



University of the Third Age

SUNSHINE COAST | OCTOBER 2020



Patricia Barry - Life Member

French language Tutor and Lifesaver Trainer

One of our newest Life Members, Patricia Barry, has combined a love of language with a lifelong contribution to the lifesaving movement – and she has been recognised for her community work with a nomination last year as Senior Citizen of the Year.

Since arriving in Australia from England in 1981 with her husband Tony, Patricia has been involved in community service. Working in Brisbane initially, the Barrys continued their involvement in lifesaving – and 40 years later they are still patrolling on Bulcock Beach, Caloundra.

Surprisingly, Patricia confesses to be an aqua phobic person. “I only learned to swim with the encouragement of my husband,” Patricia said. “When my kids were learning to swim I joined in, as I was determined that they would not be like me, avoiding the water.”

Patricia’s other pursuit in life has been teaching the French language. “I have always spoken French from a young age, having been schooled at a convent in England run by French nuns who were excellent teachers. I also had a pen friend in France and

had my first trip to France when I was thirteen, travelling on my own. Times were different back then.”

Patricia taught a range of subjects in Brisbane at Primary and Secondary school level for many years and then became involved in U3A in 2008 after moving to the Sunshine Coast.

“A friend of mine suggested I join U3A, so I investigated and found there was an advanced course run by a Belgian gentleman, Guy Spilers, who later suggested I become a tutor in French, which I did. I still teach courses at the beginner and advanced level, which was nice for me as I was really missing teaching.”

“People say to me: ‘oh, older people don’t learn as quickly, which I think is rubbish. It’s an urban myth, as our pursuit of learning is the same as for younger people and everyone learns at their own pace. I see people in U3A grow in confidence as they pursue new things.

“Key to learning a language, for example, is getting people to work together. We do a lot of small group and partner work within the class, we do a lot of role play, and for some people that really brings

“You can join U3A and do something interesting, find people who are like-minded and make friends for life. To me, that is the real strength of U3A.”

them out. We may role-play meeting someone for the first time, having to ask questions about them in their language, so people have to act a bit, which is close to real life situations.

Four classes, with about 90 participants, continue to be successful, from beginner level right through to fluent level. “Firstly, I had a class of beginners and they said ‘can we go on, so we progressed to higher levels. Some people in the class have been there for nine or ten years. I think it’s the conversation and the comradeship that keeps people coming back – and the friendships formed within the group.

“Some people really wanted to visit France but never had anyone to travel with, so they organised small groups to go to France on holiday, which they really enjoyed.”

Patricia’s nomination for Senior Citizen of the Year recognised her community work in training lifesavers in resuscitation, how to use a defibrillator, first aid and safety in the water aspects. “We also go out to not-for-profit groups, such as U3A groups for example, and run courses free of charge,” Patricia said.

Patricia holds U3A in high regard as an organisation supporting older Australians. “I think U3A is a brilliant organisation as there is a huge range of activities that people can enjoy, especially if you come up to the Coast and you may be lonely, a ‘newbie’. You can join U3A and do something interesting, find people who are like-minded and make friends for life. To me, that is the strength of U3A, and you can keep yourself active, learn new things and generally enjoy the later stage of life.”

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WHAT'S HAPPENING

PRESIDENT GLYNI CUMMING'S OCTOBER MESSAGE TO U3A-SC MEMBERS



It's countdown now until the end of an extraordinary year. Congratulations to everyone for keeping up their good spirits and let's hope we can stay safe in the New Year. While we are wrapping up this year's activities, we are already forward planning for 2021, so we include several date claimers. Enjoy a good read!

A Formal Welcome to our Office Coordinator and Project Officer:

At our October Management Committee meeting, we welcomed our Office Coordinator, Jennifer Strike and our Project Officer, Karen Martin and presented them with their new name badges. Both Jennifer and Karen have taken their new titles in their stride, drawing on their business experience to provide sterling voluntary service.

World Pickleball a success!

Congratulations to the Pickleball tutors who organized a well-attended and interesting welcome day on October 10th, with new players trying their hand at the world's fastest growing sport. Our Treasurer Evonne Walker, who distributed freshly printed U3A promotional flyers, said, "The day was very well run, friendly and lively. It made you want to join!" which it did, with about 20 new members signing up.

Fascinating Lectures Continue

Lectures at Mudjimba by Gwynn Jarrott on Kazakhstan "On the Silk Roads we found gold (and bronze)" were totally impressive. Gwynn's lecture continued with the exploration of the Silk Roads, with the intriguing title, 'Mongolia – in search of eagles and dragons'.

