

Why Gait Quality Matters As You Age.



Walking is one of the most important things we do for our quality of life. In fact, research shows it contributes more than any other physical activity to how well we live day to day. Yet one in three people over the age of 60 report having some difficulty walking.

As we age, gradual changes in our bodies and health can alter how we walk, often without us realising. But the way we walk, known as our gait pattern, matters more than we might think. Poor gait doesn't just make walking harder and more tiring; it can lead to joint strain, instability and a greater risk of falls.

Think of your gait like a heart rhythm. Just as an electrocardiogram (ECG) shows whether your heart is functioning properly, your gait also has a rhythm. When that rhythm is off, it may be one of the earliest signs that you're not ageing as well as you could be.

Thanks to new technology, we can now measure gait quality more easily and precisely. One promising tool is the Heel2Toe wearable sensor. This small device attaches to your shoe and tracks the movement of your ankle as you walk, capturing your gait cycle in real time.

A healthy step begins with a strong heel strike.

Our Vision

U3A Armadale Inc. is part of an International network which was founded in France in 1973, and now has chapters in many different countries. Our group is part of the U3A Network of WA, which in turn is part of the Australia wide U3A network which started in Melbourne in 1984.

U3A provides opportunities for Seniors to stay both physically and mentally active, and to continue learning during their retirement years. To achieve this goal we provide presentations on a variety of subjects as well as group activities and outings.

Your weight then rolls across the sole of your foot, ending with a push-off from the toes. As your foot lifts, it swings forward cleanly — no dragging or scuffing. This smooth sequence creates a rhythm in your ankle movements, one that, when consistent, resembles a kind of 'walking ECG'.

But over time, many people unconsciously adopt less efficient movement patterns. These altered gaits may feel normal, but they're often unstable, tiring or unsafe.

Poor gait reduces confidence, increases fall risk, and can discourage people from walking at all. And the less we walk, the weaker our muscles become — making the problem worse. It's a vicious cycle.

Relearning to walk well

The good news is that we can retrain our gait.

The Heel2Toe sensor doesn't just monitor your movements — it also encourages better walking. When it detects a good step (one that begins with a strong heel strike), it delivers an audio cue as positive feedback. Over time, these cues help you rediscover a stronger, steadier walking pattern. Good gait becomes your new normal. Tools like Heel2Toe help people tune in to their body's signals and make sustainable progress.

The goal isn't just to move more — it's to move better.

Of course, being physically active is only one aspect of what it means to live well as we grow older.

To get a more complete picture of healthy ageing, researchers have developed a tool that measures how often older adults experience key aspects of wellbeing. This tool — the Opal measure (Older Persons for Active Living) — (cont. page 3)

In This Issue	Page
President's Report	2
Singing for Fun & Health	3
Coffee/Lunch & Kitchen	4
Christmas Advert.	5
Cinema Group	6
Speakers / Book Club	7
Taxidermy / Next Trip	8/9
Birds of Prey	10
Ramblers	11
Reports U3A WA / Perth	12/13
Speakers	14-16
Officers and Committee	17

President, Ray Webb

President's Report July 2024 to June 2025

Firstly, I would like to sincerely thank all members of the committee for donating their time willingly to provide leadership for the University of the Third Age Armadale during the 2024-2025 year.



Sadly, our secretary Noor Thompson had to resign in early January 2025 due to poor health and Annika Van Der Heyden, our elected Vice President, took up the secretary position. David Spicer, as an ordinary committee member, then became the Vice President to fill the position Annika vacated.

On a personal note, I would like to thank our Treasurer Val Jarrett and also Annika for helping me understand the workings of committees and indeed how this club operates.

At the end of this year, we bid farewell to ordinary committee member Tony Fareso, and office bearers David, Val, Annika and me from the committee. Ordinary committee members Judi Damon and Terry Edmett will continue to be on the new committee for 2025/2026.

Many thanks go out to the general members who have taken the lead in our groups over the past year. This includes Maureen Pease who plans our coach trips with precision and dedication; Judy Marston and Marilyn Harris who organise the wonderful education portfolio; Pat Emmitt who organises the rambles and provides added insight during our walks each month; and Sheila Shenton who manages the Book Club and also the Coffee and Lunch group with the assistance of Denise Crouch. Denise also organises the Boddington recycling with much success and assists with aplomb at the front desk at each member meeting.

Thanks should also go to Phil Aked who manages our IT along with Tony who backs up Phil at each meeting; and Phil's publishing of our Newsletter and supporting our speakers is greatly appreciated; and thanks to Veronica Reid who organises the movies and always seems to get an interested group attending. Terry is appreciated for his efforts in keeping an eye on the library in the storeroom in Annie's absence.

We are always busy with education courses and study groups. Many thanks to Judy and Marilyn for organising these events, which this year included the study groups on Myths and Legends and Australian Poetry. We have also had travel tales and an art course run by Wendy. We can look forward to Birds of Prey and a singing course to be

held later in 2025.

We have also been a privileged group this year to have been visited by historian Richard Offen with his stories of the colony. A Great Speaker!!

University of the Third Age's main objective is learning, and we never stop learning in different ways.

