



U3A BRISBANE
WINTER SCHOOL PROGRAM
9TH - 14TH JULY 2018

Bookings and Session Details at u3abrisbane.org.au or at U3A office 97 Creek St
Sessions 90 minutes – Cost \$5 unless otherwise indicated

BRING A FRIEND
WINTER SCHOOL IS OPEN TO NON-MEMBERS

Venues

Except for external locations where shown, venues for talks will be at the U3A Brisbane premises at 232 Adelaide Street

Booking Instructions

Online booking is easy and convenient
No login needed, just quote your Member No and surname
Book online at: u3abrisbane.org.au

If you don't have Internet access, or you are not a Member, book in person at the U3A Brisbane office 97 Creek Street, or phone 3236 3055 or email: mail@u3abrisbane.org.au

BE FAIR TO OTHERS – PLEASE CANCEL YOUR BOOKING IF YOU CANNOT ATTEND

Disclaimer

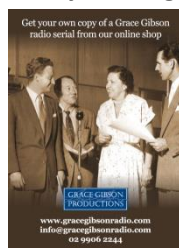
Opinions and views expressed in these presentations are the opinions of the designated authors and do not necessarily reflect the opinions or views of the Winter School Organising Committee or of U3A

MONDAY 9TH JULY

9AM

Dad and Dave - A Recreation of their Radio Show - Dad Buys a Car

Penny Everingham and Penny Murphy with U3A Drama Class - 9am Monday



Our Drama Class is going to have a bit of fun with the old radio show I'm sure you all remember - the much loved Dad and Dave. With an all-female cast and sound effects they will recreate one of their shows from the dim, dark distant past, just as it was done then - in front of a live audience. Dad and Dave was the first truly all-Australian radio show - designed by Australians for Australians and there wasn't a British accent to be heard. There will be a brief talk on Grace Gibson Radio who kindly waived their copyright for this production as well as an explanation of the work carried out by a Foley, a job taken on by our own David Gemmel. It's an entertaining start to our Winter School.

From Birds and Bees to Flying Machines

Professor Mandyam V. Srinivasan - Queensland Brain Institute - 9am Monday



Flying insects and birds are remarkably adept at seeing and perceiving the world and navigating effectively in it. This presentation will describe our recent progress in understanding how honeybees and birds (Budgerigars) use their vision to guide and control several aspects of their flight such as regulating flight speed, negotiating narrow passages, selecting routes, and avoiding mid-air collisions, using computational principles that are often elegant and unprecedented. It will

conclude with an update of our advances in the design and testing of biologically inspired vision systems for the guidance of autonomous aerial vehicles with applications in the areas of surveillance, security and planetary exploration.

Life and Works of Jane Austen - A Repeat of Last Year's Session

Margaret Cleland - 9am Monday

Jane Austen has been famous since the early 19th century for having written six well-loved novels. Living quietly in the country with her mother and sister, Jane Austen was a private person who was known as an author only to her immediate family. Her life is not highly documented in interviews, but we still want to know what relationships did she really have with her sister and her mother. Did she come from a happy family supportive of her writing? What contact did she have with the wider world outside the social activities of the middle classes and minor aristocracy of rural England? Did she have her own Mr. Darcy? Was she content with her life? The answers have to come from the piecing together of the known facts of her life with what she reveals in letters, and what we can surmise from the insight and understanding of human nature we find in her novels. Margaret Cleland has been a member and speaker for the Jane Austen Society of Australia (JASA) for many years so knows all there is to know on this subject. If you missed out last year don't tarry - book early to avoid disappointment.



How Cities Differ when Women Design Them

Dr Dorina Pojani UQ - 9am Monday

In the 20th century, simultaneously with women's liberation from the bonds of tradition, cities have been created that are very inconvenient for women. A conversation on sexism in urban planning is paramount because nearly 90% of the Australian population lives in cities and gender cuts across all other 'vulnerable group' considerations. Join this conversation for a completely different look at urban planning. Dorina is Senior Lecturer in urban planning at UQ and her research interests encompass urban transport, urban design and housing.

11AM

The History of Bookbinding

Colin Jorgensen - Queensland Bookbinders Guild - 11am Monday

This will be a short history of bookbinding from a practical, long-term binder with a Show and Tell regarding the actual equipment and materials used. Colin Jorgenson has been bookbinding for eighteen years. He is Vice President of the Queensland Bookbinders Guild and also works as a Tutor for the Guild and teaches for other craft groups. His main work is in book repair/restoration which he manages from his home. The repair/restoration covers all types of book structures. His favourite materials are kangaroo leather which is a beautiful medium to work with, followed by book buckram. He only receives work by word of mouth and has had books from Sydney, the mid north coast of Queensland and inland as far as Quilpie, with many repeat restoration orders.



Australian Cafe Culture

Dr Emma Felton QUT - 11am Monday



The growth and popularity of cafe culture from the late twentieth century is phenomenal. The majority of the world's population now lives in cities and the cafe is tightly linked to profound social, cultural and technological change. 'Having a coffee' is a daily ritual for many, yet it is more than coffee that draws us to cafes. Cafes support a range of functions, not least of which is connecting people in an increasingly mobile and culturally diverse world. Emma will talk about Australian cafe culture, its history and origins through to its current role in the twenty-first century city. She will talk about how we are exporting coffee culture and what it is that has made it such a popular phenomenon in this country when only twenty years ago it barely existed here. Dr Felton is an expert in urban cultural sociology, whose research is focussed on how people live in cities. Emma currently co-ordinates the Creative Industries Faculties Equity Program at QUT and delivers disciplined-based activities to schools to generate university study.

