



Connecting Seniors to Lifelong Learning

Editor's Notes

Jane Elliott



A few days ago, U3A tutor, Ray Bricknell, sent me a copy of the email he distributed to members of his Current Affairs class. Sadly for the U3A community, Ray is cutting back his commitments to just one Zoom class on Macroeconomics. After 13 years (aged 84 and with some health issues), Ray is satisfied that the class has run its course. However, I think Ray's comments on the topic he chose for his final session deserve broader attention:

What is the topic that simply must take centre stage in this final CA class at the end of summer in 2023? What is undoubtedly the most serious issue facing us at this time? Do we not realise it is life-threatening to every generation currently alive, and all future generations? And that if we don't soon recognise the urgency and enormity of this challenge we will have, by our inaction, set in train the inevitable, painful and total destruction of life on earth? Are we really that selfish? Indeed, this goes beyond selfishness. It is plain stupidity.

So why are we not treating climate change (global warming) as we would a fire or flood that is about to destroy all our homes? Indeed, why are we even talking about anything else?

Please do remember this: "Never doubt that a small group of thoughtful people could change the world. Indeed, it's the only thing that ever has." (Margaret Mead)

President's Report

Deslyn Taylor

Term 1 has finished, and we are looking forward to coming back to classes in Term 2 which commences 17 April. Be sure to enrol in one or more of our many classes and remember to pay your class fees before Term 2 commences.



Our AGM which will be held on Zoom at 10am 12 April. Our financial reports etc. are now available on our website for perusal prior to the AGM. Please remember to [enrol](#) so that you can receive the Zoom link.

This is my last eNews. Our constitution states that the President can only serve for a maximum of three years and my time is up. However, I will remain on the Management Committee to assist the incoming President. It has been quite an adventure. When I became President in April 2020, U3A Brisbane was already closed as a precaution against COVID. The battle to survive, stay viable and retain our city venues was underway.

I would like to thank the members who remained loyal and paid renewal fees even when we were closed and the future was uncertain, and we appreciated their generous support when we struggled to meet our financial commitments without

any income in 2020. They always believed in U3A and came back year after year to enrol in classes which sometimes had to end abruptly when we were again shutdown.

I would like to express my admiration and appreciation to the tutors who moved across to online learning and redesigned their courses accordingly. Some were not very familiar with the technology, but they undertook the steep learning curve and we moved to online classes using Zoom almost immediately in Term 2 2020. I am still amazed by this achievement and their bravery in attempting something new and unfamiliar.

Our ICT Manager, Greg Taylor, made all this possible by selecting Zoom as our platform and redeveloping our administration software to change the way U3A Brisbane operated, to protect members and to meet our COVID Safe rules. It is no small task to change entire payment systems from cash to online payments, to make it easier to enrol and pay online, and to provide features such as our Forum to assist class discussion. This is important when working online. Zoom has been so successful that we will retain it into the future: it has proven a blessing for members with mobility issues or who are time poor or are reluctant to use public transport when public health issues are a concern.

We would not have been able to continue without our volunteers, ably led by Yvonne McGann, who answered the phone and worked from home or came in when required and who were responsible for maintaining our COVID Safe standards: wiping down furniture, ensuring that the COVID Safe rules were followed, and helping members register their attendance for classes using their mobile phones.

The resilience of our tutors, volunteers and members is a wonderful example of a community working together.

I would also like to thank the members of my Management Committee who have worked hard to support U3A over the last three difficult years. They have been a great team.

Regards,

Des

Annual General Meeting 2023

Des Taylor

All members are invited to attend the U3A Brisbane AGM to be held on *Zoom* at 10am on Wednesday 12 April 2023. Financials and other AGM documents are available on the U3A Brisbane [News page](#).

[Register to Attend](#)

Special Online Presentations in April

Mary Denver



Tuesday 18 April 11am-12:30pm. Andrew Campbell, Neuaudio: *Your hearing and the health of your brain - how they are related and how to "use it or lose it"*

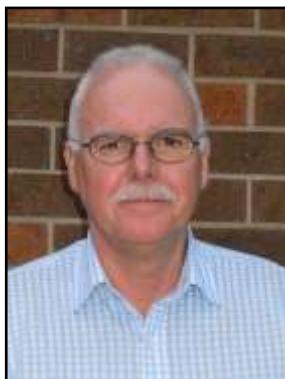
The presentation covers the following:

- how the cognitive overload you're suffering from may be caused by untreated hearing loss,
- why untreated hearing loss is the number one modifiable risk factor for dementia,

- the critical importance of preserving the neural pathways between the ears and the brain,
- what you can do to keep your brain engaged and active and how soon you need to start,
- why the term “use it or lose it” applies to the connection between hearing and the brain, and
- why some people can never get their hearing back once it deteriorates and how you can prevent it from happening to you.

