



# University of the Third Age

ABN 34 362 771 643

P.O. Box 4661 Alice Springs 0871

## A Word from your Chairperson



Dear Members,

Alice Springs U3A is in full flight... with renewed passion and energy since its inception, 10 years ago in 2005.

If it hadn't been for U3A, the Alice Springs Seniors' Month calendar of events would have been rather thin. Of relevance, besides our normal weekly activities, there has been our presence at EXPO, the very successful day organised by National Seniors with brilliant speakers all considering the topic "Here to stay". Indeed seniors staying in Alice Springs after retirement contribute in dollars and in active participation to the social and artistic fabric of this wonderful township. 'Lost in the middle of nowhere' some might say, but we know, living here, that this is the beating heart of Australia.

Bev Regan and her History group gave us a very successful and entertaining Morning Tea and Damper at the Hartley Street old school. Thank you Bev for the initiative.

Telka Williams developed for us all the aspects of her 60 years in Alice Springs, the major part of her 95 years of active life, culminating with her trip to Gallipoli for the ANZAC centenary celebrations.

Still got talent at the ASTC saw Mandy Webb, Iain Campbell, Pat Beattie and myself go on the

stage to perform a skit, *WigsRus goes robotic!* This made me think that U3A is well placed to

combat the stigma attached to ageing in our modern society. Let's remember, ageing can be fun, even if it can also be painful.

We did not have cake and candles, but a most enjoyable and delicious lunch to celebrate the 10<sup>th</sup> anniversary of Alice Springs U3A and to pay tribute to those before us, who established U3A and allowed it to flourish. U3A would not be what it is today without the efforts of the past 10 years and it could not face the

future without the work and energy of a fantastic management committee, 10 active group leaders and more than a hundred aficionados, that is, our faithful membership. As chairperson, I would like to see us raise our target to 150 in 2016, possibly with a larger variety of activities, and a broader diversity in our membership; women and men from all walks of life.

I wish to thank all those who have contributed to the success of U3A from 2005 to now. But a particular thank you goes to Trish van Dijk and Kathleen Nitschke for their excellent organisation of the day, and the two men on the committee, Ian Mann and Noel Thomas, who bring muscle when it is needed, and clear thinking when emotions might take over.

This being the last U3A Newsletter of the year, I wish to reiterate my thanks to those who have made U3A possible in a small 'regional, rural, remote' town like Alice.

Maya Cifali



## YOUR COMMITTEE

<i>Position</i>	<i>Name</i>	<i>Phone</i>	<i>E-Mail</i>
<b>Chairperson</b>	Maya Cifali	89528229	<a href="mailto:mcifali@bigpond.com">mcifali@bigpond.com</a>
<b>Social Secretary</b>	Kathleen Nitschke	89524007	<a href="mailto:bricks@westnet.com.au">bricks@westnet.com.au</a>
<b>Minute Secretary</b>	Mandy Webb	89522492	<a href="mailto:iainandmandy@octa4.net.au">iainandmandy@octa4.net.au</a>
<b>Treasurer/Membership</b>	Noel Thomas	8953 2862	<a href="mailto:noel.t@internode.on.net">noel.t@internode.on.net</a>
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<b>Newsletter Editor</b>	Pat Beattie	8952 7172	<a href="mailto:wpbeattie@aapt.net.au">wpbeattie@aapt.net.au</a>
<b>Committee Members</b>	Ian Mann	89527808	<a href="mailto:wikks@gotalk.net.au">wikks@gotalk.net.au</a>
	Helen Miller	89521096	<a href="mailto:helenapu@gmail.com">helenapu@gmail.com</a>
<b>Public Officer</b>	Wendy Collits	8953 2862	<a href="mailto:wendy_noel@hotmail.com">wendy_noel@hotmail.com</a>

## VACANCY

One of the two positions of U3A representative on the 50+ Community Centre Management Committee is to become vacant by the end of the year. Any U3A member who would like to be involved in the management of our 50+ Community Centre can obtain a copy of the duty statement from Mandy Webb, [iainandmandy@iinet.net.au](mailto:iainandmandy@iinet.net.au) or 8952 2492. Please register your interest in writing to the Chairperson, Alice Springs U3A, PO Box 4661, Alice Springs, NT 0871 by 30<sup>th</sup> October 2015.

