

# GREY MATTERS

U3A Network Qld  
Bi-monthly E-News



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## President's Report

Welcome back to a busy U3A year. Re-enrolments and new members are occurring at an unprecedented growth rate around the State. Welcome to U3A Howard District Inc. the new group initially formed as a branch of Maryborough and now fully autonomous and keen to grow. I wish you well.

Congratulations also to Arthur Maynard and his Warwick team for the ongoing work of establishing a group in Goondiwindi. At present they are members of and are being mentored by Warwick.

I was delighted to Officially Open U3A Brisbane's additional premises and to launch Brisbane President, Ian Lipke's novel, "Nargun." An excellent read.

Representing U3A at the Premier's Australia Day Flag Raising Ceremony at South Bank was an interesting day for David and myself. It is encouraging to have U3A recognized as an important community organization.

Professor Francois Vellas, President of IAUTA (International Association of Universities of the Third Age) has invited me to speak on behalf of U3A Network Queensland at the *Foundation of U3A International Conference*, which will celebrate the 40<sup>th</sup> anniversary of the founding of the first U3A. This conference will be held in Toulouse on 2-4<sup>th</sup> June and the title of my address will be 'Traditions Transitioning'.

The challenge for Management Committees in 2014 will be to keep pace with the growth that groups are experiencing and enjoying. It will require new and innovative ways of management and necessitate broadening the scope of what we offer our members and how we offer it. Change is challenging, change is exciting and I am confident that your groups will meet the needs of our increasing membership.

Best wishes to all for a great 2014.

*Rhonda Weston*

## HOWARD - Welcome to a newly incorporated U3A



We began in February 2012 as U3A Burrum District, a branch of U3A Maryborough. In December 2013, with a membership of 41, we received our incorporation certificate, choosing a new name "U3A Howard District Inc." to avoid confusion with Burrum Heads.

**Pictured left are Kathy Grieve (Treasurer), Janet Kueng (Secretary), Val Mullins (President) and Fe Cassell (Creative Writing Tutor)**

We now have a Licence Agreement with St Matthews Anglican Church Hall on the corner of William St and Diamantina Drive – our U3A Centre. A home at last, after having activities at a multiplicity of venues!

Howard is a very pleasant country town, with a couple of political claims to fame. To learn more about Howard and district, go to <http://burrumriver.qld.au/history> and <http://www.queenslandplaces.com.au/howard>

STOP PRESS! Val Mullins (left) and Kathy Grieve are pictured right with the \$1,000 cheque they were surprised and very grateful to receive recently. The money was donated by U3A in Toowoomba, to provide the new group with some seeding funds.



## News from Around the State

### GYMPIE

Nine Gympie members travelled down to take part in a social and informative programme which highlighted the different aspects of learning and the formation and running of U3A groups.

On the 24<sup>th</sup> October almost 100 members gathered at the Sippy Downs Innovations Centre at the University of the Sunshine Coast, for the U3A Regional Gathering hosted by U3A Sunshine Coast Inc.



Pictured above are Gussie Morgan, Sandra Hamilton, Neville & Eileen Jackson and Nola Nendick

### BRISBANE

An Open Day on 1st February, celebrated the opening of U3A's new, state of the art facility at 344 Queens Street, Brisbane.

These new premises were acquired due to an unprecedented demand for the services of U3A Brisbane from the rapidly growing membership and the existing premises at 97 Creek Street bursting at the seams. During the first week of operation, an extra 40 classes were held which proved the worth of this investment for the future.



The Open Day was a great success with at least 200 people coming through the doors to view demonstrations and photos of classes held throughout U3A Brisbane's City campuses and six districts, which cover all of Brisbane and Logan Cities. New members were signed up on the spot and current members had their first look at what will be a great asset for the future of U3A Brisbane.

Following an introduction by Marilyn Wagland, Vice President of U3A Brisbane, the new building was officially opened by Rhonda Weston, President of U3A Network Qld. Rhonda also launched the new novel "Nargun" by Ian Lipke, President, U3A Brisbane.

