



June 2013

Newsletter 3

Editor: Norma Vaughan
u3anetworkwa@gmail.com

President: Peter Flanigan
u3apeteraa@bigpond.com

Website: <https://sites.google.com/site/u3anetworkwa>

Inside This Issue

What's Happening?	1
Network AGM, 3rd July 2013	2
Regional Development Australia	
<i>A Country Retreat P.S.</i>	2
Internet Banking Safety	3
Microsoft Office 2013	3
Holden Cars	4
Asia Pacific Conference	4
Hypocholesterolaemia	5
Indian Ocean Region Update	5
Moon Music	6
Bunbury Regional Prison	7
Miles Franklin Award	7
Manjimup News	8

What's Happening?

Congratulations! You have reached the 3rd issue of the Online Newsletter of U3A Network WA. Watch it grow over the next three months. Contributions to the current edition of this Online Newsletter will close on 15th June, 2013.

Previous issues may be printed from the blue .pdf link at the top of the web-page. Club Secretaries and Delegates are encouraged to make a printed version available to members without a computer, or place a copy on the Notice Board.

We represent approximately 1,500 individual members in eight areas across the State of W.A. Everyone has a story.

All individual members are encouraged to submit articles of interest to the Editor. These might include good news stories, visits from interesting Guest Speakers, most popular courses, successful excursions, or ideas that have worked for your group. Most people like to see a photo with a story if you can manage it. Go the Smartphones!

Volunteers needed to contribute to our Facebook Page. Be brave. Join in. Start commenting. "Like" to connect.

Be who you are and say what you feel because
 those who mind don't matter and those who
 matter don't mind. Dr. Seuss

Network AGM

THE **ANNUAL GENERAL MEETING** OF
U3A NETWORK WA (Inc.)

will be held at University of Western Australia

Social Sciences Lecture Theatre

on Wednesday, 3rd July, 2013

At 3.00pm

AFTER THE CONCLUSION OF THE
U3A(UWA) Seminar.

Posted 14/5/13

Regional Development Australia

Do you know where your nearest Regional Development Australia office is? They have offices from Broome to Albany.

Look on the Resources Page on the U3A Network website for an example of Funding Opportunities from Peel RDA.

Your local RDA may have similar information about resources available in your district. To get the general idea, click on the link to read the information contained in Peel RDA Issue 29, Dated 21st May, 2013.

Posted 24/5/13

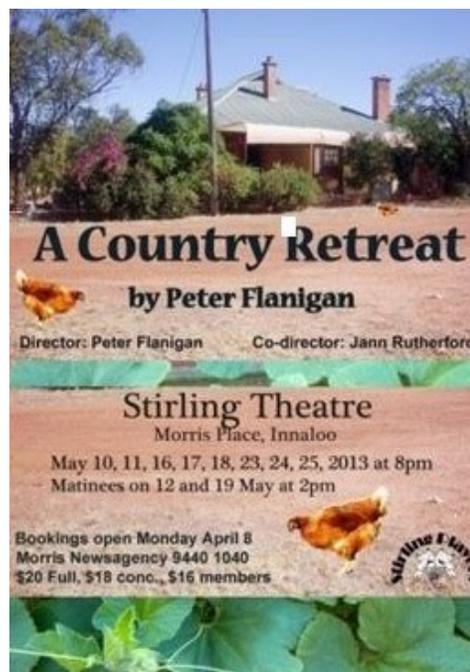
Got a tip or trick?

Please share it with the rest of us. Email the Editor.

A Country Retreat

Postscript from Peter Flanigan
1/6/13.

The show is over and it was a successful season. We had good houses, especially in the latter stages, and many pleasing comments. People came out with smiles on their faces, always a good sign.



I can give you a brief quote from a review on The Theatre Australia website: "A very well thought out script, plenty of twists and interesting story lines..... Well developed, appealing characters, with appropriate dialogue. The cast were all very good and captured their characters perfectly.....convincing sound effects and good lighting design created a genuine atmosphere".

Overall, I was very happy.



You need to 'Like' our Facebook page to connect to it and receive updates in your own News Feed.

Internet Banking Safety

Moving to Internet Banking involves a process of adjustment and learning over time, and not merely the adoption of a new technology.