Robots in the Wild - New Tools for Environment Monitoring and Management

Dr Matthew Dunbabin QUT - 11am Monday

The capabilities of robots have increased exponentially in the last decade. They can clean our floors, take high-resolution aerial images, and even drive themselves on public roads. Despite these impressive skills, operation in natural environments can still remain a challenge. In this talk, Dr Dunbabin will discuss more recent advances in the application of robotic technology and, in particular

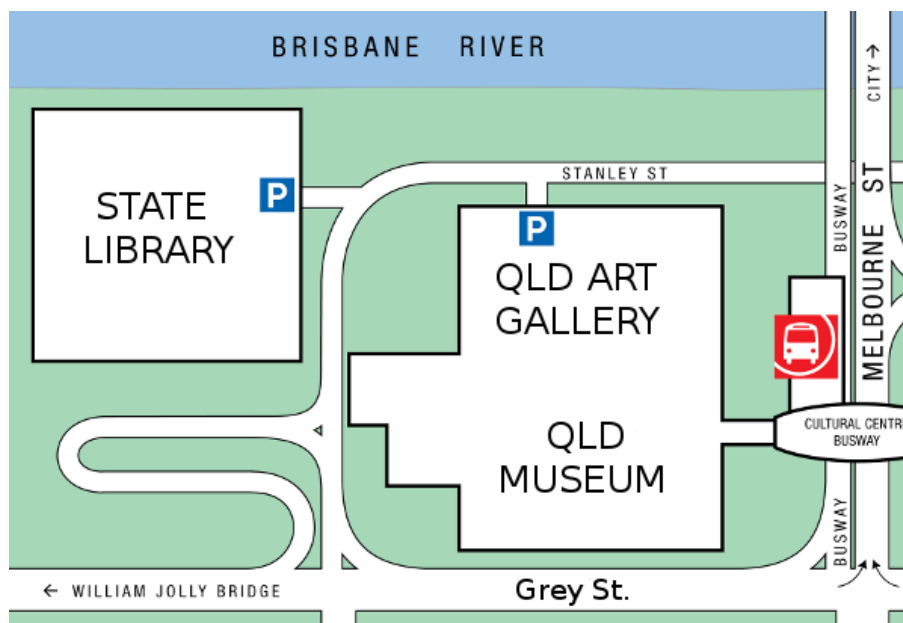


robots that can 'see for deployment in natural environments (the wild) to transform environmental tasks..

State Library of Queensland Tour

Monday 11am – No charge

The State Library of Queensland is more than just a library. Their activities include research, history, preservation and restoration of priceless artefacts and books. They provide a range of services we can all access, everything from free meeting rooms, special large exhibitions and small lesser known ones, film screenings and lectures. Learn what goes on behind the scenes at our world class library – make a day of it – have lunch and then join us for the Keynote Speech. **Meet in the main reception area where you enter to go up to the auditorium.**



Map Showing Art Gallery and Queensland State Library

Queensland Art Gallery Guided Tour - Australian Art Collection

Barbara Lloyd - 11.30am Monday - To be held at Qld Art Gallery

During the tour at the Queensland Art Gallery Barbara will take you on a journey into the recently rehung Australian Art collection. She will touch on the history, attitudes and beliefs embedded in these works and will open your eyes to things you might otherwise have missed. Barbara is a long-time guide at QAGOMA so she is well qualified to lead this tour. We are fortunate to have this great gallery on our doorstep and examining some of the world class art to be found within its walls with someone like Barbara is an opportunity not to be missed. Limit 20 people. **Meet at 'watermall' outside restaurant at QAG.**

1.30PM

KEYNOTE ADDRESS

Dr Daniel Blackmore - Queensland Brain Institute
Alzheimer's from Three Perspectives



Venue: State Library of Queensland Auditorium 1
Cost \$10.00



Dr Daniel Blackmore

The Science

There is some ground-breaking research into Alzheimer's happening at QBI and Dr Daniel Blackmore is in the thick of it. Some of the results are surprising. Dr Blackmore will take us through some of these results and also expand on his own laboratory research and the extensive trials being conducted into the benefits of exercising, moving towards treatments for patients with Alzheimer's and Dementia. Traditionally, the brain was thought to be a static organ incapable of regeneration, but there has been a radical shift away from this belief. It is now believed that the adult brain is a very 'plastic' organ, capable of forming new nerve connections (neuroplasticity) and it even maintains the ability to continually

produce new nerve cells (neurogenesis) throughout life. His current research is directed towards how neural nerve cells are regulated to harness their regenerative capacity and ultimately prevent or restore cognitive function lost due to ageing or disease. In addition to this he is heavily involved in extensive human trials using exercise therapy.



John Quinn

The Patient

This is such an important topic we thought it would be a good idea to give you a more rounded view of this disease which includes some good news. John has taken part in trials at QBI with Dr Blackmore and has been impressed with the results.

He has been living successfully with Early Onset Dementia since 2010. As a speaker he is much in demand at major international and national conferences and his story is an inspirational one of hope. Although it took him a few years to come to terms with it, he discovered there is life after a diagnosis of Dementia. There may be no cure as yet but we are getting closer and there are things that can be done to slow it down. He has accomplished much in the last seven or eight years. He has travelled extensively and is still attending Spanish classes and is a great ambassador for exercise of both body and brain and how much it can help. In a former life he was a school headmaster so I guess you just can't keep a good teacher down.



Glenys Petrie and John Quinn

The Carer

John and Glenys are a team and Glenys will give an insight into this disease from a carer's point of view. Often carers are forgotten in this equation and she also has a story to tell. She has learned some interesting strategies as she accompanies John on his journey and also learned a number of do's and don'ts' along the way. They are important ones and she will expand on these during her talk.

TUESDAY 10th JULY

9AM

Quintessentially Brisbane - A Hundred Small Lessons

Ashley Hay - Author, Editor, Journalist - 9am Tuesday



Ashley is a bright, vivacious speaker and is the author of *The Railwayman's Wife*. Her latest book, *A Hundred Small Lessons*, is based in and around Brisbane and is beautifully written. Bringing the setting of a novel to life is all about place and Ashley will expand on that theme and include some of the behind-the-scenes things of the 'where', of where the writer is, and how they stay in that place. It is not enough to have a good story without a vivid sense of place. She has written four novels and her essays, short stories and journalism have appeared in Griffith Review, The Bulletin, Best Australian Essays, Australian Geographic and her work has been highly praised by the Sydney Morning Herald and the New York Times. She is a very sought after speaker and having heard her speak several times we know you are in for a treat.

