



U3A
Brisbane

eNews
September 2023

Connecting Seniors to Lifelong Learning

Editor's Notes

Jane Elliott



Learning continues to be the theme in my current travels. This time the learning was about myself as well as the people and places I am visiting, currently on the coast of Western Australia. Having done the obligatory (and beautiful) swim with whale sharks, my travelling companions booked a fishing charter. It made economic sense for all six of us to participate, given the fixed price for the boat rather than per person, but I declared my interest would be in the wildlife, and in eating the catch, rather than in the fishing itself. I was very satisfied with the day – there were so many humpback whales the trick was in avoiding them, rather than spotting them; having never seen a sea snake alive, I saw half a dozen swimming and diving, and one eating a fish; there were turtles everywhere, along with short-tailed shearwaters, dolphins, black manta rays and more. Everyone caught fish, apart from the one poor person who was totally incapacitated by seasickness, and me. Then as we started our hour-long return journey, I spotted a fish jumping nearby. The two young men running the charter were very excited: it was a sailfish and I would be given the honour of trying to catch it. Their enthusiasm was infectious, so I accepted the challenge and eventually brought the fish to the side of the boat. It was difficult but exhilarating, especially discovering the beauty of the animal before we released it. So, I learned I do like just catching fish.

President's Report

Gabrielle Power West

Open Day September 9

The Marketing Subcommittee has been very busy with planning and organising the U3A Open Day to be held in the U3A Adelaide Street premises. This event is advertised in a prominent position on the U3A website and will be held 9:30am-12:30pm. This special event will provide the opportunity for attendees to:

- explore the diverse range of courses U3A offers,
- find out about the benefits of participating in U3A,
- connect with U3A's friendly tutors who are keen to share their knowledge in an inclusive and enjoyable learning environment,
- discover the camaraderie that makes U3A Brisbane a thriving community of lifelong learners.

I strongly encourage you to spread information about this exciting event among friends and acquaintances. A special thank you goes to the Marketing Subcommittee who have worked very hard in a short timeframe to organise this special event.



Disclaimer

In recent weeks the Management Committee has been busy discussing the development of a Disclaimer for U3A Brisbane. Following legal input on the wording of this new statement, final agreement was reached among Management Committee members and the Disclaimer was posted to the U3A website on 3 August 2023. You can access and read this statement by scrolling to the bottom of the [Classes page](#) on the website. The statement will also appear in the Term 4 Class Schedule which will be available to members on 3 September 2023. Thank you to the Management Committee for their involvement in this important initiative.

Social Events

A number of social events are advertised in U3A's monthly eNews as well as on the website. These events are open to members. Forthcoming events are as follows:

- Toowoomba Carnival of Flowers Coach Trip 21 September
- Bribie Island Day Cruise on MV Lady Brisbane 3 October

Both of these events sound very interesting and offer the opportunity for participants to spend a great day with friends, meet new friends, enjoy the food, as well as enjoying the bus trip and scenery, and the boat cruise and water scenery. Thank you to Heather Dowling and helpers for arranging these events and seeking out such worthwhile experiences and venues.

Enjoy the month ahead and remember to watch for the Term 4 Classes which will be emailed to you on Sunday 3 September.

SPREAD THE WORD TO FRIENDS AND ACQUAINTANCES NOT CURRENTLY MEMBERS OF U3A ABOUT THE OPEN DAY ON 9 SEPTEMBER.

Best regards

Gabrielle



Open Day

Bring a Friend

Saturday 9 Sept 2023
9:30am - 12:30pm
Level 5, 232 Adelaide St, Brisbane 4000

UPDATE: We are considering a live Zoom broadcast from the Adelaide St venue for those who can't attend on the day. More information will be provided to all members on Friday 8th September.

The following pages detail our programme for Open Day on Saturday 9 September. This is subject to change, so please consult the U3A Brisbane website News page for latest schedule.

