



...*from the president*...

Our contribution to Ipswich society

In preparing a recent grant application we addressed the issue of the contribution of U3A Ipswich & West Moreton to the well-being of our community. The actual contribution is deeply social and human but, in order to provide some measurement, it has to be reduced to dollar figures. Using the amount of \$40.35 an hour, which is what Ipswich City Council values volunteer contributions, we calculated the value of our tutors to our local broader community, using the number of hours spent preparing and delivering classes.

The number which we came up with is \$499,200 a year. And that's the contribution of only our tutors. Add in the contributions of all volunteers and we have a million-dollar beneficial impact on our Ipswich and West Moreton communities.

Take a bow, everyone.

U3A Ipswich & West Moreton class news

Thanks to Sheenagh Kelley who has taken over the tutor role of the *advanced cryptic crossword* class, previously under the tutorship of Nellie Clark who passed away earlier this year. A number of the students of this class want to continue but are concerned about meeting face-to-face so Sheenagh has organised to run the class by Zoom from our Booval offices, U3A House. The classes are on Thursday afternoons and started on August 6.

And *photography* tutor Wayne McDonnell recently took his class on a night-time photography excursion to the Ipswich Cemetery. He has sent us a few of the photos he took and we have uploaded them on our Facebook site. Worth a visit to see those. The energetic and inventive Wayne is also planning a group excursion to Mt French-Alford. And he has a number of his students put their hands up for a photographic excursion in a hot air balloon over Ipswich. We are awaiting a response from our insurers on that one and if there is no issue there, or we can be given extended coverage for that venture, it can go ahead as a U3A Ipswich excursion. Otherwise, all those who do go on the flight will have to do so as private individuals, not under the auspices of Ipswich U3A.

And a warm welcome back to the *cards classes* (playing cards, that is) who have worked out how to set up their card tables in conformity with social distancing and yet be able to access cards as needed. An unintended consequence of this is players now have very little chance to sneak a peek at another players cards. Not that this ever happened, of course.

Ike van der Hoeven, tutor of the popular *meditation* class, has decided to put her classes on hold until the pandemic situation eases. She has canvassed her students on the possibility of continuing the classes using Zoom but the general feeling was that they would prefer to wait until all can get back together again.

This is an example of tutors having the right and the responsibility to make decisions in the best interests of their students.

So, it's worth reminding all members of our well-established health procedures:

- members with cold symptoms should not attend classes until they have recovered. Members are encouraged to see a medical practitioner if their symptoms persist.
- all members should maximise good personal hygiene, including regular hand washing and sanitising throughout the day.

The Management Committee congratulates and thanks members for being diligent on this from the very start of classes being resumed.

We have some new class offerings

Lorraine Pitcairn, a relatively new member and also a member of our newly-formed Marketing & Communications Sub-Committee, has offered to start a class on '*Local History*'. This class will focus on the early history of Ipswich, a topic on which Lorraine is something of an expert, having researched it for many years. It is Lorraine's intention to encourage member contributions to class discussions but she will establish the overall format and design of the classes. If you have an interest in attending this class please email your interest to contact@u3aipswich.org.au, marking your email 'For Attention Amanda'.

Lorraine has suggested that she run a couple of classes to find out what people are interested. If you have an interest in attending and have some specific areas you would like such a class to cover please let us know in your email to Amanda. Lorraine also anticipates that over the course of a semester guest speakers will be invited.

Another possibility for later semesters is the establishment of a *walking group*. This could be a 60 to 90 minute walk within the suburbs say twice a week and a half day longer 'bushwalk' within the wider Ipswich region. Again, if you have any interest in a walking group, please email Amanda at contact@u3aipswich.org.au.

There remain a good number of our members who feel their choral talents are to fade into silence, unrecognised, unloved. What we need is a *choir leader*- everything else, the voices, are there. Can someone step forward? And if you are one of those keen to join a U3A Choir, perhaps you could let us know of anyone who might be interested in leading the choir and we will make the approach.

