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Newsletter 8

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[https:// Website: sites.google.com/site/u3anetworkwa](https://sites.google.com/site/u3anetworkwa)

Online Newsletters How do they Work?

**THIS IS A PRINTED VERSION OF THE
ONLINE NEWSLETTER.**

Congratulations! You have reached the 8th issue of the Online Newsletter of U3A Network WA Inc. Items of interest will be uploaded to this space over the next few months as they arrive on the Editor's desk. At the end of the next publication cycle, in June 2015, the content will be printed off for distribution to people who either do not have access to a computer, or who simply prefer to hold paper in their hands, then a new issue begins. By the time readers obtain the paper copy, the news is usually out of date, thus the time will come when the comfortable old paper copy will be discontinued.

Online Newsletters are intended for reading **now**, as the news happens. So please make a contribution. Tell us what is going on in your club. Even better, tell us what you think.

Please check back regularly to watch this issue grow over the next few months. Previous quarterly issues are available for reading or printing from the .pdf link at the top of this webpage.

How to print? Once the Newsletter .pdf document is open, hover your mouse over the bottom right hand corner of your screen, just above the time, and a print button will pop up. Click on the Print button. But first, please consider the environment. Do you *really* need to use paper?

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.

One idea is to describe what is happening in a photo. Even better, when the picture says it all.

Go the smartphones!!!!

Posted 15/03/15

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Armadale News

Promoting Armadale U3A – Seniors Week



Armadale U3A successfully obtained a grant from the City of Armadale to have brochures and fridge magnets printed for promotional literature. We were also lucky at the beginning of 2014 to obtain a grant from the Commonwealth Government, which we purchased much needed new equipment.

One piece of equipment was a new laser printer, which enable us to print our newsletters and forms. This came into use when printing out a stack of newsletters and further promotional literature during our Promotion in Seniors Week at the beginning of November.

The stall was a great success, with over 40 people signing up to show their interest in joining our club. A very big thank you to all those members who volunteered their time to help on the stall. The atmosphere was one of fun and enjoyment and we certainly had a lot of tales to tell as we handed over to the next volunteers after each two hour stint.

Our thanks goes to the City of Armadale for enabling us to print promotional brochures and magnets and to Armadale Shopping City for allowing us to have a stall free of charge to promote our club within the community.

Thanks to U3A Armadale Editor Sheila Shenton

December 2014

Coastal Community - Bunbury

Chris Gibbs:

Chris and his team run projects in schools to make the next generation aware of the need to protect our coastal environment. He uses two personas. He and a friend dress up as Captain Coastal Care and The Dune Dude who does all the wrong things i.e. drive his 4WD off-road into the dunes. As well they present demonstration models using sand and hair dryers to show how off road driving leaves the dunes vulnerable to blowouts.



Other activities involve debris collected on beaches. The children identify the various types and assess their degradability in the ocean. Debris such as plastic or fishing lines do not break down and cause serious damage to marine life. We were shown a sad picture of a little Dolphin from Koombana Bay whose face was so badly cut and entangled in fishing line that it could not open its mouth to eat. A piece of discarded fishing line can alter the whole world for a marine creature.

Schools who join Coastal Care conduct regular beach cleanup days. A video was shown of a group of students from Perth College at Redgate beach working on healing a beach blowout. They were using Coir logs, plastic cell mats and cut brush.

It is good to know the next generation will probably be more aware and caring of our coastal environment thanks to Chris and his team.

Thanks to U3A Bunbury Editor Joan Birkett

January 2015

Income Stream Review

Publication of the following information has been requested by:-

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Senior Communication Officer

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Complete your Income Stream Review online.

It's time to complete an Income Stream Review for you and your partner, if you have one.

A quick and easy way to do this is online using your myGov account.

To use your myGov account:

1. Log on to your Centrelink online account through my.gov.au
2. Click on 'Reminders'. A list of all your reminders will be displayed.
3. Select your 'review reminder'. Your review reminder will show you step-by-step how to complete your review.

If you don't have a myGov account, you can create one at my.gov.au. Link your Centrelink online account to your myGov account by selecting 'Services' and then the 'link' icon.

If you can't complete the review using your myGov account, a unique One Time Access Code is provided in your Income Stream Review letter. The One Time Access Code is secure, simple and easy to use. It will allow you to complete the review online at humanservices.gov.au/incomestreamreviews

If you cannot complete the review online, call Centrelink on **132 300**. Make sure you have the information about your Income Stream Review products ready.

Make more time, jump online. With a myGov account you can claim a range of payments, request income statements, update personal details and more. Visit our website at humanservices.gov.au/selfservice

Our website has a range of support tools including videos and guides to help you use our online services. Visit humanservices.gov.au/onlineguides

Posted 15/01/15

Climate Reality

Is your group interested in having a guest speaker on the topic of Climate Reality? If so, you can go to the website below to fill in the form to request a visit. It's free. Mandurah U3A kicked off their 2015 program this week with a visit from Terry Power, one of Climate Reality's enthusiastic volunteers. Here is an extract from their website.



"The Climate Reality Project Australia (formerly The Climate Project), the Australian branch of Al Gore's climate change leadership program, is a non-profit organisation founded in November 2006. TCRP's mission is to educate the public about the harmful effects of climate change and to work toward solutions at a grassroots level worldwide.