Numbers - Their Minders and Keepers: Good, Bad, Mad and sometimes Sad

Peter Galbraith - Tuesday 9am

Common numbers pervade our everyday existence, assure our security, and impact even on the paper we write on. Some have created watersheds in history and led to dark and nefarious acts. This presentation will sample anecdotes from their invention, evolution, and application and of the people associated with them. **Bring a simple calculator, paper, ruler, pen and pencil.**

The Future of Robotics in Australia and Winning the Amazon Robotics Challenge

Dr Sue Keay QUT - 9am Tuesday

Last year Sue gave us an exciting look at the amazing work being done at QUT in the field of Robotics and she will give us an update on what they have been doing since. Robots are gaining the ability to adapt to their surroundings, making it possible to deploy them safely alongside people. Sue and her team are continuing their work on the many problems this throws up. Advanced robotics is predicted to be one of the top 10 disruptive technologies over the next ten years and the question 'Are we ready?' remains unanswered so there is still plenty of work to be done. The most exciting thing that happened to this very talented band of scientists however is their win on the world stage. They won the prestigious Amazon Robotics Challenge with their custom-built Cartesian robot, *Cartman* which solved a key robotics problem for Amazon. She will share the excitement of this journey with you and expand on the importance of their creation and what their success means to Australia.



Freedom of Speech and Hate Speech

Professor Katharine Gelber UQ - 9am Tuesday

This issue has been very much in the news in the last few years, due to the case in which journalist Andrew Bolt was found to have engaged in unlawful vilification, the QUT students' case, and two (failed) federal government attempts to change the wording of the now-infamous 'section 18C' – the racial vilification provision that exists in Australian federal law. This talk will first clarify exactly what

kind of 'hate speech' laws exist around Australia and then discuss the ideas and arguments underpinning the existence of hate speech laws worldwide, to explain why they continue to be controversial, and a focus for ongoing political debate. In 2011 Professor Gelber was invited by the United Nations to be the Australian Expert Witness at a regional meeting examining States' compliance with the free speech and racial hatred provisions of international law. Professor Gelber is well qualified to speak on this very topical subject.



11AM

Out of the Mouth of Graves

John Garner - Forensic Scientist - 11am Tuesday



The real truth about crimes and how they are solved is often very different from what we see on TV and read about in novels, so it is exciting to be able to bring you a taste of the real thing. John Garner was a decorated police officer in QPS from 1976-2012, during which time he used his artistic skills to become the first and only forensic artist in Queensland. He devised numerous new techniques to assist with fingerprint identification, biometric age progression, reconstruction of skulls and enhanced computer imaging. He also created the Com-Fit Identification System used today. He will share his knowledge and touch on visual identification - how it is used and misused; Photo-fit and Com-Fit; dental ID, shoe prints and facial and skull reconstruction. He will also talk about some of his cases including a serial killer, an unsolved murder and a DNA fraud case and share his thoughts on the Baden Clay case. John is a lecturer in Forensics Science at Griffith University.

Coal, Solar, Wind and Batteries - The Changing Electricity Landscape

Mike Swanston - 11am Tuesday

Rarely a day goes by without energy being in the news; often, an announcement of a new wind farm or solar power station. Conversations regarding rising power prices, the state of ageing coal power stations, and more and more new technologies for the home such as battery storage are commonplace. Should we as energy consumers be concerned? Is it time to 'go off grid' or, at least, invest in more solar panels on the roof or a home energy battery? How will power prices continue to change, and what can we as energy users do about it?

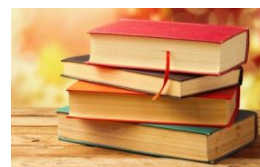


This session will explore the changes in our energy supply nationally and at our doorstep, with some practical tips on how to keep power costs under control. Mike is a professional engineer with over thirty years' experience in the Australian electricity industry, specialising in distribution network planning, capital investment and field operations. With a passion for energy sustainability and a fair deal for energy customers, Mike's mission is to further the empowerment of residential and small business energy customers in today's changing energy markets. Mike is an engineer, principal of his business The Customer Advocate, and a member of the Consumer Challenge Panel with the Australian Energy Regulator.

Setting up a Book in Microsoft Word

Dan Kelly - General Manager Boolarong Press - 11am Tuesday

This seminar will save money by providing the guidelines on how to set up a book in Word, thereby reducing the typesetting costs for printing. Typesetting costs for a 200 page book can sometimes be over \$2000. Word is a powerful software program that most people don't understand how to use. This will significantly enhance skills and save money. Boolarong Press was established in 1976 to specifically promote Queensland authors as all major publishing companies were situated in Sydney and Melbourne and their focus was international and southern authors. It is now the largest publisher of Queensland History, Memoirs and Biographies. With over 380 books in print and over 1000 books published, Boolarong covers genres of fiction, Australiana, children's and Australian outback stories. Dan has a passion for history and for people to tell their story whether or not it is for the general trade market or just families. He believes we all have an obligation to record our times and our lives for perpetuity.



Let's talk Hips and Knees

Karen Stewart-Smith and Thomas Caitens - 11am Tuesday

At times hips and knees can become painful as a number of us already know. In this interactive talk Tom and Karen will explore anatomy, function and common conditions of the lower limbs and how we can manage these for optimal health and wellness. Karen has a Master's degree in clinical exercise physiology focusing on the prescription of safe yet effective treatment for chronic disease, muscular skeletal injury and dysfunction. She has a keen interest in the promotion of healthy ageing and providing innovative programs to keep people moving. Tom is an accredited Clinical Exercise Physiologist with a passion for providing healthy lifestyle interventions. He currently works at Health Connections where he provides tailored exercises to the ageing population with a focus on patient centred care. Tom specialises in gait and postural analysis, joint care and rehabilitation as well as balance and fall prevention.