While it is true that online transactions have led to fraud and stolen information, most banks are acutely aware of online banking crime and have taken steps to keep your transmissions secure. Banks use the same safe technology, whether you are using internet banking or you are standing in a line at their counter.



The other side of the question is, "How secure is your own computing system?" Here are some things that you can do to take responsibility for your own internet banking safety.

Keep your Anti-Virus and Anti-Spyware up to date. Change your password often. Never reply to emails that ask for your password or credit card details. Always enter your bank's web address directly into the address bar yourself, rather than click on a given link. Some fraudulent sites are very genuine looking. Don't fall for it. Look for the secure site padlock icon and https://. Always check your Bank Statements. Avoid using Internet Banking on public computers. Don't tick the "Remember my password" box. Remember to sign out. Check with the bank if in doubt. Report any suspected trickery.

Once you have minimised the risk, you should be able to safely pay your bills or transfer funds from the comfort of your own home, or on the run, at any hour of the day or night. No standing in queues. No travel.

Many people are nervous about changing their lifelong banking habits. Others that have made the switch to internet banking appreciate the ease and convenience of it.

Norma Vaughan
13/3/13

Microsoft Office 2013

Did you see the snippet in the June Issue of U3A Online's Newsletter, about their Committee having received copies of Microsoft Office 2013 through the 'Connecting Up' program?

What a wonderful example of the advantages of sharing information. It is well worth following up.

U3A Online's Newsletter is different to GEMS from Queensland. Your local Secretary probably received it by Email, kindly sent by Editor Jean Walker, from Tasmania.

Is anyone using the new Microsoft Office 365? The more expensive higher-end version may be installed on 5 computers, and includes Publisher.

It is a subscription based system. You pay an annual fee.

Holden Cars

North Coast Warwick U3A had a memorable day with the Holden car club for our Friday meeting.



Members from the club brought their immaculately turned out Holdens from the 1948 to 1984 period and addressed our group on the history of the car industry in Australia and the Holden story. In particular we followed the journey of three generations of the Holden family from saddlers to coach trimmers, motor body builders and eventually car manufacturers culminating in the 1948 release of the iconic "Holden 1948 -215", later to become known as the "FX".

I was particularly struck by the enthusiasm and attention to detail of the car club members as well as their continuous learning about the cars that they love. They obviously have a lot of fun at the same time. This "Living by Learning" philosophy is exactly what U3A is all about and contrary to some misconceptions is not all about academic learning. After all, by the third stage of life we are certainly well placed to encompass a very wide range of interests to cater for all comers.

*Pete Alcock
North Coast (Warwick) region
18/3/13*

Asia Pacific Conference

14th and 15th October, 2013

Information and Registration Form may be downloaded from the Victorian Network website. <http://www.u3anetvic.org.au>

This is the general idea.

14/5/13





U3A Victoria and the Asia Pacific Alliance

International Conference

"Ageless Learning Begins with U3A"
14 and 15 October 2013

AUSTRALIAN REGISTRATION FORM
(For participants who live in Australia)

(PLEASE PRINT CLEARLY)

Your Name: _____

Name of U3A: _____

Home Address: _____

Post Code: _____

Telephone Home: _____ Mobile: _____

Email Address: _____

Payment Ref: _____

<u>Conference Registration:</u>	\$120.00 per Person	\$ _____
<u>Conference Dinner:</u>	\$ 60.00 per Person	\$ _____
	Total	\$ _____

PAYMENT METHOD:

Send cheque/money order made payable to: U3A Network Victoria P O Box 322 Nunawading VIC 3131	Electronic Funds Transfer: * Bank: Commonwealth Bank of Australia BSB: 063-011 Account No. 10087257 Account Name: U3A Network Victoria * Please Insert in the Reference Field : Your Name and Email Address to identify the Registration
---	--

Please provide your Full Name and Email address on electronic payment transfers to assist our accounting. Also send your Registration Form as soon as the payment has been made.
 Note: Registrations with payment or funds transfer details must be received by 13 September 2013
 For further enquiries please email: conference2013@u3avictoria.com.au

"Hypocholesterolaemia"

Rita Barbour

Rita is currently working with the Val Lishman Foundation on secondment from UWA and will continue with her Phd after this project ends. She gave us a interesting insight into this current research project into inheritance and cholesterol in the south west. The project started in 2010 and will finish in June this year.