### PINE RIVERS

A grant of \$3112 from the Moreton Bay Regional Council enabled Pine Rivers U3A to purchase a PA system and a laser printer. Mayor Sutherland's donation towards the 21<sup>st</sup> Anniversary Luncheon has enabled invitations to be extended to current Life Members and Immediate Past Presidents to join in the celebrations at Club Pine Rivers on 21<sup>st</sup> March 2014. Local State Members of Parliament have also assisted financially.

Pictured right, members of the International Affairs Class, with tutor Gloria Gordon, on the first day of term this year. There is always a waiting list for this popular class.



### BEAUDESERT - Beware of Scams

It is not only senior people scammers will zero in on but they make up one of the most vulnerable groups. Scams come in various forms, from the so called tradies, who cold-call in person at your home, or on the internet, a scammers paradise. We have all probably received email requests for our personal information, or advice that we have won or been left a large amount of money.

If you experience any of these DO NOT REVEAL ANY PERSONAL INFORMATION! Not only are they after your cash and property, they will use your private information to forge drivers licences, passports, credit cards and even obtain money from lending institutions in YOUR NAME. While you may be able to get these sorted out it is quite a problem to do so.

If you have been involved in a scam, you can and should report it. The Federal Government has a special site set up for this purpose. Go to [www.scamwatch.gov.au](http://www.scamwatch.gov.au) and complete the online form, or you can phone 1300 795 995 Monday to Friday 8.30am to 6.00pm on normal business days. On that page you will also find information about the latest scams, and read victim's stories.

If you require immediate assistance phone 000. Police Link is another number you can ring -131444 - or visit their website at [www.police.qld.gov.au](http://www.police.qld.gov.au), or phone your local police.

## Formation of Goondiwindi U3A

Early in 2013, Arthur Maynard (President of Warwick U3A) learned of a possible interest in forming a U3A group in Goondiwindi - around 180 km west of Warwick.

In March, Hamish Gale, Manager of Border Rivers Chamber of Commerce, met with Warwick U3A Vice President and Rhonda Weston to discuss the possibility of forming a U3A, and to identify key people and organisations likely to support the project. At this time, only a handful of people in Goondiwindi had heard of U3A and very few had experienced the social and educational opportunities available.

Through many phone conversations, Arthur developed a network of interested residents and enlisted the support of Care Goondiwindi (which provides a limited range of activities for older residents), where the benefits of U3A were readily recognised.

In May, Rhonda and David Weston, Arthur and three members of Warwick U3A met with a small number of key people to develop their knowledge of U3A, to identify Goondiwindi residents to drive the project, and to establish a plan to work towards starting a new group. The visitors outnumbered the local representatives but came away impressed with the enthusiasm of those present.

In October, representatives of Warwick U3A conducted a mini expo of four U3A activities in Goondiwindi, followed by a public meeting to gauge interest in forming a branch of Warwick U3A in the town. The expo was attended by over 30 people, who embraced the activities and supported the concept. A steering committee was formed to establish the Goondiwindi Branch of U3A Warwick Inc, with highly motivated, already very busy people accepting the executive roles. A course on iPads commenced within weeks and the new group attracted 20 members, who were delighted with the learning and social opportunity provided.

On 7<sup>th</sup> February this year the first Open day was conducted, where tutors presented their courses on iPads, Meditation and Beginners Bridge, which attracted strong enrolments. The Branch was officially formed with a full Committee. Membership grew to 35 at the Open day. By the conclusion of the meeting the new members of Goondiwindi U3A were identifying opportunities for sharing knowledge, and actions to identify and recruit tutors for a range of activities.

Well done Goondiwindi.

## WHAT IS QLD NETWORK WORTH?

Before I attended the first meeting to consider forming the Queensland Network the Warwick committee instructed that I should support the proposal but ensure that the cost to the club be very small. I was delighted when we set the membership at 20c.

