Presidents Message

Network has received verbal confirmation of funding from the State Government for the next 2 years. Further details will be available once we have the signed off copy.

At the September Council meeting each U3A will be presented with their copy of the revised Reference Handbook. There will also be a copy of most material on the U3A Castlemaine’s mural

Network website.

U3As are coming together for a wonderful array of events to celebrate active aging during Seniors Week. Events include the U3A members Art Exhibition at Queen’s Hall Parliament House which commemorates 30 years of U3A in Victoria, Federation square on 4th October and the Melbourne Town Hall Hub during the first week of October plus the many activities your U3A is involved with in your municipality.

I hope to catch up with many of you at the Network Conference, Regional meetings and activities during Seniors Week.

Don’t forget if you are able to be an ambassador for U3A during Seniors week and assist manning the U3A Network table for a couple of hours please contact the Networkoffice. It’s great fun.

Live, Learn, Enjoy

Elsie Mutton
President
U3A Network Victoria

U3A Castlemaine’s Monday Art Workshop decided to spruce up their building known locally as the Octopus. They made a project out of creating this great mural (see above) which is housed in one of the outside noticeboards and really cheers the building up. Named The Octopus’s Garden after the Beale’s song and

Promotional tool Power Point available that is easily customised to suit your U3A marketing needs

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Have you thought of Heritage Walking Tours—the perfect learning event. Discounts for U3A members.

melbwaks@gmail.com

Visit U3A on-line to see the wide range of courses available.

MOOCs, Great Courses and COURSERA are all options available to U3As who want to increase their subject offerings with world class course materials.
Supplying Data to Network Vic

During 2015 data is to be supplied to Network via the completion of a form sent out. Return via email or post. In 2016 Network will provide an on-line update facility, using the SMMS administration system to collect this data.

U3As will have the ability to review and update their own data – rather than sending forms to Network.

U3A Art Exhibition

U3A Art Exhibition Queen’s Hall Parliament House As part of Seniors’ Week in the first week of October, 2015, there is an opportunity open to all U3As in Victoria to take part in this exhibition. The exhibition will be part of the celebrations to recognise 30 years of U3A service in Victoria (and in Australia, as the first U3As in Australia were set up here in Victoria). Queen’s Hall is one of the largest and most majestic of the public rooms at Parliament House in Spring Street. See email sent to your U3A or contact Julie in the Network Office. Network Office will manage the logistics of collecting, hanging, and returning the artwork. We would particularly like to see our rural and smaller U3As well represented. Artwork is to be delivered to Network Office in Queen Street, Melbourne, in the three weeks prior to the exhibition. Attendees at the September Council meeting can deliver their art at that meeting, 16 September. If too many entries are received, some vetting will be applied by the Network working party.

U3A Knox Art Show

U3A Knox is preparing its own Seniors’ Week Art show. To be held on the 10th and 11th October this event offers great prizes to competitors including, the Bendigo Bank award, the Mayor’s prize and the Peoples’ Choice award as well as an environmental prize. Entry cost is $5 for most exhibits, entry forms are available on U3A Knox website www.u3aknox.org.au OR ring 97522737 for information and entry form.

NB, for those thinking of joining U3A Knox there are vacancies in 140 subjects and free computer courses.

Around the U3As

The rumours are true. U3A has returned to the Moreland Council area. Term III classes included Australian History, Green Issues for seniors (where Silent Spring by Rachel Carson is studied); Philosophy in Everyday Life, conversational French and Italian; Indian cookery,, coffee and chat, Creative Writing; Mah Jong and the Capella choir.

At U3A Benalla they have created a new website that not only publicises U3A Benalla classes and activities but has many useful links to bus time tables and cinema programs. A treasure hunt designed by Bve Lee the site’s designer, lures members to visit the website. Check it out http://u3abenalla.weebly.com

As well as Cabin and Caravanning excursions, U3A Hastings has negotiated in conjunction with other community groups, the use of Bocce courts for U3A members in term IV. In term III they will also offer This is Your Life others will be felting, playing table tennis or learning to scan and print, Ebay and Skype. At U3A Ballarat they are learning about Women Changing the Nation in addition to Scrap Booking, appreciating Wine and Yoga they are learning about 2000 years of Christian Art, attending News & Views participating in Community Gardening, learning about China in Transition or attending Dancercise Rapt in Singing or joining the recorder ensemble or learning about the War of the Roses and the history of Clothes and Fashion.

