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NEWSLETTER 2

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*Thankyou for your contributions to
this Newsletter and for your
comments on Facebook.*

What's Happening?

Congratulations! You have reached the 2nd issue of the Newsletter of U3A Network WA. This is the print version of the Online Newsletter. It is similar to, but not exactly the same as the online version. Club Secretaries are asked to make it available to members who may not have access to a computer, and to place a copy on the local Notice Board, please.

Previous issues may be printed from the .pdf link at the top of our online Newsletter webpage.

All 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 you. Stories are more interesting if they include a photo.

Q. What is .pdf?

A. It stands for
Portable Document Format.

Great! But what does that mean?

A. Most computers can read and print the file, providing the free Adobe Acrobat Reader program is installed.

Constitution Approved

Online voting to approve the Constitution closed on 25/10/12. Six of the seven member clubs voted in favour. Our experiment with holding an online meeting was a success, however the voting method has yet to be approved by the Department of Commerce.

The next step is to begin the process of Incorporation. Remember, you may watch the progress on Facebook, and comment or 'Like' if you feel so inclined.

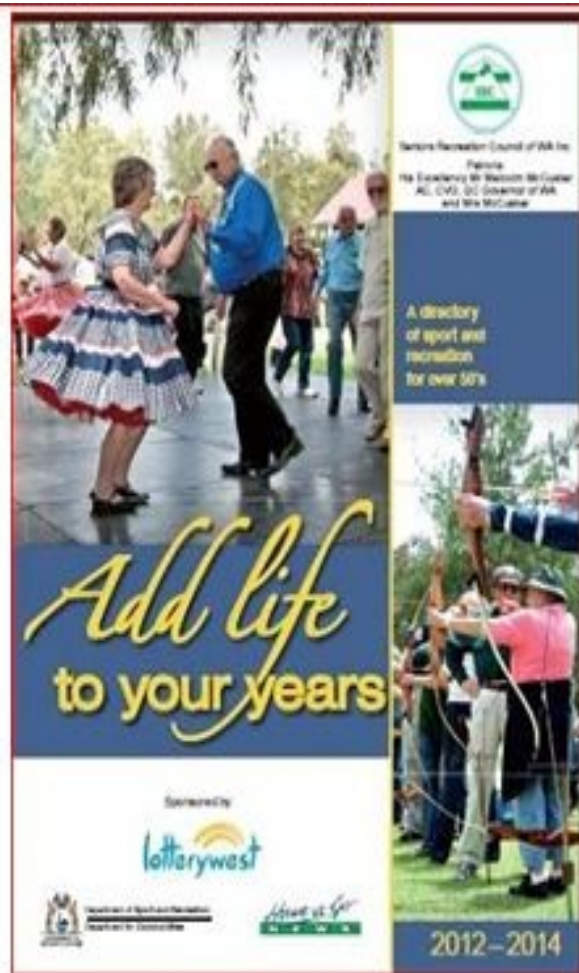
Incorporation Granted

Message from Our President 2/1/13

Happy New Year to all. I can now report that the Network is officially incorporated with a certificate dated 24 Dec 2012. The process took rather less time than I expected. Bouquets to Dept of Commerce.

U3A Australian 2013 Conference Programme

State	Dates	Venue
NSW	4/5th April 2013	Goulbourn
Qld.	23/24th April 2013	Toowoomba
Vic.	14/15th October 2013	Melbourne



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Lifelong learning for mental activity
and social engagement

October 2012. Our listing in the Seniors Recreation Council online publication, 'Add life to your years'. That's another small milestone reached.

Believe it or not, there are people who have not heard of U3A. It is important to spread the word as widely as possible so that more people can participate in the enjoyment and benefits of lifelong learning and the social interaction that comes with it.

Iconography in Bunbury

Constantina Wood: The History of ICONS

Constantina Wood was recently working as an artist in residence at Bunbury Anglican Cathedral whilst it was celebrating a milestone in its existence and also confirming its new Bishop. During her two weeks there she produced an original icon in the traditional techniques which is now a part of the Cathedral.



Constantina held workshops for those interested in making an icon and Bunbury U3A was fortunate in persuading her to speak at one of our meetings. She explored the history, techniques and hidden meanings in icons and how they have evolved from flat simple colour images to highly decorative and three dimensional works.

Constantina is well known in the UK as an icon painter. Originally trained as an analytical chemist, she is now an artist and also well on the way to becoming a lay Franciscan.