U3A Brisbane Open Day 2023

Presentations

Session 1, 10.00 to 11.00

| Time | Room | Tutor | Course |
|----------------|------|----------------------|--|
| 10:00 to 10:15 | 18 | Vikki Londy | N12 Classic Movies |
| | 16 | Ian Fraser | E02 Current Events |
| | 14 | Linda Daniel | Auslan for Seniors |
| 10:20 to 10:35 | 18 | Martin Gellender | S12 Science and the Big Issues of Our Time |
| | 16 | Dr Quentin Beresford | The Kennedys: America in the 1960s |
| | 14 | Bryan Iles | Experiencing China |
| 10:40 to 10:55 | 18 | Georgia Cummings | B101 Mindfulness and Metta |
| | 16 | Chris Deeming | P22 Exploring Brisbane through Photography |
| | 14 | Linda Mains | J75 German - Advanced Class 1 |

11:00 to 11:20 Morning Tea with our Tutors and Management Committee

Session 2, 11:20 to 12:00

| | | | |
|-------|----|------------------|--|
| 11:20 | 18 | Maureen Lillie | H51 England in the 15th Century |
| | 16 | Cheryl Hayden | H05 Introduction to Cornish History and Culture |
| | 14 | William Grey | Bihemispheric Philosophy |
| | 11 | John Canny | C02 PowerPoint Basics and Beyond |
| 11:40 | 18 | Jocelyn Giordano | J85 Intermediate Italian, and X06 Discovering Art Deco |
| | 16 | David Truman | H18 Russian History, and J42 Indonesian Intermediate |
| | 14 | Bruce Holdsworth | E16 Politics and the Economy |

Chat with the Tutor

Session 1, 10:00 to 11:00

| | | | |
|----------------|---------------|---------------|----------------------------|
| 10:00 to 11:00 | 12 & 13 | Linda Daniel | Auslan for Seniors |
| | | John Galligan | J189 Medieval Latin |
| | | Mary Denver | Monthly Zoom Presentations |
| | | Carolyn Roney | M08 Ukulele Singalong |
| | | Rob Siegrist | J02 Colloquial Russian |

Session 2, 11:20 to 12:00

| | | | |
|----------------|---------------|----------------|---|
| 11:20 to 12:00 | 12 & 13 | James Henry | N14 The Silver Screen |
| | | Tove Vine | J57 English for Speakers of other Languages and K03 Memoir Writing |
| | | Lesley Brandis | J159 Japanese |

| Static and Dynamic Displays | | |
|---|---------|--|
| 10:00 to 11:00 and 11:20 to 12:00 | Room 11 | Rolling PowerPoint Presentations |
| | | Sheila Mackay – A78, A79 Art History |
| | | Ann Scott – H28 Qld History |
| | | Mary Denver - U3A Brisbane Special Online Events |
| | | Sheila Leary - H14 History (Handouts) |
| | | Richard Eggesfield - P04 Photography |
| | | Des Taylor - C11 iPads and iPhones |
| | | Photos of Social Events |
| | | |
| | | Static Displays |
| | | Linda Daniel Auslan for Seniors |
| | | Lynette Duffy – A08 Origami |

The latest version of this program can be downloaded in PDF form:

[Open Day Program 2023](#)

Please assist us with catering by registering your intention to attend, using the link below. You will be able to advise if you are bringing guests.

[Register for Open Day](#)

Special Online Presentations

Mary Denver

Wednesday 27 September 11am-12:30pm. QIMR Berghofer Medical Research Institute: *New Better Health Together Program – bringing your perspective to the research we do*



The *Better Health Together* program sees community members and people with lived experience of illness or chronic conditions partner with the QIMR Berghofer Medical Research Institute to influence, shape and co-deliver research projects. Dr Nancy Cloake is the Consumer and Community Involvement Lead at the Institute, and is responsible for coordinating the Consumer and Community Involvement Program called *Better Health Together*. She supports both researchers and members of our community at all stages of the research cycle, ensuring involvement is meaningful for all.

<https://www.qimrberghofer.edu.au/our-research/guide-our-research/>

Nancy will explain what consumer and community involvement is (and is not), how the *Better Health Together* program works, and how you can get involved with researchers at QIMR Berghofer. You will also hear a QIMR Berghofer researcher share their experience of having a community member partner with their team. Lastly, have your chance to share your stories with Nancy, when she asks *has anyone here been involved in a research project?*

Nancy trained as a medical researcher with a focus in novel treatments for multiple sclerosis, a devastating autoimmune condition, earning her PhD in 2015. Since leaving the laboratory bench she has held roles in communicating research, inspiring curiosity in science within the community, and attracting support for research innovation. She has a keen interest in discoveries that improve human life and human health, and a passion to ensure this knowledge is built upon and shared so it may help those with the greatest need.