Our membership numbers seem to remain around 100 with fluctuations due to different circumstances.

An important event for us each year has been the Armadale Lets Connect Expo. Thank you to Marian Smith for organising our U3A stand in 2025 and also to the members who helped out on the roster for the stand. This is a very worthwhile event for the Armadale Community.

Our speakers this financial year have covered many varied topics, and I am sure that we are wiser after each talk. Our Guide Dog talk was a standout for me. As usual the generosity of our members was outstanding in their fundraising effort for worthy causes. Thank you Phillippa for your work in securing our speakers for 2024/25.

Our coach trips have been well supported and have included the Wokalup Tavern and Harvey cheese factory and Western Rock Lobster at Cervantes and the Pinnacles. Well done! Maureen.

I am sure we all appreciate the sterling work of Rose McBride and Marie Borg in the kitchen. They are also supported by rostered members for kitchen help and food plates. An initiative by the committee to show our appreciation of members was brought in this year that plate providers were not required to pay the admittance fee on entry to member meetings.

As our finances are quite strong your committee has made a concerted effort to help members out a bit. This includes some subsidies for coach trips and by introducing additional prizes for our raffles - essentially, becoming a fun raiser as well as a fundraiser! Thanks go out to Hazel Stephen for her on-going dedication with the raffles.

Parking at Evelyn Gribble Community Centre has now improved and expanded with the support of Councillor Gary Smith in liaising with the council.

Our presentations may improve shortly with the introduction of upgraded equipment. A work in progress. Limited access to Wi-Fi is still an issue but hopefully will improve in the future.

I would like to express the gratitude of U3A Armadale to Val Jarrett for fulfilling the role of Treasurer for many years and wish her well with her move to Queensland.

Finally thank you to all members who have stepped up and helped in any way, at any given time, throughout the 2024/25 year.

Ray Webb

President 2024-2025

goes beyond tracking what people do. It asks how they feel about their lives.

Opal can help people understand their own wellbeing and it offers policymakers and communities a way to evaluate how well their services support older citizens — not just physically, but socially and emotionally too.

For people, this means that even small improvements, like better gait, can lead to meaningful changes in how you feel: more confident, more mobile and more independent.

For communities, it's a reminder that promoting physical activity is important — but not enough. We also need programs, spaces and services that foster connection, purpose, creativity and joy.

What does 'active living' really mean?

In a 2024 international study, older adults in Canada, UK, US and the Netherlands shared what "active living" means to them — across four languages and cultural context

They identified 17 distinct "ways of being" that contribute to feeling active. Physical health was just one part. Others included feeling: confident, connected, creative, energised, encouraged, engaged, happy, mentally healthy, independent, interested, mentally sharp, motivated, resilient and self-sufficient.

In other words, active living isn't just about taking (or counting) steps, it's about how you feel while taking them.

Ageing is inevitable. But ageing well? That's something we can shape — step by step.

'Singing for Fun and Health An Introduction to Choral Singing'



The Heritage Country Choir will lead us in a workshops to introduce choral singing. The workshops are to be held at Evelyn Gribble Community Centre at 10.00 am - 11.00 am on:

Monday 20 October 2025

Monday 27 October 2025

Monday 3 November 2025

Monday 10 November 2025

A good voice, ability to read music or previous singing experience are not required.

There are many benefits to health and wellbeing from singing, especially in a group. Research has shown that singing makes you feel better.

Singing:

- Enhances lung function
- Helps you beat stress and relax
- Helps improve memory
- Builds sense of community
- Allows for self-expression
- Can help with pain relief
- Boosts your confidence

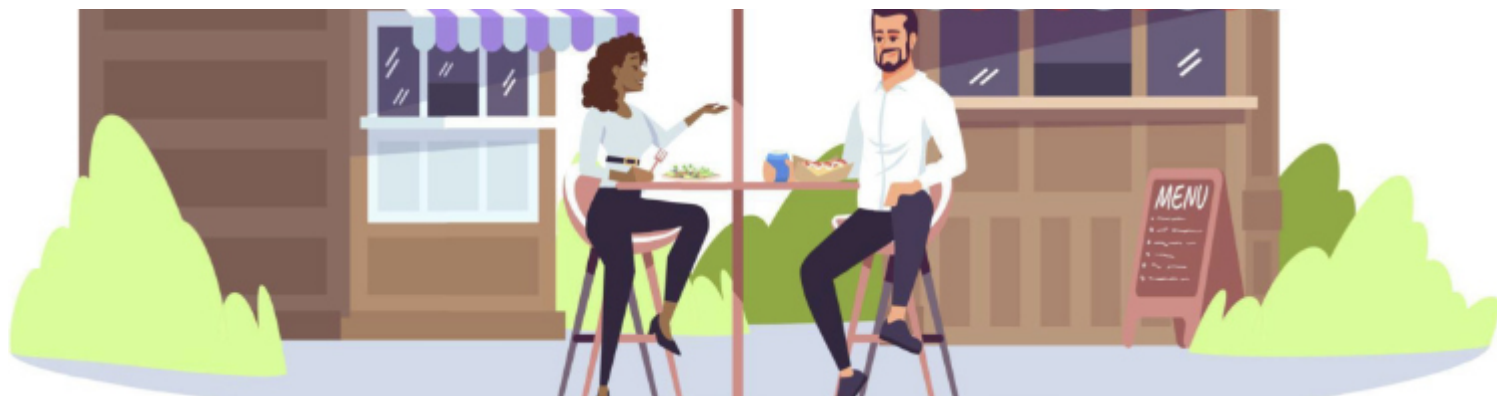
•IS FOR EVERYONE

Cost: \$20



Please contact either Judy: 0438 656 153 email: hshome132@gmail.com or Marilyn email: chrisnmarilyn@bigpond.com