The three important tenets of the Franciscan Order are humility, joy and love and her faith is a very important influence on her work as she uses prayer to help her visualize how to approach the subject.

Icons are visual or written spiritual messages and a doorway from this world into the next. Painted on muslin covered lime wood with egg tempera and gold leaf, they tell a story, often with a hidden meaning. The luminous effect of the paint was due to reflected light from the gold leaf. Fine lines emphasized the shapes in more recent times. Many icons were quite small and could be taken on journeys as part of a traveller's belongings. Acting as a miniature altarpiece, they reminded the viewer to pray.

For more information on types and themes go to YouTube.com and type in: www.prosopon School of Iconography and then select "Angel Hesychia" (9th picture down).

Joan Birkett 23/10/12



Have you left a comment on our Facebook Page yet? Or 'Liked' us?

Getting On with Liz Byrski.

Liz Byrski comes from a background of freelance journalism, ABC broadcasting and is the acclaimed author of many bestselling books. Her talk to U3A at the State Library Theatre on 4th November described the books and people who had influenced her thoughts on ageing. Interwoven with that, was the story about her passionate belief in stopping the fight against ageing in order to embrace it.

A few years ago when Liz went looking for stories about older women they were nowhere to be found. Women over forty were invisible. Magazines had abandoned them. There seemed to be a belief that older women had begun the downhill run. Liz proposed that there should be a Gap Year for older people, to mark the transition from child bearing years to the next exciting and attractive stage of life. Her message was to encourage people to grasp the idea of making the most of ageing rather than trying to be younger.



She also suggested that work needed to be done on changing the mind-set of younger people who believe that older generations should get out of the way. She lamented the constant portrayal of older generations as 'negative, stereotypical dried up old schoolteachers', a description which may have touched a few nerves in the audience.

Liz's solution was to surround the younger generation with lively old people who do interesting things, who enjoy thinking what they like, doing what they like, and who embrace the privilege of exploring new horizons alongside the freedoms of getting older.

I think Liz would have approved of bounding out of the State Library, galloping over the Horseshoe Bridge and bolting up Wellington Street in time to catch the first Open Day at Perth Arena.

Norma Vaughan 4/11/12



The U3A Crier

NEWSLETTER OF NATURALISTE
UNIVERSITY OF THE THIRD AGE

Volume 1, Number 1, February 2013

Congratulations to Naturaliste U3A on the issue of their first Newsletter in February 2013. It was filled with a wonderful variety of information, including their impressive list of 22 courses on offer. Here is a significant extract.

From the Editors Desk

Newsletters are a very powerful resource and have the ability to change peoples thinking and opinion. For that reason it must be written very wisely and caringly and as the Editor, I will always maintain these standards when deciding what should or shouldn't be included in each issue. Freedom of the press which allows every member to contribute their thoughts is essential yet a balance of what is open and honest opinion and what is perhaps untrue or hurtful must be considered and to that end U3A has a safe guard in that the Chairman does view the draft newsletter prior to its publication.

This newsletter belongs to you the members and any contribution on any subject focused on U3A is warmly welcomed. I look forward to many of you the members contributions through 2013.

John Wilkins

Digital Literacy

"It will never catch on", the unbelievers said. They were talking about motor cars and electricity.

Most of us communicate using traditional methods that we are used to and comfortable with - but an alternative just might expand your reach. Social Media such as Facebook is a unique tool that can be used by common interest groups like U3A, to share thoughts and ideas and photographs. Being separated or isolated by distance doesn't count. Social status doesn't count. Perceived barriers of age, health, race, religion or education don't count. Another fashionable phrase for delving into social media is increasing your "Digital Literacy".

Worried about security? Heard the horror stories? Responsible people generally keep a tight hold on their privacy settings. You wouldn't leave your front door open at night, would you? The horror stories you hear are more likely to be the result of irresponsible or careless misuse, than a cyber invasion. Be confident that anything posted to the U3A site that is considered to be offensive, racist, discriminatory or just plain rude, would be obliterated as soon as it was spotted or reported. "Ah ha", you say, "Censorship is it?" No. Just civility and common sense.

Waste of time? Yes. The time can slip away. Simply remember where the off button is. Boring? Why not start up something unusual or with a diversity of opinion yourself and see what sort of response you get? Liven up the discussion. Get creative. One billion people use Facebook. There must be something in it. Before you decide to love it or loathe it, it makes sense to either find out a bit more about it, or better still, give it a try.

