



Index (Click to choose)

	Page
Presidents Comments	1
Office Hours	2
U3A - Annual General Mtg.	2
Brisbane Campus	2
Logan District News	4
Winter School	5
Retirement Income	5
Tour Guide for China Visitors	6
IT Group	6
History Project	7
Southside Luncheon	7
Facebook backgrounder	7
Inspired Ageing	8
China Trip	9
Social Committee News	10

Happy Autumn to you all although the heat of summer still hangs on. This month, our view comes from a friend's garden in the Dandenongs. Down there, the colours that the bushes and trees turn are partial compensation for the sometimes extremely cold weather.



Also, we hope our bumper issue of E news will be easier to navigate with a clickable index. Enjoy...

President's Comments:
From Marilyn Wagland



We had a great event on March 4 in our Queen St rooms to which all tutors were invited. It was our opportunity to thank these wonderful people for their ongoing commitment to U3A Brisbane. Certificates and book marks were produced to acknowledge their service. It was also the occasion to "Lift Off" the book celebrating our 30 year history which will be published and available for sale in mid October. A lot of work has and still is, going into its writing and support from our

members in purchasing the book will be vital once it is ready. You may even find yourself mentioned in its pages!

The book will be entitled

**" Forever Learning -
Celebrating Thirty Years of U3A Brisbane 1986 - 2016"**

The competition for the cover led to a decision to combine a couple of the covers displayed. We feel that the new cover will truly show what Brisbane's U3A represents.

This event was capably catered for by our band of willing office volunteers who kept the food and drinks flowing while we were entertained by Logan's marvellous ukulele group, Brisbane's great recorder group and enjoyable solos sung by Patrick Johnson accompanied by Catherine Hunter. An impromptu hula from one of our members to the melodic sounds of the ukuleles made it a fun afternoon.

Thank you to everyone who contributed to this enjoyable event, particularly Josephine Brown who devised and coordinated the afternoon and all our musicians.



(Jann Olsson kicking up her heels to the Ukuleles.)

Office Hours:

from Yvonne McGann, Office Manager

The U3A office at 97 Creek Street will be open from 9am till 12:00 on Tuesday 29th and Thursday 31st of March. We will be open each morning from 4th of April until 8th of April with the exception of the 6th of April (the morning of the AGM) when we will only be open from 7:30 to 9:30. [\(Back to INDEX\)](#)

U3A Brisbane AGM

The AGM will be held on Wednesday 6th April 2016 at Level 1, 344 Queen St from 10:00am.

If you wish to attend please call the office on 3236 3055 or email to mail@u3abrisbane.org.au Tea coffee and biscuits will be served from 10:00am to 10:30am. Please be on time so that you do not disturb the meeting by arriving late. [\(Back to INDEX\)](#)

BRISBANE CITY CAMPUS

From Gail Hawkins

Contact: tutors@u3abrisbane.org.au

With Term 2 about to commence, we again welcome our new tutors and those that are returning this term after taking a well-earned break. A number of our new classes this term received a great response from our members, but there are still a number of classes that would appreciate your support. Following are some of the classes that still have availability. You can go to the Term 2 Class Schedule for more details on these and all the other classes or you can access the information on line.

Monday Classes

E26, Controversies in Political Economy – Economic ideas have always been controversial. This course will examine the disagreements and debates that are with us every day – from before Adam Smith to Marx and Keynes and today's disputes over taxation, debt and the role of government and financial crises.

Tuesday Classes

J164, Written Japanese – An introduction to how Japanese evolved from a spoken only language to one that could be written.

L59, Literature, Romeo of the Underworld – Venero Armanno is a contemporary novelist from New Farm in Brisbane. The book is based on a love affair that began at Cloudland Ballroom in 1976. A great read, with heaps of recognisable local land marks.

Thursday

H39, The Battle for Australia 1942-43 – An analysis of the causes, course and consequences of the Kokoda track Campaign, including an evaluation of the controversies and personalities, strategy and tactics surrounding it.

S21, Climate Change Solutions 2016 – The course will cover sceptics, believers, polluters, solutions for Industry, political solutions and general discussions.

A69, Water Colour Techniques for Beginners – This course did not appear in the published Class Schedule, but can now be viewed on the online version of the Schedule. This course is for those that have never attempted painting with water colours and would like to learn the basic techniques.