Coffee / Lunch Group



Wed 18th June	Coffee	10am - 11.30am	Orchard Express, 7/21 Jarrah Rd, Roleystone
Wed 16th July	Lunch	12 noon	Saaj Indian Resturant, Armadale Shopping centre
Wed 20th August	Coffee	10am - 11.30am	Little Aura Coffee Co, 5/2944 Albany H'Way, Kelmscott
Wed 17th Sept	Lunch	12 noon	Dale Cottages, Deerness Way, Armadale
Wed 15th Oct	Coffee	10am - 11.30am	Fig & Ivy, 34 Abernathy Rd, Byford
Wed 19th Nov	Lunch	12 noon	Gosnells Hotel, Albany Highway, Gosnells

The Coffee / Lunch Group meets every third Wednesday of each month, from February to November.
If you would like to join the group please contact:

Sheila: 0439 926 333 or Denise: 0414 779 115 Newcomers always welcome.

Kitchen Roster July to November

Date	HELPER	PLATE PROVIDER	PLATE PROVIDER
1 July	Phillippa Bennett	Sally Pannell Gerry Winter	June Castledine David McLoughlin
15 July	Lyn Cornell	Warwick Powell Marian Smith	Rob Smith Roberta Sherrard
5 August	Patsy Eastough	David Spicer Hazel Stephen	Marion Shoppee Tony Fareso
19 August	Helen Frischmuth	Annika Van Der Heyden Ray Webb	Marianne Williman Gail Barr
2 Sept	Anne Griffiths	Phil Aken Pam Caffrey	Carolyn Crawshaw Dene Choyce
16 Sept	Margaret Hall	Denis Cooper Judy Damon	Liz Dunn Peter de Josselin
7 Oct	Bess Hawtin	Norma Furniss Margaret Hall	Sally Fareso Pat Holton
21 Oct	Caroline McKebery	Jenny Frayne Pat Emmitt	Elly Ederveen Marilyn Harris
4 November	Maureen Mortimer	Margaret Harris Geoffrey McKebery	Roy Hamilton Hazel James
18 November	Barbara Powell	Terry Edmett Margaret Collins	Margo Armstrong Denise Crouch



GOSNELLS GOLF CLUB END OF YEAR CHRISTMAS LUNCH

TO BE HELD ON TUESDAY 2nd DECEMBER 2025

GOSNELLS GOLF CLUB

95 SANDRINGHAM PROMENADE, CANNING VALE

12 noon to 2.30pm

COST \$58 members & \$78 non-members

CHOICE OF MENU

Entree:

Smoked salmon roulade, citrus cream, red pepper coulis, coriander, lime. (GF)

or

Roasted cherry tomato, feta and caramelised onion tart, with rocket and parmesan salad, balsamic glaze (VG)

Main Meal:

Crisp skinned barramundi, with leak & potato cake, asparagus, lemon & lime butter, salsa verde.(GF)

or

Traditional Christmas, turkey, ham & veggies.(GF)

or

Spice roasted cauliflower, pumpkin, chickpeas, baby leaves, baba ganoush, pomegranate molasses.(VG) (GF)

Desert:

Sticky date pudding, butterscotch, vanilla ice cream.

or

Crème Brule, poached seasonal fruits, vanilla cream.(GF)

INCLUDES: A glass of Frankie sparkling wine or Spear Tree SBS or Cabinet Merlot or Middy of tap beer or Coke/Soft drink.

**TEA OR COFFEE AFTER THE MEAL. CHOCOLATES ON EACH TABLE!
OUR USUAL RAFFLE TO BE HELD ON THE DAY**

DON'T FORGET TO PUT IT IN YOUR CALENDAR - WATCH OUT FOR FURTHER DETAILS IN
EMAILS AND NEWSLETTERS

Cinema Group



The Cinema Group meet at Armadale Cinema on the 2nd Tuesday of each month. The film title and time will be advised in the week before.

If you wish to join the group please contact **Veronica: 0417 755 235**

The stalwart cinema group braved the blood and bullets of *Ballerina*, the fourth iteration of the John Wick thriller series. Good to see they all survived it!