How? Sign up and have a look around. It's easy and it's free. You can opt out just as easily. A word of warning. Don't ask your grandchildren. They'll say the dreaded words, "Oh, it's easy", click, click, then go away leaving you none the wiser. Try it for yourself, and be proud that you did.

Digital Literacy, it's catching on that counts.

Strategic Planning Meeting

All of the Network committee members live hundreds of kilometres apart, so getting the routine startup procedures up and running had been a good start, considering that it had all been done by e-mail. It was the question, "Where do we go from here?", that brought the Committee together for their first face-to-face meeting on 19th November, 2012.



L to R. P Flanigan, D Box, P Alcock, D. McDonald. N. Vaughan (not visible).

The Network does not have a home, so the meeting was held in the café at the State Library of WA in Perth. The other patrons were quite young compared with us, but they mostly had their heads buried in iPads or smartphones, so we blended in quite well with our laptop on the table.

.....continued.

The first item on the Strategic Planning Agenda was to bring in a fifth member to the Management Committee. The original four were elected at the Inaugural AGM in July, but since the recently adopted model constitution provided for a fifth, we set about co-opting Peter Alcock, the second delegate from U3A(UWA) Perth. Then we were five.

After sharing experiences about our individual clubs for a while, the discussion came around to the task of formulating a Strategic Plan of actions that would benefit the broader Network. Chairman Peter led us through a melting pot of ideas about how we could go about supporting our existing clubs, and assist in the startup of new clubs. Another of our aims had been to facilitate communications between groups, but input to our established online newsletter and Facebook was reported to be slow.

We had all faced the issue of U3A being not widely known, even sometimes misunderstood, so it was agreed that publicity was high on the list of priorities. Last month, we had designed a flyer suitable for displaying in public places, but the logistics of printing it had become a challenge. After an hour or so, the beginnings of a specific action plan began to emerge. We came away from the meeting with a human face to match an email name and some constructive ideas on where we needed to go, and how we intended to get there.

Norma Vaughan 23/11/12

Did your group go after the PATCE Funding?



Productive Ageing through Community Education Program 2013 National Grant Funding

Productive Ageing through Community Education (PATCE) is a new competitive, grants-based program that will fund adult community education providers and community organisations to offer educational and training courses catering to the needs of senior Australians (aged 60 and above).

The program aims to facilitate community engagement, active ageing, skill building and re-engagement with the world of voluntary or paid work. It will also encourage the development of positive peer support networks among participants and where applicable, between participants and the wider community.

The PATCE Program, which commences in 2012-13, will offer between 50 and 200 small grants per year.

The Department of Industry, Innovation, Science, Research and Tertiary Education invites eligible organisations to apply for funding of between \$5,000 and \$20,000.

The Program Guidelines, application process and other relevant information can be found at www.innovation.gov.au/patce.

Applications must be submitted online, and will be accepted until **5pm AEDT Monday 18 February 2013**.

No late applications will be accepted.

For further information, please email patce@innovation.gov.au or call the PATCE Hotline between 9am and 5pm AEDT on (02) 6102 9110.

INDIAN OCEAN REGION

by Jim Barns

If we look at a world map it is clear that Australia is part of the Indo-Pacific region, with the Indian Ocean to the west, the Pacific Ocean to the east, and Asia to the north. We often hear reference to Australia being part of the Asia-Pacific region. Unfortunately this can blind us to the importance of the Indian Ocean region (IOR) to Australia for security, economic and other reasons.

The peace and stability of the IOR is important for Australia's security. With its oil and gas resources and shipping lanes carrying much of the world's trade it is a region of great strategic importance. The IOR also offers significant trade and investment opportunities for Australia. And Australia can play a part in helping IOR countries deal with problems such as terrorism, poverty, piracy, pollution, over-fishing and the effects of climate change.

I am working to promote greater awareness of the importance of the IOR to Australia in a number of ways:

- Giving a series of presentations on the IOR to U3A Mandurah. The aim of these presentations is to foster interest in the IOR and promote awareness of significant issues facing the region today.
- Communicating with the Education Department regarding the importance that should be placed on the IOR in the school curriculum.
- Offering to speak to any group, U3A or otherwise, on the importance of the IOR.

I can be contacted on 9448 6432.



*Jim Barns, Mandurah U3A, pictured with his wife June.
Posted Online 13/2/13*