Friday Classes

H40, History of Architecture – Explore the different styles from the Ancient World, Byzantine and early Christian cultures to the middle ages with the Romanesque, Gothic, Renaissance, Baroque and Rococo styles. Modern architecture of the 20TH and 21ST century will also be included in the course.

X104, Recreational Aviation – Learning to fly is now affordable, safe and fun. The course covers an introduction to aviation in light sports air craft as well as covering the basic ground course syllabus. For those wishing to continue beyond theory, a trial introductory flight can be arranged to put you at the controls.

X105 – Community Exchange Systems (CES) & Alternative Currencies – In the face of uncertain economic times find out how you can save money by buying and selling goods and services without currency, by trading the Brisbane Local Energy Transfer System (BrisLETS). This is a great initiative, enrol and find out how the system can work for you.

As you are no doubt aware, from Term 3 we will be

moving into our new Adelaide Street premises which offers more class rooms, which means we will be looking for additional tutors. If you have ever thought of tutoring but are not aware of what is involved - in Term 2 we will be running a course that could inspire and encourage you to become a tutor. One of our valued members, whose career was to design, develop and deliver courses for adult professionals wanting to improve their workplace teaching and to make adult learning a happy and effective experience has offered to facilitate these classes. Dates for this course have not been confirmed but if you think you would be interested in attending, please contact me and I will ensure that you get an invitation.

We have a number of tutors that have prior commitments in the second half of the year so in particular, we will be actively looking for tutors in the following:

Any Language classes, but in particular we will be short of Italian, Spanish & Indonesian tutors.

Any History, Genealogy, Philosophy & Science subjects.

We don't have any Travel courses, so would love to add this to our Schedule.

Jewellery Making, Beginners 500 or other card or board games. This term received a great response from our members, but there are still a number of classes that would appreciate your support. Following are some of the classes that still have availability, for more detail on these and all of our classes go to the Class Schedule that you may have received by mail or you can access it online.

[\(Back to INDEX\)](#)

Logan District News:

From Jean Townsend

One term is over and another begins with three new classes – Beginners Spanish, Guitar, and Creative Writing. The Guitar class may already be full, but names can go on a waiting list. Most of the other classes and groups would be happy to have more members.

The year opened very successfully in Logan, with the number of enrolled students increasing by 70, making a total of 550 who have attended since January 2015. In the drive for more members and tutors, the committee will soon send an email asking members to forward an invitation to attend U3A to their local email contacts with a request to forward it onward, so that you too can help spread the word. We are hoping to reach many more people in this area who would benefit from joining this wonderful organisation. Soon you will also see a monthly advertisement in the Albert and Logan News. We held promotions lately at Browns Plains, Arndale and the Hyperdome shopping centers, giving out hundreds of our class lists.

Several successful new classes started this year in the Browns Plains and Marsden areas. At present there is an exhibition by the Beading class that is well worth seeing at the Browns Plains Library. We will have a general U3A display there during the month of April, and an Exhibition of work by members of our art groups at Sunnybank Hills Library during May and June.

Please come along to a Book Sale in aid of U3A funds at Browns Plains Library on the 23rd April. Books and videos go for one or two dollars and all receipts will go towards improving our service in this district.

The local committee hope you have an exciting time in Term 2

[. \(Back to INDEX\)](#)

Winter School

From Anne Douglass

Featured Presenter # 1

Professor Peter Corke

The Exciting World of Robotics



Great strides are being made in the world of Robotics and they are becoming, more efficient, more user friendly and smarter all the time. We already have drones being used by farmers and the military, and robots are working in industry and underwater, and it won't be long before we have



Professor Peter Corke

driverless cars and robots doing all our household chores.

Our society is confronted by a number of challenges that ultimately stem from the number of people on the planet and their requirements for food, energy, raw materials, housing and transportation. Professor Corke will briefly introduce

robot technology, separating fact from fiction; investigate how robotics might address some of these big challenges; and finish with a discussion on potential concerns about robotics.

Peter is Professor of Robotics at QUT and his research falls squarely under the heading of cyber-physical systems that sense, communicate and interact with the physical world. Prior to QUT he was a senior principal research scientist at CSIRO where he founded the Autonomous Systems laboratory, a 50-person team undertaking research in mining, ground, aerial and underwater robotics, as well as sensor networks. If you want to know what the future will look like, don't miss this presentation.

