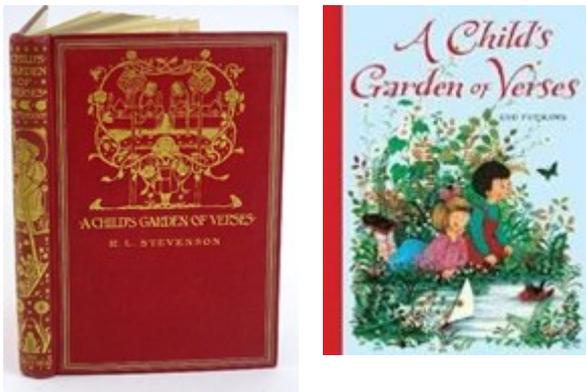




## Editor's Notes: from Jean Smith

Last month, I gave my granddaughter a 21<sup>st</sup> century edition of Robert Louis Stevenson's 'A Child's Garden of Verses'. At the same time, to be stored carefully away for the future, I gave her the copy my grandfather presented to my mother on the occasion of her 10<sup>th</sup> birthday on 16 June 1920 – a hundred years ago. I remember well my mother reading the poems to me, and am looking forward to sharing 'I have a little shadow that goes in and out with me....' and other old favourites with the next generation. I hope they enjoy them as much as I did.

U3A members well know the pleasure of learning something new – and tutors know the pleasure of sharing their interests with class members. Some years ago, I tutored Latin classes. There was always the thrill of seeing students who at the beginning of Term 1 did not know any Latin, able by the end of Term 4 to make a reasonable attempt at translating the story of the Nativity from the 5<sup>th</sup> century Vulgate.



Zoom has taken over our lives in ways unimaginable at the beginning of the year, but the core of U3A - sharing and passing on knowledge has not changed. Like the two editions of the *Child's Garden*, same content, just different packaging.

## President's Message: from Des Taylor

As you are all aware the COVID situation in Victoria and NSW has continued to deteriorate. It has confirmed our decision not to operate any classes in Term 3 unless they are online. The online classes are going well. We are still keeping our options open in regard to Term 4 and have sent a survey to our Tutors asking them if they would return if we opened, given the class size restrictions necessitated by the Government, distancing rules and the accompanying risks. We await the results of the survey and will be guided by the results and also by our Health Advisory Group and any other factors that need to be considered. We may continue with online classes into the future even if some face-to-face



classes resume.

We were very pleased to be given the opportunity to be part of a Zoom session with the author Tom Keneally organised by Redlands U3A. This was advertised in the last eNews and 105 people attended. It was so successful that our Winter School committee is looking at finding more interesting speakers to speak over the coming months. These will all be on Zoom and available to our members free of charge. They will be advertised in the eNews when they are organized and details of the first talk are in this issue.

Thank you for the financial support you continue to give us. We rely totally on your generosity at this time. Class fees or Donations may be [paid online](#) (Click on this link to make a voluntary online payment for either Class Fees or a Donation).

I will keep you informed on our progress as we move forward. If you have any questions or comments please send to: [feedback@u3abrisbane.org.au](mailto:feedback@u3abrisbane.org.au)

Enjoy your online classes, and stay safe.

## Queensland Seniors Week 15 – 23 August from Mary Denver



Queensland Seniors Week this year is going virtual for the first time in its 60 year history!

To assist people to access virtual events there are a range of digital literacy programs available such as Telstra's [Tech Savvy Seniors](#) resources available in English and [other languages](#). These are very helpful as we all come to grips with technical matters because of COVID-19. You can find out more at:

[www.gldseniorsweek.org.au](http://www.gldseniorsweek.org.au)

## Scinema International Science Film Festival from Marty Gellender

Award-winning films from the *2020 SCINEMA Film Festival* will be available for viewing at no cost during August. *SCINEMA International Science Film Festival* is the largest science film festival in the southern hemisphere; celebrating the power of moving image to tell stories about the world, how it works and our place in it. SCINEMA showcases science features, shorts, documentaries, animated and experimental films from filmmakers around the world.

In previous years, U3A Brisbane held special viewing sessions for *Scinema* films at U3A's classrooms at Adelaide Street. That is not possible this year, but members can sign up to view the films that interest them on their home computer or tablet during August at a time that suits them.

This years' winning films include two full-length films:

### ***My Year of Living Mindfully***

An investigative health journalist enlists a team of scientists to put meditation to the test, but after a 30,000-

kilometre journey around the world, a year-long self-experiment transforms into a life-changing experience.

### ***She Walks With Apes***

The epic story of three legendary women – Jane Goodall, Dian Fossey and Biruté Galdikas – who fought to save the Great Apes – and inspired a generation.

Other films are only about 15 minutes in length:

### ***Scratching the Surface***

Follow the extraordinary work of APOPO's scent detection rats, nicknamed 'HeroRATs', as they help to rid the world of landmines and tuberculosis.

### ***Bugbottle***

Explore the possibilities in constructing structures that extend beyond our traditional three-dimensional space.

### ***Reconnexion***

Investigates some obscure links between our everyday life and science.