TCRP has more than 6,000 dedicated volunteers internationally. These volunteers are known as Climate Leaders (formerly known as Presenters) and have been personally trained by Nobel Laureate and former US Vice President Al Gore to deliver an updated version of the slide show featured in the Academy Award-winning documentary *An Inconvenient Truth*. Climate Leaders have delivered 70,000 presentations to a combined global audience totalling 7.3 million.

To date 1 in 60 Australians have seen a TCRP presentation. These people have been drawn from all walks of life. Climate Leaders are doctors, parents, business people, sports persons, musicians, business people, priests and students. TCRP presentations are customised and frequently revised to include the latest climate science. You can request a free TCRP presentation at

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

Norma Vaughan

Posted 28/1/15



Research has found that many Western Australian seniors and, families trying to assist them, have insufficient information when changing accommodation in their later years. Whether shifting residences, downsizing, entering into aged care, considering retirement villages or residential parks, or even finding rentals, many are unaware of their options, rights and the help available. Most alarmingly, many are making key decisions entirely on instinct.

For this reason, the Department of Commerce (Consumer Protection) created the Seniors Housing Centre which commenced in September 2011. While the Centre does not directly offer housing or financial and legal advice, it is an information gateway for seniors planning their housing future or trying to access the network available services. COTA WA was recruited after as a not-for-profit partner.

Since beginning our involvement in 2012, over 5700 seniors have been helped with personalized information or by attending the range of free community information seminars held throughout the metropolitan area. The seminars cover key questions and information about making accommodation changes, information about the variety of housing options, considerations for downsizing, accessing equity and reverse mortgages, low cost housing options, and even modifying one's home for future needs.

The Department of Commerce and COTA WA are now pleased to advise that these seminars are now available to regional and rural districts. The presentations are suitable for service providers, seniors groups and clubs and of course families looking at housing options for themselves or parents.

The Seniors' Housing Centre is pleased to offer this free service and can offer personalized information to help, or could even arrange one of their free information seminars for you. Please feel free to contact the Centre by dialing 1300 367 057, or via email on housing@cotawa.org.au

Posted 28/1/15

Queensland Conference

U3A Network Queensland Inc. &
U3A Asia Pacific Alliance



All U3A Members are
Invited

INTERNATIONAL CONFERENCE

28th, 29th & 30th May 2015 BRISBANE

Day 1 & 2 at Brisbane City Hall
International & Local Guest Speakers



Day 3 at U3A Brisbane Premises, 344 Queen St, Brisbane

- Queensland Network AGM
- Inaugural Presidents Council
- Concurrent Workshops

Information on Web: www.u3aqldconference.org

Contact: Rhonda Weston

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Meeting with the Minister for Seniors

On Wednesday 28 January 2015, five U3A representatives met with the Minister for Seniors and Local Government, The Hon. Tony Simpson, and his chief policy adviser, Judy Tennant.

The meeting was arranged following a letter from the WA Network I sent to the Minister in early December. Those attending were Peter Flanigan, Don McDonald and Paul Thiessen (all members of the Network Committee) as well as Pauline Yarwood and Rosemary Grigg, representing U3A (UWA) Perth.



L-R Paul Thiessen (Perth), Hon. Tony Simpson MLA, Don McDonald (Naturaliste)

The meeting lasted for an hour and we were impressed with the Minister's grasp of issues involving seniors. Although he had not heard of U3A before the meeting had been arranged he had been briefed, was sympathetic with our aims and objectives and readily appreciated our desire to get our message out to the broader community.

Problems we brought to his attention included difficulties in dealing with local government, the increasing cost of hiring venues, the increasing cost of printing and the general difficulties of initiating the current generation of seniors to the internet.

He recommended that we persist with local Councils as they have the resources to work in the seniors' area. Many Councils hold seniors' expos. There is no central coordination for these so individual Councils will have to be approached. There is also the possibility of local community grants. He also suggested we seek out other bodies such as COTA, National Seniors and SMAC (The internal Ministerial Advisory Council). The WA Lotteries Commission is the best avenue for substantial grants for events such as a State Conference or an anniversary publication. Adult Learners' Week is another opportunity for U3A to promote itself.

(Cont.)

Meeting with the Minister for Seniors (Cont.)

In regard to printing (plain black and white) he strongly recommended local MPs' offices. Colour printing is more expensive but he may be able to assist with one-of projects such as promotional pamphlets.

Seniors' accommodation is a big issue as it is a complicated field to get into, especially under emergency situations where health issues force a change. There is a Seniors' Kiosk in Perth (corner of William and Hay streets) where information can be obtained.

In general, he told us there were 368,000 senior card holders in WA and the number is growing rapidly. Last year 100 gold cards were issued to people turning 100.

Many organisations such as National Seniors and Retirees' Associations focus on benefits and/or financial support for their members. We pointed out that U3A was not this type of lobby group but a self-help group where seniors could keep their minds active and also enjoy social interaction.

The WA Seniors' Directory has been recently reprinted and will not appear again until late 2016 but he would like to see us included in the next issue.

Issues of mental health were raised. The Minister talked about new planning developments for communities that were senior friendly, providing facilities but keeping them part of the wider community. There are also new developments in technology that can assist people to stay in their own homes such as a kettle that sends an SMS to a family member when it is switched on in the morning.

Altogether we thought it was a productive meeting and one that gives us a few lines to follow up.

Peter Flanigan

29/1/15