Andrew Campbell is a Master of Audiology and author who has been treating patients and teaching seminars on hearing and brain health for two decades, in a variety of international settings. He is passionate about educating people on the link between untreated hearing loss and cognitive decline, which seems to be virtually unknown in the wider community. His articles include <https://neuaudio.com.au/the-cost-of-untreated-hearing-loss/>. Andrew has presented for many community organisations including Probus, Rotary, U3A and Ionian Clubs, with overwhelmingly positive feedback.

Wednesday 26 April 11am-12:30pm. Captain Roger Rusling: *Never give up - the ocean is a good servant but a cruel master*



Many people might have heard about the rescue of British sailor Tony Bullimore from certain death in the vast and unforgiving Great Southern Ocean while he was competing in a non-stop, solo, round-the-world yacht race in 1997. However, few would know that Tony Bullimore was only one of three solo sailors who came to grief between Australia and Antarctica and were rescued by the RAN, ably assisted by the RAAF.

In this session, U3A Modern History Class (H27) presenter, Roger Rusling, uses his knowledge of Antarctica and the Great Southern Ocean to relate this tale of bravery, adventure and professionalism in the face of great adversity.

Roger retired in 2013 after a 47-year nautical career including working on large container ships conducting world-circling voyages, working in the offshore oil exploration industry, piloting over 980 large commercial ships through the iconic Great Barrier Reef and Torres Strait, and being the initial Captain of Australia's first Polar Marine Science Icebreaker, the *Aurora Australis*.

Register for these Events

City Campus News

Gail Hawkins (Tutor Liaison)

We have a new class beginning in Term 2. The class is X05, *Creative Paths on the Chartres Labyrinth*, a Zoom class that will be held on Wednesdays at 2.00pm. The tutor, Judith Keller, describes the class as follows:



Following on from my online Poetry of Mindfulness class in Term 1 this year, I am continuing to offer sessions drawing on poetry and free writing in Term 2, but am combining this with music in association with a meditation practice. The practice is the tracing of the Chartres Labyrinth pattern already inscribed in printable form, or made of timber, or via the use of an app, ‘Labyrinth Journeys’. The labyrinth pattern appeared in history thousands of years ago, first carved on rocks and stones. In the 13th century, the pattern evolved into a more complex geometric form like that carved in the floors of

medieval cathedrals, including Chartres in France. Unlike a maze which has multiple entrances and exits, a Labyrinth is unicursal: there is one pathway to the centre, and return is via the same single pathway. In the last few years, the practice of walking a labyrinth in a park or garden has evolved in online settings into what is known as handheld labyrinth finger walking and meditation. The class is for those who like to interweave meditation, music, poetry, and some free writing both on their own and in conversation with others.

[More information about this class](#)

Office Hours during holidays

Yvonne McGann

The Creek Street office will be closed during the term break and will re-open on Monday 17 April. However, phone enquiries can be made to 07 3236 3055.

Please bear in mind that the phone is staffed entirely by volunteer U3A members, and they need a break after a very busy term, so please avoid calling during the holiday break if possible. The phone may go to message-bank at times, but your call will be actioned. It helps us very much if you communicate all enquiries by email. Our volunteer staff will call you back if necessary. Email the office at: mail@u3abrisbane.org.au

U3A Network QLD Art Competition 2023

Collage within Art

Entries close 21 April: the countdown is on!

You do not have to be in an art class to enter this competition. The following information from U3A Network Queensland may help with the creation of your entry.



Did you know collage within art was pioneered by Cubist artists Georges Braque and Pablo Picasso? The first example of **Collage Art**, as opposed to earlier forms of collage, appeared within Braque's 1912 artwork **Fruit Dish and Glass**, in which he glued imitation wood-grained wallpaper. Following in Braque's footsteps, **Picasso began to add newsprint referring to current events to his oil paintings**. Both Braque and Picasso composed their works from glued bits of coloured paper, newspaper, and found objects. For example, in 1912 Picasso glued a piece of cane to his canvas, **Still life (with chair caning)**. Do as Pablo Picasso, Henri Matisse, Juan Gris and Charles Dellschau among others did! Add commentary to your canvas through the inclusion of common images and objects, for example, paper, string, feathers, natural elements and so on. This added dimension is useful for demonstrating the theme of the work, or the idea being put forward, which for this exhibition is 'Yesterday, Today and Tomorrow'.