Semester 2 - Guest Speakers

MEETING DATE	SPEAKER	TOPIC
1 July	Sabena Lund	Palliative – “Advance Care Planning”
15 July	Jim Beesley	“BURMA A CIVIL WAR RECAP AND UPDATE”
5 August - AGM	Dr David Cook	Cyber Security for Seniors
19 August	Emily Tewson	Advocare – “Empowering Older People in WA”
2 September	Graham Castledine & Co Presenter Jeremy	“Birds Bring a Family Together”
16 September	Tony Fareso	Royal Australian Navy as a photographer
7 October	TBA	TBA
21 October	Anne Chapple	“ANZAC” House
4 November		MELBOURNE CUP
18 November	Marilyn Harris	TBA

Book Club



The Book Club met on the fourth Friday of each month throughout 2024, with an average of 6 -10 members attending each group meeting. Participants met in a friendly, relaxed atmosphere to share their thoughts on the book they've just read, discuss the author, and provide as much detail as they feel comfortable sharing.

New group members are always welcome.

Please contact Sheila: 0439 926 333

Date	Title	Author	Proposed
27 th June	Love Stories	Trent Dalton	Warwick
25 th July	Daughters of Mars	Thomas Keneally	Marilyn
22 nd August	Talk To the Hart	Rachael Johns	Leslie
26 th September	Hell's Gate	Paul Collins	Sheila
24 th October	Burial Rites	Hannah Kent	Noor
28 th November	Black Sheep	Judy Nunn	Margaret

Books, Jigsaws, D.V.Ds



Members, please remember to visit our library which contains a range of books: fiction and non-fiction, DVDs, listening story tapes, and jigsaws.

These are for your use, to borrow and return. You don't have to sign in, so please browse and make use of this opportunity. We have had a request for large print books, so if you have any you can donate to assist, they will be gratefully received.

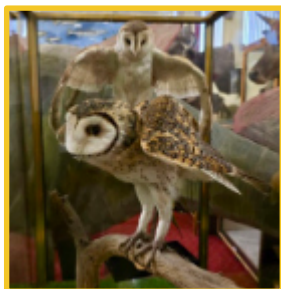
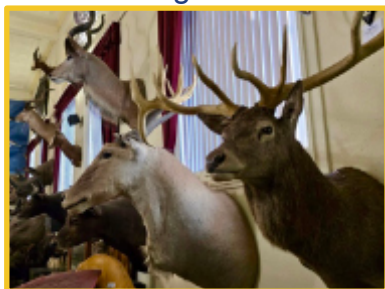
Kind Regards,

Annie: 0400 240 343

Trips Group Report - The Academy of Taxidermy



Outing with Maureen, visited the Academy of Taxidermy. Very good display with 40y experience. Club55 bus, cuppa in Harold Boas park. Then lunch at the Stirling Arms hotel.



Tuesday July 29th saw fifteen passengers leave Evelyn Gribble Centre at 9am for our trip to Guildford. We had eighteen bookings, but unfortunately two were sick and another had to work that day.

Stephanie our driver for the day was unable to avoid the rush hour traffic, but we had a very comfortable ride to Harold Boaz Gardens for our traditional Club 55 Morning Tea. Several commented on her smooth negotiation of the difficult traffic conditions.

Harold Boaz Gardens are beautiful and several took advantages of exploring the area. We headed for Guildford to the WA Museum and the Academy of Taxidermy.

Andrew (Taxidermist) and his wife own the building, and have lived in the upstairs area for 25yrs. Andrew is passionate about what was a hobby. His talk was extremely informative, telling how he acquires birds and animals, stores them, and then pulls them apart to add to the various displays within the museum for all to see. Not only does what was a reception room/entertainment area have small displays, but now has dinosaurs, which spill out to the outside paved area.

So numerous are the exhibits that many groups visit on numerous occasions including locals and school groups. However, the day we visited was so cold we only spent a fraction of our allocated time viewing before we were trotted off for lunch and the

warmth of The Stirling Arms.

A beautiful lunch was provided followed by dessert and coffee for those that chose to indulge. It was then time for the tour of Guildford and the sharing of the extensive research our driver had prepared for us.

Our final stop for the day was Jadran Winery in Orange Grove. Again more history of the family and beginnings of what is now a third generation business right on our doorstep.

Finally back to Evelyn Gribble after what has been an informative and enjoyable day.

Maureen Pease
(Tour Organiser)

Next Trip - Wickepin History & Albert Facey Homestead



When: **Tuesday 30TH SEPTEMBER 2025**
 Time: **Departs 8.00am** (Please be ready 15mins before departure) Evelyn Gribble Community Centre,140 Ninth Road, Hilbert, WA 6112.
 Return Time: **Approx. 6:00pm**
 Price: **\$100 per person**
Bookings Open Tuesday August 5th 2025
 To book your seat, please contact:
 Maureen Pease: 0420 866 309
 email: mpease39@optusnet.com.au
 Payment: Direct Debit BSB 633 000
 A/C 161628219
 A/C Name U3A Armadale

Leaving Evelyn Gribble Community Centre, we drive via Brookton Highway to Pingelly for a traditional Club 55 Morning Tea. Fro m there we travel to the McCoy homestead at Wickepin, where a volunteer will show us the historical sights in the area. It's then on to Inkie Pinky School and more history.

