



# U3A News

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Coming together in unity



Learn, laugh, live

Orange  
2025

## 2025 U3A Network NSW Conference in Orange

2025 is on our doorstep and planning for the U3A Network NSW Conference in Orange on 7–9 April 2025 is well underway with a team of enthusiastic locals ready to welcome us to the Central West, know as the Food Basket of NSW.

This is a region that offers so much choice of cool climate wines, produce to pick or forage, farms to visit, historic towns to explore, markets and so much more. Lake Canobolas offers bush walks, birds and Botanic Gardens, sculptures and plants.

Autumn is the time to savour the colours in this wonderful area with extra treats to enjoy such as the F.O.O.D. Week in Orange from 28 March to 6 April and Sculptures in the Bush at Blayney on 11 April.

Plan to attend and partake of all the extras available at that time of the year in the beautiful Orange Region.



## 2025 U3A NETWORK CONFERENCE COMMITTEE



Michelle Holland, Elizabeth Griffin, Bev Holland & on the right Jean Penrose, Jenny Sams, Isabell Mitch (red jacket).

### Changing of the Guard in NSW

A record number of delegates attended the ZOOM AGM for U3A Network NSW. A new committee consisting of 9 Regional Representatives was elected with the David Davis taking on the role of President and Jean Lewis as Secretary. Pauline Ward, is co-opted as Treasurer. A vacancy existed for Central Far West Region which has since be filled by Jeanette Cleary who we warmly welcome.



David Davis  
President



Jean Lewis  
Secretary



# Dementia Australia®

## **Communities and leaders now have access to a free education toolkit to better understand and help reduce the impact of dementia.**

In response to the pressing need to raise community understanding of dementia, Dementia Australia has created a free, easy to use Community Education Toolkit designed to enable community groups and organisations to self-deliver informative sessions about brain health and dementia.

Dementia Australia CEO Professor Tanya Buchanan said the Toolkit was developed in response to an overwhelming community demand for dementia education and the need is reinforced by Dementia Australia's research findings.

"We have found that two in three people say they know very little about dementia<sup>1</sup>, despite it being the leading cause of death for women and the second leading cause of death of all Australians." To access the Toolkit visit [dementia.org.au/community-education-toolkit](http://dementia.org.au/community-education-toolkit), or contact [innovation@dementia.org.au](mailto:innovation@dementia.org.au) with any enquiries or contact the National Dementia Helpline on 1800 100 500.



## **PORT STEPHENS ENJOYS A 3-DAY EXCURSION TO SYDNEY**



A three day city educational holiday in Sydney for our members proved to be perfect in weather and activities.

Thirty two Port Stephens U3A members and friends travelled by Coach staying at a hotel for two nights in Parramatta at the end of August.

The group thoroughly enjoyed personal tours of Old Government House Parramatta, the Opera House and NSW Art Gallery in the city.

Walking the grounds of Auburn's Botanical Gardens on the last day and enjoying the fantastic Aviary was a wonderful way to finish the excursion.

These seniors worked up ample steps per day keeping super fit as they revelled in the sights in excellent Spring weather throughout the visit. Socialising together over lunches and dinners was an added highlight.

## ***IN THEIR FOOTSTEPS – HISTORICAL WALK - THE RUM HOSPITAL***

Carolyn, leader of the course 'Australian Colonial History' at U3A Central Coast took an enthusiastic group of U3A members on a walk down Macquarie Street, Sydney to explore and understand the history of the buildings.

At the beginning of Macquarie Street, stands a statue of Lachlan Macquarie, the fifth Governor of NSW. It is a testament to the vision of Macquarie and his talented wife Elizabeth and the expertise of convict architect Frances Greenway, that in 2024 we can still enjoy the magnificent buildings that line Macquarie Street.

These buildings date back to 1816 when the Rum Hospital opened. The first public hospital in Australia, the hospital was built with funds from the sale of 60,000 gallons of rum. The Mint Building is the southern wing of the original Rum Hospital, NSW State Parliament House is the northern wing. Due to the poor state of the building, the central wing was rebuilt in 1894, explaining the very different architectural style.

The unusual building behind the hospital is the Nightingale Wing. Due to the scandalous state of the Infirmary, the then Colonial Secretary, Henry Parkes sent for nurses from England. Lucy Osborne, a nurse qualified under the Nightingale system, arrived in Sydney in 1867, bringing with her 5 nurses and slowly conditions improved in the Sydney Infirmary. The Nightingale Wing was completed in 1868, and now is home to a museum portraying the history of nursing in Australia.

Sydney Hospital and Eye Hospital remain the oldest working hospital in Australia.

Carolyn Kingsmill – U3A Central Coast



## Foster / Tuncurry U3A 30th Birthday

Forster/Tuncurry U3A held their 30th Birthday Celebration on 15th May at Cape Hawke SurfClub in Forster. The function was organised by Noline Cornhill, one of our Life Members, ably assisted by the other Committee members. The special afternoon tea was attended by over 80 members, new and old, including Raylee Wildie, who was one of the original group in 1994.



A slide show presentation of old photos taken throughout the early years was run during the afternoon for members to see their younger selves enjoying U3A activities.