1PM

Queensland Ballet - Ballet for Seniors Class. Meet at 12.45 outside centre.

Kerry Sellers - Queensland Ballet Learning and Participation Manager - 1pm Tuesday

This is something different for ballet lovers and an introduction to those of you who would like to know more about it. This experience is open to all levels of previous dance experience. You will learn how to feel better, think better and live better - with ballet. This gentle class is especially tailored for seniors, with a focus on improving poise, core strength, memory and mobility. What a wonderful way to get fit! Limit of 30 and the program will be as follows:

- 12.45-1.00pm - Arrive at Queensland Ballet - welcome and sign in
- 1.00-2.00pm - Ballet for Seniors Class (No experience required)
- 2.00-2.20pm - Q&A and discussion with Teaching Artist

Queensland Ballet's studios - The Dixon Centre, 406 Montague Rd, West End

1PM

NEW - Fashion Workshop for Travellers - Marilyn Little

Image Consultant and Senior Stylist for Liz Davenport at Creative Couture – 1pm Tuesday

This workshop covers everything you need to know about how to travel like a pro. Let Marilyn show you how to travel for a month using one small bag that will take you from sightseeing to a formal ball. It includes wardrobe planning, packing, colour palettes, body shape, how to accessorise and lots of tips for savvy travellers. Learn how to achieve maximum benefit from minimum garments, make travelling light a pleasure and take the worry out of planning. Liz Davenport's smart travel wardrobe is designed for all sizes and all ages.

Hearing Love Protects the Brain: An Insurance Policy for Life

Associate Professor Dimity Dornan AO - 1pm Tuesday

At Hear and Say they consider the brain as the true organ of hearing and the ears as the pathway to the Brain. They focus on developing the child's brain by using a magic combination of hearing technology and brain training. The results are legendary! The vast majority of Hear and Say children learn to listen and speak like children with normal hearing of the same age; conversely, as we get older, deteriorating hearing levels can alter our brain health and our life expectancy, creating the need and the urgency to concentrate on preserving our hearing. Come and hear how maintaining hearing so you can take part in ongoing loving conversations is like an insurance policy for your health, and can prevent hearing and brain deterioration so you can lead a longer, fuller life. Dimity is Founder and Executive Director of Hear and Say and initiated Hear and Say Innovation as well as world-wide global professional training.



Dimity has been recognised with numerous awards including Queensland's Senior Australian of the year in 2018. It is an honour and a privilege to have this amazing woman as a speaker.

Out of the Mouth of Graves – Repeat Session

John Garner - Forensic Scientist - 1pm Tuesday



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Palliative Care in the 21st Century

Dr Rohan Vora - 1pm Tuesday

Good palliative care needs to consist of several different areas, all being considered at the same time. It is a personal interwoven method of care, individual to each patient, in order to make end of life the best it can be. Those areas include: Early referral and optimal symptom management; ensuring Advance Care Planning is in place; living life to the end with choices; good family and carer support. Dr Vora will speak about all of these things to ensure good terminal care in the last days of life are in the setting of choice and the best fit for all concerned.

WEDNESDAY 11th JULY

9AM

History of the Northern Territory - Part II

Gregory Cope - National Archives - 9am Wednesday

Last year Greg gave us a particularly interesting session on the history of the Northern Territory and we learned lots of things we didn't know. We heard about the four failed attempts at British



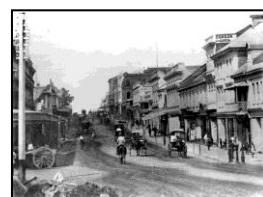
settlement; that people living in the Northern Territory were the only people to lose their right to vote; that Darwin has been almost destroyed four times in its history. The subject is so vast and Greg's research so detailed it was not possible to cover it all in one session so this is a continuation of last year's talk. He will briefly recap the

early history and then go on to more recent events. Greg is a regular presenter at Winter School and his talks are always very well researched and very popular.

Botanic Gardens - A History from Early Convict Settlement

Phil Adam - 9am Wednesday

Phil will trace the development of the City Botanic Gardens through its inception in 1828 as a food garden for the original convict settlement to its current status, with an emphasis on the early history of Brisbane. He knows his subject well as he volunteers with the Queensland Conservation Society, and is a senior guide for the Royal Historical Society at the Commissariat Store Museum, Secretary of the Queensland Begonia Society and President of the Queensland Council of Garden Clubs. An entertaining speaker who will happily answer any questions you might have.



11AM

Key Events that Shaped Modern Psychology

Professor Bill Von Hippel UQ - 11am Wednesday



This story begins seven million years ago when climate change in East Africa slowly dried out the rainforests, forcing our ancestors out of the trees and onto the savannah. It could easily have been our end rather than the beginning, but our ancestors staved off extinction by banding together. Instead of relying on

their individualistic and competitive approach to each other – which had served them well in the past – they started to work together to drive off the predators that were now a deadly threat on the open savannah. This *Social Leap* from the forest to the grassland had lasting effects on our psychological makeup. It changed the way we fight and our proclivity to make peace, it changed the way we lead and the way we follow, it made us innovative but not inventive, it created in us an entirely new kind of social intelligence, and it led to new sources of life satisfaction. Professor Von Hippel will introduce you to these important events in our psychological past and the manner in which they manifest themselves in the present. It will provide us with a new understanding of where we come from, how our past continues to impact society today and how an awareness of our past can help us live more satisfying and meaningful lives.

