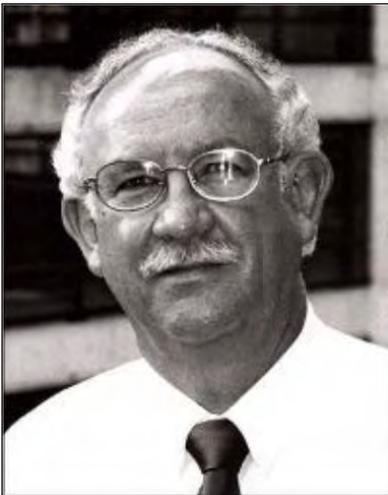




N E W S L E T T E R

August / September 2021



Signed & delivered – but not sealed. Our new constitution, approved by members at our Annual General Meeting (AGM) in March 2021, was submitted to the Office of Fair Trading (OFT) for final approval. We have now been informed by the OFT that we need to hold a Special General Meeting to enable members to approve a Special Resolution stating that U3A Ipswich & West Moreton Inc has a common seal.

The constitution approved at our AGM contained the following clause 43:
The association will no longer utilise a common seal.

This has come about because the changes introduced by Queensland Parliament on 16 June 2020 with the passing of the Associations Incorporation & Other Legislation Amendment Bill 2020 were to include changes starting on assent with others taking effect over the next few years. For example, it was anticipated that by 30 June 2021, incorporated associations registered with the Australian Charities & Not-for-profits Commission (ACNC), as we are, will no longer need to submit annual financial reports to both the OFT and the ACNC. Meeting our financial reporting obligations to the ACNC means no longer needing to report to the OFT.

However, there was a delay in the proclamation of the Act and the OFT has updated their website stating: "Law changes expected in 2021-22. Please note the below law changes have not commenced. These changes are subject to proclamation by government and are expected to commence in 2021-22."

One of those changes not enacted was the provision that associations could decide not to use a common seal. That change is now to be promulgated over the next year or so but in order for our member-approved amended constitution to be approved by the OFT we need to re-instate the requirement to have a common seal.

That means a Special General Meeting (SGM). However, as there will be only one item on the agenda the entire meeting is not likely to take longer than 10 minutes. Therefore, to turn this to our advantage we intend to hold a morning tea for all members, preceded by the short formality of the SGM.

We will be notifying all members of the date of the SGM in compliance with the statutory requirements for a SGM and we hope to be able to give you more information soon on the date and venue for that morning tea.

Stay well

Ian Muir
0414 969 648
President

Lockdown changes:



From **4pm Sunday, August 8** the 11 Local Government Areas in South East Queensland came out of lockdown. However, some restrictions continue to apply until 4pm Sunday, August 22, including:

- masks at all times, including workplaces, except when eating or drinking, or exercising with your household or one other person
 - schools reopen and all staff and high school students must wear masks
 - maximum 10 people in your home, including those who live there
 - maximum 20 at weddings and funerals
- one person per four square metres for larger businesses and venues; one person per two square metres and maximum of 50 people for smaller venues
 - community sport and exercise not permitted
 - do not travel outside SE Queensland
 - Visitors allowed to hospitals, aged care and disability accommodation.

It is up to the discretion of our tutors whether to hold classes. Please contact them with questions.

Class updates:

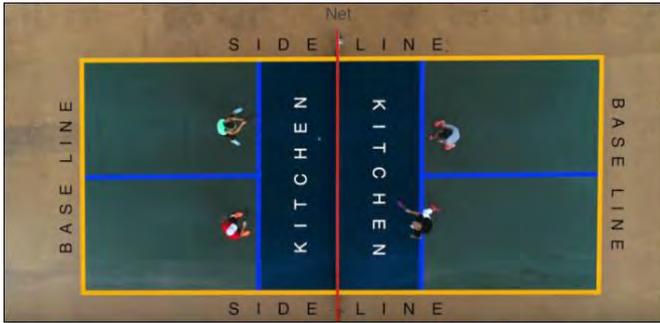
Sandra Kovac's **Singalong** group has been cancelled for at least Term 3. However, we still have many members very keen to join a **U3A choir**. All we need is a choir leader. We're not looking for a local Andrew Lloyd Webber – just someone with some musical talent who would be prepared to lead the choir. If you think you could be that person please let us know or if you know of someone who might be able to do this please either invite that person to contact us or give us the person's details and we will make contact. The choir leader does not have to be a U3A member.