[Register for this Event](#)

New Classes for Term 4

There are a number of very interesting new classes available in Term 4, as listed below. Many thanks to our new tutors who have volunteered to offer their skills and expertise to U3A members. Enrolments open on 3 September, and you can easily find classes by using [Class Search](#) on the website and entering a class code or keyword in the Search Words box.

M03 Popular Music Sessions (Face-to-face) Tutor: Peter O'Reilly (City Campus, Tue 1:30pm)

Our main goal is to enjoy music in the company of friends and others (it can magnify the benefits of listening and some might even be inclined to dance!). Secondly, it is an opportunity to explore and learn a little about popular music (not 'Pop' music). For our purposes we will start from 1955 when Frank Sinatra and Nelson Riddle's, 'In The Wee Small Hours' quietly introduced the 'Album Era', though we may reference earlier periods. In this term we will have four sessions experimenting to see how we might run a full program. In general, the format of a session will include a short discussion about the artist/s.

Venue: City Campus

U03 Carl Jung - Discussion (Face-to-face) Tutor: Krystyna Soler (Westside, Mon 12:00pm)

Carl Jung discovered that stories contain universal patterns he termed Archetypes. We will look at the Jungian-inspired ideas of Joseph Campbell, "The Hero's Journey" and Christopher Booker's "The Ten Basic Plots" to share the stories, events and Ideas that are significant to us. Initial PowerPoint Presentation and discussion will continue through to a BYO lunch together in the library meeting room. Tea/coffee is provided free.

Venue: Council Library Toowong Village

X24 Logan Morning Tea/Lunch Group (Face-to-face) Tutor: Margaret Morris (Logan District, Tue 10:30am)

Logan monthly social get together over good food and coffee. Please join us on the second Tuesday of the month and make friendships through good conversation and food and have some fun. Attendees to pay for own food and drinks. Contact tutor for details. Commences 10 October.

Venue: Contact tutor for details

P04 Photography from Beginner to Accomplished Photographer (Face-to-face) Tutor: Richard Eggesfield (City Campus, Thur 11:15am)

This comprehensive photography course is designed to take you on a transformative journey, from a photography beginner or enthusiast to a skilled and confident photographer capable of capturing stunning images across different genres. Whether you're a complete beginner with a smartphone camera or an intermediate photographer with a DSLR/Mirrorless or even someone looking to buy a camera. The course which is predominantly theory with some hands-on practice, will refine your skills, and encourage creative exploration. It will improve your photos.

Venue: City Campus

C11 *How to make the most of iPads and iPhones (Zoom)* Tutor: Deslyn Taylor (City Campus, Tue 9:30am)

This course will look at using iPads and iPhones effectively. Do you have the right settings? What is the Wallet and is it secure? Make the most of Notes. Get the latest news, access eBooks, Audio Books and Music using the BCC Apps. Q&A sessions on your Apple Devices will be included and we will also look at organising your device to suit you.

A08 *Origami (Face-to-face)* Tutor: Lynette Duffy (City Campus, Wed 9:30am)

Create origami designs in a hands-on activity led by the tutor. Begin with simple art forms and gradually build to more detailed creations as your skills develop. Origami helps assist hand-eye co-ordination, tactile/fine motor skills, space/volume awareness, focus/concentration, mindfulness and works left and right hemispheres of your brain. Fun and laughter guaranteed.

Venue: City Campus

J33 *Basic German for Beginners (Face-to-face)* Tutor: Craig Jensen (City Campus, Tue 11:15am)

Learn to speak, write and read basic German.

Venue: City Campus

J32 *Topics in Linguistics - Morphology and Syntax (Face-to-face)* Tutor: Tom Mylne (City Campus, Mon 11:30am)

This course will be based on the introductory linguistics courses I taught at various universities before I retired, but will focus exclusively on the study of morphology and syntax (i.e. grammar). We will look mainly at the grammar of English, but will venture into comparisons with other languages that I know something about: Latin, French, other Romance languages and one or two Australian (Aboriginal) languages. Contributions from speakers of other languages will be welcomed and will form an important part of the course. Meetings will be in tutorial format: I will teach but discussion will be encouraged, provided it is on topic.