We justified this position on the basis that many of our members had no interest in anything which happened outside Warwick, and we had some ideas of the benefits which would flow, but ignored the personal contributions which would be required of the Network committee to actually achieve anything. Since then we have benefited financially because of the provision of insurance and copyright facilities which actually saved our group some money.

At the Toowoomba conference the fee was raised from 20c to 25c. We were told that there were approximately 20,000 U3A members in Queensland, and between 70 and 80% subscribed to Network. On those figures U3A members think the network is worth \$4,000. Can you imagine seeking sponsorship of a modest \$20,000 when our own members consider the organization worth only 20% of that amount?

Clearly member subscriptions are nowhere near the amount required to cover the cost of the activities of the Network committee, therefore the costs must be subsidised by the committee members personally, or through the support of the U3A groups they represent.

Attendance at a network conference or a regional sharing day which results in sharing of knowledge and resources surely provides evidence of the value of the organization. Add to that the work done on insurance, copyright, recognition of U3A at government level, interstate and international exchanges and you begin to grasp some of the possibilities opened for individual U3A groups and members.

We continue to inform our members of Network initiatives and activities, and encourage participation. We value the opportunity to learn from other groups and to share our knowledge with them. Our members are keenly interested, even though individually they may see little gain for themselves. They recognise that Warwick only exists because another group provided support and encouragement both with finance and procedures.

Years ago I was sympathetic to the concept that the larger groups would be financially disadvantaged if required to support Network by a total dollar contribution, but I have come to realise that \$1 out of each Warwick membership subscription is neither more nor less costly than \$1 out of Brisbane's membership subscription.

At the next conference we will be asked to set the membership fee. Our executive has demonstrated that they can wisely manage the resources we provide. I believe it is time for U3A members throughout the state to dig deeper to assist our Network to do the job we have entrusted to them.

*Arthur Maynard, President U3A Warwick Inc*

## NOOSA - Battle of the Brains



They came from throughout the Sunshine Coast, Gympie and Brisbane to accept the inaugural **Battle of the Brains** challenge on 30<sup>th</sup> November at the Noosa Tewantin Golf Club. Thanks to numerous, generous local businesses, many happy players received valuable Lucky Number, Spot, Door and raffle prizes totalling several hundreds of dollars.

Around 150 players combined to add \$3500 to Noosa U3A's Lift Fund which is urgently needed so all of its 700+ members can access the upper floor and so enjoy even more of the numerous classes, courses, talks and social activities provided by the totally voluntary organisation which has strived to achieve charity status. 2013 was non-stop, action-packed with so many activities, classes, talks, social events and even an overseas trip to provide ongoing learning and inspiring opportunities for its ever increasing membership.

## REDLANDS

Redlands U3A has had a wonderful start to 2014 with our president, Julie Porteous being named Redland City's Senior Citizen of the Year.

This is a much deserved award and as an organization, U3A is extremely proud of her.

Redlands U3A is a vibrant growing organization and with Julie's boundless energy and enthusiasm, we can but improve Redlanders' access to affordable education and activities.

The U3A State Conference is being held here on 17<sup>th</sup> - 18<sup>th</sup> June, and Julie's leadership and enthusiasm will keep us on track to provide all attendees with a memorable conference while enjoying our Redland's hospitality. Our yearly enrolment day was extremely well attended, again highlighting Julie and her team's commitment to U3A in the Redlands.



## TOOWOOMBA



The continuing increase in membership and the resulting extra work for volunteers at Toowoomba's U3A has led to the employment of an Office Administrator. Trish Dagg is relishing the challenge and has already proven her worth. With 230 new members, 131 classes held each week and 115 tutors requiring support, she will be kept busy.

Trish will be in our office from 8:30am to 12:30pm every Monday to Friday during term times. Volunteers will continue to keep the office open until 4pm each week day of term.



## Keep your mind active with brain games from the ABC

Active Memory is a new online brain training program from the ABC that helps challenge your memory and exercises the brain functions you use every day.

