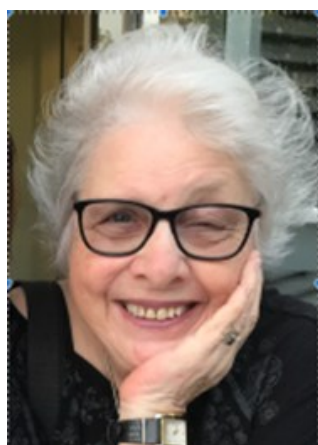


From the President



Deslyn Taylor

Hello all

Term 1 finishes on 4 April. I hope you have enjoyed your classes and have enrolled in your chosen classes for Term 2. If not, you should do this as soon as possible to ensure a place as some classes are full and others are filling quickly.

Also remember to check out one of our many new classes.

AGM

We are finishing preparations for our Annual General Meeting (AGM), which will be on Wednesday 16 April at 10am on Zoom.

I hope many of you can attend.

You can register on the website or click on [this link](#).

Management Committee

We are currently also finalising our Management Committee for 2025/26.

This group will take us forward and will look to ensure that U3A Brisbane's financial position remains viable and grows in strength over the coming years.

We will need to ensure that our membership continues to increase, and the number of classes increases also to ensure that new members have the option to enrol in a class.

Strategic Plan

We will seek to implement our new [Strategic Plan](#) over the next 3 years.

The main aims are to:

- increase membership
- expand class offerings
- ensure U3A Brisbane's short- and long-term financial and operational viability and sustainability.

The Strategic Plan so far...

Our membership is gradually recovering from the COVID years, but we need more members and would encourage you to tell your friends about us.

Most of our new members have always found out about us through word of mouth.

The number of classes offered is increasing. We are very pleased with some of the results evident in 2025. There are 29 new classes offered so far this year.

Also, some Tutors of popular classes have increased their class capacity to allow new enrolments.

We are working with the University of Queensland to suggest opportunities to some of their Emeritus Professors to offer either a class or a presentation at U3A Brisbane. This could lead to some very interesting options.

Enjoy the remainder of Term 1 and your Easter vacation. We look forward to seeing you back in Term 2.

Regards,

—Des



ANNUAL GENERAL MEETING

NOTICE OF 39th ANNUAL GENERAL MEETING

UNIVERSITY OF THE THIRD AGE BRISBANE INCORPORATED

The Annual General Meeting of The University of the Third Age Brisbane Inc. will be held online at **10.00 am on Wednesday 16 April 2024 as a Zoom meeting.**

Attendees must register for the meeting using the link on the U3A Brisbane website home page.

You will be sent instructions later by email about how to join the meeting.

[Register for this Event](#)

NOMINATIONS FOR THE MANAGEMENT COMMITTEE OF U3A BRISBANE INC. FOR 2025

These positions on the Management Committee automatically become vacant at the AGM:

- President

- Vice-President
- Secretary
- Treasurer
- Up to six (6) Committee Members.

Please forward nominations (two nominations, as both a nominator and a seconder are required for each position), by email to me at secretary@u3abrisbane.org.au

by **5.00 pm Wednesday 2 April 2025.**

The person you nominate must consent to the nomination.

I will contact finalised nominees for a brief biography after 2 April 2025.

Please contact me on the above email if you have any questions about this process.

*Rod McLary, Secretary
U3A Brisbane*

AGM AGENDA

1. Apologies
2. President's opening remarks
3. Confirmation of minutes of 2024 AGM of U3A Brisbane Inc.
4. Business arising from the

minutes of the 2024 AGM (if any)

5. President's report
6. Treasurer's report and presentation of audited financial statements of income and expenditure, assets and liabilities for the calendar year 2024
7. Auditor's report – presentation of the audited statement to the meeting for adoption
8. Appointment of Auditor
9. MOTION: That this meeting approve the Management Committee's resolution of 28 February 2025 to increase the annual subscription for membership from \$45.00 to \$50.00 and the Affiliate membership from \$15.00 to \$20.00, commencing from the 2026 membership year.
10. Election of Office Bearers and Committee Members for 2025/26 – President, Vice-President, Secretary, Treasurer and up to six (6) Committee Members
11. Questions from the floor
12. Close.

—Rod McLary, Secretary

From the Secretary, Rod McLary



District News

You have already received the new class schedule for Term 2 and no doubt have selected your classes for the new term.

A new discussion group will begin in the Northside district.

It is called **Private Schools in Australia— "Choice" or Entrenched Inequality.**

It will be held on Wednesdays at 12.30pm.

Full details in the class schedule.