.....*stay well*.....

Ian Muil 0414 969 648

7 Aug 2020

Facebook Fun

If you have any U3A activity or development which would interest members, or activity you are undertaking during this lock-down, please send that to Yvonne James. And thanks to Yvonne's work our Facebook site is now a group site so once you are a member you can post items directly onto the U3A Ipswich Facebook page directly yourself. Photos and videos are especially valued. To contact Yvonne use our public email address – contact@u3aipswich.org.au.

For our writing classes, maybe?

Louise Moss is a U3A member in the UK. She says: "I live alone and within days, I felt depressed, lonely and cut off from society. I wondered what I could do to help others who felt the same and started to put short stories on my website. It grew and became Writers Against COVID-19. Each day, a new short story is published on the website, selected to bring a smile to the face and lift the spirits. Click on: <https://www.writerscircle.net/>

"I was delighted when Australian author, Hazel Girolamo, sent me her story, Floral Tribute. It's a great story, clever and funny, despite the odd spellings – she had me stumped with the word chook! I have been writing all my life and have had many articles and stories published. I have written several novels which you can find on Amazon, including Countdown to Extinction, which took over 30 years to write. I would be pleased to hear from any writer who can offer a short story to put a smile on people's faces."

Louise Moss Twitter: @19Writers and <http://www.louisemoss.com>

New Associations Incorporation Act

As a result of the enactment of this legislation U3A Ipswich & West Moreton will eventually have to adopt the model rules, or constitution. This is an issue the Management Committee will be coming to grips with over the coming months. Part of the changes is the requirement that all incorporated associations adopt approved complaints handling procedures and U3A Network has already let us know that a template for the management of complaints handling is now available to all members.

The new complaints management procedure meets the requirements of the new legislation and we will be working to include that within our By-Laws. This will not require membership approval but the adoption of the new model constitution will require membership approval of a special resolution tabled at a general meeting of members.

Some of the requirements come into immediate effect while others will be introduced over the next two years. There are changes to clarify the duty of care and diligence of committee members. The requirements for financial diligence will bring the responsibilities of committee members into line with those of company directors. There will be penalties introduced around the use of information garnered as a committee member. And there will also be requirements for disclosure of conflicts of interest as a committee member.

You will be kept fully informed as we approach those dates.

U3A Network and you

Documentation for the 2020 Annual General Meeting of U3A Network, of which U3A Ipswich & West Moreton is a member, will soon be sent to us. The AGM will be conducted via Zoom on 26 August. The initial documentation will include nomination forms for election to the Network Management Committee. Nominees will need to have a proposer and seconder from their U3A and a profile detailing their expertise and experience must be sent with the nomination. Positions for election in 2020 are those of president, treasurer and three committee members.

If you, as a member of U3A Ipswich & West Moreton, would like to step up for one of these positions please let us know and we will forward the appropriate paperwork.

How are other U3As coping across Australia?

The latest newsletter from U3A Alliance Australia (U3AAA) provides an interesting glimpse into how clubs across Australia are faring. The newsletter starts with this excerpt by Claire Eglinton who is editor of U3AAA News and a member of *U3A Lower North in South Australia*: "The internet has made so much possible in the last few months: working, meetings, shopping, social contact with friends or family, local or interstate, all from the comfort and security of our own homes. Back in 2006, the first subject I taught in U3A was computing. So often when I encouraged members to enrol, they laughed it off and said I'm too old or why would I need that. How they would have scoffed if I had said you'll be sorry one day. If I had predicted that one day they would be going to be very lonely and isolated, confined to their home, no visits from friends and family, no entertainment beyond TV and radio, I would only have been describing what old age is to many, pandemic or not. Thank goodness for U3A and hopefully a lot more people will be enrolling and taking full advantage of what we have to offer."

