

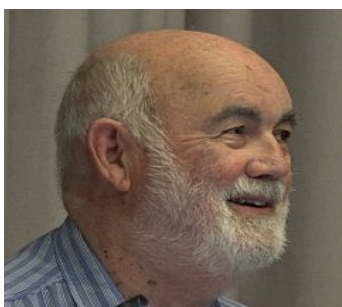
## Newsletter

## Issue 2/2024

### In this issue

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### Vale Gary Triffit



*Gary in 2018 when elected Deputy Treasurer U3A Perth*

A visionary of how we could expand and use technology to learn and engage online, Gary had many innovative ideas.

These included developing new courses to stimulate and engage people

who were living remotely, not able to gather together, were travelling or just wanted to learn something new.

He held various positions both within his U3A Groups as well as being a member of 2023/2024 U3A Network WA committee for a short period of time.

A valuable member who will be missed.

### From the President

*Tyril Houghton*



### **U3A Network Conference 24-25 Oct**

Bunbury Regional Entertainment Centre

Plan to join the celebration of Bunbury's 35th birthday and the joy of meeting others as we learn together, laugh and continue living our best life.

The change of weather after such an intense summer was welcome. Bunbury's tornado on 10th May and another violent storm/tornado on 1st June, caused major damage with our Parade Hotel losing its roof!

### National News.

U3A Australia Ltd. has replaced U3AAA. Council of the Aged (COTA), a Federal-funded organisation to **ADVOCATE** for older Australians has partnered with us to ensure we have our needs met. Informing the "powers that be" what is needed produces change. Contact your U3A Network WA representative so we can inform this National body via our State Network. Access to technology, to banks, elder abuse and ageism may impact you. Please don't suffer in silence - Advocate for change.

**Age Profiling:** COTA requests data on your membership in 5-year increments from age 60 to demonstrate the strength of U3A in Australia. More details through your U3A Network WA soon.

**AIUTA:** – Toulouse France will hold the final celebration of the 50 years of U3A and Australia will host the annual meeting in 2027.

**/-Continued on Page 3**

## Benefits of Belonging



Benefits of belonging to a group such as U3A are long and varied with laughing, learning, having fun while keeping on living to name just a few.

Linking our respective groups together is also important and this is one of the reasons for having a Network. It is also a reason for having a Network newsletter - more information about what we are all doing, and sometimes gaining an idea, or speaker, that another group has had success with.

Group benefits, as a lot of you would know, are also an extra benefit. At present these include bulk deals on insurance and copyright licences. We can now also add a flat rate for music and performance copyright with AMCOS, APRA - PPCA.

Our national body, U3A Australia Inc. has been completed and registration as a charity is ongoing. They have also negotiated with COTA - Council of the Ageing - one of the foremost groups advocating for rights of older Australians, which gives us a bigger voice to the hierarchies of all levels of Government. They have also negotiated deals with Officeworks Australia.

So much of this work is "behind the scenes" stuff, but when done right is a benefit to all U3A members across our vast continent. That's what belonging to the Network gives us

*Ed.*

## Network Committee

PRESIDENT: Tyril Houghton, Bunbury

VICE PRESIDENT: Liz Balding, Perth

SECRETARY: Catherine Baxter, Perth

TREASURER: Val Jarrett— Crowe, Armadale

COMMITTEE: Ric Stacey, Bunbury

Bunty Paramor, Margaret River

Di Turner, Mandurah

Pauline Rockley, Naturaliste

Web manager: Ric Stacey

Newsletter editor: Lyn Frings



## Editorial



**"Getting old is like climbing a mountain - you get a little out of breath, but the view is much better!" Ingrid Bergman, Actor**

Rains have blessed us with their presence in the past few weeks, but speaking from experience, some of our towns have had some damage along with this precipitation. Our best wishes go out to any of our members who have been impacted by the recent storms.