To conclude Term 1, an additional session of **Electric Vehicles 101** will be offered on **Friday 4 April** at the Gasworks Plaza Shopping Centre.

Tutor Phil Browne will share all he knows about electric vehicles. Please see the class description for full details [Northside district; S01].

—Rod McLary, Secretary

Keynote Presentation: Drumming for Life

Thursday 24 April 2025 11am on Zoom.

Promoting communication, social connection and mind-body capabilities through active learning and participation in music.

Across the lifespan, it is crucial to keep your mind and body active, and be socially connected to maintain good health and

wellbeing.

An expanding body of research suggests that active participation in music activities can support you to achieve these goals.

Even more exciting is that it is never too late to start. Even in a matter of weeks you'll see changes to your brain, behaviour and social connections, as well as experiencing the joy of developing musical knowledge and skills.

In her presentation **Dr Mary Broughton** will outline the

context of current knowledge on the impact of active learning and participation in music for individuals and groups.

She will also focus on what is special about drumming and percussion – striking things with the body or sticks – music and movement activities.

Dr Mary Broughton is UQ's School of Music's Senior Lecturer in Music Psychology, which involves the scientific study of human thought, feeling and behaviour in relation to music.

Mary's research focuses on human responses to, and interactions with, music performance.

As a percussionist, Mary has performed with orchestras such as the Queensland Symphony and West Australian Symphony Orchestras, and has performed nationally and internationally as a chamber and solo musician.

Mary established and currently leads the psychology of music program area at the University of Queensland's School of Music.



[Register for this Event](#)

DID YOU KNOW?

This year has some unique mathematical properties:

$$45^2 = 2025$$

$$1^3 + 2^3 + 3^3 + 4^3 + 5^3 + 6^3 + 7^3 + 8^3 + 9^3 = 2025$$

The latter equation makes this year unique in world history.

Make the most of it, and carpe diem.

40 Posts About Linguistics That Might Make You Realise How Silly Language Can Be

Link:

www.aol.com

Sample:

Started seeing someone

As in dating or hallucinations

New Classes for Term 2

We have 15 new classes in Term 2, including some very interesting new topics.

We thank and welcome those tutors volunteering at U3A for this first time.

See [Class Search](#) for more information or to enrol in one of these classes.

S10 Maths without Equations

Tutor: Andrew Macfarlane (Face-to-face)

City Campus, Tue 9:00am

Many people who have not studied mathematics confuse it with arithmetic and consider it a dry and fruitless science.

In reality, however, it is a science which requires a great amount of imagination.

—Sofia Kovalevskaya (1850-1891), the first woman to become a professor of mathematics in Stockholm.

This is an approach to mathematics for those for whom “maths” was just arithmetic and more arithmetic, algebra and solving equations.

What mathematicians do is utterly different! It is about concepts, weird and fascinating, but often based on solving real problems.

B55 Mental Health and Transformation

Tutor: Michael Visser (Face-to-face)

City Campus, Fri 12:00pm

The course integrates psychology, neuroscience, and insights from NDEs (near-death experiences) to cultivate mental health.

We build on four pillars, guided by evidence: principles, self-awareness, possibilities and transformation.

Through reflective exercises, mind-mapping techniques and guided introspection, you'll learn to release past conditioning, set healthy boundaries and align with your authentic self.

Sessions explore topics like overcoming fear, embracing emotional resilience and shifting to a life of clarity and purpose.

By the end of this course, you'll have practical tools to navigate challenges with confidence and transform negative thoughts.

M19 Music Is Magic So Let's Discover How It Works

Tutor: Bernie Hoesman (Face-to-face)

City Campus, Thu 1:15pm

We hear music everywhere, but “hearing” and “active listening” are very different experiences.

If you love attending concerts or simply want to use music as a relaxation tool, the true magic happens when you know more about how and why music is made.

During this course, you'll be listening to snippets of a wide selection of the great music of yesteryear, as well as modern musical styles.

The essential elements like rhythm, pitch, form, expression, texture, etc. will be explained in clear, precise and entertaining ways, to add a whole new dimension to your appreciation of music.

C35 Living in a Computerised Society

Tutor: Andrew Macfarlane (Face-to-face)

City Campus, Thu 12:30pm

In these talks we shall discuss the huge size of modern corporate systems and the evolution of the technology that has allowed them to grow to their vast size.

They now hold the rules that govern society. The expansion of this technology has been very rapid.

The size of systems, their software and their network of overlapping systems, is so large as to become incomprehensible to any single person. This troubles information managers and philosophers alike.