Venue: City Campus

U02 *A Lifesize Guide to Current Psychology (Face-to-face)* Tutor: Richard Wall (City Campus, Wed 11:30am)

Presentations include handouts, audio-visually, input and discussion on the following subjects: An overview of current Psychology; Happiness and its Causes; The Art and Science of Relationships; Brain Changing with Neuropsychology; Growing the Brain with Mindfulness; Emotional Intelligence; Grief; Group Dynamics; Attitude Change, Persuasion and Marketing; Counselling to rewire a client's brain.

Venue: City Campus

C09 *Getting Organised finally, with TRELLO (Face-to-face)* Tutor: Sue Robb (City Campus, Wed 9:00am)

What is Trello? Trello is the visual tool that empowers you to manage any type of project, workflow, or task tracking. Add files, checklists, or even automation. It is designed for use by teams of people, but works very well for you alone. Or, get your partner/kids/grandchildren involved when you gain expertise. It is online, free to use. Keep dementia at bay! Learn something completely new. Venue: City Campus

F02 *Croquet (Face-to-face)* Tutor: Rosemary Newsham (Southside, Mon 9:30am)

This is an introduction to croquet. Come and try the game. Equipment supplied. Wear flat soled shoes. Classes will be held at Stephens Croquet Club, 104 Frederick Street, Annerley (adjacent to the Brisbane Bridge Club) on 6 and 13 November 2023 commencing at 09:30 am. Cost is \$10 per person.

Venue: Stephens Croquet Club

X22 *Understanding Government and Public Policy Systems (Face-to-face)* Tutor: Prue Brown (City Campus, Tue 1:00pm)

Do you shout at the TV news and lament the poor decisions governments are making? Do you feel that your knowledge and experience should be better reflected in policy decisions, but are unsure about how to go about it? In this course we will explore the mechanics of government policy decisions in the context of a policy issue (or issues) currently under review by the government. The aim will be to prepare a submission (or submissions) to inquiries or reviews which are underway. The topic for the submission will be chosen by the class, and the submission developed collaboratively.

Venue: City Campus

Meet our Volunteers

Janet McKeon (Management Committee Member)



I became a member of U3A at the start of 2022. I had always known about it and, when looking for things to be involved in after retiring, I thought it would be good to check out what was available at U3A. I was attracted by the idea of continuing to learn new things and also meet people I might not meet otherwise.

My first course was “Women and the Law”, mainly because it gave me a chance to catch up with the tutor who I knew but had not seen for a long time. Also, it is a topic of interest to me. I have also attended “Dangerous Ideas” which was an opportunity to discuss issues which are relevant to our life and world today. I took the course on the Australian Constitution as I grew up and was educated in the UK and had undertaken limited study in this area. Recently, I have been attending a linguistics course which I hope will provide useful insights for the English conversation classes I conduct.

I am a lawyer by background and have worked mostly in community legal centres assisting those who find it difficult to access the law and legal system. I was with the Youth Advocacy Centre as a casework lawyer, community legal education lawyer, policy officer and, for the nine and a half years before retiring, CEO. I also worked for a period as a policy officer in the government in the areas of Fair Trading, Aboriginal and Torres Strait Islander Partnerships, and Disability Services.

Currently I am seeking to involve myself in things which have purpose through a range of volunteer work, such as Rotary projects and English conversation classes for migrants who are trying to improve their English, particularly migrant mothers with young children, and reception duties at U3A on Mondays when needed.

As the CEO of a small not-for-profit organisation with limited resources, I had to problem solve everything from the most minor to the most major. I was responsible for the day to day running and governance of the organisation, including budgets, funding and staffing and had to be flexible when things did not go to plan. I have had to engage and work effectively and productively with a range of people in a variety of situations: vulnerable and disadvantaged clients, staff, funding bodies, government Ministers. I believe these experiences will be useful in supporting U3A. I have been on a number of Management Committees over the years so hope that I will be of use.