Safe Haven - Jewish Experience in Australia

Gregory Cope - National Archives - 11am Wednesday

Unknown to most Australians a Jewish presence in Australia started with the First Fleet and through small waves of immigration created a small but effective Jewish community in Australia. It was far from plain sailing, with some levels of Anti-Semitism in the Australian community regularly surfacing and affecting Australian Government policies which in turn affected Jewish migrants/refugees. One of the strangest parts of our history was the proposed establishment of 'Israel' within Australia, using the empty north west of Western Australia as the site for a new nation. Australia would play a role in influencing major events such as the Balfour Declaration and the Evian Conference which would set the course of treatment of Jewish migrants and refugees in the world. Australia would provide a safe haven but it would not be available to all.

Advance Care Planning

Julie Sutherland - 11am Wednesday

Julie is a registered nurse who has worked as a counsellor in palliative care settings for 15 years. She is currently working with Metro South Health in the Office of Advance Care Planning to encourage more people to engage in conversations about their future health care preferences. Since late 2014, Julie has presented information sessions to thousands of people in community groups. She invites people to think about what is most important to them and outlines the Queensland documents available for people to record their words.

The Art and Science of Book Publishing

Dan Kelly - Boolarong Press - 11am Wednesday

There are many steps to publishing a book, but they can all be summarised under art and science. Art is subjective, but science is objective. Learn how these combine to produce a successful book on the shelf and/or on-line. Dan is the publisher and General Manager of Boolarong Press and Watson and Ferguson & Company. Boolarong has been publishing books since 1978 and has published over 1,000 titles.

1PM

Renewable Energy: The Achievements to Date and the Challenges Ahead

Professor Stephen Wilson UQ - 1pm Wednesday

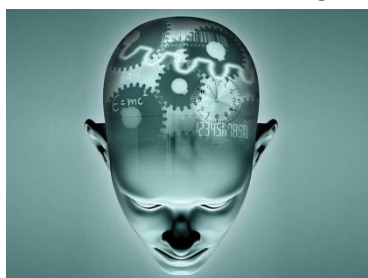
Industry's achievement in reducing the unit costs of MegaWatt-scale wind turbines and kilowatt-scale solar PV panels over the past decades has been remarkable. Yet as their share of the electricity grid increases, new challenges emerge because the system needs to be balanced continuously on a second-by-second basis. Significant technical, economic, financial, market design and policy challenges that could safely be ignored when wind and solar were only ten per cent of generation, need to be addressed when the share rises above twenty-five or thirty percent. We are on the threshold of that world. This talk will provide some perspectives on the nature of the opportunities, challenges and uncertainties it brings. Stephen is based in the School of Mechanical and Mining Engineering at the University of Queensland where he teaches and leads research on energy economics. He has 25 years of experience from projects in more than 30 countries, ranging from upstream oil, gas, coal and uranium, to power generation, electricity and gas works.



Artificial Intelligence - Machines Must Think Like Humans to Build Trust

Professor Peter Bruza QUT - 1pm Wednesday

This role of artificial intelligence is one of the most pressing problems facing the scientific world and the defence forces world-wide. The technology is expanding exponentially at an alarming rate and no-one knows where it is going. It is so important that universities all over the world are sharing their research and are collaborating to try to solve some of these problems. Peter and his team are on a two-year challenge to develop and test quantum theory-based models that better explain and predict human decisions and he will give us an insight into the fascinating research that is going on. ***At the end of his talk he will ask for your views, your concerns and is looking forward to an interactive session with our members. Now is your chance to join in on this discussion that has such dramatic consequences for our children and our grandchildren. Put your thinking caps on and come prepared for an interesting ride.***



Creative Ageing

Neal Price - 1pm Wednesday

Brisbane's Creative Ageing Centre supports the creativity and artistic self-expression of older people. They work in pursuit of discovering creative and fun ways of maintaining the good health and wellbeing of our ageing population. They believe in the power of the arts and they work in a wide range of creative media including digital storytelling, reminiscence and visual arts to delivery of innovative, arts-centred products and services. The baby boomer generation now reaching retirement want and expect more services and activities than the previous 'board games based' generation; they expect cafes, movies, theatre, sports, entertainment and creative pastimes. Neil will expand on all of these themes during his talk and give an overview of his organisation.

Married Quarter -- Boots, Berets and Bloody Uniforms

By Maria Augustus-Dunn - 1pm Wednesday

Married Quarter – Boots, Berets and Bloody Uniforms is a book about Maria's 21 years as a military spouse; a first-hand look at what life is like for spouses of soldiers. This is not a soldier's tale; this is a partner's story. The story is told through postings, deployments, promotions, overseas postings, illness, long service leave, and ultimately retirement. In 21 years they had 9 postings, including 2 states, 2 territories, and 1 international diplomatic gig.

THURSDAY 12TH JULY

9AM

Between Linen Sheets - The Very, Secret Sex Lives of Medieval Women

Rosalie Gilbert, Abbey Museum of Art and Archaeology - 9am Thursday



Unlike today, a woman's status in society wasn't gauged by her age or profession, but by her sexual status. She was a virgin, a wife or a widow. Her rights and obligations were dependant on these. Holy women, who may have at one time been wives or widows and may no longer have been actual virgins, were considered virgin brides of Christ and usually fell into the same category as unmarried, and therefore chaste, women. An unmarried woman who was not a virgin, either because she was a mistress or prostitute, found herself on tenuous ground both legally and in society. On the subject of sex, the church had much to say. Not only did it have different opinions on the goodness of women in general, it also recognised the need for men to marry and produce heirs. Eleventh century cardinal Peter Damien wrote that: *Woman is Satan's bait; poison for men's souls*. This is an interesting romp through the lives of these women and full of little-known facts. ***It is however quite explicit so we suggest that people with delicate sensibilities do not attend.***

Satellites and Scramjets

Professor Michael Smart UQ - 9am Thursday

Innovative thinkers are trying to change the old space technology of 'throw away rockets' by using hypersonic airplanes that could be used many times over. The University of Queensland, with its world leading scramjet technology, is working on developing the SPARTAN launch system for small satellites, which is 90% re-usable. What is a scramjet? It is an air breathing engine, like a jet, that works at hypersonic speed; that's Mach 5 or faster than five times the speed of sound. It uses oxygen from the air to combust with fuel and generate thrust. The fact that a scramjet is air breathing also means that a scramjet-powered vehicle looks like an airplane, a hypersonic airplane. Scramjet technology has been around for many years but planes cannot take off under scramjet power. Given this limitation, UQ has been developing scramjet engines that work from Mach 5 to Mach 10. Reduced scale and increased responsiveness are now the drivers of access to space. Due to the rapid development of micro-scale, low-power electronics, satellites that were once many thousands of kilograms now weigh just hundreds of kilograms. This is exciting technology and opens up a whole new world of space exploration.