You will see a biography of one of our talented U3A members in this edition. I know all of us in this wonderful organisation are clever in our own right, but it is also great to highlight some of them, (with their permission of course!) and let the rest of us know some of their history.

Mark Twain said, "There was never yet an uninteresting life. Such a thing is an impossibility. Inside of the dullest exterior, there is a drama, a comedy and a tragedy".

This year U3A Bunbury will be celebrating its 35th year, and one of our members is busily preparing an Anniversary book for us all. He has commented on how talented the membership has been, and is, at Bunbury, which has been apparent with the great talks that many of our members have given to us all over those years. Some people who came and gave a talk as a member of another community group, have now become members. Never be afraid to call on your members to give a little of their life's journey for the rest of you to hear, and if they are comfortable in doing that, you could be surprised at what they will reveal. We will have copies of our Anniversary book for sale at the Conference, along with copies of Bill and Jenny's new book about the Margaret River Hospital and its 100 year journey. Anyone who is a Western Australian history fan will be very interested in these .

## Notices

Consistency using our U3A brand is important for recognition and presenting a professional image. Large format images of the brand without text can be downloaded from the Network website.

If you use your own local pic we do ask you to include an image of the 3-cell logo which comprises 3 equal squares and should not be stretched or distorted. You can have your own branded logo prepared by Network staff if required.



Further guidelines are at:

[u3anetworkwa.org.au/about-us/branding-images/](https://u3anetworkwa.org.au/about-us/branding-images/)

### Next Newsletter

The next newsletter is ***due the end of October*** and will include all the stories from our State Conference.

However, that doesn't get your branch news off the hook!! So, with so much time to think about your next contribution and careful choice of good quality photographs, it should be a Bumper Edition!!  
*Lyn Frings.. Editor.*

### ***/- Continuation of Presidents Report.....***

**U3A Network WA** - Current membership is 1681 in WA. Please invite others to join you at U3A. We currently have 7 U3A groups in WA; Armadale, Bunbury, Geraldton, Mandurah, Margaret River, Naturaliste, and Perth. Network meetings are via ZOOM so your ideas as members are sought to enrich our organisation.

WA dementia sufferers have no access to Voluntary Assisted Dying (VAD). The current law is being reviewed. Is this an issue for you? Contact me or your U3A group representative.

Website and Facebook page. Please check these out.

**AGM 2024 will be via ZOOM and not at our next Conference to enable as many as possible to participate.**

Date TBA.

Stay safe and warm, everyone and I look forward to meeting some of you at the Conference in October.

Tyril Houghton

President

U3A Network WA

Phone: 0400 252 076

Email: [houghton@westnet.com.au](mailto:houghton@westnet.com.au)

**U3A Network WA Inc.**

<https://u3anetworkwa.org.au/contact-us/>

## **KNOCK ON WOOD**

Three sisters ages 72, 74, and 76 live in a house together.

One night the 76-year-old draws a bath. She puts her foot in and pauses. She yells down the stairs "was I getting in or out of the bath?"

The 74-year-old yells back "I don't know. I'll come up and see."

She starts up the stairs and pauses, then she yells "was I going up the stairs or down?"

The 72-year-old is sitting at the kitchen table having tea and listening to her sisters. She shakes her head and says "I sure hope I never get that forgetful." She knocks on wood for good measure and then yells "I'll come up and help both of you as soon as I see who's at the door!!".

## INTERNATIONAL NEWS

With delegations from China visiting Australia recently, you might be interested in learning about U3A's in that country. Many of you would be aware that last year was our celebration of 50 years since the French Professor, Pierre Vellas, started the original movement at Toulouse University. This model is primarily run through the University education system. Since then U3A has gone on to be developed in Cambridge, UK in a slightly different model - one led by the community and usually a "self-help" system in the respective groups. There is also another version - The China model.