## FACILITATORS' NEWS

### TRAVELLERS' TALES @ 50+ Community Centre

#### THURSDAY 12TH NOVEMBER @ 10.30 am:

'Travels in Iceland'. Artist and photographer Deb Clark will share her amazingly beautiful photographs, taken on her recent trip to Iceland. Learn about this (to us) largely unknown country.

PS Please note Travellers Tales now takes place on the [second Thursday of each month and starts at the later time of 10.30 am](#)

Marilyn Hall 89521403 [mapuntj@bigpond.com](mailto:mapuntj@bigpond.com)

### AUSTRALIAN HISTORY GROUP: Tea & Damper Morning Tea.

I would like to thank all those involved in helping to make this a successful event.

The grant from the NT Government, & the work from willing volunteers made it possible for us to enjoy a pleasant morning. I was concerned that setting the venue up may have been difficult, as several of our members (including myself) would not have been fit enough to help. I need not have worried. I arrived to find a team, comprising some of our members, along with family members, & friends, working so efficiently that the whole thing was managed in a very short time.

The Sing Australia Group performed a set of songs geared to our age group which was very enjoyable. Ryan, a podiatrist from Podiatry Plus, explained the range of benefits that can be had by taking advantage of a skilled practitioner. Many businesses made donations of goods that could be used as either door prizes or prizes for the amazingly difficult quiz which Loraine Braham designed for us. Most importantly, I was really pleased to see that people mingled, and no one was left sitting alone for any length of time.

Once again, a big thank you to all concerned

Bev Regan

### LANGUAGE & LITERATURE Seniors' Month

For many years now, our U3A group has been visiting Old Timers to read to the people who attend the Day Centre. We try to choose works which are both accessible and enjoyable. In Seniors Month we take out a special morning tea for the participants. It is a very positive and enjoyable exercise for us, as well as for the audience and more and more members of the audience are bringing works to read themselves which is what U3A is all about!

Trish van Dijk

## OCCASIONAL TALKS @ 50+ Community Centre

### THURSDAY 15TH OCTOBER @ 5.00 pm

Dr Jocelyn Davies, recently retired from CSIRO, will talk on her scientific research and experiences in Africa.

### THURSDAY 19TH NOVEMBER @ 5.00 pm

Dr Alan Hughes, will share with us: 'Medecins sans Frontieres' in the Congo: an Australian doctor's experience.

Please support our guest speakers by coming along.

## SOME THOUGHTS ON OUR 10<sup>th</sup> ANNIVERSARY CELEBRATION

### Sunday 13 September:

A sunny morning. The sub-committee has worked hard over a few months to ensure that all is in place; venue, food, program of the various events for the day. D Day at last. Kathleen, Mandy, Helen, Noel and others are busying themselves to set up the 10 tables with 8 chairs each, white or red table clothes, and lovely sparkling decoration on each table, water glasses and wine glasses. Witchetty's looks really smart. The U3A Banner is centre-stage. Marg Collins and Peter Gilham set up for their music with stands, PA and mikes. Kathleen organises the bar with non-alcoholic wines, tea and coffee. Her daughter-in-law is helping out. The rolling screen is already on slide-show mood and projects all those U3A early photos in extra large format. A display of actual photos decorates the walls, some pinned on the grey board brought in from the 50+ C.C. The organising team must be congratulated. All is ready for the participants' arrival at 12.30pm.



Shall we have a few minutes respite before the arrival rush? At 11.45am, three members are already at the door, waiting to pay for their tickets and choose their table. They are soon followed by others. Some 70 tickets are sold and numbers retained for the lucky-door prizes (we are told!). Old friends chat and laugh; a nice feeling of anticipation floats in the air. A quiz sheet with 10 questions on A4 paper is left on each table, and those who arrived early start answering them.

Pat Miller, Barbara Satour and Myra AhChee represent the traditional owners of Alice Springs. Two members of the Islamic Society of Alice Springs have been authorised to join us under the chaperoning of Jose Petrick. Our MC, Trish van Dijk in her elegant 'petite robe noire' is flushed, as

Ted Egan asks her to bring his slot forward to be able to go and watch the 'footie', instead of waiting for his allocated time after the 'formalities'.



