



# The U3A Gazette

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Newsletter of Sydney University of the Third Age



## Dear Current and Future Members,

When reviewing our course offerings for First Semester 2017 we hope that you will be as enthusiastic as we are.

Our Course Book details all our courses and activities and is posted to members twice a year.

The Course Book is also available online: [sydneyu3a.org](http://sydneyu3a.org)

## INVITATION TO ATTEND SYDNEY U3A's ANNUAL GENERAL MEETING 22 MARCH 2017

You are cordially invited to attend our 29th AGM at the Sydney Mechanics' School of Arts. This is your chance to catch up with U3A friends, make new ones, enjoy a cuppa and keep up-to-date with issues of importance to U3A. Time: 10.30 am for 11.00 am start.

The annual general meeting (AGM) is a meeting held once a year that all members are invited to attend. The purpose of an AGM is to give members a report on the organisation's activities and finances for the previous year and to elect members to our Management Committee for the coming year.

### Management Committee

Management Committee comprises the office bearers, an appointed IT manager and a representative from each of the seven regions. The office bearers comprise the President, Vice-President Education, Vice-President Public Relations, Secretary, Deputy Secretary and Treasurer. Office bearers are elected at an annual general meeting held each year in March and may hold the position for a period of three years only. A quorum for the AGM is 50 members.

### The meeting

At the meeting, you will have the opportunity to:

- find out about Sydney U3A's operations and finances
- vote on any resolutions proposed.

At the meeting, you will be asked to vote to:

- accept the minutes of the last annual general meeting
- accept the annual report of the President and Treasurer
- accept the auditor's report for 2016
- appoint an auditor.
- elect Management Committee



### Potential Committee members

Selecting Management Committee members is an important process. Potential candidates need

## The Art of Good Health and Wellbeing 8<sup>th</sup> Annual International Arts and Health Conference 16 – 18 November 2016



The Hon Jillian Skinner MP, former Minister, NSW Health and Molly Carlile, CEO, South East Palliative Care Victoria - 8th Art of Good Health and Wellbeing international arts and health conference, Art Gallery of NSW, November 2016. Photo credit: Sharon Hickey.  
With thanks to Margret Meagher

Late in **2015** several Sydney U3A members attended the 7<sup>th</sup> International Annual Arts and Health Conference organised by the Australian Centre for Arts and Health (ACAH).

An organisation with outstanding international connections, ACAH is a not-for-profit health promotion charity dedicated to promoting and developing the application of creativity and the arts for health and quality of life outcomes for all people in Australia, regardless of age, race, gender or religious or political persuasion.

Given Australia's population ageing and predicted impacts related to health, productivity, equity and enhancing quality of life outcomes for senior Australians, *lifelong learning* has also been identified as a pathway for addressing the risks associated with an ageing population.

Sydney U3A is a membership organisation of retired and semi-retired seniors dedicated to learning new things and sharing their love of learning with others. No surprise, then, that it soon became obvious that U3A could weave notions such as '*creative ageing*' and '*lifelong learning*' into our future course offerings, thereby promoting good health and wellbeing as people age.



Links between U3A and the Australian Centre for Arts and Health (ACAH) were maintained during **2016** and in November several Sydney U3A members were fortunate to attend the 8<sup>th</sup> Annual Conference as sponsored guests. The overarching theme of the conference was "Mental Health and Resilience through the Arts". Grateful thanks are due to Margret for her continuing support of Sydney U3A.

Creative Ageing will also underpin the theme of the U3A Network NSW's Conference in **June 2017: *The Third Age – Creative and Healthy Living***. We are indeed fortunate that Margret will be joining us at Sydney Town Hall as a keynote speaker. (continued on page 3).

Learning does not stop at a specific age. Many older adults want to stimulate their minds and creativity; participating in arts and cultural programs is one way to do this. As life expectancy increases, more attention is being given to the meaning and purpose of later life. Lifelong learning is on the policy agenda of the OECD, UNESCO, the European Union, and many developed and developing countries, including Australia.

## Art is like chocolate for the brain - Dr Gene Cohen

### **3rd Celebrate Creative Ageing Festival, Mid North Coast, NSW**

Dates: 2 - 14 March 2017, with The Big Chat symposium in Coffs Harbour on 7 March and Port Macquarie on 9 March.

The "Big Chat", a creative ageing symposium, promises a day of exploration, social connection and good fun. Attendees will be encouraged to have their say about "What kind of 'old' do you want to be?" or "How to enjoy a grand older age" as well as learn about the growing field of "arts and health".

Questions such as "What is Creative Ageing?" will be discussed and festival goers will hear from a panel of expert speakers, including Margret Meagher and Sydney U3A's President, Beverley Peken,

Margret says: "Research also highlights the arts so we are embracing the arts because it is a fantastic way to get people socially engaged at any age, but particularly as you get older you become more creative as your brain, believe it or not, becomes more active so let's work on that and enjoy this festival."

The Big Chat', organised by the Australian Centre for Arts and Health, in association with Arts Mid North Coast, as a part of the Mid North Coast Creative Ageing Festival 2017, will take place in Port Macquarie on 9 March 2017.

Contact details:

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Please check the Festival Program online regarding accessibility of Festival venues