

Editor's Notes

Jane Elliott



This is the last eNews I will be editing while on the road, for some time at least. While I feel greatly enriched by the experiences I've had, I know one of my best memories will be of driving while my husband reads aloud from his latest book choice. This has not only the benefit of any audio book, but also the pleasure of immediate shared discussion of concepts, contexts or language. We have enjoyed a novel by Ian McEwan, memoirs by William McInnes and a biography of World War II spy, Sir William Stephenson. What a blessing a good book is!

President's Report

Gabrielle Power West

Successful Open Day

U3A held a very successful Open Day on Saturday 9 September. The Adelaide Street rooms of U3A were quite crowded with enthusiastic tutors, volunteers and Management Committee members, as well as many current and prospective members. It was great to see so many people chatting with one another and sharing their interest in being a current or prospective member of U3A. Attendees found it very interesting to listen to a presentation in which sixteen of our U3A tutors offered an overview of the classes they generously offer each week for members. There was also the opportunity for attendees to chat with tutors and ask the questions that would help them to better understand what U3A is all about, and how they might be able to fit in as a member. Static and dynamic displays, together with rolling PowerPoint presentations, were an informative feature of the Open Day program.



A positive outcome of this important event was the number of visitors who took the opportunity to join U3A while attending. There were sixteen new members who joined on September 9 and approximately 61 new members following that date. As U3A is totally based on members being prepared to volunteer their time, knowledge and expertise, I found it very positive that a number of the new members have volunteered to work in the U3A office while others volunteered to become tutors and share their knowledge, expertise and interests with other U3A Members

This important inaugural event was organised by the recently formed Marketing Subcommittee which is chaired by Janet McKeon and supported by Frank Alpert, Greg Doolan, Jean Smith and Des Taylor. They worked within a limited timeframe

to organise and present a very enjoyable, informative and professional Open Day. I am sure you will all join me in expressing appreciation for the time, effort, and expertise they voluntarily contributed to this event for the benefit of U3A members.

Thank you to Greg Doolan

For the past number of years, Greg Doolan has been the U3A Publicity Officer together with managing Facebook for U3A. As from Term 4, Greg will continue to manage the U3A Facebook but has handed the responsibility for publicity to the Marketing Subcommittee. Thank you, Greg, for the valuable work you have done as Publicity Officer. U3A looks forward to your continued involvement through Facebook management.

Tutors Wanted

U3A depends on its volunteer tutors in order to fulfil its primary objective of connecting seniors to lifelong learning. If you have experience in, or a passion for, a particular area of knowledge and can volunteer as tutor for 2024, we would love to hear from you. If there is any area in which you have interest and expertise, please contact Gail Hawkins:

tutors@u3abrisbane.org.au

The 2023 year is really passing quickly and we move into Term 4 from 3 October. I hope you all enjoy the classes you have enrolled in for Term 4 and the opportunity to meet and engage with other members of U3A.

Best regards

Gabrielle

Special Online Presentations

Mary Denver

Wednesday 11 October 11am-12:30pm. Dr Sue Colen: *What palliative care really is*



Palliative care is a topic that U3A Brisbane members have wanted to explore. However, they may have encountered differing views about what it is from friends and family, as well as the medical profession. In this presentation, GP Sue Colen will bring her considerable experience and sensitive approach to the topic of palliative care. Sue will address common misconceptions about what it is, and when we or our loved ones may need it: not just at end-of-life, but at a point in time when it is appropriate to manage symptoms in chronic illness.

“I have spent a lot of my working life in General Practice, but have incorporated increasing time in palliative care, either through my practice, or through my work at residential aged care facilities. Caring for the whole person is essential and palliative care includes supporting families as well”. Sue believes advanced care planning, and engaging with tenderness in difficult conversations, are at the heart of palliative care.