The planned formalities are to pay tribute to the former U3A chairpersons and the ten current activity leaders. Maya, the current chairperson, is to present a Life Membership Award to Trish van Dijk, for her advancement of the association. Then a whole program of entertainment should follow, with more music, Scotty and his Scottish ballads, Meredith Campbell and Alison Pyper with their celebratory poems and music of the 30s to allow the 'young at heart' to dance without restraint, all to be climaxed by a toast to the future of Alice Springs U3A - before breaking up at 4.30pm.

In actual fact, things went slightly differently. After a Welcome to Country (thank you Pat) and a welcome to the participants (thank you Trish), lunch was served at 1pm. Many of us expressed their high satisfaction at the quality and variety of food on offer. However the trumpet music in a closed hall may have been too loud for the frail ears of the elderly. Soon after lunch, Ted took up centre stage and gave us his traditional Ted Egan show for a good 30 minutes and more.

The 'formalities' were rather brief as only Carol Davies and Telka Williams gave us a few words on the early years, followed by Trish. Then Maya presented Trish with the framed life membership certificate and talked of the range of activities that she was able to perform during her six years at the helm, and as a long standing member of our Alice Springs community.

It was soon 3.00pm and by now some older members of the audience who needed to stretch their legs or take a nap began to leave... Still the activities leaders had not talked about their group. OMG!...and the Door Prizes? ...and the results of the Quiz??? Mandy, in a rush took a booklet of numbers and pulled the winning numbers, but two of the winners had already left! Then she told us that the answers to the quiz would be published in the Newsletter. But the stoics who stayed on had an enjoyable time listening to the music by the most polished musicians, Peter on trumpet and Marg on keyboard.

Overall people were happy. They had a good lunch and a day out on a Sunday. But for us on the committee, it is a lesson to be learned. For the 50+ a two hour function is about as long as seniors can comfortably sit on a chair without suffering back aches or attention deficit...

See you next time.



A CD of the U3A slide show can be obtained from Carole Davies for a cost of \$5

## YOU HAVE MAIL!

PO Box 254  
Norfolk Island, South Pacific, 2899  
[www.norfolkisland.u3anet.org.au](http://www.norfolkisland.u3anet.org.au)

Hello from U3A Norfolk Island

We had a very busy 2014 and beginning to 2015, running classes and groups over two semesters covering topics like ipads and tablets, a varied menu of computer related topics, health and well-being classes, armchair travelling and a fantastic series on growing veggies. A relatively small community (1600 people), we have been given loads of support from our local school, radio station, community centre, newspaper, supermarket in providing free venues, meeting space, free advertising, radio interviews, articles etc.

You might be interested to know that most people on Norfolk Island do not 'retire', they continue to work well into their 'third age'. This is partly because most people do not have superannuation or access to the aged pension and means that committing to a series of classes on a particular topic is often a problem for them. We are now working to organise and experiment with a different model to see if we can increase attendance.

This year we are going to focus on 'one off' presentations that will combine a social get together with a learning opportunity. Some of our activities will centre around the visiting U3A groups which will be coming to the island for some of our historic and cultural events throughout the year; Foundation Day and the landing of the First Fleet Settlers, Pitcairn Settlers Tour, Fletcher Christian's Cyclorama, Bounty Folk Museum.

We live on a unique island which we like to share with the rest of the world and we are very keen for you to visit us, being an isolated community we really do enjoy the interaction from other u3a-ers and the new brain food.

Please get in touch with the Norfolk Island Travel Centre if you would like any more information about the trips [www.norfolkislandtravelcentre.com](http://www.norfolkislandtravelcentre.com)

We very much look forward to meeting you in the future.

Kind Regards, Barbara Kelly, Chairperson



**CONDOLENCES**

On behalf of the U3A Committee we send our deepest condolences to Meg Williams and her family on the death of their son, brother and father, Bryan. Meg, Ron and family, our thoughts are with you.