Lending a Helping Hand:

Of notice this last semester is how much care our tutors take of us, and our equipment, especially now when we must take extra care to avoid any potential spread of Corona Virus. Setting up tables and chairs, then cleaning and taking everything down again is a big job; however, it's made much easier when everyone helps.

Please take the time to help set

up or take down in your class. Even the most hard-working tutor doesn't want to be left to do the job all by themselves at the end of a lecture or meeting or game.

Date Claimer: Annual Tutors & Volunteers Luncheon Saturday November 28th:

Our next calendar event will be the Annual Tutors & Volunteers Luncheon, our way of thanking those people whose efforts keep our organization running, and this is an event especially worth celebrating after such a challenging year. Apart from several specially invited guests, who have achieved 25 years of membership in 2020, all our Tutors, Lecturers, and Volunteers from every area, will be receiving an invitation soon, via email or post. We look forward to welcoming you at Kawana Surf Club from noon Saturday November 28.

Date Claimer: U3A Sunshine Coast Open Day 2021:

All returning Tutors and any Tutors offering new courses in Semester 1 2021 are invited to book a stall site, before the end of term, and preferably by the end of November so they can show off their course at our annual Open Day, scheduled for Saturday January 9th 2021 at the USC Innovation Centre.

Copies of our updated Members Booklet will be made available for new members signing up on the day. Members renewing their membership can also ask for a copy from the office.

New courses planned for 2021:

Wayne Curran, our Tutor & Course Coordinator, has the knack of finding new and interesting courses to keep our organisation alive and fresh and we are already in planning for 2021, when we can look forward to new opportunities for learning.

Marie Farr, visual artist and a former teaching colleague from the Capricorn Coast, is now a volunteer tour guide with the Queensland Gallery of Modern Art.

Marie will be leading an intriguing fortnightly discussion group entitled "Art is for All".

Volunteers needed to join our Communication Team:

Do you enjoy meeting new people, finding out what they have on offer for our U3A or following up news stories? We are looking for a couple of journalists to assist our Facebook and e-Voice editors. You don't have to be a brilliant writer as your copy will be sub-edited by the editors, but you will follow up leads, ask questions, take notes, and snap photos. Interested? Contact our Communication Officer John Armstrong at: communication@u3asunshine.org.au

Our relationship with Retirement Complexes on the Coast?

According to Google, there are now 126 Retirement Living and Retirement Villages on the Sunshine Coast. Many of our members are living very happily in these complexes, and we are fortunate to have access to some as venues for our activities. Indeed, our Strategic Plan calls for us to 'develop and maintain relationships with village owners/retirement village managers and initiate learning and social opportunities.'

So what do your retirement complexes have to offer you? And how can U3A Sunshine Coast link in to their activities or could they link in to U3A Sunshine Coast? In other words, what can we do for each other? Issues like this will become part of the discussion when we reschedule our Covid-cancelled Strategic Plan Review early in 2021.

If you are interested in participating in the Review discussion, please ask the office for a copy of our Strategic Objectives: u3aoffice@u3asunshine.org.au

Long term Date Claimer: I Age Well Expo 2021:

Organiser Tanya Dave will be making up for this year's lost opportunity by booking the Nambour Show-grounds for Sunday August 5th 2021, and U3A will be given an entire hall to use, from 8.30am to 3 pm!

What an opportunity to showcase our wonderful organisation to the wider public – and plenty of advance notice to think about performances from our tap dancers, ukulele bands, and choirs...

Kind regards to all,

Glynis Cumming



OUR WORLD PICKLEBALL DAY HAILED AS A GREAT SUCCESS

As part of World Pickleball Day, the U3A Pickleball Group at Caloundra staged a very successful introduction day at Caloundra Stadium. Organisers, Peter and Jill Campbell said 51 people attended the first session and 48 to the second, for a total of 99 newbies.

"We have had numerous text, phone calls and emails with people

wishing to play the game," Jill said.

Pickleball, a game for all ages, is a mixture of tennis, badminton and table tennis.

For more information on joining the fastest growing sport amongst older Australians, please visit the U3A website here.

Photo: Peter and Jill Campbell at Caloundra Stadium.



CALOUNDRA PICKLEBALL TEAM SCORES GOLD IN BRISBANE

Caloundra U3A Pickleball Group is letting the Brisbane Pickleball players know they are now a force to be reckoned with, having won Gold at the recent Brisbane Pickleball Open Competition. Mary Daisley, Carol Sadler and Ken Solomons won Gold Medals while Helen Homann and Gael Ferguson won Silver. Sandee Leslie played well, but came up against some stiff opposition.