[Register for this Event](#)



This session will focus on the 2020 changes to the Queensland law around human rights and capacity for decision-making. These changes are particularly relevant for seniors, with a new focus on **supported** rather than **substitute** decision-making, and the effect this focus has in situations such as sharing assets with adult children. At the end of the session, attendees should not only know their rights in relation to the issues discussed, but also have strategies to keep themselves safe and their human rights upheld.

The Seniors Legal and Support Service (SLASS) at Caxton Legal Centre, is an independent, non-profit, non-government community organisation that has provided community legal services for almost 50 years. <https://caxton.org.au/how-we-can-help/seniors-legal-and-support-service/>. SLASS is a free service for all older people, providing both social and legal case work around elder abuse prevention and education to community and service providers about the rights of older Queenslanders.

Dr Anne-Louise McCawley is the Community Engagement and Education Leader in the SLASS. Anne-Louise completed her PhD in 2007 with a focus on financial elder abuse. She has worked variously as a solicitor, school-based child and family counsellor, research assistant/manager and clinical health social worker.

[Register for this Event](#)

City Campus News

Gail Hawkins

We still have classes that can accept new enrolments in Term 4. Listed below are a few, but this is just a selection. If one of these courses doesn't interest you then please have another look at the [Class Schedule](#) which has a comprehensive list of all our classes. Remember you need to contact the tutor to confirm enrolments – you cannot turn up on the day and expect to be accepted to a class.



Monday

- F64 Canasta Card Game Variations
- J150 Russian for Beginners
- J106 French - Read a Novel

Tuesday

- L09 Tips on Writing Short Fiction Stories
- J42 Indonesia – Bahasa Indonesian
- X07 Chinese Calligraphy for Beginners

Wednesday

- C26 Create Family Memoirs
- H31 Wonders of the World
- C05 Researching on the Internet

Thursday

- F20 Scrabble – Double class
- J56 Auslan for Seniors
- J57 English for Speakers of other Languages

Friday

H51 History – Living in 15th Century England
C08 Android Phone/Tablet and Gmail
J189 Latin Medieval

WANTED: PORTUGUESE LANGUAGE TUTOR

We have members standing by who are keen to learn Portuguese (Brazilian or European). We have the classroom and the students; all we need now is a tutor. Please email me if you can take on this role or if you know of anyone who would be interested: tutors@u3abrisbane.org.au.

Northside District and City Precinct

Rod McLary

Two new classes will be starting in Term 4, one in the Northside District and the other in City Precinct. They could not be more different from each other as one looks at the history of key locations in the Brisbane CBD, while the other looks at up-to-the-minute technology.

H02 Historical Walking Tour, Wednesday 10am – 12pm

Two-hour walking tour through key historical locations in the Brisbane CBD. Six stops in all including City Hall, GPO, Macarthur Chambers, cnr of Albert and Queen Streets, George Street and Old Government House. At each stop, historical information will be given about the significance of the location.

S01 Electric Vehicles 101, Monday 9th October 10.30am – 12.30pm (Outdoors, Northshore Hamilton)

Learn everything that the tutor wishes he had known before buying an EV. Topics include characteristics of EVs, regenerative braking, what to consider when buying, how to charge your EV including from home solar, and much more. One week class only.

Full details of both classes are [on our website](#) and both have vacancies.

Cyber Security Awareness Month 2023

Greg Taylor, ICT Coordinator

October is *Cyber Security Awareness Month*, a time for all Australians to improve their cyber security knowledge and take action to protect their information and devices.

The theme for *Cyber Security Awareness Month 2023* is **'be cyber wise – don't compromise'**.

U3A members are encouraged to take 4 simple steps to be cyber wise:

1. Update your devices regularly.
2. Turn on multi-factor authentication where offered.
3. Backup your important files.
4. Use passphrases and password managers.



Cyber security is everyone's responsibility. We can all do our bit to be cyber wise. Take these simple steps to improve the security of our devices and accounts, and share the [Cyber Security Awareness Month](#) resources available on cyber.gov.au.

Be sceptical of all unsolicited emails, especially where money is involved. Even if an email appears to come from someone you know, always check the sender's email address as scammers can masquerade as another person. Be wary about publishing personal information on social media, as scammers often exploit such information to target you.