Health Truths and Myths - Probiotics, Green Drinks, Plastics in our Waterways

Mandy-Lee Noble - 9am Thursday



Mandy-Lee Noble is an Accredited Practising Dietician and Nutritionist who specialises in translating nutrition research into evidence-based health promoting behaviours and dispelling nutrition myths. Mandy is also a sceptic and an advocate for science-based medicine who provides regular content for The Skeptic Magazine and The Skeptic Zone Podcast. Like many dieticians Mandy has many roles, providing care in private practice and the community as well as developing and facilitating nutrition education for other professionals. She will talk about

Probiotics, Kefir, Green Drinks and other fashionable health trends. She believes that everyone has different needs and specialises in developing practical strategies to support people achieve their health goals.

11AM

NEW Between Linen Sheets - The Very, Secret Sex Lives of Medieval Women (Repeat session)

Rosalie Gilbert, Abbey Museum of Art and Archaeology - 11am Thursday



Unlike today, a woman's status in society wasn't gauged by her age or profession, but by her sexual status. She was a virgin, a wife or a widow. Her rights and obligations were dependant on these. Holy women, who may have at one time been wives or widows and may no longer have been actual virgins, were considered virgin brides of Christ and usually fell into the same category as unmarried, and therefore chaste, women. An unmarried woman who was not a virgin, either because she was a mistress or prostitute, found herself on tenuous ground both legally and in society. On the

subject of sex, the church had much to say. Not only did it have different opinions on the goodness of women in general, it also recognised the need for men to marry and produce heirs. Eleventh century cardinal Peter Damien wrote that: *Woman is Satan's bait; poison for men's souls*. This is an interesting romp through the lives of these women and full of little-known facts. ***It is however quite explicit so we suggest that people with delicate sensibilities do not attend.***

The Great Barrier Reef - The Past, Present and Future

Roger Rusling - 11am Thursday

Roger will talk about the long and often misunderstood geological history of that gem that sits off our coast - The Great Barrier Reef. He will start with how the reef was formed some 24 million years



ago and take us up to the present day, including how often the whole reef dies and the necessary requirements for the reef to reform. He will then move on to what is in effect the present time and expand on some of the unique problems of piloting a large ship safely through the shallow, narrow and tidal constrained parts of the Great Barrier Reef

and Torres Strait, something Roger knows a great deal about having piloted many boats through these waters. He will conclude with a 'snap shot' of what possibly lies ahead in the near future for the Queensland marine environment, something that we have had the unbelievable good luck to be gifted.

Finally, he will talk about the problems that the reef faces in the future; global warming, coral bleaching and acidification. Roger's 47 year nautical career has involved command and control of large container ships, off-shore oil exploration, polar marine science as well as his time spent piloting ships through our reef.

Voluntary Aids Detachment - Red Cross

Louise Kear - 11am Thursday

Louise is the Team Leader of the Red Cross Records Archives volunteers based at Milton. The Archives Team has recently been successful in accessing a grant from the Queensland ANZAC Centenary commemoration co-ordinated by the Premier's Department. The grant is for the project *Maids of All Work - Red Cross Voluntary Aids in World War 1* and beyond. Louise will be presenting the results of her research over the last 12 months into the vital contribution of VADS to the comfort and support of serving and returned Anzacs. Her goal is to reconnect Red Cross with its history and to acknowledge the now forgotten work of the vast army of Red Cross women volunteers during the Great War.



Bush Poetry

Anita Reed and John Best and Ron Liekefett - 11am Thursday



Bush poetry is embedded deeply in the Australia psyche - it makes us laugh, it makes us cry and, most importantly, it entertains us. Join Anita and John and Ron for an hour of light entertainment which will start with a brief definition of what bush poetry is, followed by a discussion on the relevance of bush poetry today. Finally they will recite some of their own traditional poems, a mixture of humorous and serious as well as original poems by other poets. The three bush poets presenting poems today all started with bush poetry in their retirement, both writing and performing. They are long term members of the North Pine Bush Poets and have won various awards in competitions. This will be an interesting and fun-filled session where you can sit back and give your brain a welcome rest from some of our more cerebral sessions.

Later Life Styles

Brian Herd - 11am Thursday

Brian will address the issues of *events management* in later life and, in particular, changes in lifestyles and relationships. Longevity means that we will almost inevitably downsize the way we live in later life and the options are numerous. Our relationships will also mutate as many of us become suddenly single, separated by circumstance or even enter new relationships. His presentation will bring years of experience, candour and humour to these changes and motivate you to plan for them so you can avoid the crisis management mode of later life. Brian is regarded as one of Australia's leading lawyers in the area of Elder Law. He has extensive experience in legal issues impacting on older people include life and estate planning, estate administration, disputes over Wills, superannuation, social security, retirement living and aged care, and incapacity and disability law.