You can read the fascinating history of this art form [here](#).

Terms and conditions and more information available on the website: <https://u3aqld.au>. Please send any questions to: networkartcompetition@u3aqld.au.

Meet our Volunteers

Greg Doolan (Publicity Officer)

Following a successful career in marketing covering a period of nearly 50 years, I joined U3A Brisbane in April 2009. I was invited by the then President, Ray Bricknell, to join the management committee in September of that year in the capacity of Publicity Officer. I then served on the Brisbane committee continuously until April 2020 in a number of roles: as well as Publicity Officer, I was Vice President, and when I retired as President I handed over the reins to the current President, Deslyn Taylor.



Over these years, I saw U3A Brisbane grow from quite a small group to a large organisation that now owns its own premises in the Brisbane CBD. Membership peaked in 2020 at more than 4,000. The only thing that slowed the growth of U3A Brisbane was the emergence of the Covid pandemic.

My involvement with the U3A movement has not been limited to Brisbane. In 2014, I also became a committee member of U3A Network Queensland, the advisory body for all U3As in the state. I worked on promotions and publicity before serving as Vice President for three years until retiring from that committee in 2020. During my tenure with the Network Committee, I was instrumental in obtaining grant funds from the Queensland Government for advertising the U3A movement across the state. I was also a member of the organising committee for the large International Conference held in the Brisbane City Hall in 2015, and I am currently involved in a support role for the 50th Anniversary International Conference to be held in Rockhampton in May of this year.

I am still involved with U3A Brisbane, advising on promotional activity to assist in regrowing the organisation in the wake of Covid, and administering the Facebook pages for U3A Brisbane, Redlands, Pine Rivers and Network Queensland. I also continue in a support role for U3A Network Queensland assisting where required.

A passionate believer in the U3A movement, in particular U3A Brisbane, I am happy to continue my involvement with all aspects of the organisation for the foreseeable future.

U3A Social Events

Heather Dowling

The new members of the Social Team are Col, Heather and Liz. Thank you to Marianne and Angela who did an excellent job for several years.

The Social Team will continue with QPAC theatre visits which have always been popular, but will add other venues, e.g., Brisbane Arts Theatre, Twelfth Night Theatre, the Symphony and perhaps further afield to Savoyards. In the short time we have been on the Social Team we have been unable to arrange any visits but are hoping that by the time the May Newsletter is published, we will have something exciting to offer. If you have any ideas for an event, please forward these to Heather c/o social@u3abrisbane.org.au and, who knows, your idea might one day be an outing.

Meet and Greet at Brisbane Wheel

Date: Thursday 27 April, 10:30am

Cost: Pay for your own refreshments

Bookings: Register your interest through the office by Monday 24 April.

Come and say hello to Heather from the Social Team. We will have refreshments (at your own cost) at one of the local cafes. If it is not too hot, we could take a short walk in the South Bank Parklands.



Moulin Rouge! The Musical



Date: Wednesday 19 July 2023, 7:00pm, QPAC Lyric Theatre

Duration: 2 hour 35 mins (including 15 minute interval)

Cost: Concession: \$79.00 Full: \$115.00

Bookings Close: 5 May 2023

Note: seats are in Balcony 1, Row O. If you have mobility issues, please check that you can access these seats.

Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mashup extravaganza, featuring over 70 songs including many of the iconic hits from the movie, as well as additions from Adele, Katy Perry, Sia, Beyoncé, Rihanna and more. *Moulin Rouge! The Musical* is a theatrical celebration of truth, beauty, freedom and – above all – love.

MAMMA MIA! The Musical



Date: Wednesday 6 September 2023, 1:00pm, QPAC Lyric Theatre

Duration: 2 hour 30 mins (including 15 minute interval)

Cost: Concession: \$79.00 Full: \$130.00

Bookings Close: 5 May 2023

Seen and loved by over 65 million people around the world, this smash hit phenomenon is your ticket to join the party of a lifetime. Featuring 22 of ABBA's greatest hits you know and love, this show is guaranteed to have you dancing in the aisles once again. A celebration of love, laughter and friendship, *Mamma Mia! The Musical* is a fabulous outing for all ages.

U3A Qld Conference

Greg Doolan

Members are invited to register for the upcoming state conference. Please use this link:

<https://u3aqld.au/product/u3a-network-state-conference-2023/>



Time is running out to register for the 2023

U3A Network Queensland 50th anniversary

Conference in Rockhampton.

Registration closes 21 April

This is an event not to be missed so, register today.