Meet our Volunteers

Kev Mahoney (Tutor)



I have been a U3A member for 20 years. Initially, I was advised to try U3A by my doctor who said it might help to fill the void that retirement had created. I had spent 30 years as Head of Mathematics at Wynnum North after completing degrees in science and education at University of Queensland.

*Looking for a change of scenery, I joined U3A as a class member. Having enjoyed Latin at school, I tried an Italian class, completed one-year courses in Psychology and Philosophy, and was a member of the Colonial Dance class for 16 years until COVID brought about its demise. In 2005, I began taking my own classes. I tutored Japanese in the city for six months and have been a tutor of Italian since 2006. I tell my classes that I am **not** focusing on Italian conversation because most of us will never use such a skill. However, we can learn to read and understand the language, thereby opening ourselves to a treasure trove of literature and music. I currently have three classes in Brisbane South. There is not a soul who does not join the groups for coffee before or after my classes.*

Until middle age I was a keen sportsman, playing grade cricket as well as squash and tennis fixtures. These days I keep active through the gym and a heavy involvement in folk and square dancing.

I find that tutoring gives me a sense of purpose and I get immense satisfaction out of feeling that I am once again a contributor to society. I really enjoy the company of the many wonderful people that I have met.

Meet our Volunteers

Bill Nichols (Member and Tutor)

from Rob Hill

Popular long-term member of U3A Brisbane, Bill Nichols, has returned to Houston, Texas, after nearly 20 years membership. Bill was a member of Modern History H15 (now History Case Studies H19) continuously since it started meeting in the Canegrowers Building in Edward Street over fifteen years ago. He attended several other classes including Modern History H27. He was also much interested in ancient civilisations and geology, and tutored in those topics for five years.

Bill achieved two degrees at Texas A&M and worked in the oil industry around the world. He met his Australian wife, Ruth, when they were both working in Russia but they settled in Brisbane, Ruth's home town. Many members will remember Ruth who attended French classes.

Since Ruth's death five years ago, which he has faced with great courage, Bill has been travelling from their former acreage home in Dayboro to the city for courses as much as three days a week. H19 and H27 are both interactive classes and Bill has given presentations in both at least once a term throughout his membership; his last, to both classes, was titled "Who owns the Moon". He had excellent knowledge of history, both ancient and modern.

U3A Brisbane has been well served by Bill as member and tutor. He often said that he owed much to the companionship and learning he experienced with us, but we are indebted to him for his unstinting contributions as tutor, participant and generous friend. Class members gave Bill a send-off at his last classes, wishing him well in his new life with his sons in Houston. He is a dual citizen and we hope he may come back and visit us sometime.



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>

Spirit of Christmas, QPAC Concert Hall, 23 December



Date: Saturday 23 December, 2pm – 3.30pm

Cost: \$59 concession, otherwise \$69.

Bookings: Please call Creek Street on 3236 3055 or visit the office to register for the event by **31 October**.

Leading musical theatre stars will join special guests in seasonal song and cherished Christmas carols, supported by a full orchestra and the wonderful voices of the QPAC Chamber Choir.

Spirit of Christmas is a celebration of the true meaning of Christmas as well as a time to rejoice and reflect on what has happened in the past year both at home and throughout the world.

Past Event: Visit to Toowoomba Carnival of Flowers, 21 September



We had a full coach with Paul, the driver, providing stories along the way. We visited the first place, second place and Grand Champion gardens, as well as the Botanical Gardens and Laurel Park. It was a great day of flowers, gardens, weather and food. Though it was a long day, it was worth it. Thank you to everyone who sent photos.

There was a hiccup and resultant delay after two members changed their minds about which bus pickup point they would use. It took some time to find out what happened. It would be appreciated, and a courtesy to the coach drivers who have to keep a schedule, if you could advise Heather Dowling by mobile if your situation has changed.

Open Day 9 September



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