The China Model began in the 1980's with the Central Communist Party of China realising they had a population that was ageing and that lots of their "retiring cadres" still wanted to learn and receive education. The original models started with the development of Seniors Universities, which were developed all over the country. In 1995 it became law giving seniors the right to "enjoy equal educational opportunities in accordance with the law" and a year later the "Law on the Protection of the Rights and Interests of the Seniors" was implemented. Evolution followed over the ensuing years and there are now several versions of U3A being implemented across the country. In Hong Kong, Macao and Taiwan regions, their versions are a mix of Chinese cultural education models as well as the French and British ones, too. Quite understandable as most of those "territories" were ruled by those other countries at one time. Currently in China there are basically two versions of Seniors learning, one run by subordinates to the Party and the other run by non-government organisations such as private enterprises.



On April 15th, 2024, AIUTA President Professor François Vellas visited two U3As in Beijing, one public U3A and one private U3A with Vice President Diao Haifeng and Secretary General Li Chunhua.

Beijing U3As are offering a large number of education facilities to seniors living in the Capital city of China. CAUA (China Association of the Universities for the Aged), will facilitate international exchanges on groups of senior students playing songs and dance. Professor Vellas did a presentation on five (5) AIUTA cooperation programmes with U3As. CAUA will work closely with AIUTA to involve a large number of Chinese U3As on these programmes.



## NATURALISTE U3A NEWS

Our first semester is almost at the end, and courses for the year's second half will be out in the next couple of weeks. As well as the continuing courses, there will be the addition of four new ones.

- The WRITING and PUBLISHING course run by Arthur Paternoster has two members with manuscripts ready for publishing.
- ENHANCE YOUR CREATIVITY run by Lorraine Watts proved to be popular.

Our last topical talk was from one of our long-term members John Slee called

### **"My Dad and his Battle with Goering".**

This was well attended & very interesting.

Twenty-two members attended the luncheon funded by Volunteering WA and Lotterywest. This was held at The Deck restaurant overlooking Geographe Bay. One of our long-term members provided entertainment through the rendition of some Pam Ayres short verses. This luncheon was to show appreciation to our course leaders and Committee, and I am informed that many positive comments were made after the event. If the grant was to be available again in 2025, we would like to do this again.

Our quarterly newsletter "The Crier" went out this week and a copy can be distributed to other committees if requested.

Pauline Rockley  
Vice President  
U3A Naturaliste

*If any groups would like a copy of "The Crier", please let me know & I can send it through.....Ed.*

Here's a biography of Naturaliste's President

### **Colleen Liston**

Colleen Liston (IAUA, GradDipPhys, GradDipHlthSc, MSc, AdvDipQM, CertIVBEE, PhD APAM) is currently Vice-Chair of the Busselton Oral History Group with a passion for local social history. In the past she was President of the Australian Physiotherapy Association and chaired the Physiotherapists Registration Board for a number of years and held senior positions, including: University Secretary and Director of International Planning and Quality at Curtin University.

Dr Liston is a private consultant on tertiary education quality assurance, accreditation and standards. She has been involved in tertiary education since the late seventies (Health Sciences), and in quality management and international education issues since the late eighties. Her PhD in Education researched The Structure of Educational Accreditation. She has published widely on health science research and managing quality and standards; presented at workshops on self-review and quality auditing activities; briefed senior university staff and given invited keynote papers on these topics at major international conferences in Australia; Dubai, United Arab Emirates; Edinburgh, United Kingdom; Chile; New Zealand and China.