Lunch will be quiche and salad with slices, tea and coffee at the Community Hotel. The afternoon is time to visit Albert Facey Homestead, Tools Museum, and Agriculture Photo Display, along with restored Railway Station.

Finally, a bus tour of town with volunteers helping us to complete the enjoyment our day. Then it's home via Williams for a final comfort stop and shop, before arriving home at at approximately at 6pm.

Program September 2025

Day	Date	Time	Details	Subject	Location	Contact	Phone
Monday	1st	10.00 am	Interactive Study Group	Birds of Prey WA	Evelyn Gribble Comm Ctr	Judy	0438656153
Tuesday	2nd	9.30 am	Graham Castledine & Jeremy	Birds Bring a Family Together	Evelyn Gribble Comm Ctr		
Wednesday	3rd						
Thursday	4th						
Friday	5th						
Sat/Sun	6th/7th						
Monday	8th	10.00 am	Interactive Study Group	Birds of Prey WA	Evelyn Gribble Comm Ctr	Judy	0438656153
Tuesday	9th	TBA	Movie Tuesday	TBA	Armadale Cinema	Veronica	0417755235
Wednesday	10th						
Thursday	11th						
Friday	12th						
Sat/Sun	13th/14th						
Monday	15th	10.00 am	Interactive Study Group	Birds of Prey WA	Evelyn Gribble Comm Ctr	Judy	0438656153
Tuesday	16th	9.30 am	Tony Fareso	Royal Australian Navy as a photographer	Evelyn Gribble Comm Ctr		
Wednesday	17th	12 noon	Coffee/Lunch	Lunch	Dale Cottages, <u>Deerness Way</u> , Armadale	Sheila	0439926333
Thursday	18th						
Friday	19th						
Sat/Sun	20th/21st						
Monday	22nd	10.00 am	Study Group Visit by-	Birds of Prey WA Centre	Evelyn Gribble Comm Ctr	Judy	0438656153
Tuesday	23rd						
Wednesday	24th						
Thursday	25th						
Friday	26th	9.00 am	Ramblers	TBA	TBA	Pat	0422020044 93906640
Friday	26th	1.00 pm	Book Club	Hell's Gate	Kelmscott Library	Sheila	0439926333
Sat/Sun	27th/28th						
Monday	29th						
Tuesday	30th	8.00 am	Bus Trip	Albert Facey Homestead	Wickepin	Maureen	0420866309

Guess Who Isn't 90!

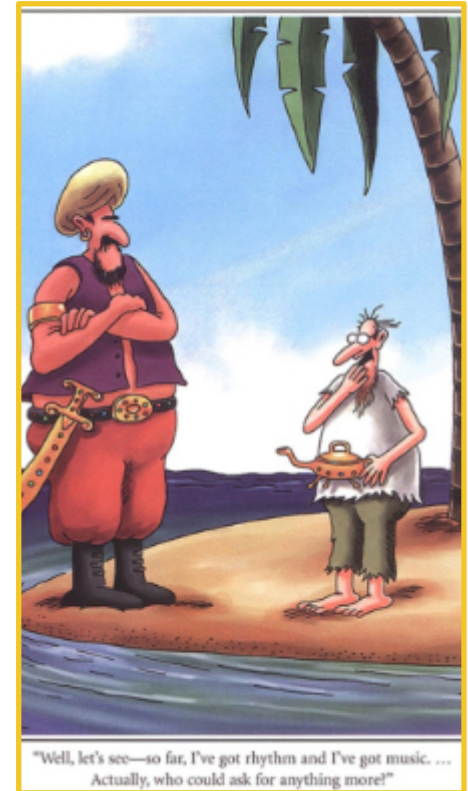


What a surprise!

We all clapped our hands, sang Happy Birthday, and presented Norma with a present to celebrate her 90th birthday, only to be told she is a young 89!

Never mind, we all had a good laugh and can look forward to doing it all again next year!

A Very Happy Birthday Norma, keep hanging in there!



Study Group of Birds of Prey of Western Australia

A Study Group of Western Australia's Birds of Prey is scheduled for September 2025, concluding with an interactive display visit from the WA Birds of Prey Centre.

The details are:

Monday 1 September: We will meet for an introductory talk on WA's Raptors. Each person can choose a raptor to research and present to the group at the following two meetings on:

Monday 8 September and Monday 15 September: Meeting

Monday 22 September: The WA Birds of Prey Centre from Bennett Springs will bring an interactive display of raptors to the Course.

Venue for Study Group meetings: Evelyn Gribble Centre

Time: 10.00 am – 11.30 am

Cost to members: \$20, which includes the interactive display by WA Birds of Prey Centre.

Please Contact: Judy: 0438 656 153 / hshome132@gmail.com or Marilyn: chrisnmarilyn@bigpond.com or see us at U3A Meetings.



Recreational Ramblers



U3A Ramblers is a group of people who take a stroll in the great outdoors for 1 hour every 4th Friday of the month. This activity benefits both physical and mental health, something we have all known forever. However, recently it has been "discovered" by some psychologist, and has been rebranded as "forest bathing". I guess people will pay for that, and now it is the latest thing.

