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Newsletter 5

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The articles contained in this Newsletter were displayed on our website between October 2013 and February 2014.

This paper copy is intended for distribution to those members who do not have access to a computer.

What's Happening?

THIS IS A PRINTED VERSION OF THE ONLINE NEWSLETTER.

Congratulations! You have reached the 5th issue of the Online Newsletter of U3A Network WA. This publication will grow online over the next few months as news is received. Contributions to this Newsletter continue until February 2014. Please check back regularly to watch this issue grow over the next few months. Previous quarterly issues are available for printing from the .pdf link at the top of this webpage.

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 23/10/13



**Honey, did you
remember the milk?**

Volunteers needed



THE UNIVERSITY OF
WESTERN AUSTRALIA

THE HEALTHY AGEING RESEARCH PROJECT (HARP)

Clinical students from the School of Psychology at the University of Western Australia (UWA), are looking for community volunteers aged 50 years and above who may be willing to help with their research. Their prospective memory research may lead to earlier diagnosis of dementia and may be useful in predicting the ability to live independently into older age.

[Click HERE to view the Flyer.](#)

Posted 30/10/13

Lifelong Learning Summer School Cambridge UK 2014

Lifelong Learning Summer School at
Corpus Christi College, Cambridge



www.corpus.cam.ac.uk/lifelong-learning

[CLICK HERE to view the flyer](#)

Posted 22/1/14

<http://www.corpus.cam.ac.uk/conferences/cambridge-lifelong-learning/>



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The U3A Alliance Australia – U3AAA

The formation of this body in 2010 gave the Australian U3A movement its first national presence and an opportunity to represent the collective interests of U3A at the Federal level. The Alliance operates under a Memorandum of Understanding and all State Networks the ACT and U3A Online being current participants, each nominating a Delegate to participate in its meetings under a two year rotating Chair and Secretariat arrangement.

The Australian Alliance meets physically whenever possible during U3A Conferences or related gatherings or electronically to exchange views and cooperate in the development of initiatives for the advancement of and support for the U3A movement.

The U3AAA has three primary objectives:

- To foster closer cooperation between U3As across Australia.
- To facilitate the provision of a voice for U3As at a national level in Australia where this might be deemed necessary (e.g. to enable the Alliance to apply for grants to further R&D in the mature age sector).
- To maintain a register of all U3As in Australia (currently held by U3A Online)

The U3AAA has a website and publishes quarterly electronic Bulletins presenting news of the major initiatives and progress of the U3A movement from each of our State Networks. Access to the U3AAA website and Bulletin postings are available within the major Network websites.

U3AAA Website address: <http://www.u3aaa.org/>

This article has been prepared to advise individual organisations that may not be currently aware of the formation or purpose of the U3A Alliance Australia and to encourage them to update such detail within their promotional literature and websites. Should you not have already done so please take the opportunity to insert a link to our U3AAA website within your U3A website.

Live Learn Enjoy

October 2013

Melbourne Conference

Officially known as **U3A Network Victoria and U3A Asia Pacific Alliance International Conference 2013**, it was held in Melbourne on 14 and 15 October. The venue was the Melbourne Town Hall, a magnificent old building dating back to 1967. International visitors included Francois Vellas from the University of Toulouse, France. He is the President of IAUTA (The International Association of U3A) and Tom Holloway, Secretary General of World U3A who splits his time between Oxford and Hyderabad, India. There was a large delegation from India and delegates from Singapore and New Zealand as well as from all Australian States and U3A Online. The Conference Theme was "Ageless Learning Begins With U3A".



The Indian delegation at the conference (together with Elsie Mutton, conference committee chair, and Paul O'Connor, master of ceremonies)

Professor Vellas gave a potted history of U3A which was started by his father in Toulouse in 1972. In France, U3A is much more of a top down organisation and remains under the auspices of universities. In other countries it has developed with more of a grass roots approach, with individual groups forming before coming together to form networks.

Elsie Mutton, President of U3A Victoria, said that Victoria now had 30,000 members and 100 U3A groups. Their network is 25 years old, the first to form in Australia. Victoria has received State Government assistance since early times and the network currently receives \$300,000 each year. Much of this money goes back to groups, helping to keep costs low. Many groups have also formed partnerships with local councils. Manningham U3A, a typical group, has about 1700 members and runs some 160 courses. They charge \$40 per year and all courses are free (apart from materials in some cases).

In a talk on marketing, suggestions included raising the profile of seniors by running sausage sizzles at Bunnings, intergenerational activities with school, working with disadvantaged people on literacy and numeracy, tapping into the local employment network, linking with libraries and greater use of electronic media.

Melbourne Conference - Continued.

There was an inspiring talk given by motivational speaker, Karen Phillips, entitled "Wisdom, Power and Passion". She told stories of people who had overcome enormous hardships. Among them was Turia Pitt, one of the two young women caught up in the Kimberley bushfire which engulfed runners in the Racing The Planet event. Turia, who was hideously burnt and still wears a mask on her face, has had 30 operations with more to come but is still positive about her future.

Tom Holloway and Di Delchau (U3A Online) talked about "The Advance of Technology". As far as people involved, Facebook is now the third biggest country on Earth, just behind China and India. Tom predicted that voice technology was improving at such a rate that keyboards would become obsolete in the next twenty years. (With the varieties of accents in the room – Irish, Scots, Indian, Singaporean, Australian, New Zealand – some people doubted this!)