To get you thinking about **climate change** here are some snippets from an article published online in the past few days:

“Regulators and central banks, concerned that global warming might de-stabilise the world’s financial system, are urging their regulated institutions to disclose the implications of climate change risk to their investors....recent events such as the unprecedented 2019/20 Australian and Californian bushfires, Chinese floods and Indian extreme temperatures, even greater extremes in Western US, Canada, the Arctic, Siberia, Europe, China and the Amazon, should be a wake-up call that climate impacts are accelerating and close to moving beyond human influence....despite impassioned pleas from scientists we are locking in extremely dangerous, and potentially catastrophic, climate outcomes by refusing to rapidly reduce carbon emissions, which is now necessary to stop runaway warming....the current global trajectory is likely to result in catastrophic warming in the second half of this century, with little chance of changing that trajectory over the next two decades by mitigation alone.....3°C warming would be catastrophic, leading to chaos in relations between nations, and 4°C is an existential threat to human civilisation, with many parts of the world becoming uninhabitable leading to mass migration and social conflict.... temperature increases on land will be higher than these global means, beyond the limits within which humans can operate.”

To learn more about the science Dr John Price runs our **Understanding Climate Change** and there are now vacancies for registration. If you want to join these classes simply register online through Online Member Service on our website.

We are keen to introduce **new classes** so if you have a topic which you would like to cover, please email Amanda at tutors@u3aipswich.org.au. That could be classes run along similar lines to others but it could also include one-off workshop classes as we are keen to introduce different formats for our members. A one-hour, half day, or full day workshop would attract many. If you are able to offer yourself, or suggest someone, to progress this please contact Amanda.



One example is Vinh Truong who is running '**learn to play pickleball**' sessions at Ipswich State High School at Brassall every Wednesday and Friday from 6.30pm to 8.30 pm. Pickleball combines elements of badminton, table tennis, and tennis. The sport requires a badminton-type court, and a net and rules similar to tennis. This sport is very popular with seniors as it is easy to learn, is low stress and has low impact on the body. Click on **this link** to see how to play pickleball. Vinh would like to work with U3A Ipswich and if there is

interest we may try to get earlier times. Email your interest to Amanda at tutors@u3aipswich.org.au.

Call to writers: We have **some very talented people in our membership**, including writers who don't always advertise their talents widely. But here is an opportunity for our writers, and those who aspire to be a writer, to gain a wider audience.

U3A members have been invited to enter the 39th annual Lambing Flat Fellowship of Australian Writers writing competition. The competition is open to all. There is no set theme and writers of fiction, family history, romance or articles are invited to enter. Traditional rhyming or free verse poetry is also welcomed. The short story word limit is 1,500 and poetry is 50 lines. The closing date is October 15 and entries can be posted or emailed. Entry fee \$5 per entry. If you are interested contact Ted Webber on 0459707728 or email him at lambingflatbranchfaw@hotmail

Our exercise classes – not pedestrian at all: As we move into Spring should we activate our hibernated walking group? Many U3As, such as Toowoomba, have very active walking groups. Our previous walking group attracted much 'virtual' interest (almost 30 people signed up) but actual attendance was small. That could mean we need to hear what members want. If you have an interest in walking please email tutors@u3aipswich.org.au and let us know: what time of day would suit you best? How many days a week would you like to walk and what days would be best? Would you prefer different walks every few weeks or stick to the same route (such as Limestone and Queens Parks) for every walk? Would you like to end the walk with a coffee stop over?