One person in a hundred will have liver cells that do not have receptors to remove the "bad" cholesterol or "LDL". This is the sort that builds up plaque in blood vessels and eventually causes premature death from early age heart attacks. Early treatment can extend life. DNA testing can disclose the likelihood of a person having this problem. Thirty people in the Dalyellup area have been identified by their G.P or specialist as at risk and have been offered DNA testing. This is a very expensive treatment as funding is limited.

High cholesterol shows up in severe cases as whitish rings around the corneas before the age of thirty and a bunching of tendons in the wrists. These people will go onto a database and be monitored as they are treated. The research aims to discover the best way to deal with this problem and how prevalent it is in the South West. There is frequently a family history of relatives who have had unexpected fatal heart attacks at an early age. It is much more common in small communities with reduced genetic diversity such as Finland, Iceland and French Canadians.

Since the problem is hereditary, it is very important that those at risk are identified as early as possible. Children as young as eight can have this problem but be free of any visible symptoms.

Joan Birkett, Bunbury U3A 17/3/13

Indian Ocean Region

On Friday 14th June 2013 Jim and June Barns were in Bunbury to give a presentation to the local U3A group on the topic "Australia as Part of the Indian Ocean Region". The club meets in a lecture room at the Edith Cowan University. This room with its wide windows and lovely outlook over the leafy campus was a very welcoming place to be and lent itself perfectly to such a presentation. Jim and June were given a very friendly welcome and thoroughly enjoyed meeting members of the group. Members quickly realised that Jimmy Barns was not Jimmy Barnes (rock singer) and this caused some hilarity.

The talk was well received. There were a number of questions arising from the references to issues related to the Indian Ocean region such as piracy, over-fishing, pollution and great power rivalry, and the role that Australia could play in dealing with these.



Jim Barns at Mandurah in June 2013

This was the second of three visits Jim and June are making to country U3A groups. These are to promote the importance of the Indian Ocean region to Australia. On May 9th they were in Manjimup and on June 18th were in Geraldton.

Moon Music

An initiative of Jo Kreibich, "Moon Music" has been a resounding success at Mandurah U3A. Presenters choose music that they would take with them to the moon, because they could not live without it. They know that they will not be returning to Earth. It is a very big decision given the vast array to choose from. Most presenters have linked their choices to their life story or aspects of their lives that have particular significance. As a result members have been treated to wonderful insights into their lives as well as enjoying musical delights that have had them reminiscing, toe tapping, dreaming and being moved to clap, sing and laugh.



Some presentations have been supported by video clips and power-point images; others have been audio alone. Each two-hour session has been different – there is no 'recipe' for how the presentation must be done – and members have left looking forward to the next month's interpretation of the concept. So often, comments such as, "I remembered that piece of music" or "I want to hear more from that composer", can be heard as people chat on leaving. This group is now in the third semester of "Moon Music", such is its popularity at Mandurah.

This concept has been taken up by the Warwick North Coast U3A group. Using the title "My Music", this group has had two sessions so far. Both have been well attended and the stories and the choice of music have been enjoyed by all. At the North Coast planning meeting in February the idea was so well received that the whole of the year was mapped out with individuals and small groups taking on the responsibility (and joy) of presenting a one hour session for the months from March to November.

Those who felt they would rather not present on their own teamed up with others with a shared interest. For example, one month the "My Music" will be on music of the Vietnam era and will be shared by three members. More and more members are feeling empowered to present than has happened before – a by-product of this initiative that perhaps was not anticipated originally.

If other U3A groups feel that this idea would suit their members they could adapt the concept to suit themselves. I am sure that we would love to hear about it. Remember, apart from the shared stories and music the conversations that result from experiences like these can be very significant. Members always enjoy to chat and what better topic could there be than "Moon Music" or "My Music".

June Barns 6/4/13

I have spent most of the day putting in a comma, and the rest of the day taking it out.