Featured Presenter # 2

JOHN QUINN

Living successfully with Dementia

This amazing man will be one of our first speakers at our next Winter School. We all worry about this illness that could creep up on any one of us at any time. It is a deep seated fear we all share and this man personifies "hope" and the firm belief that a diagnosis of Dementia is not necessarily the end of one's life.



John Quinn was diagnosed in his 50's with Younger Onset Dementia (aka YOD) after a prolonged and confusing 8 years of non and mis-diagnosis. It was 2010. Symptoms were not just memory loss as we tend to assume. He found that planning and organising his day; decision making; and, learning new things were all challenging. John also had difficulty processing

language and following conversations, therefore, he became confused. Due to misdiagnosis he felt despair, alone and he suffered from depression. One evening changed his attitude and as a result his whole life. His wife Glenys says, "I got John back!", and he hasn't looked back since. John is now a passionate and strong advocate about awareness to the wider community that YOD exists, and the implications of having Dementia at a young age. He now speaks at local community organisations. He's been invited to present at statewide Dementia Forums; The Consumer Summit at Parliament House Canberra; The National Dementia Conference; and, he has just returned from addressing Alzheimer's Disease International Conference, Budapest. Through his presentations John endures to give hope to others that it's possible to live well with Dementia, and he is currently focused on breaking down the stigmas associated with Dementia and this awareness will help build Dementia Friendly Communities. John has an amazing story to tell about how he has turned his life around from adversity to success. He will share how he manages all of this on a daily basis with his NAMES. [\(Back to INDEX\)](#)

Winter School VOLUNTEERS NEEDED TO WELCOME OUR SPEAKERS

[from Kay Andersen](#)



We have a wonderful array of speakers for this year's Winter School and need Volunteer Monitors to welcome them, introduce them to our members, and thank them at the end of the session.

A good strong confident voice is desirable and you will be supplied with a script which will include a short bio and a brief description of the topic, together with a small thank-you gift for the speaker. You will be expected to stay for the session to ensure the proceedings run smoothly and you will also be supplied with a copy of the Monitor's Protocol outlining your powers and responsibilities.

If you would like to help or would like some further information would you please contact:

Kay Andersen

Winter School Committee

kayand@ozemail.com.au

Creating Income in Retirement

By Darren Titmus,

[Principal Adviser at Financial Planning Qld](#)

So, what is important when it comes to your money in retirement? Over the last 17 years I have been told by clients that there are 3 things – protect what they have, security of income, and an opportunity for at least some capital growth - so their money doesn't run out too early. It is best practice in financial planning to use different investment options to achieve each of these 3 core objectives. In this article I want to talk just a little about creating income.

Traditional investments used for creating income have been cash, term deposits and bonds or bond funds. With higher interest rates and higher bond yields these investment options can work quite well. But how are you feeling about interest rate returns right now? There is no question that in the current interest rate environment, it is prudent for you to consider alternatives.

So, if you are looking to create more than 2.5% - 3% income, which investments are going to do this? For the purposes of this article, we are going to discount using direct investments. The reason being that direct property and direct equities (shares) carry higher risk and have lower yields than pooled or managed investments in retirement.

Now, Cash, Term Deposits and Bonds will still have their place in your retirement investments but we need to look at 2 other asset classes to create additional income. Property and shares. What about the risk? Managed investments have come a long way over the last 10 years and particularly the last 5 or 6. The old fashioned superannuation fund model of 10 – 20 investment options that look like "Balanced", "Conservative", "High Growth", "Australian Shares" etc is now well and truly outdated. Whilst many super funds still operate with these type of investment options, these traditional models do not achieve the 3 core objectives we referred to above – and certainly do not create real income. Successful fund managers have become far more "progressive" since the GFC – not "aggressive".

Property and Shares are growth assets, this is true. But they do create income and can create quite high levels of income. A careful peruse of managed property funds and infrastructure funds will give you investment

options that have consistently returned 6.5% - 9% pa income alone (without capital growth). A similar peruse of managed share funds that are actively managed but maintain a strong income focus will show you investment options again that have consistently returned 6.5% - 9% pa income. Also, with some share funds you can claim the imputation credits directly from the ATO which can boost your income by another 30%. So, again, what about the risk? Different managed investments carry different levels of risk and you can make an educated decision on the level of risk by either doing the correct research or getting some help. One way of reducing your risk however is to use different and specialist investment managers for each asset class. If your pension/super fund has limited investment options, then you may need to consider alternatives to make this work.