The “artificial intelligentsia” believes it has the answer, yet the complexity of things vastly exceeds what they have to offer (which we examine in some detail).

T10 Antarctica, an Armchair Expedition to the Ross Sea and Back

Tutor: Leeanne Hart (Face-to-face)

City Campus, Thu 11:15am

Have you ever dreamed about visiting Antarctica?

Or wanted to know more about the heroic

explorers and their often tragic tales?

Are you interested in understanding how tourism, climate change and the Antarctic Treaty affects this pristine environment?

Perhaps it is the unique penguins, whales and seals of this continent that grabs your attention.

Or the Ross Ice Shelf, which is 600 km long.

Come along to this “armchair expedition” where you'll find out information about each of these things (and more) supported by photos and videos taken while I was there.

B54 Mental Wellbeing as You Age

Tutor: Sue Robb (Face-to-face)

City Campus, Wed 10:45am

This course explores the interconnected dimensions of mental wellbeing, physical, psychological, social and spiritual health, as you navigate the ageing process.

You'll learn how to prioritise regular check-ups, exercise and nutrition while addressing risk factors for physical health, develop coping mechanisms and work-life balance strategies for psychological resilience, and foster meaningful social roles and relationships amid family and societal dynamics.

Additionally, the course delves into understanding your beliefs, values and self-awareness, promoting acceptance, conflict resolution and a deeper connection with yourself.

C34 AI ... What is it? How You Can Use It for Your Benefit

Tutor: Sue Robb (Face-to-face)

City Campus, Wed 9:00am

Discover the world of artificial intelligence (AI) in this comprehensive course, designed to demystify its concepts and capabilities.

Learn how to harness AI tools and technologies to solve problems, boost personal productivity and make data-driven decisions.

Whether you're a beginner or a pro, this course will empower you to leverage AI for personal growth.

E21 Private Schools in Australia – “choice” or entrenched inequality

Tutor: Lawrence di Bartolo (Face-to-face)

Northside, Wed 12:30pm; Venue: Grange Library

Educationalist Alan Peshkin, after spending some time observing an elite school in depth, wrote:

“I document the school's practices not to extol its success, but, rather, to use its success as the basis for calling attention to what is available to elite private secondary students that is not available for most ... children.”

Under the guise of “choice”, Australia has one of the largest private secondary school sectors in the world.

Does this development pass the social justice “test”, or merely drive intergenerational inequality in Australia?

This course considers the case against private schools in Australia.

H47 A Brief History of the World Part 1

Tutor: Robert Hogg (Face-to-face)

City Campus, Wed 1:00pm

This course is the first of a three-part series which surveys world history, from the Neolithic Revolution 10-12,000 years ago to the 20th century.

We'll look at major changes in the framework of the human experience, from the rise of agriculture to the present day.

In this term we will consider the classical civilisations of Greece, Rome, Han China, Persia and the Byzantine empire.

We'll look at their belief systems, how they dealt with common problems, gender relations and their ultimate decline.

B53 Yoga, Gentle Yoga for Everyone

Tutor: Liz Spencer (Face-to-face)

City Campus, Fri 1:00pm

Gentle hatha yoga helps improve flexibility, strength and balance, while soothing the nervous system and calming the mind.

This class offers asanas (poses), pranayama (breathing exercises), and relaxation.

Take it at your own pace; all poses can be adjusted and/or substitutions are available to suit your needs.

It's a great way to start if you've never practiced yoga before, and a rewarding class for the regular practitioner.

Please note: You do need to bring your own yoga mat and blocks or bolsters if you use them.

In case of illness, please do not attend, but you may wish to access gentle online classes.

J81 Spanish Intermediate (A2)

Tutor: Rose Murray (Face-to-face)

City Campus, Mon 11:00am

Participants in this class have been learning Spanish for about a year.

We do use a textbook, *Easy Spanish Step-by-Step*, but also make use of a variety of other materials from different sources such as YouTube videos, songs and stories.

We have a strong focus on speaking and striving for the correct pronunciation—also on having fun and getting to know this fascinating language and its associated cultural aspects in so many corners of the world.

L16 Modern Poets Simulate and Emulate

Tutor: Soni Laugesen (Face-to-face)

City Campus, Mon 1:15pm

Ever wanted to write poetry? With a “template” gleaned from a short study of a famous modern poet, we can start with his or her style to guide us.

Not that we would want to compose exactly in the style of other poets, but by hands-on experimentation with their techniques, our own unique voice may be found.

Discovering how a selection of real poets wrote, and having a go in class to emulate them, is fun.

