https://u3avictoria.org.au/publications)

NSW Network News: [https://nsw.u3anet.org.au/
newsletter/](https://nsw.u3anet.org.au/newsletter/)

Queensland Network News: <https://u3aqlld.au/network-queensland-newsletters/>

International U3A website: <https://www.aiu3a.org>



Is anyone planning to be in Melbourne in early October? Why not coincide your trip with a visit to the 2024 Network Victoria conference, to be held at Storey Hall - RMIT University . If you visit the website u3avictoria.org.au you will find some great information there about this event.

National News

Have you heard about the Canberra Tuesday Forums via Zoom? Something you can plan for next year

Forums have a "current affairs" focus covering local events, politics, science, the environment & international events.

Sessions are held via **Zoom** commencing on Tuesdays at 12:30 pm and run from March to early June and from mid-July to November.

There are two registration options:

Pre-register for all talks during the year and you will automatically be sent Zoom login details each week

Register on a weekly basis for the Forums which interest you. Registration will open in the week preceding the talk and the details are advertised with each Forum. Register at:

forums@u3acanberra.org.au



U3A Network Victoria UNIVERSITY OF THE THIRD AGE

Online courses, activities and events that can be enjoyed from wherever you are.

Some Network Victoria courses are available to anyone of retirement age, although some are open only to people who are already a member of a U3A. In Victoria.

Bookmark this page to find out about more

[Online Activities — U3A Network Victoria \(u3avictoria.org.au\)](https://u3avictoria.org.au)



6 Session Series for Older People

**Fortnightly commencing 13/9/23
from 10am-11.30am**

Learn how Living Life Digitally Connected can help you in our practical, hands on, series.

Future courses on digital inclusion organised by nbn Co will be accessible via the U3A Australia website so check out

u3aaustralia.org.au

As a Network member your U3A group can enjoy business pricing at Officeworks.



Further information on the U3A Australia website at:

<https://u3aaustralia.org.au/officeworks-u3a>

Interested in moving your membership management online?

Check out **Member Wizard** used by several Queensland.

U3As try it out at:

<https://memberwizard.com.au/>