Dr Liston qualified as an ISO Auditor, an Australian Business Excellence Framework Evaluator and a Tertiary Education Quality and Standards Agency (TEQSA) [previously Australian Universities Quality Agency (AUQA)] Auditor. She was on the panel which undertook the inaugural AUQA audit, was involved in preparing for AUQA's first audit of Curtin University, chaired the first dual sector AUQA/AQTF audit of RMIT University and has chaired and been on a number of other university and non-self-accrediting institutions' audit panels in Australia and overseas. She was a member of the Editorial Board for AUQA's Occasional Publications. Professor Liston was appointed by the Minister of Education in Western Australia to chair higher education accreditation committees (HEACs) and as the inaugural Chair of the HEAC Chairs' Forum. Colleen undertook a review of the procedures for accreditation of higher education courses for the New Zealand Vice-Chancellors' Committee and is an accreditation and quality assurance reviewer for the Hong Kong, New Zealand, Oman, Saudi Arabia and Bahrain Governments' Quality Management Agencies. She has conducted independent reviews for a number of Australian universities in relation to internationalisation, academic governance, standards and benchmarking. Colleen is a Hospice volunteer and member of U3A in Busselton.

## MANDURAH U3A NEWS

Life goes on as normal with our talks every Wednesday and Thursday afternoons at the Anglican Community Centre on Leslie Street and we have had one coffee catchup in the last month but nothing more really to report.

We were invited to attend two Seniors Expos - one at the Lakelands Shopping Centre and the other at Belswan Lifestyle Village and were very warmly welcomed.

There was interest from people who have heard of U3A and those it was new to so collected quite a few contacts which might, in the future, turn into members

Thursday 20th was a fun Trivia Quiz run by Liz Whichello and enjoyed by all.

We'll be having more of these through the winter, I hope - encouraging a fair bit of



U3A Mandurah members spruiking all the great things about our organisation to residents of Belswan Lifestyle Village.



competition although it's obvious who the winners were!

Happy U3A Mandurah members after their Trivia Quiz



*What a good idea - having a Quiz during the day - those of us who enjoy Quiz "nights" can still have the enjoyment, without going out in the cold night to do it!.....Ed!*





Web: [www.u3aonline.org.au](http://www.u3aonline.org.au)





Email: [enquiries@u3aonline.org.au](mailto:enquiries@u3aonline.org.au)

## 21<sup>st</sup> CENTURY LEARNING FOR OLDER PEOPLE

### EXERCISE YOUR MIND AND LEARN AT YOUR LEISURE

U3A Online is the world first virtual U3A that offers short online courses and many other useful resources for people who are geographically, physically or socially isolated.

**U3A Online Offers:**

	<b>WIDE RANGE OF SHORT COURSES</b>
	<b>MEET OTHERS LIKE YOU ONLINE</b>
	<b>NO EXAMS</b>
	<b>MINIMAL YEARLY COST</b>
	<b>LOTS OF HELPFUL RESOURCES</b>
<b>NO PREREQUISITE REQUIRED</b>	

#### What Courses are there?

Topics vary from time to time but the range is constantly growing and being updated. Visit the website [www.u3aonline.org.au](http://www.u3aonline.org.au) for the current list of available courses.

#### Membership

Once you are a member you have full access to courses, information and assistance. Membership is a minimal yearly cost and allows you to enrol in as many courses as you wish throughout the year as Independent Study.

If you want to do a course with a Leader (certain courses only) you need to pay an additional small fee for that particular course.

**Organisation Membership** is also available which enables an organisation to enrol in a course, print the notes and copy them for face to face teaching within their organisation. For more information about this option please contact U3A Online via [enquiries@u3aonline.org.au](mailto:enquiries@u3aonline.org.au)

The Members' Lounge is an area where members can participate in general Discussion, play games, vote in polls and socialise with other members online.

#### Management

U3A Online is an incorporated association run by an elected Committee of Management and everyone is a volunteer.