A listing of all 2020 award winners can be viewed at: [scinema.australiascience.tv/award-winners/](http://scinema.australiascience.tv/award-winners/)

You can sign up to get access to the films at this link: [scinema.australiascience.tv/communityscreening](http://scinema.australiascience.tv/communityscreening)

## **Special Event — Australian Wildlife Conservancy Presentation from Marilyn Wagland**

We are pleased to present an online Zoom presentation by Kate Heffernan on 19 August 10am to 11am.

Kate Heffernan is [Australian Wildlife Conservancy's](#) Senior Development Executive in Queensland. She will join us to discuss AWC's approach to conservation, the bushfire response and celebrate some recent success stories. Australian Wildlife Conservancy now delivers conservation management across 30 sanctuaries in Australia, protecting wildlife across an area the size of Tasmania. U3A members are also invited to join the AWC team from across Australia as they bring the sanctuary to you during the "AWC in Conversation" series. So far they have talked about Ecofire (Australia's largest non-government fire management program), the wild life of sanctuary managers living on Cape York, Australia's most ambitious translocation program, research into the Red Goshawk (Australia's rarest raptor) and tackling the single greatest threat to Australia's wildlife – feral cats.

[Book online](#) on the U3A website to attend.



*Marilyn Wagland  
The new normal?*

## **IT Group News from Diane Arapovic [itgroup@u3abrisbane.org.au](mailto:itgroup@u3abrisbane.org.au)**

### **August online meeting: *Practical Home Computing***

Presenter: Greg Taylor

Date: Saturday 8 August from 10.00 am

Most of us have home computers but may not be exploring new opportunities for using them creatively. This presentation will outline suggestions for useful applications and home network improvements that you may not

be aware of. The objective is to give you some new ideas to consider.

Topics covered will include:

- Graphics, video editing, media players
- MS Office and alternatives, cloud document alternatives, PDF as a universal document format
- Email clients
- Browser settings, password managers.
- What to look for in a new computer : Form factor and hardware options; Bandwidth measurement and monitoring, system benchmarking.
- Home network infrastructure, network switches, network attached storage (NAS), media servers, printer sharing, power support and smoothing (UPS).

[Book online on the U3A IT Group page](#) (click on Next Meeting).

### Office News: from Yvonne McGann (Office Manager)

As you know, our office at Creek St and our premises at Adelaide St are still unattended and will continue to be so for some time. During this time, our phone will not be answered so please do not ring and leave messages.

I am attending to emails from home each day, so please continue to use that facility for any queries. From time to time we need to communicate with you. Please make sure that we have up-to-date contact information. If your email address or your phone number has changed please email us so that I can update our database:

[mail@u3abrisbane.org.au](mailto:mail@u3abrisbane.org.au)

Keep well.

### Sophie's Story:



In these worrying times, where we seem to be inundated with news of bad behaviour by some, here is a good news story. We are fortunate to live in this wonderful country and access to amazing medical facilities.

Sophie is a granddaughter of one of our members. We hope that you are inspired by her story as posted on the Children's Health Queensland Hospital and Health Service.

When Sophie was 12 years old, she felt her body was all stiff and stuck and couldn't move the way she wanted. The Redlands schoolgirl endured three months of swelling and pain in her right hand and arm, before she was diagnosed with juvenile idiopathic arthritis.

"It caused me to be like the Tin Man in *The Wizard of Oz*," the now 15-year-old says, recalling her difficulty moving and walking.

The autoimmune condition – which stems from an unknown cause – affected 38 of Sophie's joints. She was in and out of a wheelchair for a year and had to learn how to give herself injections every two weeks. It also meant she was in lot of pain.

After a year of dealing with her arthritis, the medications to treat it and their side effects, scans showed Sophie no longer had active arthritis. But she still had the pain.

“Throughout this process my brain and body became so used to being in pain that it kept sending out pain signals even though the arthritis was being managed by medication,” she says.

Sophie was diagnosed with chronic primary widespread pain and pain amplification, which she describes as restrictive and all-consuming.

“Pain amplification is the brain constantly sending out signals to the affected body parts that they are experiencing pain, although there is no internal or external reason to be,” she says.

“The pain being felt is real to the affected person.”

This constant pain had a major impact on Sophie’s life and her day-to-day activities and relationships. When she was in pain she stopped going to school every day and struggled to do her normal activities.

Sophie was referred to the Queensland Interdisciplinary Paediatric Persistent Pain Service (QIPPPS) at the Queensland Children’s Hospital for an assessment. From there they undertook a journey of learning about pain and mental health, of physical assessments, goal-setting and music therapy. Over six months they worked with the QIPPPS team to understand how pain interacts with the body and mind. Sophie developed her self-identity, set and achieved goals and grew in independence, and discovered that constant pain did not have to be a part of her life.

After six months of therapy, Sophie was back doing what she enjoys: going to school, playing hockey and touch football, singing and playing piano. And she is stronger for the experience.

“I am stronger than I thought,” she says. “I learned never to give up and to believe in myself.”

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[mail@u3abrisbane.org.au](mailto:mail@u3abrisbane.org.au)

[www.u3abrisbane.org.au](http://www.u3abrisbane.org.au)