The team also made everyone aware that Caloundra Stadium has

the capability of playing up to 16 courts at any one time, with two raised viewing platforms. This has been made possible through the assistance of the Stadium Manager, Steve Gurr.

Twelve months ago the Group started with 25 members and now numbers 135, playing 12 courts Tuesday and Thursday mornings between 9am and 11am. Coffee and a social chat after the games is an added bonus.

PATRICIA BARRY LIFE MEMBER U3A-SC

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Like a lot of their contemporaries, Patricia and Tony travelled extensively before the Covid pandemic hit.

"We belonged to Friendship Force and that was good because we hosted people here and in turn were hosted by people overseas. We had some wonderful experiences such as a great holiday in Peru and we went to Ghana, Azerbaijan and Georgia really interesting places staying with lovely families, which made a real difference."

Patricia was pleasantly surprised to be nominated for Life Membership, saying "it was lovely that they thought so highly of me to do that."

The expansion of U3A on the Sunshine Coast seems inevitable and Patricia is a strong advocate for "a place to call home". "I know they were looking for a place here in Caloundra, as this end of the Coast is going to be a growth area for membership," Patricia said.

"I know it's a big project but I see it as a dream thing."

Zoom classes online have become the norm for the French classes. "I think our members have adapted really well, as a lot of them aren't technically minded or internet experienced," Patricia said

"However, I do have a website where I post the lessons online so they can download the lessons and see what people did and catch up."

Patricia is happy to continue on with U3A French language courses and the demand is certainly there, with a huge demand pre-Covid 19 particularly for beginners. "We could do with more tutors as there aren't enough at present," she said.

"I've really enjoyed the time I've had with U3A, as it has given me a lot of pleasure from teaching French, meeting other people, seeing them realise their quest to learn the French language, and I've made a lot of friends along the way.

RESEARCH PARTICIPANTS REQUIRED BY UNIVERSITY

In conjunction with the University of the Sunshine Coast a research team led by Caroline Lamb is undertaking a study to investigate the relationship between nutrition knowledge, dietary intake and physical activity among active older Australians (65 years or older).

This research is important to give health care practitioners a better understanding on where to target future nutrition education and how to improve dietary strategies for better health outcomes for active older Australians.

As a thank you for your time, participants may choose to receive a **FREE** dietetic consultation.

If the second survey is completed, participants will also receive a **FREE** dietary assessment report.

For more information, or to participate in this exciting research study, please go to:

<http://bit.ly/GNKQ100>

Ethics approval: S201466

If you would like to contact the researcher, Caroline Lamb, please email her at cal026@student.usc.edu.au



BUSHWALKERS ENJOY EXPLORING

The U3A Bushwalking Group took the Dalchara National Park walk recently. John Oakhill, the group guide, has taken hikers on walks over the past two years. The Dalchara walk took about three hours. Prospective members with some walking experience should be able to participate on most walks. John usually decides where to walk each month and the distance and fitness levels are also provided beforehand. The walks usually finishes with a coffee at the nearest café.

Further information for Bushwalking Group 20MIS109 may be found on the U3A website. The Group meets monthly on Tuesdays.

Photo: Sue Bradshaw.

RESEARCH PARTICIPANTS REQUIRED **IS THIS YOU?**

- ✓ **65 years or older**
- ✓ **Regularly exercising (at least 30mins/day, 2 days/week)**
- ✓ **Living independently in your own home**



If yes, you are invited to complete one or two 20-minute online surveys.

Participants can choose to receive a **FREE dietetic consultation** through the University of the Sunshine Coast Dietetic Clinic and upon completion of the second survey, a **FREE dietary assessment report!**

For more information, or to participate in this exciting research study, access the webpage below.

<http://bit.ly/GNKQ100>

or scan the QR code



Ethics approval number: S201466

Contact: cal026@student.usc.edu.au

VENUES WANTED

U3A is on the lookout for halls or rooms that we can use for our classes. This has become more of a priority since COVID-19 protocols have meant restricting the number of people in indoor settings. Therefore, some of the venues are no longer able to accommodate our classes. At present we use a variety of premises such as church halls, council venues and halls but we are always keen to find out if there are further rooms that could be utilised.

If any member is aware of a hall or room that is available and could be used to hold some of our activities or classes, would you please contact Dawne Clark dawnehclark@yahoo.com.au or Wayne Curran waymaur1@bigpond.com and let them know any relevant details about the venue.