At Castlemaigne they have been on Walking Melbourne Tours, involved in car trials, learning about Aboriginal Art and Australian Women Artist, playing Petanque and planning visits to the NGV exhibitions as well as learning about Gibraltar. The Shifting Gears group has been investigating Australian car design whilst others have been learning about Queen Victoria’s granddaughters.

U3A Castlemaine Petanque team loses to Maldon.

At U3A Hobsons Bay they are Making Jewellery and playing Bridge. Bayside now has 700 students and has a rich offering of 75 classes such as The Law Matters class which recently visited the Moorabbin Justice Centre, How to take Better Photographs, Internet Basics, Improving Your Income in Retirement and World Religions. Bayside members have the option to study Mythology and Legend, World War II and The Art of Robert Law, Beginners and Advanced Chess. U3A Hawthorn continues to mark the achievement of 30 years serving the seniors community with a series of orchestral and choral concerts. Starting in 1985 with 422 members who could select from 58 courses to 2015 when 1400 members can choose from 118 courses delivered by 80 tutors. Members will be visiting Kyneton as part of their Victorian Town Walks excursions and others will be enjoying Melbourne’s Public Parks & Gardens. U3A Horsham & District members have been investigating Snapshots in History such as the building of the Sydney Harbour Bridge, Fascism in pre-World War II Britain, others investigate history at the local level.

GVU3A (Shepparton & District) members have been Demystifying Psychology, investigating Natural Resources with a horticultural vision for the Valley, as well as keeping an eye out for pink-eared ducks whilst Birdwatching.

At U3A Glen Eira they are playing Croquet, riding their bikes, flower arranging, getting flexible with Feldenkrais, learning how to plan their own individually tailored travel “tours”, writing their family histories, investigating Captain Bligh and the Bounty mutiny as well as Understanding Medicine, how to use and not abuse.

U3A Glen Eira Cycling Group at a coffee shop in Newport
Congratulations to U3A Seymour and District for 10 years keeping people younger, fitter and more mentally alert. Many people have contributed lots of time and effort to make the organization a great asset in the community with members are still geocaching, learning about the water rat, aka Australia’s Otter, in It’s a Wonderful World series, next they’ll be out and about studying geology. Many are looking forward to taking the train to High Tea at the Windsor. As Socrates pointed out, “there will be change – some welcomed and some regretted.”

The photo is of the U3A Glen Eira Cycling Group of 2015, having a coffee break, taken at Newport in early March. This ride started from Flinders St Station and we rode along an off road cycle path all the way to Newport Railway Station. On the return ride we rode back to Docklands on an off-road cycle path and joined the Port Melbourne off-road cycle path which connected to the Bayside off-road cycle path. We cycled passed Albert and Middle Park and experienced great views of Port Phillip Bay. We turned off just before Point Ormond and took the Elwood Canal off-road cycle path to Gardenvale and connected with the Rosstown Railway cycle path to home. We covered about 55 kilometres. Paul Shewan, U3A Glen Eira Cycling Group.

At U3A Phillip Island they will be learning about Napoleon, Emperor of France and his escape from exile on the Isle of Elba and his reclamation of the his throne from King Louis XVIII. Other members are playing Canasta, singing in the choir, doing Gentle Aerobics, playing Golf-Croquet learning Spanish or even Stagecraft. Speakers over the next few months will cover such topics as Health for the Aged, Exploring on-line health sites, Decision Making and Renewable Energy.

U3A Kilmore & District has showcased the fact that U3A is the main provider of technology training with its Technology for Dummies course. Kilmore members also love their dogs with a Dog walking and Socialisation group. Pam, one of their members, recently achieved a real milestone fostering her 25th greyhound as a GAP volunteer. Meanwhile other Kilmore members are undertaking Resistance Training, playing Carpet Bowls, and learning about Buddhism while the Handworkers stitch and chat. Nurse Joan is sharing a nurse’s story.

Bairnsdale U3A members have been learning Malay and Japanese, Memoir Writing, Mah Jong and Ambling as well as mastering iPads and Tablets or tracing their ancestors in Genealogy on-line, even exploring their minds in Psychology and Neuro science or learning to Understand Italy.