We meet at 8.45 and commence walking at 9.00. After our workout we head for the nearest coffee shop for refreshments and a chat.

The **Recreational Ramblers** meet on the 4th Friday of each month, place and time to be advised in the preceding weeks.

If you wish to join the group please contact

Pat: 9390 6640 / 0422 020 044

4th Walk in June

U3A Ramblers 4th walk was off Chevin Rd. Roleystone. Twelve walkers turned out in what was a fine morning. We walked into the bush along a wide track where one side was pretty desolate due to slow regrowth after a fire. Arriving at the gravel quarry we had a glimpse of the size of the jarrah trees that once covered the area, some of them still clinging to life. We turned left through some lovely bush, where there were lots of Sheoaks, but no orchids yet, but I had found a flowering Hybanthus Floribundus the day before. It is a member of the Violaceae Family, and I had only seen it before in Araluen.

On completion it was off to the Coffee Shed where we had an outside table, but they still managed to serve us.

I would like to welcome our latest rambler, Jenny Frayne and also a welcome to Jenny Wardlow who joined us last month in Banyowla.



5th Walk in July

U3A Ramblers 5th walk in July was a sunny morning (freezing cold) but still a great turn out of 12 walkers met in the Maddington shopping centre car park.

There had been heavy rain the previous few days and as we emerged from the underpass it was very evident, the river was full and running swiftly and our scenic track entrance was under water. We carried on up the sealed path past the flooded area and came down a grassy slope back to the scenic track along the river.

That was a mistake as the grassy slope was oozing water, and we all suffered the consequences, very wet feet. The reflections of the flooded gums was perfection in the sunlight but I was surprised to find only 1coot floating alone.

It was all good until we came to another flooded area and we went back to the path and on to the Pinjarra Bakery, where Ray joined us after his visit to dentist.

A warm welcome to Lexie, our latest recruit.



U3A Network WA President's Report 13th August 2025

Our new Rules, accepted in February 2024 clarified the way forward with effective representation from our 7 U3A Groups, Armadale, Bunbury, Geraldton, Mandurah, Margaret River, Naturaliste and Perth (with 13 subgroups). 19 centres have U3A activities with Perth having a Council of representatives that meet regularly. Using Zoom for Network WA meetings provides opportunities for the tyranny of distance to no longer inhibit communication increasing the input into the future of our organisation.

Sincere thanks to all members on the U3A Network WA, especially Secretary Catherine Baxter, for her diligence and dedication ensuring that all U3A Group representatives are informed in a timely manner. Once again Treasurer Val Jarrett-Crowe has managed our finances providing valuable advice when needed.

As U3A Network WA President, and a Director on the U3A Australia Ltd Board issues raised at our Network level are considered at the National level strengthened by the Memorandum of Understanding with Council on the Ageing (COTA). This provides valuable support and funding to advocate for issues to secure improved deals for Seniors from the Federal Government. By having input into the decision-making process U3A Australia Ltd. informs Federal politicians of the needs of our members. By advocating for older Australians, influencing government, business and the community, promoting positive views on ageing, challenging negative stereotypes, raising awareness of the value of older Australians and maintaining and extending services and programs for older Australians, COTA is a powerful ally for U3A Network WA. Aged care reform, better retirement income policy, improved health services, and fighting ageism and age discrimination are COTA policy priorities. It is critical that our members inform their U3A Network WA representatives of issues that need to be addressed so that all U3A WA members can have their needs met.

National President Glen Wall, at the 2024 Conference, outlined the major changes and progressive innovations that are now able to assist U3A groups throughout Australia. The development of Digital Technologies throughout Australia, has Ric Stacey holding this position for our Network. Reducing the digital divide for older Australians ensures they can continue to access services effectively (eg Banking etc.); extending U3A programs into communities where individuals

don't enjoy equitable access to such services due to isolation or lack of mobility and finally, promoting the sharing of resources between U3A Groups to enhance the U3A experiences of members.

Expansion of our U3A Network WA into Albany is still a work in progress. Corrigin has also indicated they have people keen to be involved, probably through an online platform.

U3A Perth have developed a U3A Group in Cambridge, located within a Retirement facility. Bunbury has had preliminary discussions with Bethanie Retirement Village in Eaton. This is an excellent model for other U3A Groups to consider.

On-Line Courses are being revamped. Members may choose to partake in the various courses on offer. Many models of delivery are possible and I encourage members to check out these courses.

Thank you to Perth for taking on the 2026 U3A Network WA Conference. Hopefully all 7 Groups will be represented and networking sessions will be productive. I look forward the development of the program and hopefully, funding will ensure the cost can be reduced.

U3A Australia Ltd. Summary

Glen Wall is the Chair and Susan Webster is the Secretary/Treasurer

Brian Weir, Adjunct Professor of Canberra University. Business Government and Law and looking at Community Engagement. Strategic Planning for U3A Australia Ltd. with Colin Maddocks (QLD) and Glen Wall.

WEBSITE – New one is being set up and linked to ONLINE courses such as Balance and Bones.

RMIT – '\$4000 provided for the Pathways to Healthy Ageing'. This type of funding was previously unavailable demonstrating the value of a national body.