**VOLUNTEERING NT**

Research has shown that volunteers are happier and healthier. Volunteering NT are keen to talk to people interested in sharing their time and skills with others. Diane is our local Regional Development Officer and can put you in touch with an appropriate match for you. She is located on Ground Floor, Centre Point Building cnr Hartley & Gregory Tce, 89529630 or [alice.springs@volunteeringsa-nt.org.au](mailto:alice.springs@volunteeringsa-nt.org.au)

**CONFERENCE ON AGING**

The Australian Association of Gerontology is holding its National Conference in Alice Springs this year, 4-6 November at the Alice Springs Convention Centre. The Theme is Place, Spirit, Heart. Details can be found on the website <http://aagconference.asn.au>

**LUXURY UK TOUR OF UNIVERSITIES**

Melbourne U3A, in conjunction with Sage Travel, is hosting an extensive tour of places of learning in England Scotland and Wales 1 – 21 August 2016. Fully Inclusive price, \$12,749. Save \$500 if you book before 2<sup>nd</sup> November. Further details, Sage travel, 1800 668 808

**MEMBERSHIP RENEWAL.**

See attached form and bring your membership fees to the Xmas function.

**CURRENT ACTIVITIES OFFERED BY ALICE SPRINGS U3A**

<i>Day</i>	<i>Activity</i>	<i>Facilitator</i>	<i>Phone</i>
<b>WEEKLY</b>			
Monday 9.00-9.45 am	Chair-based Exercises <i>Easy exercises for seniors with physical disability to strengthen their muscles (with fitness coach Jo Black)</i>	Veryl Mellors	89523908
Tuesday 10am-12 noon	Text Analysis <i>Sharing the reading aloud of a book of international repute, discussing its meaning and literary relevance</i>	Pat Beattie	8952 7172
Wednesdays 9.00–10.00 am	Water Exercises <i>Easy aqua-aerobics in the warm water of the middle pool (with fitness coach Jo Black).</i>	Wendy Collits	89532862
Wednesdays 1.00-4.00 pm	Cards and Games <i>Social games (cards, words and numbers) to maintain concentration and mental agility</i>	Kathy Fritz	8952 9791
Wednesdays 1.30-3.30 pm	Stitch and Craft <i>Develop a craft of choice in an inspiring location and learn from each other</i>	Emmy van Marsaveen	89528151
Fridays 10-11.00 am	Australian History Study <i>Develop fresh perspective on episodes of Australian history by sharing research and memories.</i>	Bev Regan	8955 0117
Fridays 2.00-4.00 pm	English Literature <i>Poems and writings from English literature are read and discussed.</i>	Trish van Dijk	8955 0252
<b>FORTNIGHTLY</b>			
1 <sup>st</sup> and 3 <sup>rd</sup> Saturdays 1.30 – 4.00 pm	Creative Writing <i>A piece of about 300 words, written, read loud and analysed by the group.</i>	Meg Williams	8952 2204
<b>MONTHLY</b>			
2 <sup>nd</sup> Thursday 10.30 am – 12.00 pm	Travellers' Tales <i>Accounts of recent or past travels by members</i>	Marilyn Hall	89521403
3 <sup>rd</sup> Thursday 1.30 – 3.30 pm	Music Appreciation <i>Listening to short lectures on the development of aspects of Western music, then sharing and discussing examples.</i>	Ian Mann	89527808
Thursdays 5.00 – 6.30 pm	Occasional Talks <i>(See Newsletter for dates and details)</i>		



## Answers to Quiz

1. University of the Third Age. France.
2. Launched by Mayor Fran Kilgarrif, 2/2/2005.
3. Greetings from Prague.
4. Original constitution written by Cindy Moseley, Carol Davies, Gerda Vel, Helen Telford, John Fuss, Ian Wagner.
5. Logo designed by Barb Gilfedder.
6. Original activities offered:
  - Pen and Wash: Maurie Johns
  - Book Club: David Hood
  - Chat Group: Pat McCrossin
  - Choral Group: John Fuss
  - Computer: Bob Gaff
  - French Conversation: Carol Davies
  - Games: Enid Harland
  - Swimming: Gerda Vel
  - Tai Chi & Fitness: Margaret Gaff
  - Basic Patchwork: Maureen Fuss
7. Halcyon Lucas won gold for learning to swim at 87.
8. Trish van Dijk has been co-ordinator of the English Language and Literature Group since its inception in 2005.
9. Email addresses of committee first published in 2007.
10. Megg Kelham facilitated the collection of material for our publication *Girls and Boys come out to Play* (2007) in a workshop entitled 'Nan and Pop were children too.'

Difference between 'ignorance' and 'apathy'?  
Answer: Don't know. Don't care!



The Alice Springs U3A Committee would like to thank the Chief Minister Adam Giles and his staff for their assistance in the printing of our Newsletters.