The benefits of walking are well known and now that morning temperatures don't demand the continued early-morning comfort of the doonah let's get walking.

Physical activity is intentional activity that involves moving our body and working our muscles. In other words, it doesn't only mean aerobic exercise, playing sport or going to the gym. Any little bit of extra physical activity you can do in a day is beneficial to your physical and emotional wellbeing. This video is designed to enhance mental wellbeing and resilience: <https://youtu.be/xDmxMz688As>

Photographers and artists on show: Fay Steel's painting group and Wayne McDonnell's photography group are holding a combined exhibition of each group's work in the Ipswich Community Gallery. Subject to approval by Ipswich City Council the event will take place from Wednesday, October 20 to Tuesday, October 26.

"We see this exhibition as benefiting U3A by raising its profile in the Ipswich community showing that we are an integral part of the community and how a community-based volunteer organisation operates. It also demonstrates to our members what these groups do," says photography tutor Wayne.

Appropriately, this exhibition of U3A talent takes place during Queensland Seniors Month which begins on October 1, United Nations International Day of Older Persons, and ends on National Grandparents Day, 31 October. This year's theme is *Social Connections*.

And Fay Steel's Art class hold their annual exhibition in Boonah starting on September 11. The exhibition is open Wednesday to Sunday each week. The group exhibits under the banner of: Warrego Art Group of U3A Ipswich.

Members are encouraged to visit the exhibition, enjoy the drive, enjoy the Boonah cafes and coffee shops, admire the exhibition and maybe even return home with a masterpiece of your own.

Some general information and updates

Community Transport:

Ipswich City Council has cancelled its free taxi service for seniors and pensioners. However, Council advises that if you are a senior, someone with a disability, or a carer who needs community transport, you can access a wide range of subsidised community transport options:

- My Aged Care at [1800 200 422](tel:1800200422)
- National Disability Insurance Scheme at 1800 800 110
- Queensland Government Taxi Subsidy Scheme at 1300 134 755
- Queensland Government Community Support Scheme at **1800 600 300**
- TransLink Access Pass & Concessions at [13 12 30](tel:131230).

To access locally based community transport providers, contact:

- Able Australia at (07) 5600 0730
- Be at 1300 785 448
- STAR Community Services at (07) 3821 6699



U3A Online offers a range of interesting and amusing items in their GEMS newsletter. Here is a taste of some:

Longevity: "The number of people who live past the age of 100 has been rising for decades. There are, however, still few 'super centenarians', people who live to age 110 or longer. The oldest living person, Jeanne Calment of France, was 122 when she died in 1997; currently, the world's oldest person is 118-year-old Kane Tanaka of Japan.

Such extreme longevity, according to research by the University of Washington, likely will continue to rise and estimates show a lifespan of 125 years, or even 130 years, is possible.

Longevity has ramifications for government and economic policies, as well as individual health care and lifestyle decisions."

The third age and romance: "It's now almost common that people build new connections online, some leading to romantic relationships. Unfortunately, there are those who see this as an opportunity to gain your trust so they can steal from you – romance fraud. More than 4,000 Australians reported being a victim in the past year alone, with the average victim losing \$19,000.

Scammers deliberately target those who are vulnerable due to their age, the experience of loss or loneliness. Many people are caught because it's a subtle game of emotional blackmail played out over a long time. The fraudster is likely to befriend you, then build up to a romantic relationship. Then they need money urgently for medical treatment or because they are about to lose their business. They may encourage you to buy fake gift cards or invest in a business that doesn't exist.

Their tactics are varied but the goal is not – scamming innocent vulnerable people out of their hard-earned cash."

To enjoy the many items in the GEMS newsletter simply enter U3A Online in your search engine then click on GEMS.

U3A Ipswich & West Moreton Inc
ABN 23 186 788 461
25 Eileen Street
Booval Qld 4304
Phone: 07 3282 7484
Email: contact@u3aipswich.org.au
Web: www.u3aipswich.org.au