Our guest speaker was Graeme Macey, previous Secretary, who entertained us with his irreverent ideas about Aging Disgracefully. Several older members spoke about their time at F/T U3A and the way the friendships they have made had enriched their lives, including one lady who had arrived in Australia from India not speaking English. She joined the Puppet group and learned English from them while enjoying being part of such a welcoming and fun group. Colleen McGregor, wrote an excellent piece about the beginnings of our U3A Singers which has been running continuously for over 20 years. Geraldine Mullin, who has always been a very active member and a major contributor to our programs, wrote and recited an amusing poem about her recollections of Foster / Tuncurry U3A.

We all enjoyed a delicious afternoon tea, and a fabulous birthday cake, catered by our friends in the Quota Club, Forster/Tuncurry who contribute our donation to a local school scholarship fund.

Some had travelled quite long distances to attend the afternoon, and all agreed they thoroughly enjoyed catching up with old friends.

Those who now live out of the area said that they really miss being part of such a special U3A. Roll on the next 30 years !!!

Jan Wagstaff , Secretary



**Foster / Tuncurry U3A Committee wearing "30 and Fabulous" sashes.**

## COTA SENIORS EXPO IN CANBERRA

U3A Canberra participated at the annual COTA Seniors Expo held at the Kingston Bus Depot on Wednesday 25 September. The Expo was very popular with a large number of attendees throughout the day. U3A took a stand to introduce itself to potential new members.

The stand was consistently “busy” and it was a pleasure to see how many existing members dropped by to say hello and expressed their support for U3A. We received a lot of questions from potential members and past members interested in rejoining.

Our thanks to Committee members Kroiss, Christine, Peter, Paul, Graeme, Tom and Alex for manning the stall. It has proven to be a successful way to promote U3A to our community.



## COMMUNITY EXPO FOR THE SOUTH SHOALHAVEN REGION

The U3A Milton Ulladulla Campus joined 90 other local Not For Profit (NFP) groups at South Shoalhaven Community Expo held in September at Ulladulla.

The Ulladulla High School students entertained with dance and didgeridoo and offered cupcakes and other goodies for sale. The Soup Kitchen provided 3 tasty varieties of soup with sour dough bread for lunch and the Lions offered a BBQ in the evening.

Congratulations to the Community Connect South Shoalhaven team who staged this fantastic opportunity for all NFP organizations in this area to engage with the community and explain their operations.

U3A Milton Ulladulla Campus had an eye-catching display with ‘Portraits with a Laugh’ with the U3A banner creating a backdrop for ‘Cryptic Crosswords’, ‘Tai Chi’, ‘Mah Jong’, ‘Birdwatching’ and ‘Making Mosaics’ all contributing to the colourful display.

The Mosaics were a particular drawcard and started many conversations. The stand was manned throughout the day and evening by many members who helped engage with the community and shared the joy of U3A.



A raffle for 5 - 2025 memberships was enthusiastically embraced by the public. There are 5 lucky winners waiting to join U3A next year.

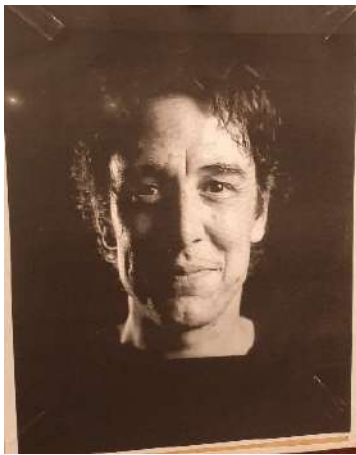
## FUN WITH PORTRAITS

Art is in the eye of the beholder but I think we need to appreciate that art is in the hands of the creator so that we, the beholder, can marvel at the creations. Plus, who thought we could have fun and laughs while suffering the challenges and doubts of creation.

The Portraits with a Laugh class at U3A Milton Ulladulla Campus has proven to be not just the agony of trying to produce a portrait but great fun with our Tutor Glenn who describes the head as a potato, the eyes as almonds, the chin as an avocado and the tip of the nose as a macadamia nut.

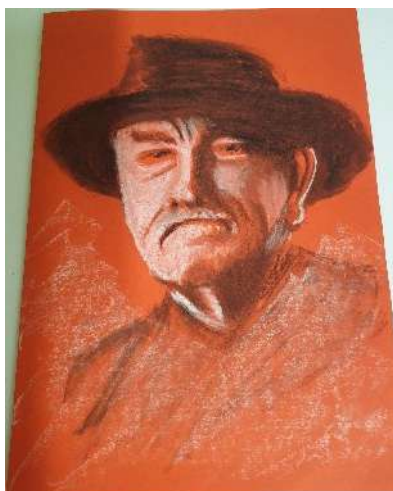
He then critiques our work and adds his special touches that demonstrate to us the importance of being an artist not just making a copy. His touches convert the face we are reproducing into something unique and different – we get the picture and learn to include these techniques.

We started with pencil 7B, progressed onto charcoal, adding smudges with our fingers, very messy, then experimented with creating a black background with a soft pencil and using the rubber to reveal the face.



The first sheet of paper used for our first portrait was black with a swash of white paint for the background of the face. Such a challenge.

In a later lesson Glenn gave us a sheet of red paper and using white chalk we drew the face, adding charcoal for emphasis and wowing us with the end result.



The last effort was using biro first for the outline, then whatever else we thought helped, and of course, Glenn in his usual way added his touch, this time, introducing splotches of water colour. What a difference a little colour makes.



Rubber



Pen and smudge



Added colour

U3A is full of wonderful courses that challenge us and can help us learn new skills. Try Art, you may surprise yourself.



Tutor Glenn