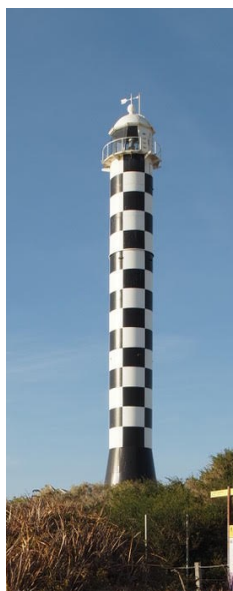


## U3A BUNBURY

Following on from our last edition about our Topical Talking with John McKernan, he sent a letter to Australian Geographic magazine about one of their articles on Antarctica. Here is the snippet of the letter he wrote:

"The Antarctica article (A continent in crisis, AG 178) was informative, current and clearly written, laying out the problems we face in Antarctica. I used it as a base for a discussion group of members of the University of the Third Age in Bunbury. It went down well. I enjoy articles of this nature."  
*We certainly get around in U3A, don't we?.....Ed*

### CONFERENCE UPDATE:



U3A Bunbury is right in the midst of getting everything ready for the Network WA Conference. The speakers have all been sourced and (more importantly) agreed to come and talk to us all, our venue is very central in the CBD so everyone will be able to find it and our accommodation businesses are gearing up for an influx of delegates to come and enjoy the beautiful area of Bunbury and the surrounding south west. Make sure you get your accommodation booked, and have you thought of making it a long weekend? We have so much to offer everyone down here, it would be a shame to miss it all.

On Thursday night we will have groups of 12 - 15 delegates attend some of our many restaurants in Bunbury, accompanied by one or two of our Bunbury members. Look out for the forms to choose which hospitality venue you would like to eat at. Bunbury has a **LOT** to choose from. Your group Secretaries will be sent through the list of participating restaurants, so it will be a first-come first-served system and once the numbers have been reached you will need to choose another venue. This will be at your own expense, by the way.

If listening to a bit of John Denver music is more your style, Bunbury Regional Entertainment Centre has a tribute concert on the Thursday night of our conference. Tickets are available from BREC:- Concession \$56.50 + BF and the concert will be held in The Cube, which is right next door to our area for the Conference. So many choices!!

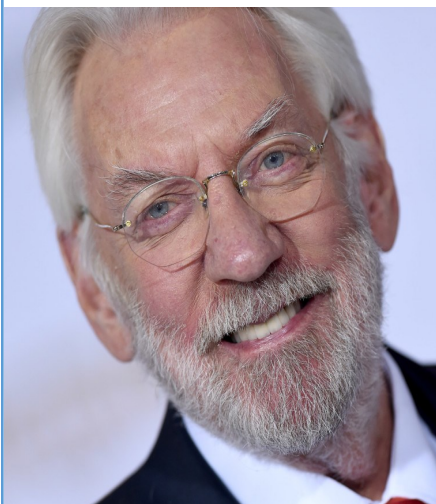


We do hope you are all thinking seriously of making the journey down to our great town. The Conference committee has been working hard to make this a conference to remember, and we have a varied line-up for you all. We are trying really hard to keep the Conference price down and hope we might be able to stay at the same price as the Armadale one in 2022 - \$65 for the two days. Anyone who has attended any conferences, especially in the Eastern States will know that this is a very reasonable price, as a lot of theirs are priced over the \$100 PER DAY!!

On Page 9 is our Conference poster, showing our Keynote Speaker as Keith Bradby, OAM, and we are sure you will enjoy his talk about the work that is going on with a great bio-diverse hot-spot further south. The Gondwana Link has been going for more than 20 years and Keith has been there for most of those years. It hasn't always been an easy road, but the vision that the group has for connected wildlife and nature corridors is worth all the hard work.

So come and listen to an inspiring tale - one that has been recognised by the United Nations - as well as all our other speakers about a huge variety of subjects.





We recently lost one of our greatest character actors - Donald Sutherland - and while reading some of the many tributes to him from many in the film and television industry, I came across this quote from the man himself while being interviewed for a magazine.

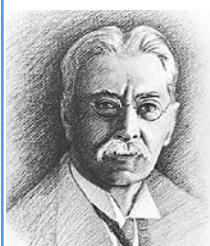
Do you know Dalton Trumbo? He wrote Johnny Got His Gun. He was one of the blacklisted writers. Spent time in prison. Lost everything. Got everything back. Wonderful fellow.