1PM

Beethoven

Gary Thorpe OAM - CEO 4MBS - 1pm Thursday

Beethoven changed the course of music. No other composer before or since has had the same impact. The symphony, the concerto and the piano sonata were all transformed by his genius. We will explore the man, his titanic struggle against his deafness, his passion for humanity, his love of nature, and his ground-breaking works that changed music forever. Join Gary Thorpe on a journey through the life and works of a true titan of music. Gary is the General Manager of Silver Memories Nostalgia Radio which he founded in 2007, 4MBS Classic FM and MBS Light digital radio. He is also Artistic Director of the Annual Festival of Classics and producer of the 4MBS Brisbane Shakespeare Festival.



General Douglas Macarthur - The Making of the Man - Personal and Military History

Bob Douglass - 1pm Thursday



It was Macarthur's grandfather, father and in particular his mother, who had the greatest influence in shaping the career of this extraordinary man and his personal history is just as fascinating as his military one. He took his mother to West Point with him and she travelled and lived with him throughout most of his career. He was married twice and had a Filipino mistress and was fearful his mother would find out. He was a brilliant general but a very complex human being and it was instilled in him from an early age that he was destined for greatness. His detractors and admirers are many but with most of our fighting men overseas and Britain too busy fighting a war in Europe to worry about her colonies, if it had not been for Macarthur we might all be living under the flag of the rising sun. Bob is a Civil Engineer and a long-time volunteer at Macarthur Museum and has spent considerable time researching the life of this man. He will not only go into his war history but give you an insight into his lesser known early life, and show you what made him into the man he eventually became. He was a controversial figure but, love him or hate him, he was certainly a man who accomplished a lot in his lifetime and some of it may surprise you.

Toning your Pelvic Floor Muscle

Amelia Samuels - Active Rehabilitation Physiotherapy - 1pm Thursday

You don't realise how important your pelvic floor muscle is until there is a problem so don't wait until it happens - learn how to look after it now. Amelia will cover treatment of existing problems in men and women and give tips on how to strengthen this all important muscle. She graduated from Griffith University with a double degree in Bachelor of Exercise Science & Bachelor of Physiotherapy with First Class Honours and has a special interest in Continence Physiotherapy. In the clinic setting, Amelia works with women pre and post-natally, as well as with men and women who have issues with continence, bowel and pelvic floor muscle dysfunction or who are recovering from surgery. She is an Outpatient Physiotherapist in Women's Health and in the Mars Clinic for Children's Continence at Annerley and Brookwater. She also provides physiotherapy for inpatients at the Mater Private Hospital.

Stroke Research at the Queensland Brain Institute UQ - A Repeat from Last Year

Dr Lavinia Codd - 1pm Thursday

Stroke can strike anyone at any time. In Australia nearly 50,000 people suffer a stroke each year and there are over 420,000 stroke survivors living in Australia, a third of whom are under the age of 65. Lavinia is investigating ways of improving cognitive recovery following stroke by activating precursor cells to increase the production of new brain cells (Neurogenesis - a form of neuroplasticity). Her aim is to translate laboratory findings into new behavioural and pharmacological approaches to restore cognitive functions in human stroke survivors. Dr Codd is a postdoctoral research fellow at the QBI in the laboratory of Professor Perry Bartlett and she will bring you up to date on the latest research into this vitally important work.



FRIDAY 13TH JULY

9AM

Extreme Environments: Gravity and Black Holes

Dr Janie Hoormann UQ - 9am Friday

Black holes, which can form when massive stars die, provide the strangest gravitational fields that we know of. During this session Janie will discuss how black holes are formed, how they were discovered, and how astronomers observe them. She will also talk about how gravity behaves in these extreme environments and why you don't want to get too close to a black hole. There is so much happening out in space at the moment, with new and exciting discoveries being made all the time - Janie will give us a peek into some of these marvels, so book early for this one.



Quantum Physics

Professor Andrew White UQ - 9am Friday

Quantum Physics is a subject that most of us have a lot of trouble getting our heads around but that shouldn't stop us from trying. We are on the verge of a Quantum Technology revolution, where quantum physics is driving otherwise impossible technological advances. To date, quantum technologies have made little use of the monitoring and feedback that is ubiquitous in everyday industry, keeping planes in the air and robots welding accurately. Andrew and his team are concerned with learning to actively control finite-size quantum systems and processes, by studying the control photons - single particles of light. He will expand on this and also touch on Quantum Holography which is encoding quantum information in optical patterns. This is an important subject and a very big one that will have ramifications down the generations and Andrew will endeavour to shed some light on some of the challenges ahead. He is Professor of Physics at the University of Queensland and Director of the Australian Research Council Centre for Engineered Quantum Systems and he likes quantum weirdness for its own sake.



No Place for a Woman: Female Medical Pioneers

Jan McMillen- 9am Friday

Women have made significant contributions to medicine and healing throughout history from the ancient world through to the present day. However, for centuries in western nations the profession of medicine was dominated by men. This talk provides an historical perspective on the role of women in medicine, with particular focus on the female pioneers who overcame restrictions and opposition in the nineteenth century to graduate as doctors, including Elizabeth Blackwell and Constance Stone, the first woman to practice medicine in Australia. It also discusses the implications of recent trends as growing numbers of women enter the medical profession. Jan has extensive experience in the analysis of public health having lectured at UQ, QUT, GU and ANU and since her retirement has broadened her research to explore medical history.



11AM

Translating Saint Guthlac

Dr Kay Smith - 11am Friday



Guthlac was born of noble stock in seventh century England. In his early years he was involved in warfare but became filled with remorse and determined to enter a monastery. So in time he became a saint. There are two long poems written about Saint Guthlac in Anglo-Saxon. Kay will take you through the translation of a short section of the text of one of these poems from manuscript to Modern English, discussing the pitfalls and problems of translating old texts, peculiarities of script, vocabulary, and orthography, and the distinctive form of Anglo-Saxon verse. In conclusion, there will be an Anglo-Saxon Riddle from the Exeter Book to solve. Kay has prepared handouts to help you follow the process.