*Elsie Mutton, President of U3A Network, Victoria and
Tom Holloway, Secretary General of World U3A and computer guru.*

Creative thinking was the topic of another talk. How do you train your brain to improve your creative and lateral thinking abilities? (There is a Nintendo game entitled "Train Your Brain" by Dr Kawashima which, if played even 20 minutes a day, will help keep your brain youthful and active) We went through a brainstorming session on raising the profile of seniors. Many ideas popped out which were reported back. Yvonne Adele, the speaker, emphasized the importance of suspending the critical faculties during such exercises. While we were busy at the tables, she popped the question on twitter. Hundreds of her 17000 followers twitted back with suggestions.

One of the final sessions was a roundup of what is happening in the various State Networks. Queensland, NSW and Victoria all reported growth in membership and the formation of new groups (Queensland U3A members grew by 20% in the last 12 months). SA and WA are finding things more difficult but are still positive. Tasmania is just starting the process to form a State Network. WA, in fact, has less members than any state including the smaller states of SA and Tasmania. Plenty still to do everywhere. The international consensus is that we are still only reaching 2% of the over 50s.

Melbourne Conference - Continued.

The conference was a great chance to meet people in U3A from many other places. The interchange of ideas and the interest and support received from so many quarters was very stimulating.

Peter Flanigan

October 2013

Posted 10/11/13

COMPUTING WITH A DISABILITY

Dr Scott Hillier is Media Access Australia's Manager, Major Projects, who is currently based in Perth. Scott is a leading authority in the area of access to computers and the internet for people with a disability. He provides a personal perspective as he is legally blind himself and relies on assistive technology to use computers. I feel privileged to have attended one of his talks yesterday.

The talk itself was an example of the use of technology. Every month, volunteer tutors from the Broadband For Seniors program come together from all states of Australia to participate in a Webinar, that is, a seminar on the web, or web conferencing. Distance is no object since it all happens on the internet. Many of us have never met, but over the years have come to recognise and appreciate the different personalities. I want to marry the man whose new robot vacuum cleaner sits in a corner banging its head against the wall. The sessions are brought together by Adult Learning Australia and are delivered via a piece of technology called Blackboard Collaborate.



Scott recognises the idea that the internet can be viewed as a gateway to independence. To this end he recommended a publication that has been produced by Media Access Australia in collaboration with Council

on the Ageing (COTA) Western Australia and proudly supported by the nib foundation, to assist seniors with disabilities access computers and digital technology through the use of free built-in assistive technologies.

The manual provides step-by-step instructions on how to use accessibility features in Windows, Mac, iPad and Android. I believe the manual is also useful for people who are not disabled, but are simply beginners in the world of computing. It can be freely downloaded from this link.

http://www.cotawa.org.au/wp-content/uploads/2012/07/Helping-seniors-with-disabilities-get-online_FINAL.pdf



Introducing Tom Holloway, Secretary General of World U3A. His photograph appears on Page 5 of this newsletter.

Tom is also Secretary of U3A Hyderabad, India, where he lives for 8 months of the year working in a slum community and lives for the other 4 months of the year in Oxford, England. He was present at the U3A Asia Pacific Alliance International Conference, which was held in Melbourne on 14 and 15 October, last year.

Tom Holloway edits and issues the SIGNPOST newsletter, which, together with an associated archive are now online at <http://worldu3a.org/signpost>

Visit the website to find a treasure trove of resources and to have a fascinating look at how U3A does things elsewhere in the world.

N. Vaughan
Posted 10/2/14

Windows XP & Microsoft Office 2003

Here is an extract from the following Microsoft website.
<http://www.microsoft.com/en-us/windows/enterprise/endofsupport.aspx>

Potential risks of staying with Windows XP

Running Windows XP SP3 in your environment after April 8, 2014 may expose you to potential risks, such as:

Security:

Without critical Windows XP security updates, your PC may become vulnerable to harmful viruses, spyware, and other malicious software which can steal or damage your business data and information. Anti-virus software will also not be able to fully protect you once Windows XP is unsupported



Message From the President

By July of this year I will have completed my 2 years as U3A Network WA President and under the constitution, must hand over to somebody else. We are currently casting about for that person. Suggestions or offers would be welcome. The state president automatically becomes a delegate to the U3A National Alliance.

The Network AGM will be held in conjunction with the U3A (UWA) Perth Seminar on Thursday, 17 July, 2014. The network committee is looking at ways to attract more people from country groups. We would like to assist country delegates to attend and have put aside some money towards travel costs.

It would be great to be able to rebate travel costs in full but with our limited finances this is not possible. Sponsorship was discussed at the recent committee meeting. If anyone knows of any company that would be prepared to sponsor the U3A Network in WA we would be pleased to hear about it. We would be happy to include logos or company names in our publications. Likewise, if there are any generous benefactors out there, please get in touch.

One of our aims is to establish new U3A groups where there is sufficient interest. If any of our members have any suggestions in this regard, please pass them on. U3A Network WA has been established to further the interests of U3A in this state but we depend on our members to let us know what they would like us to do. We need help.

Please send contributions about U3A activities to our hard-working Online Newsletter Editor and Network Secretary, Norma Vaughan. She will be very appreciative. Photos would be most welcome.

The National Alliance (U3AAA) is to hold its first formal online meeting on the 18 Feb. We ran a couple of trials last year of a process known as a Flash Meeting (sort of enlarged Skype session) whereby all those participating are shown on the screen and you can indicate when you wish to speak. The National Alliance agenda includes a discussion of possible incorporation as currently we are operating under a "memorandum of understanding". The chair will rotate to Queensland this year.

I have been approached by Su Kitchen from Charles Gairdner Hospital with the request to participate in No Falls Day on 2 April. In conjunction with U3A(UWA) Perth we will hand out information and talk to everyone we can at this event.

Peter Flanigan
16/2/14