The last thing he said to me was "Don't forget to be happy."

A great quote from someone a 76 year old at the time. It got me thinking about other high-profile people who may have also said poignant words before they passed away.

Here are a few I found:-

"Old age isn't so bad when you consider the alternative." – Maurice Chevalier



"Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul."

Samuel Ullman



"We are happier in many ways when we are old than when we were young. The young sow wild oats. The old grow sage."

Winston Churchill

Don't cry because it's over. Smile because it happened.



Dr Seuss

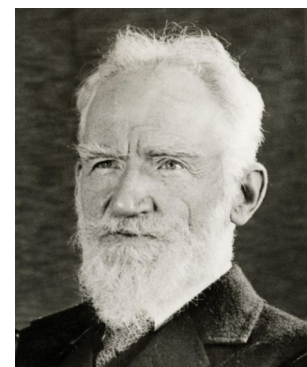


Beautiful young people are accidents of nature, but beautiful old people are works of art.

Eleanor Roosevelt

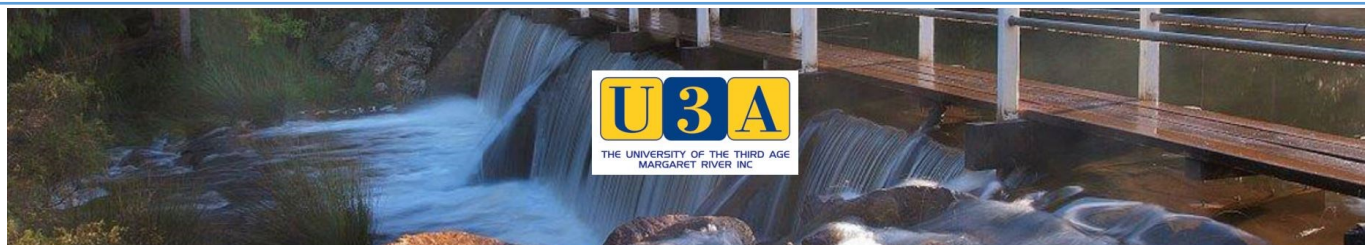
We don't stop playing because we grow old; we grow old because we stop playing.

George Bernard Shaw



Keep warm everyone and I hope some of these sayings put a smile on your face, or as this one goes:-

**A smile on your face  
will always bring a  
smile to mine.**



Margaret River U3A recently welcomed new Committee Members **Julie Dignon** and **Dr Fred Affleck AO**.

Julie is a highly regarded former Phys-Ed teacher with an interest in health benefits for people of all ages, and a passionate belief in teaching languages, one of which is French, which she teaches as a Course at U3A.

Fred is an experienced senior Board Member from numerous organisations with University research skills, and will be compiling information on U3A nationally and worldwide, facts which will likely be useful for all U3A groups.

#### ***Some recent activities at Margaret River U3A***

***Left: Members enjoying Pete Lane's Evolution of the Far South West***



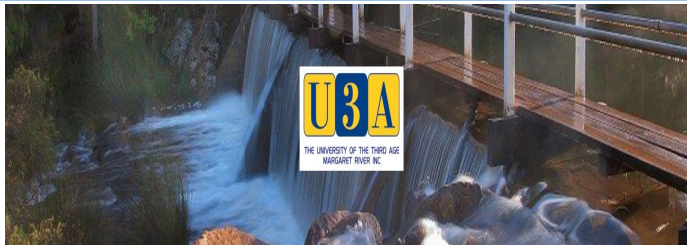
***Above: Members and visitors ready Mike Donaldson - Talk on Aboriginal Rock Art***



***Left: Jill James - Cooking for Men***

Recent events in Margaret River include the annual Readers and Writers Festival, run by Arts Margaret River, and attended by many U3A members. Part of the Festival included the launch of Jenny and Bill Bunbury's new book, "Settlement, Struggle and Success", a fascinating account of the history of Margaret River's development, particularly the building of the Old Hospital, now the Community Centre, and later the New Hospital, after years of hard work canvassing government agreement, undertaken by a number of hard working local supporters.