Saving English

Associate Professor Roslyn Petelin UQ – 11am Friday

In a world in which communicating comprehensively is integrated into all aspects of society, is standard English practised by everyone? Has there been a lowering of standards in Australia? Are there many proponents of *Waynespeak* who are unaware that their mispronunciation of *pronunciation*, *et cetera*, *espresso*, and *aitch* erodes their credibility? How about *bought* instead of *brought* *Thuh* orange instead of *thee* orange? And what about those who write *bunker* down rather than *hunker* down, *flaunt* instead of *flout*, and *hone* instead of *home*? There are many languages and accents in multicultural Australia, spoken and written by those whose first language is not English. How can we expect them to know that when they are asked to *bring a plate* that they need to put some food on it? How do we ensure good written and spoken English without enduring the scorn of those who label us as pedants? These are the questions that Professor Petelin will address.

Exercise Right: Tips about Exercise, Ageing and Your Health

Associate Professor Rob Robergs QUT - 11am Friday

The body is capable of sustaining physical fitness and quality function through aging and we need to change the way in which we age, and view age, in order to increase our quality of life. We need to learn the difference between exercise and physical activity; why exercise is better than increased activity for health and wellbeing; the amount and quality of exercise that is needed to optimise health and prevent disease development, gain motivation to increase daily exercise and physical activity. Professor Robergs is currently in the Faculty of Health at QUT and as an exercise physiologist has published numerous articles and has been involved in many projects across the world.

NEW: A Behind the Scenes Tour of What's Hot (and What's Not) in Robotics, Autonomous Vehicles and Artificial Intelligence -- Prof. Michael Milford (QUT).

Michael will take the audience on an exciting, provocative journey through the state of the play in robotics, artificial intelligence, autonomous vehicles: how they work, what they can do, and what's likely to happen in future, and some of the many challenging ethical, moral and practical issues (and opportunities) that they raise. Professor Milford conducts interdisciplinary research at the boundary between robotics, neuroscience, machine learning and computer vision and is a multi-award winning educational entrepreneur. His research models the neural mechanisms in the brain underlying tasks like navigation and perception in order to develop new robotics and computer vision-related technologies, with a particular emphasis on challenging application domains where current techniques fail such as all-weather, anytime positioning for autonomous vehicles. He currently holds the position of Full Professor at the Queensland University of Technology, as well as Australian Research Council Future Fellow, Microsoft Research Faculty Fellow and Chief Investigator at the Australian Centre for Robotic Vision.

GOMA Gallery Tour - 'Time and Tides' - Art in the Torres Strait Islands

Barbara Lloyd - 11.30 Friday - To be held at GOMA

This tour will take in the 'Time and Tides' exhibition which is a display from the Torres Strait Islands at GOMA. The Torres Strait is a beguiling region of volcanic islands, coral cays and richly coloured submerged reefs, fringing turquoise water, under pale blue skies. Barbara will guide you through the history, craftsmanship, attitudes and beliefs of these people who embrace the beauty of the environment and reflect the diversity and depth of the culture, particularly its history of making powerful ceremonial and decorative objects. Limit 20 people. **Meet at GOMA on seats in front of Piccinini video (left after entry, follow restroom signs.**



1PM.

History and Film: The War Film

Gordon Kidd MA - Retired Lecturer in History UQ -1pm Friday

A chronological history of the war film, particularly in the English-speaking cinema - the productions of Hollywood and the British studios. Australia's small output of war films will also be touched on. The main themes will concentrate on WW1 and WW2 and some reference will be made to the Vietnam War and more recent films revisiting WW2. A particular theme will address films of an anti-

war character, such as *All quiet on the Western Front* and *Paths of Glory*. Excerpts of these and others such as *Casablanca* and *Breaker Morant* will be shown on video. The war film will be discussed in the context of the production of films as examples of the film genre, which is a convenient way for filmmakers to target their output to a particular market. By varying the standard formula many of these films have achieved a high quality and offer insights into the human condition under extreme stress.

3D Printing - A Personal Perspective

Fred Stratford - 1pm Friday

Fred is a retired electronics expert and experienced 3D Printer user and he will present a talk on 3D Printing. This will include the history, pitfalls, fabrication materials to use and common problems you are likely to run up against, as well as how to make an object. He will also show some complex objects he has made, including a world clock and a mechanical device showing phases of the moon.

RACQ Update - Vehicle Safety for Grandchildren

Louise Hart - 1pm Friday

Keeping up with changes in road rules is something we all should think about and there is always something to be learned at presentations by RACQ. Louise will bring us up to date on these and will also discuss another very important subject, the safety of our grandchildren: How to keep them safe in and around vehicles, child restraint/seatbelt laws and how to fit a child restraint into a car.

Exercise Right: Tips about Exercise, Ageing and Your Health – Repeat session

Associate Professor Rob Robergs QUT – 1pm Friday

The body is capable of sustaining physical fitness and quality function through aging and we need to change the way in which we age, and view age, in order to increase our quality of life. We need to learn the difference between exercise and physical activity; why exercise is better than increased activity for health and wellbeing; the amount and quality of exercise that is needed to optimise health and prevent disease development, gain motivation to increase daily exercise and physical activity. Professor Robergs is currently in the Faculty of Health at QUT and as an exercise physiologist has published numerous articles and has been involved in many projects across the world.

SATURDAY 14TH JULY - 9AM

All Day Creative Writing Master Class - Cost \$10.00

Thea Biesheuvel - 9am Saturday

Thea is back again this year with her very popular Creative Writing Class. She has a wealth of knowledge that she is only too happy to impart to enthusiastic writers who have the passion and dedication to put pen to paper. There will be a short break for lunch and we suggest you bring some sustenance with you. There will be tea and coffee provided. Thea has helped many budding authors on their way so if you want to awaken the inner writer in you, join her for this valuable lesson. Thea has been writing all her life and has many of her works published and has been teaching at U3A for many years.