We aim to explore a new poet every few weeks.

For scribblers of all levels, experienced or beginners.

Soni is a published poet and contributes at local poetry slams.

S09 Getting to know Insects, Nature's 6-Legged Wonders

Tutor: Colleen Foelz (Face-to-face)

City Campus, Mon 11:00am

A basic course for the insect-curious about “the little things that run the earth”.

It will introduce you to how insects are classified and identified with user-friendly hard copy and online resources.

By knowing what species an insect is (or the group

it belongs to) you can better understand their life cycle and role in nature.

The course will reveal the startling diversity and complexity of insects and their life histories.

Although mostly focused on commonly encountered insects, there will also be examples of the weird and bizarre.

The course will be a combination of theory and hands-on activities.

S08 A Short History of Water

Tutor: Norrie Sanders (Face-to-face)

City Campus, Thu 11:00am

Have you ever wondered how the latest ice age has moulded our world?

Or how Victorian London conquered cholera?

And how some of the world's greatest civilisations have harnessed water?

How tsunamis have shaped history?

Not to mention unexpected links between water and aviation?

And what of water as a place to bathe or hold sacred rituals?

Our little band of five would-be historians will attempt to answer these and many more questions.

We hope the talks will be entertaining, stimulating, and provide the opportunity for discussion.

H48 Canada: The “Other America”—A History of the USA’s Northern Neighbour

Tutor: Gary King (Face-to-face)

Southside, Venue: Holland Park Library, Fri 9:00am

Our sessions will take a deep look into the centuries of interaction between Canada and its neighbour to the south.

We'll examine Canadian and North American history from its earliest beginnings to the middle of the 19th century, focusing on the ebb and flow of the events, conflicts and cultural differences that helped shape the distinct Canadian perspective.

Along the way, we'll make time to examine and discuss some of the more recent developments in relations between Canada, the US and its other American neighbours.

From Linda Daniel, on behalf of Mark Brannigan, Social Coordinator



Hello Folks,
Our Social Coordinator Mark is

away, but in contact, so we have been working in the background, looking at outings you might like to go to.

We should have a full list by May's newsletter.

In the pipeline:

- Tour of the Commissariat Store Museum on William St. 6 JUNE
- Brisbane River Cruise
- Fo Guan Shan Chung Tian Temple tour and lunch – SEPTEMBER
- Amberley Air Force Base
- Candlelight concerts – please

click on this link, have a look and let us know which ones interest you:

[Candlelight Concerts](#)

- Hello Dolly** @ Savoyards – OCTOBER 11 or 12, booking and payment to be made in AUGUST

- Cross Country Bus Trips** – please click on the link below, have a look (past JUNE) and let us know which ones interest you; perhaps the Warwick Jumper & Jazz Festival?

[Cross Country Tours](#)



COMMISSARIAT STORE 115 William St, (near Star Casino)

[Commissariat Store Museum](#)

The Commissariat Store is a history museum that specialises in showcasing Queensland's history. It is an initiative of the Royal Historical Society of Queensland, and is staffed by volunteers.

The most significant exhibit is the building itself. The Commissariat Store is Queensland's oldest habitable building, and its most significant heritage building.

The lower two floors of this magnificent building were convict-built during 1828 and 1829.

The third floor, now the main entrance from William Street, was added in 1913.

Date: Fri 6 June at 10am

Meet at the main entrance, opposite Treasury Casino, 115 William Street.

We will have coffee afterwards at a nearby cafe if people wish to stay after the visit.

HOURS: Tuesday to Friday 10-4.
Easy access by car, bus and ferry.

STOP PRESS!

**15 more tickets for
Jesus Christ
Superstar now
available! Date:
Wed 23 July 1pm**

Around the traps with Linda



Hello Thespian Lovers,

You may have noticed during Cyclone Alfred that many playhouses pulled out all stops and moved their shows along to new dates.

This was not an easy thing to do as they had to contact the copywriters to get the new dates approved, in some cases.

We should give them all a cheer for what they did, when a lot of them were in the same mess as us and without communication!

April, from all accounts, does not have plays, probably due to Easter.

However, **Act One** has an evening performance of *Prepare To Meet Thy Tomb* on April 4 and 5. (See last newsletter for details).

It is unfortunate that some playhouses get it wrong with their advertising of some of their plays.

So, please, for your own

happiness — and that of the theatre! — read a synopsis of the play online before booking it.

Please note that all plays below are correct at the time of printing. And check with the website or contact the theatre group before booking.

STOP PRESS

Future Memories, a comedy written by U3A tutor Craig Jensen.