## Margaret River News cont/-

On the 25th of May, the Community Centre celebrated 100 years since it's beginning, with a well attended Open Day. U3A was represented as one of numerous community focused groups offering information on their activities.

On the 30th of May, a very interesting talk was given by Oceanographer, George Cresswell, who enlightened everyone on the vast amount of information sourced by scientists studying the ocean currents, tides and their effects on the environment. A large crowd was in attendance and included members of U3A Naturalist as well as people from the local area.

New Courses being planned for Semester 2 include well-known Margaret River artist, Jenny Sanderson's " Drawing and Painting with Mixed Media ", published author and former University Lecturer Annie Horner's writing course on " Micro Memoirs ", Doctor Peter Durey's " Confronting Male Mental Health Issues ", Brian Easton (former Manager of Rottnest Island and the Perth Zoo ) History of Rottnest Island, and Mike Wood's " Exploring Contemporary Political Leadership ". In all an expected 25 Courses to be offered in Semester 2 from August to late November.

Arts Margaret River have agreed to provide their Foyer as a venue for enrolments on the 29th of July, immediately following the weekly performance of Young@HEART, the popular community centered concert held every Monday morning at 10 am – 11am and attended by between 50 and 100 people. The vibrant population of seniors in and around Margaret River comprises such an interested group of people who are very keen on social activities such as those courses offered by U3A , and the learning opportunities within, it is an ideal dynamic from which to draw.

*Ross Goulden ( President ), While Jane is away*



Left: Jenny Bunbury receiving flowers and Life Membership.



Left: Marie and Bev at the AGM



Above: Ross and Maggie at the AGM.



## U3A GERALDTON

Geraldton U3A continues to meet on the 1st and 3rd Tuesday of the month with a Book Talk session on the 2nd Tuesday. Our topics for discussion and sharing are loosely based on the calendar and specific celebrations.

In April and May our topics were Easter, Ireland and Mother's Day.

We had a visit to the Museum of Geraldton to see a touring exhibition. This exhibition from the National Archives of Australia, **"Out of This World - Australia in the space age"** looked back at exciting times, from the 1950s to the 1970s. while displaying the history of Woomera Rocket Range. Following this we adjourned for afternoon tea.

Our June topics were WA Day and Place of Birth.

Coming up in July we have America and Christmas in July which will follow our AGM. We hope to plan more outings in the next program.

Joint Secretary,  
Pat McLeod

*Contact the U3A Geraldton secretaries Pat on 0437 703 730 or Shelia 99643130*

## U3A DONNYBROOK

*For more information about the Donnybrook Branch contact  
Maddie Smith on 0448 169 785.*



Coordinator Maddie spent some time visiting America, and while she was away the group managed to have lectures from a variety of speakers.

This has included a talk from a local clergyman known as Father Terry at All Saints College. He spoke about his time visiting Italy, where his grandfather used to live and where he also participated in a 6-wk term at a small C of E church in a small town called Cadenabbia.

"Is that a Bird" was another talk from U3A Bunbury's John Frings, who used to be a wildlife rehabilitator. He took us through a photo journey of his bird patients - from when they arrived as balls of fluff to their eventual departure as adults able to fend for themselves in the wild. We all learnt a lot from him.

Our last talk was from a gentleman who has only been living in Donnybrook for the past 4 years, and after CoVid and some personal tragedy, decided to climb Mt Everest to Base Camp with some of his friends. What followed was an enlightening talk about his struggles to get there, but get there he did.

July has been proposed as a Christmas in July meeting at one of the Taverns in the district.