RMIT TECH CAFÉ – Hoping to establish one-on-one sessions to up-skill those who need help with technology.

Friends of U3A. - Currently operates in NSW. Members of Federal and State Governments are part of a group designed to enable U3A NSW to provide information re the needs of older members of community. It is non-partisan with a Chair and a Co-Chair of the two largest parties to enable continuity of knowledge. Proposed to establish this in every state to ensure our needs are considered, to explain the positive impact of U3A's and the

need for financial assistance. Creating positive relationships and influencing policy decisions is the aim. Note that Victoria receives funding every year. Suggested WA try to develop a similar group.

ONLINE COURSES – Issues are still occurring with delivery. Hopefully these will be sorted very soon.

COTA Australia and U3A Australia Ltd. Collaborating on Dental in Medicare.

Training of 8-10 older Australians as digital champions within their communities.

Uber Aust Pty Ltd. - Partnership developing re cheaper fares for U3A members. Needs to include wheelchair access where necessary.

Tasmania Network progressing.

Every Age Counts – Colin Maddox working on this. Report in progress.

U3A NETWORK WA

Please survey your members reference their need for digital assistance.

Ministers for Aged care and Seniors, Disability Services, Health and Mental Health, Community Services and Homelessness are McGurk, Beazley, Hammat and Swinbourn respectively.

It has been a pleasure to work with all groups as we progress our U3A Network WA to provide opportunities for lifelong learning and connection for our members.

Tyril Houghton

President U3A Network WA



Report to U3A Network 12 August 2026

U3A Perth has accepted the challenge to host the 2026 biennial Network Conference.

Recognising the amount of work involved in organising a two-day conference, it was proposed the tasks be divided into areas - which are now called portfolios - and branches accept responsibility for a portfolio. Branches agreed to be involved in this way. There are three portfolios which together will be responsible for the programme. Other portfolios are Venue & Accommodation, Publicity & Promotion, Show-bags, and Country Liaison.

Venue & Accommodation will include arranging billets for any country member who may wish to avail themselves of this form of accommodation for 1/2 nights of the conference.

Knowing the importance of keeping country members informed about the conference, to give them the opportunity to make suggestions and ideas to the organising committee, and for then to feel it is a conference for all U3A groups - whether metropolitan or country based - one portfolio is designated Country Liaison. Six volunteers from one Perth branch have agreed to make contact with one of the six country regions each month - or thereabouts - to act as a conduit between the country group and the organising committee. It is hoped there will be a strong social relationship developed between city and country. We would like to try to break down any division between city and country. We are aware this is a statewide event, not a Perth event, and all U3A members should feel they are a part of U3A in WA.

Judith Amey will be the conference co-ordinator,

Liz Balding, deputy, and Peter Farr, responsible for Money Matters.

U3A Perth Council has agreed

- The conference will be held Monday 14-Tuesday 15 September 2026.
- The venue will be ANZAC House, St Georges Terrace Perth (overlooking Government House gardens)
- The theme will be Celebrating Achievement, with a byline 40 years of U3A.

The organising committee ask Network to consider the following

- The event to be called– **U3A Gathering WA.** Acknowledging similar events have been known as 'conferences' it is felt 'Gathering' better describes it as a coming together of people who wish to continue learning in a social setting, with members experiencing U3A statewide, not just their own branch/region.
- Network to consider offering financial support for the conference. (At yesterday's U3A Perth Council meeting passed a motion to transfer \$10,000 in funding to the Conference account.)
- Provide contact details of the secretaries of each of the six regions so members of the Country Liaison portfolio may make contact.

Judith Amey

12 August 2025

Speakers 3rd Quarter 2025

Terry Harvey Air Attack on Broome The Missing Diamonds



Whoever thought that a real life story of missing diamonds would be so riveting! Well, this morning we welcomed a frequent visitor to U3A Terry Harvey, who spoke for 45 minutes to an enthralled audience. Not a question or comment until he had finished! A truly engaging story of the missing diamonds sent to Broome during WWII from Indonesia, which Terry told so engagingly.

Terry emigrated from the U.K. in 1964 spent his working life in agriculture, as a power plant operator, and in later years working in the Mining/Oil & Gas industries. He is also a member of Glengarry PROBUS.

We look forward to another of your talks Terry, well done!



Rodney Glossop Act Belong Commit "Mentally Healthy"



"Act, Belong, Commit" is all about being mentally healthy and is essential for one's overall well-being. It's about being able to take pleasure and satisfaction from life and cope with hassles and challenges.

Today our talk was by Rodney Glossop, the Campaign Manager for Act Belong Commit. Rodney, who is also the recipient of the Gosnells Citizen of the Year Award, gave us a comprehensive overview of the structure and operation of Act Belong Commit, and the benefits to us all of getting involved. Great talk, Rodney.