– Oscar Wilde

Bunbury Regional Prison

GUEST SPEAKER

- Bunbury U3A - 8th March 2013

Kerri Bishop: Superintendent of Bunbury Regional Prison

Ms Bishop began her career in 1987 as a police officer but soon switched to working with Corrective Services. She has been an officer in most prisons in W.A. In 2012 she was appointed as the first woman Superintendent of Bunbury Regional Prison.



Bunbury Prison is rated as a Medium Security prison. It houses 331 male prisoners and is run by 154 custodial staff. The kitchen prepares 3,000 meals a week and has a very productive vegetable garden cultivated by the prisoners. Produce supplies the prison and is also sold to the public.

Medium Security prisoners are not allowed outside the perimeters but Minimum Security prisoners who are ready to be released, do work projects in the community. There is a focus on self development in order to prepare inmates for re-entry into the outside world. They are given skills in everyday living i.e. cooking, hygiene, budgeting; and problems with illiteracy are also addressed. There are trainee opportunities in trades that could result in future employment.

The emphasis is always to prepare prisoners for eventual integration back into the community and hopefully not to re-offend.

Until 1984 women did not work in male prisons. Allowing women into male prisons brought a more humanitarian aspect into the system. Their presence has had the ability to de-escalate potential incidents.

It was an intensely interesting insight into a part of our community most of us have little contact with. With inspirational women like Kerri Bishop in charge, Bunbury prison is in safe hands.

Gloria Foreman 27/4/13

Miles Franklin Award

The Miles Franklin Literary Award was established with proceeds from the estate of *My Brilliant Career* author, Stella Maria Sarah Miles Franklin. The winner will be announced on Wednesday 19 June 2013 in Canberra at the National Library of Australia, and will receive \$60,000 for the novel judged to be of the highest literary merit which "must present Australian life in any of its phases" in line with Miles Franklin's wishes.

The 2013 Miles Franklin Literary Award shortlist is:

Romy Ash - *Floundering*

Annah Faulkner - *The Beloved*

Michelle de Kretser - *Questions of Travel*

Drusilla Modjeska - *The Mountain*

Carrie Tiffany - *Mateship with Birds*

STOP PRESS: Winner. Michelle de Kretser

Manjimup News

How many of us have forgotten the pleasure of receiving a long newsy letter written on paper, and delivered by the postman? Here is an extract of a letter about Manjimup U3A activities, kindly sent in by Secretary, Joy Dorrell.

"May 17th, 2013.

We have had regular monthly meetings since we started in February 2004. We attempt to have a guest speaker at each Meeting and very rarely miss. At the moment, one of our members, who is eyesight impaired, has taken on this task and she is quite incredible, the different people she contacts successfully. After each speaker closes someone thanks them and presents a pen made locally from timber.

Once a month we have Book Club and Music Group. We have periodic outings, for Theatre, Garden enthusiasts, Winery and dried fruit. One year we had exchange visits with Rockingham U3A. Our guest speakers have included:- Shire Waste Management, Silver Chain, "Stay On Your Feet" Speaking about our Treasures, a members' trip to South Africa, FESA, Blind Association, HAAC. Last Month's speaker was on the "Indo Pacific Ocean Region".

Some members have been tutoring "Broadband For Seniors". Two of our ladies also assisted with "English as a Second Language" at the volunteer centre, for a short time. Once a year in June, we have an International Luncheon.

So far they have been, Japanese, Indian, German, Macedonian, English-Wartime, this year, Philippines. This gives us an opportunity to learn about these countries.

Regretfully we haven't done much in the way of courses. Most of us feel we have other interests to keep us occupied, but try to keep an open mind.

I live in an area only 30 Km from Manjimup, but we have no mobile phone reception, and if I connected to the Internet, it would be a costly exercise for satellite connection.

I do hope this will give you an idea about our activities, and hope all is going well with the Network. The U3A is a great association, and we are proud to belong to it.

Best Wishes to all
Joy Dorrell
Secretary"



If you enjoyed reading the letter opposite, perhaps you could encourage someone in your group to consider sending in something similar.

Thank you again to the groups who have contributed news and photographs about their activities to this issue of the Online Newsletter.