

News from Central Office



Sydney U3A Website:

www.sydneyu3a.org.au

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From the President

Having become President of Sydney U3A in March this year I have had a busy time learning the new ways in which Sydney U3A operates. I was first involved with the organisation when I joined in 2009 and immediately became secretary, a role which I filled for the next three years. In the interim much has changed: a new office, new personnel and a new operating system for membership. For me one of the biggest changes has been involvement with U3A Network NSW. I joined the organising committee for the network conference in March. It was a steep learning curve. Like most of you I had very little knowledge of what the Network is about and what its purpose is. I want to take this opportunity to outline what the Network is and why it is important for us, as members of Sydney U3A, to become more involved with it.

U3A Network NSW has many purposes but the main ones are :

- ◆ To encourage co-operation and networking between member U3As, and as far as practicable, with other U3A organisations in Australia and internationally. Also to promote the U3A movement by publicising it through various media.
- ◆ To represent member U3As at State and National levels
- ◆ To establish and maintain links with educational and Seniors' organizations.

The Network offers a range of services to its member U3As including Public Liability Insurance, a variety of copyright licences, access to the Network's resource library and promotion and publicity for the U3A movement. As a state-wide entity it is able to represent us at government level and to link with other state-wide organisations. The network has a comprehensive website accessible to all.

As a large independent U3A we in Sydney do not need to use all these services. We take out our own insurances which cover more than Public Liability. We take out our own copyright licences and we have our own website.

So what do we gain from being a member of the Network?

One of the most important benefits is the opportunity to network with other U3A members across the state and to gain access to many resources and courses.

Some of you in Endeavour Region will be aware of the Brain Games sessions run by Denis Paulin. In 2015, the Network received a small grant from the IRT Foundation to develop the Brain Games Project – a guide for co-ordinators and class leaders of 'Brain Games' classes.

Another resource which is being used in Sydney U3A is the Balance and Bones exercise DVD. There are many other resources on the website. If you haven't yet visited the Network website do so. It has a vibrant new look and some fascinating articles to read. The opportunity to share knowledge and skills with other U3A members is invaluable.

Each year the **Network Conference** is held in a different area. This year it was in Sydney and was opened by The Hon. Tanya Davies, Minister for Ageing. 130 people from across the state participated in a day of fascinating learning from top class presenters. The response from participants was very pleasing with over 90% rating the conference as very good or excellent. The 2018 Conference will be held in Canberra from 14-16 April. Why not consider attending – it will be a great experience.



FRONT ROW (L-R) : Barbara Boston, President Sydney U3A ;
Ainslie Lamb, Retiring President U3A Network NSW ;
Hon. Tanya Davies, Minister for Ageing NSW Government;
Chris Mead, Director Creative Ageing & Arts Health Agency, TAS. ;
Margaret Meagher, Executive Director Australian Centre for Arts & Health.

BACK: Rosemary McCulloch, EMCEE

FROM THE EDITOR:

Your Sydney U3A Management Committee wish to keep all members informed of happenings at Sydney Office and to have a better understanding of the roles and responsibilities of the management of your local organisation.

About U3A

U3A (University of the Third Age) operates in many countries to provide low-cost intellectual stimulation for people in active retirement. There are no formal entrance requirements and no examinations. It is self-supporting and run by its all volunteer members.

Sydney University of the Third Age (U3A) is a not-for-profit organisation that aims to provide a learning environment organised by and for people in retirement or semi-retirement who wish to keep their minds active and meet like-minded seniors. It enables them to take up new interests and to extend current ones, and it does so principally by drawing upon the extensive knowledge, energy and voluntary contributions of its own members. It is a mutual aid movement – a modern community of scholars which caters for people seeking lifelong learning.

Our organisation is entirely voluntary; financed by annual membership fees which are set at a level that enables seniors on limited incomes to become members, and to attend a wide range of activities. The members of Sydney U3A are encouraged to contribute in any way they can to the operations of the organisation. Members receive no payment (in money or other benefit) for their contribution as tutors, discussion group leaders, course convenors, administrators or any other role they might accept.

VOLUNTEERS

Volunteers are welcomed in any capacity so if you have some spare time we would love to hear from you. Also any contribution to this newsletter would be welcomed.

LOOKING FOR NEW LEADERS:

We are always looking for people willing to lead courses particularly in Photography, Languages, Art, Computer (tablets and phones), Discussion Groups or to give presentations on various topics.

Some current activities of the members of the Management Committee:

- ◇ **The Management Committee** consisting of the Office Bearers and a representative from each Region meets once a month at Central Office.
- ◇ **President Barbara Boston** and **ex President Beverley Peken** recently attended a two day planning seminar for U3A Network NSW.
- ◇ **Dianne Ekert—VP Education**, has recently chaired a meeting of Regional Course Coordinators on 11th September.

- ◇ **Sally Davis—VP Public Relations** and **Jan Bartholomew** are working on Sydney U3A's 30th Anniversary celebrations in April 2017. More information to come.
- ◇ A committee of **Barbara Boston, Beverley Peken, Ian Thompson (course book editor), Ron Shapiro (Inner West) Sue Barr (Harbourside North) & Barbara Burton (Inner West)** are currently re-writing the Policies and Procedures for Sydney U3A.
- ◇ **Dianne Ekert and Grahame Marr (Upper North)** have re-written the Guide for the Conduct of Courses.
- ◇ **Marilyn Noonan—Treasurer**, recently chaired a meeting of regional Treasurers on 18th September
- ◇ **Jenny Hawkins—Secretary**, has taken on the role of newsletter editor, assisted by **Dianne Ekert**. Any news items or photos would be welcome and can be sent to mail@sydneyu3a.org
- ◇ **Carolyn Franklin—Administration Manager** has the ongoing role of recruiting, training and managing volunteers for our central office as well as handling all administration issues.
Carolyn's email is depsecretary.sydneyu3a@gmail.com



ABOUT BARBARA BOSTON

Barbara Boston grew up in Wallangarra, a small town on the Queensland / New South Wales border. She attended primary school in Queensland and then travelled to Tenterfield in NSW for High School. She trained as a Primary School teacher at Armidale Teachers College. In the 1970s Barbara completed an Arts Degree in Education and History at Macquarie University and in 1990 received her Masters Degree in Educational Administration from the University of NSW. With the exception of two years teaching in London, she worked in both country and city, state primary schools from 1965 to 2000, ending her career as an assistant principal. From 2001 to 2008 she worked as a casual teacher in primary schools in the Chatswood area. Barbara enjoys travel and joked that her casual teaching paid for her overseas trips. Barbara joined Sydney U3A in January 2009 and commenced a 3 year term as Secretary of Sydney U3A in March that year. She joined the Harbourside North Region Committee in December 2011 and served as President of the Harbourside North Region from December 2012 to December 2016. Barbara has coordinated the courses at Watermark Retirement Village since 2012 and gives lectures on people in Australian history.