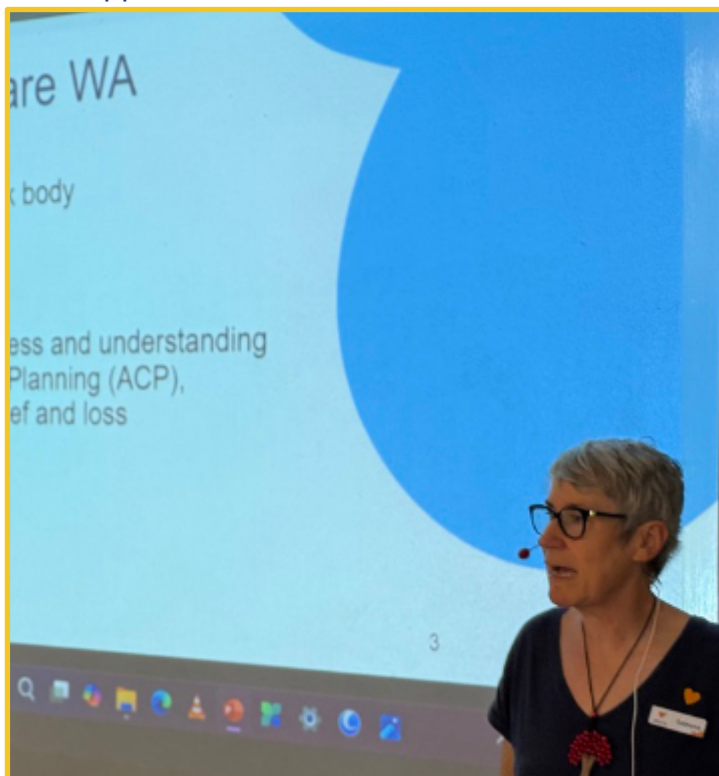


Sabena Lund (& Fran) Palliative Care



Today's very well delivered talk by Sabena, ably assisted by Fran, was on a subject that understandably deterred some members from attending. The subject was Palliative Care. However, Sabena managed to make it extremely interesting and informative, prompting many questions from the audience.

If want to know more please call 1300 551 704 or email info@palliativecarewa.asn.au, where one to one support is available.



Jim Beesley Burma Civil War Recap and Update



Today we revisited Burma (Myanmar) courtesy of Jim Beesley. Jim, who is married to a Burmese lady, gave us an update on the present situation in Myanmar, which was very raw and passionate. He explained how the Myanmar military, since staging a coup on 1 February 2021, has carried out a brutal nationwide crackdown on millions of people protesting its rule. The junta security forces continue with mass killings, arbitrary arrests, torture, sexual violence, and other abuses against protesters, whilst at the same time diverting funds meant for the population into their own coffers. In Myanmar, free speech and assembly still face severe restrictions. Once again, Jim, thank you for a very heartfelt talk.



Dr David Cook Cyber Security for Seniors



Today we held our AGM, but before getting down to business we had a very entertaining and extremely interesting talk by Dr David Cook, who was accompanied by a Phd student from ECU.

David's subject was 'Cyber Security for Seniors', in which he passed on some real nuggets of information to help us all keep safe online. An excellent talk extremely well delivered.

After this we proceeded to hold our annual AGM, which has seen a change of guard of committee officers and members. The outgoing committee members were strongly applauded for all their efforts over the past year, with particular thanks to Ray for filling the breach as President over the last year. Many thanks also went to Val for her sterling work as our Treasurer for the last 7 years, which has only been terminated by her impending move to Queensland. A big thank you to all those who helped over the last year.



Emily Tewson AdvoCare - Empowering Older People in WA

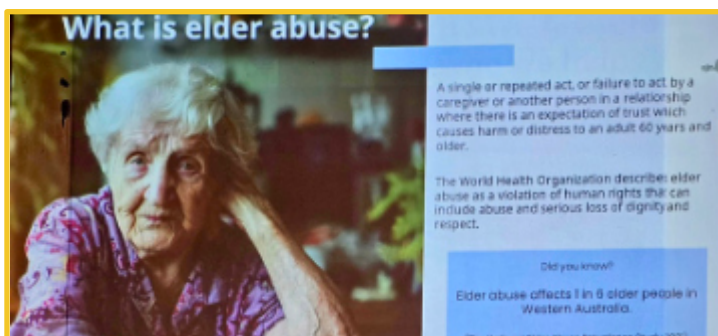


Today's talk was given by Emily Tewson on behalf of Advocare, an arm of the Department of Communities of the Government of WA.

Emily has worked with Advocare since 2022 and has long been associated with the aged care sector.

She gave a very fact orientated talk in a very understandable way concerning the rights and services available to older people. Fortunately she provided folders to all attendees, with all the relevant information included (and biro!)

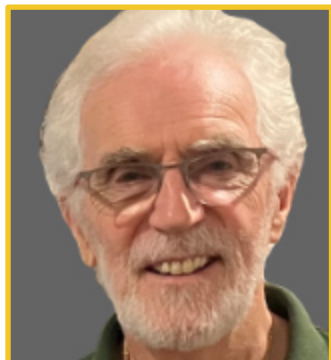
An excellent talk on a very wet and stormy day!



Officers & Committee



Sheila Shenton
President



Phil Aked
Vice-President



Tina Betts
Treasurer



Marian Smith
Secretary

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