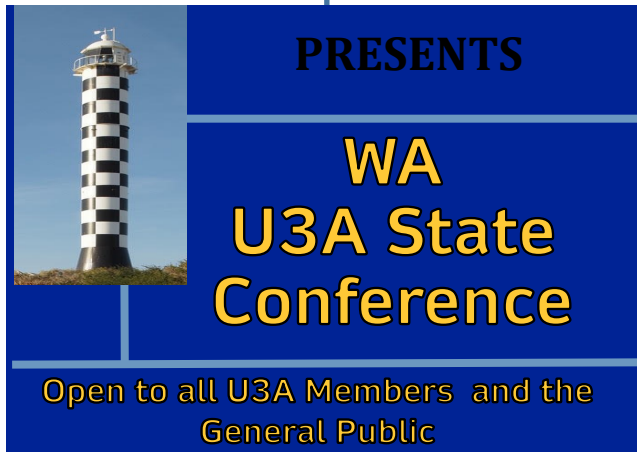
U3A Donnybrook continues to grow and has a core number of members who are always interested in listening and learning about new ideas and people's adventures.

*Lyn Frings*



U3A Network WA

AND



***“Learn to Listen, Listen to Learn,  
Get Curious not Judgemental”***

**Thursday 24th and Friday 25th October, 2024**

**Bunbury Regional Entertainment Centre, Blair Street, BUNBURY**

Our Conference Committee is pleased to announce our KEYNOTE SPEAKER for the 2024 State Conference will be :

**Keith Bradby OAM,**

and his talk will be called

**South-western Australia’s story of hope for the world.**

Keith is the CEO of the Gondwana Link programme and will talk us through the ups and downs of this incredible project that has demonstrated what large scale ecosystem restoration can look like.

*Ticket Sales will be available soon via U3A Bunbury’s Website. We understand how the cost of living is impacting some of you, and are hoping to keep the price of tickets down to the same as the U3A Armadale conference - \$65 for the 2 days.*

## National News

### Have you heard about the Canberra Tuesday Forums via Zoom? Something you can plan for next year

Forums have a "current affairs" focus covering local events, politics, science, the environment & international events.

Sessions are held via **Zoom** commencing on Tuesdays at 12:30 pm and run from March to early June and from mid-July to November.

#### **There are two registration options:**

**Pre-register for all talks** during the year and you will automatically be sent Zoom login details each week

**Register on a weekly basis** for the Forums which interest you. Registration will open in the week preceding the talk and the details are advertised with each Forum. Register at:

[forums@u3acanberra.org.au](mailto:forums@u3acanberra.org.au)



## **U3A** Network Victoria UNIVERSITY OF THE THIRD AGE

Online courses, activities and events that can be enjoyed from wherever you are.

Some Network Victoria courses are available to anyone of retirement age, although some are open only to people who are already a member of a U3A. In Victoria.

Bookmark this page to find out about more

[Online Activities — U3A Network Victoria \(u3avictoria.org.au\)](https://u3avictoria.org.au)



**6 Session Series for Older People**  
Fortnightly commencing 13/9/23  
from 10am-11.30am

Learn how Living Life Digitally Connected can help you in our practical, hands on, series.

Future courses on digital inclusion organised by nbn Co will be accessible via the U3A Australia website so check out

<https://u3aaustralia.org.au/>



As a Network member your U3A group can enjoy business pricing at Officeworks.

Further information on the U3A Australia website at:

<https://u3aaustralia.org.au/officeworks-u3a-australia-buying-group/>

### Links for other newsletters

National Alliance News: <https://u3aaa.org/news-bulletins/>

Victoria Network News: <https://u3avictoria.org.au/publications>

NSW Network News :<https://nsw.u3anet.org.au/newsletter/>

Queensland Network News:  
<https://u3aqld.au/network-queensland-newsletters/>

International U3A website: <https://www.aiu3a.org>