Developed in partnership with the Florey Institute of Neuroscience and the University of Melbourne, the program features scientifically-designed brain games that train your memory, attention, flexibility and challenge your knowledge.

Notably, the program is based on a breakthrough statistical model that personalises your training and sets game-play at the right level to match your own cognitive needs and capability. There are also detailed charts to track your progress and provide real insights into how your mental capabilities are progressing.

U3A Queensland members can now try the program with an exclusive discount offer.

**Subscribe today and save 10% off a one-year Active Memory membership (normally \$79.95).** Here's how to claim:

1. Click the link below, then select the one year subscription option
2. Sign up for the one year membership
3. Enter the promo code **U3A2QLD** in the promo code box and press the green button. You'll see your discount applied before making payment.

[Click here to subscribe and save 10%](#)

Offer ends 30 March 2014.

Ps...If you'd rather try the program first, you can sign up for a [FREE 2-week trial here](#)

Happy training!

*(If you are reading this in print mode, rather than on a computer or device, you can find Active memory at <https://www.activememory.com/home>)*

## CRYPTIC CROSSWORD LOVERS



Here's a link that you might find challenging and interesting. (Click on the graphic to the left to go to the page - you can trust this page.) Or type the address into your web browser:  
<http://www.stickler.com.au>

## U3A Network Contacts:

*President* - Rhonda Weston  
*Secretary* - Adrienne Brougham  
*Treasurer* - Alan Williams

*email* - [qld.u3anetwork@gmail.com](mailto:qld.u3anetwork@gmail.com)

<http://www.u3aqld.org.au>

## CALLING ALL U3A SINGERS

Choirs, Singing for Fun Groups, choristers and singers in the shower! For new singing experiences, performance, entertainment, social interaction, fabulous setting and fun.



The Time is NOW to book your places at THE OUTLOOK Conference Centre, Boonah - in the beautiful Scenic Rim.

Application forms and information are now available to join Boonah U3A Choir Festival to be held the weekend of August 29<sup>th</sup> 30<sup>th</sup> and 31<sup>st</sup>

All U3A Groups who have expressed an interest in this event will have received their application forms mid January –

To be returned by the end of March.

Please contact Ann Lockwood on Tel 54537561 [jl076299@bigpond.net.au](mailto:jl076299@bigpond.net.au)

## SENIORS ROUND TABLE

Adrienne Brougham [Network Qld state secretary] attended a Special Meeting held at National Seniors on 16 January 2014. The reason for the special meeting was concern over COTA's new emerging role. COTA's representative, Mark Tucker-Evans produced a letter of resignation outlining the reasons for this action and pledging future support to the Seniors Round Table.

COTA will be working closely with Department Communities however at this stage final working plan details were being defined. COTA will still be overseeing the Seniors' Day funding around the state and U3A's should prepare applications to COTA if seeking funding and advertising on State level.

The Seniors Round Table will continue, a new title of 'Seniors Independent Alliance' was suggested, National Seniors would provide the venue and secretariat.

This official e-news of U3A Network Qld is issued bi-monthly.

Send submissions to: [trudyg@iinet.net.au](mailto:trudyg@iinet.net.au)

Deadlines: 15th in alternate months, Feb; April; June; August; October

Please limit submissions to 100 -150 words. Your article may be edited, depending on space available. We publish photographs where possible.

### Disclaimer

While we carefully monitor the content in this e-news, you may sometimes find out-of-date information or broken links.

## REDLANDS RENDEZVOUS

2014 State Conference  
U3A Network - Queensland Inc., and AGM  
Cleveland Performing Arts Centre  
17<sup>th</sup> & 18<sup>th</sup> June 2014



Conference information as it comes to hand is at [www.u3aqld.org.au](http://www.u3aqld.org.au) and [www.u3aredlands.com.au](http://www.u3aredlands.com.au)

Email: [u3aredld@bigpond.net.au](mailto:u3aredld@bigpond.net.au)

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