U3A Highvale members have had their Ballet and Dance Appreciation course enriched by the addition of six new DVDs. Whilst emphasising the history of ballet, and learning about its evolution the course members are also treated to contemporary styles of dance. Other members are learning to use pastels in Art, how to play snooker, sharing stories in Australian history, participating in Qi-Gong (Chinese Yoga) or the Life Skills for Health and Happiness course. In February 2016 U3A Highvale will celebrate its 20th birthday. We wish them well with their planned activities and future plans.

U3A Colac Otway members have been travelling on the back of a motor bike along Route 66 in Armchair Travel, watching out for the Grey Goshawk or going on long volcanic walks to Mounts Leura, Noorat and Elephant, studying Canadian history or learning how to use their iPads or Androids, digital photography and Recreational Maths, Shakespeare and Charles Darwin’s Theory of Evolution. SLICS, the Senior Leisure Intrepid Cycling Society, have been touring about the Western District riding the port Fairy to Koroit section of the Warrnambool rail trail before they tackle The Tiger rail trail at Forrest.

U3A Kyneton is celebrating its 10th birthday with an AGM to be addressed by Network Vic president, Elsie Mutton. Members have been enjoying mosaic workshops, wine-tours and Future Forums focussing on fossil fuels and climate change. Many members hope to be visiting the Ballarat International Foto Biennale.

U3A Creswick has already organised their Seniors’ Week activity, a tour of the Old Macaroni Factory at Hepburn Springs followed by a pasta lunch. Other members are ballroom dancing their way around the district, attending floral workshops or knitting as they solve the world’s problems discussing everything from cats to the Middle East as they produce shawls, baby booties, and blankets all with much conviviality.

U3A Creswick is fortunate to be able to share in the use of the revitalised and restored Heritage Railway Station Precinct. The old Goods Shed is a flexible multi-purpose space that houses a number of community activities including U3A mosaics and table tennis.

Various facilities the shed offers are shown including the crafters & traders market and the U3A mosaics group, the new kitchen and amenities.
The **Gladsone Park Community Centre** which is the new home of **U3A Hume**. This improved facility will enable the progressing of U3A Hume’s CALD project to involve more Arabic and Turkish members.

The **U3A shopfront in Ararat** a great way to show off U3A wares to the wider community.

At **U3A Croydon** students have been out cycling whilst others have been taking part in the Roses from the Heart project. This involves people all around Australia making cloth bonnets, such as worn by convict domestic servants in the early 1800s. This is to commemorate each of the 25,566 woman convicts who passed through the various Female Factories throughout the colonies such as the Cascades in Hobart. As well as learning self-publishing including editing and design, riding the tourist circular tram to explore Docklands Croydon members have been restoring furniture.

**U3A Mornington** celebrated another successful year at their AGM in March, the members were entertained by the U3A Mornington choir and a great afternoon tea was served. Network president, Elsie Mutton stressed that U3A Mornington lead the state in many innovations.

**Furniture restoration class at U3A Croydon photo**

Nillumbik members were lucky to have Jon Faine of Radio 774 fame to speak at their AGM, his mum and dad are both keen U3A members. This active group attend Heidelberg Theatre Company productions, watch French movies, practise Yoga and spend time deciding whether they were “Villainous Vikings” or “Just Assertive blokes”. Others have attended the guest speaker program that has featured topics as varied as “Improving Memory”, the “RACV Healthy Aging Package,” and “How to Detect and Avoid Internet Scams”.

At **Nunawading** members are learning how to write books, studying the history of Railways and Trams in the Eastern Suburbs, enjoying Line Dancing and playing Golf. At **U3A Hume** the craft group is holding a morning tea at the Gladstone park community centre to raise money for Cancer Research, chair aerobics is flourishing and members are planning to get away in September to sample the delights of a Devonshire tea at Allansford followed by lunch at Timboon before exploring The Great Ocean Road. **U3A Surf Coast** is beginning its second year and the response. Classes cover a wide range of interests, everything from Politics Today, learning Indonesian and French, accessing the digital world, exploring the stock market, Mah Jong, Tai Chi and Digital Photography.

The occasional lecture series has proven very popular with ‘Ocean Racing’ the August topic and intriguing ‘Frida Kahlo’ for September.

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**Seniors week is coming, plan your activities now.**

Can you help man/woman the U3A Town Hall Hub table during Seniors week? Contact Julie at the Office.

**Win an iPad from Tech Savvy for Seniors, go to seniorsonline.vic.gov.au**

Send copy for Fifty+Plus to info@u3avictoria.com.au with 50+ in the subject line.