Qld Multicultural Arts Centre, 102 Main St, Kangaroo Point, 8-10 May.

More information:

[Brisbane Comedy Theatre](http://BrisbaneComedyTheatre.com.au)

THEATRE	PLAY	START	MAY 2025	TICKETS
Act One Theatre, Strathpine 0458 579 269 Act1theatre.com.au	One Act Plays	2pm 7:30	30, 31	Adult \$25 Conc. \$20
Centenary Theatre, Chelmer 0435 591 720 Centenarytheatre.com.au	<i>No Dinner For Sinners</i>	2pm 7:30pm	17, 18, 25 10, 16, 23, 24, 30, 31	Adult \$27 Conc. \$24 Group \$20
Ipswich Little Theatre 3812 2389 ilt.org.au	<i>The Perfect Murder</i>	2pm 7:30pm	18, 25 16, 17, 23, 24, 30, 31	Adult \$25 Conc. \$21
Nash Theatre, New Farm 0418 719 300 Nashtheatre.com	<i>Grand Horizons</i>	2:30pm 7:30pm	17 10, 16, 17, 23, 24, 30, 31	Adult \$25 Conc. \$20
Sunnybank Theatre 3345 3964 Sunnybanktheatre.com.au	<i>One Act Plays – Black Comedy</i>	2pm 7:30pm	3, 10, 11 2, 3, 10, 16	Adult \$28 Conc. \$26
Phoenix Ensemble Beenleigh Showgrounds https://phoenixensemble.com.au/	<i>Little Women</i>	2pm 7:30pm	17, 24 2, 3, 9, 10, 16, 17, 23, 24	Adult \$40 Conc \$35 Group 10+ \$30
Villanova Players, Seven Hills 0423 920 832 Villanovaplayers.com	<i>The Great Divide</i> , by David Williamson	2pm 7:30pm	24, 25, 31 23, 24, 30, 31	Adult \$30 Conc. \$25 Group \$27

PROFILE: LINDA DANIEL, Auslan for Seniors tutor and Around the Traps researcher at U3A

I was born in 1962 in Sydney. We lived at the tip of McMahons Point, a harbourside suburb, where we could look out to Luna Park to the left and also see underneath the Harbour Bridge, and we watched the progress of the Sydney Opera House being built.

I am still very proud that my father designed the support structure of the grand staircase there!

Our family had many friends from all over the world. We were far from ordinary in this respect, and I have loved different cultures ever since.

Growing up, I did the usual things: learned to swim at Balmoral Beach; rode horses, winning a trophy in jumping, as well as surviving being caught under a stampede of horses without a scratch; Brownies, Guides and the State Emergency Service.

During the 1980s, I travelled to Tahiti Club Med, England, Scotland, Malta and Zimbabwe. My last trip was a cruise to Vanuatu in 2015.

My career as a secretary/PA/EA started in the private sector and included positions at Robo Car Wash, in the tea and coffee industries, at Grace Bros department store and some temping between jobs, and in the security industry (guards and patrols).

This led to 10 years with the Australian Crime Commission in



the public sector, and gave me an active interest in workplace health and safety, and also in the veterans with whom I worked. I then left paid work to become a carer for my mother, and then my partner.

I now look after people's pets, specialising in cats, through an organisation called Pawshake Australia. This provides me with the funds for vet care and boarding bills for my own cat, Obi-Wan Catoby, when I visit my cousin in the Blue Mountains. I am currently teaching him Auslan.

My involvement with Auslan started when I was about 10. Bored one day, I memorised the alphabet printed on the back of the telephone book.

I always remembered it, and in my 20s, it saved the day when I was playing ten-pin bowling. A deaf group there couldn't make themselves understood. Even though I just used it to spell out words, it helped them.

After the traumatic death of my partner, I came across a course,

Introduction to Auslan, by Deaf Services, at the local library for about \$50. It was hard. The teacher was deaf, with some speech, but in deference to her we were not allowed to speak.

When it came to my second course, it would have cost \$2,500! I thought, that's it, it's over ... until I found the Auslan Online company in Victoria, run by a wonderful man called Darren. I bought his two USBs.

Later, I joined U3A and in my hobbies I put "learning Auslan". President Des phoned me and suggested I teach it at U3A.

I CAN'T DO THAT! I'M NOT A TEACHER!

But she persuaded me to show people what I had learned.

Darren gave me permission to use his resources for my U3A class. I have now shown many of you how to sign.

The next beginners' class starts possibly in Term 3. There will be practice, as with any language. But give it a go! At least you'll have tried it and had some fun.

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