Claire also offered this vignette of her *Gawler* club book group. The group meets at a members' home and supper is provided by the person who chose that month's topic. This group is named 'Book Club with a Twist' because, rather than everyone reading the same book, a topic is chosen from a list compiled at the beginning of the year, resulting in a wide range of genre and books that some members would never have attempted otherwise. Last year they read autobiographies, short stories, poetry, suspense thrillers, ones from childhood, books turned into film, books that can be read in a day, books with a one-word title, books with an Australian author. They can be non-fiction and fiction.

U3A Network NSW has adopted the attitude of 'keep safe, keep learning, and stay connected'. And in what may be a first for U3A in Australia, members of classes in Northern NSW and Queensland met together in a virtual classroom. The Zoom meeting, of members of *Northern Rivers* and *Brisbane U3As* "went like clockwork," co-ordinator, Graeme Eggins said. "Our speaker discussed modern monetary theory challenges and took questions. His presentation took up all the first free 40-minute session but we moved effortlessly into a second session to discuss other topics – bio-techs, pandemic themes such as Bunnings benefitting from DIY home improvements stimulated by COVID-19 lockdowns, and market momentum.

"Everyone was energised by the joint meeting. It is great to have new blood in an established group and to see how different classes learn about the same subject, in this case investing in retirement. One of the many advantages of meeting on Zoom is that any number of people can attend so we do not have to worry about venue size and, of course, absolutely no hand sanitising or social distancing."

And from hard-hit *Victoria* which is now in a COVID-19 State of Emergency this uplifting tale: many U3As were concerned that isolated and older members will be significantly disadvantaged and not everyone has the equipment and connections to go online. So *U3A Melbourne City's* Writers tutor, Betty Caldwell, keeps in touch with students by phone. Now the class is also offered online through one member with IT skills. He is the Zoomhost while Betty still runs the class by phone.

The star of the class is 90-year-old Anna Sput-Stern who joins in the Zoom meetings. Originally from Poland she lost her Jewish parents and other relatives in the Holocaust. She spent most of the Second World War in a Russian labour camp in Siberia where her two-month-old daughter died of starvation. She and husband Heniek and another daughter Ruth, to whom she gave birth on the train journey from Russia back to Poland, came as displaced persons to Melbourne after the war.

Memories are made of?

We have received a request to let our members know about a research study being conducted at La Trobe University under the supervision of Dr Kerry Pike (K.Pike@latrobe.edu.au). The research title is 'The effectiveness of face-name memory training in older adults.' The research is being done to learn more about the effectiveness of memory training for remembering names to faces in people aged over 60. The study is online.

Forgetting names is one of the most common memory difficulties, and can lead to people withdrawing socially, reducing quality of life. The memory intervention involved in this study is short and is to improve memory performance and confidence. The university is looking for people who are aged over 60; can read and speak English proficiently; have normal or corrected-to-normal vision and hearing; have computer and internet access; and can complete tasks independently.

Participants will be asked to complete two questionnaires on-line and practice learning names every day for two weeks. They will be provided with different memory strategies. Participants can enter the draw to win a \$50 Coles voucher. Click on this link for more information: <https://latrobe.co1.qualtrics>.

2019/20 Management Committee

President	Ian Muil
Vice President	Karen Doolan
Secretary	Robyn Hargreaves
Treasurer (Acting)	Karen Doolan
Committee Members	
Membership Officer	Yvonne James
Tutor Coordinator	Amanda Schloss
Special Projects	Norah Blunden



U3A Ipswich & West Moreton Inc.

Office and Postal address: U3A House, 25 Eileen Street, Booval, QLD 4304

Phone: **3282 7484** – Email: contact@u3aipswich.org.au –

Website: www.u3aipswich.org.au

Normal Office Hours: 10:00 am to 12:00 noon. ***The office is now open between those hours.***

Staffed by volunteers. Always call ahead.

Free on-site parking on grounds of Glebe Road Uniting Church, Corner Glebe Rd & Green St, Booval.

Make sure to bring the exact amount if you are coming in to pay your membership. The office does not keep a float.

ABN: 23 188 788 461 U3A Ipswich & West Moreton Inc is a charity registered with the ACNC.