As I had hoped, I have met some really interesting people at U3A.

U3A Social Events

Heather Dowling

For bookings, please contact the U3A office on 3236 3055, or visit the 97 Creek St office. You can keep up to date with the latest Social Events on the U3A Website: <https://www.u3abrisbane.org.au/groups/social-group>

Toowoomba Carnival of Flowers Coach Trip

Date: Thursday, 21 September 2023

Cost: \$81 (includes bus trip, morning tea and lunch)

Bookings: Please call Creek Street on 3236 3055 to register for the trip. Bookings close 7 September.

As the well-known Carnival of Flowers springs into life, Toowoomba is keen to show off its spectacular gardens once again. There will be over 190,000 bulbs and seedlings planted throughout the city's floral displays and parks to ensure the flowers are blooming perfectly for our visit. We will see some of the top displays and competition gardens, along with the magnificent parks as time permits. Fare includes morning tea and lunch at a local club. If you love flowers and plants you will be first in line to book the trip.



Meeting points:

- 8:00am at Coach Terminal opposite Platform 10, Roma Street, or
- 8:20am at bus stop 59 Macgregor, Kessels Road (look for Greencross Vet on the same side as the bus stop, and a bit further an Ampol fuel station).

Return time 4-5pm depending on traffic.

Bribie Island Day Cruise on *MV Lady Brisbane*

Date: Tuesday, 3 October 2023 (depart 9am, return 5pm)

Cost: \$80

Bookings close: 26 September 2023. Please advise dietary needs.

On board the *MV Lady Brisbane*, retrace the route of the extremely popular Steamship *Koopa*, travelling past Woody Point, Redcliffe, Deception Bay and the majestic Glasshouse Mountains. Sailing through the Pumicestone Passage we may see turtles, dugongs and migratory shorebirds, before arriving at Bongaree Jetty on Bribie Island.

On the island we have two hours to explore or just take a relaxing stroll along the waterfront. The museum (which is free) is 500m from the jetty. If you turn right at the jetty, the Bowls Club, where you could have coffee or a cold drink while watching the locals compete, is only three minutes away. A further three minutes takes you to the Water Tower with supersized artwork chosen by residents and business operators who live and work nearby. The artwork aims to bring awareness of the region's delicate ecosystem and the important of humans living in harmony with nature. Turning right at the jetty, another option could be to take a half hour walk to Red Beach passing by the RSL, where you might like to take a cool drink with you to Buckley's Hole Bird-hide which is halfway, to do some bird watching. But don't forget, if you plan to go to Red Beach it will be another half hour back.

Cost includes morning/afternoon tea, and barbecue lunch on board.



Meeting point (Please arrive by 8.45am for 9.00am departure):

- Lady Brisbane, Recreation Hub, Commercial Pontoon, 449 Kingsford Smith Drive, Hamilton (opposite Hamilton Hotel). This is *Lady Brisbane's* own pontoon, a two minute walk from bus stop 19, and adjacent to the CityCat terminal at Brett's Wharf.

Parking may be available in the streets around the Hamilton Hotel.

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 closed: Tickets are now available for collection, or have been mailed out.

Past Event: QAGOMA sculpture visit 21 August

It was a beautiful day outside, but most of the sculptures were indoors. After learning about the types of materials used in sculptures – classic bronze, stone and clay – we found modern sculptures can be made of plastic, steel, plaster and even concrete. Some would not be recognized as sculptures. We were then ready for refreshments and a chat about what we saw. But before we did we were all interested in seeing the *The World Turns* by Michael Pareckawhai, better known as the elephant on its head. If you look carefully at the third image, between the two ladies on the right is a snowman. It is a sculpture and is kept frozen, but the face changes shape in spite of the cold. Do you know the various materials used?



QPAC Tickets

Whilst U3A does everything possible to help members where it can in respect of refunding the cost of outings, there are times when it is not possible. One in particular is QPAC tickets. These tickets are paid for up-front by U3A, and QPAC does not refund the cost of the tickets, so U3A cannot refund either. However, if you have a friend or neighbour who can take your place, they can reimburse you directly. Just remember to inform the office that someone is taking your place, so it can be adjusted in U3A records. With thanks for your understanding.

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