Now, once you have some investments set up to create income, the next step is to get the income out of your fund. The simplest way to do this is to maintain a healthy cash account balance (say 2 years' income or so) and use this to draw your fortnightly income. As your cash account depletes you channel income generated from your investments directly into your cash account – without selling down investment units. For many reasons selling investment units to fund your cash account will never work as well as distributing the income. Unfortunately, many super funds do not allow this strategy so you will need to investigate your options.

So, you CAN generate higher levels of income from your investments whilst still managing your risk appropriately and this is particularly important while interest rates are low and capital returns are volatile.

About the Author:

Darren Titmus is a highly regarded financial adviser with 17 years' experience in financial services and is the owner of Financial Planning Qld. He has been a volunteer tutor at U3A since January 2014 running his "Financial Security in Retirement" Class at New Farm (D06) and the City (D04) twice a month.

For more information on this article, superannuation, retirement and the like, please go to www.financialplanningqld.com.au or contact Darren directly on 0466 934 574.

This article contains information that is general in nature. It does not take into account the objectives, financial situation or needs of any particular person. You need to consider your financial situation and needs

before making any decisions based on this information.

[Back to INDEX](#)

GUIDES WANTED

[From President Marilyn Wagland:](#)

A volunteer/s to organise the day for our 30 visitors from The Jinling for Senior Citizens when they visit us during the week of 16 May. You would need to work in conjunction with Tutor, Bryan Iles, other tutors depending on the proposed program and me.

It is only for one day and could be lots of fun. Please contact me on president@u3abrisbane.org.au if you can assist. [.\(Back to INDEX\)](#)

U3A IT Group

[From Helen Carberry](#)

The next IT Group will meet on Saturday 9th April at 344 Queen Street premises, 10 am to 12 noon. Des Taylor & Greg Doolan will present a session on *Facebook*.

The Queen Street venue is a short walk from 97 Creek Street. From the Creek Street venue turn left at the ANZ Bank and 344 Queen Street is on the left just past the Subway shop. Take the escalators to the first floor. If the escalators are not working, the lift will be operated by a volunteer with a security key until 10 am. If the operator is not in attendance and/or if late, please call 3162 8850 for assistance.

To attend this session, please enrol online at the [U3A website](#). All you need is your membership number and surname as follows:

1. Go to the [IT Group page](#) on the U3A Brisbane website. (or navigate from the top menu via *Groups > IT Group*)
2. Click on the Next Meeting button near the bottom of the IT Group page.
3. On the Meeting Details page, click on Enrol for this Meeting. Enter your member number and surname when requested. Your enrolment will be confirmed and you will receive an email confirmation.

If you have enrolled but can no longer attend this session please go through the above process again but click Withdraw Enrolment.

You can also enrol by logging in to the website as previously. In this case you will not be asked for your Member Number.

Let me know if you have any problems with this.

The U3A History Project:

from Ian Lipke

This book of U3A history is a shoe-in, folks!

Mark my word! Remember the challenge *The Man from Snowy River* took on...and won.

*But his trusty ladies' step-through looked a bit the worse for wear
With a sagging saddle and a twisted chain,
With crooked rims and ruptured tyres and bearings glowing hot
It looked as though she'd never ride again.*

*So among the cappuccinos in the café by the Bay,
Where the men in lycra tell their stories tall
The Man from U3A is a household word today –
And that's his bike, there, hanging on the wall.*

*Well, we've rolled on our lycra, had a last latte,
and cast a worried look at the steepness of the path ahead.
We're ready to take on the challenge – to produce a memorial to
U3A endeavour from the ashes, from the stubs of countless durries,
from the fearsome fire that lights
the sojourn of our people across the tri-decade abyss.*

*Through the fortnight just departed – the 'fortnight forlorn' –
we have scrutinised each word to
within a whisker of a worry,
and pronounced them good.*

*We've assembled art work that would leave a
Russell Drysdale mouth in drouth,
we've heralded the good news at a soiree set to please
(I missed it, confound it!),
and we've set the printing works the challenge –
we want the best price.*

Well, I guess we'd better get into it, then.

*Thanks, Joe Wolfe (www.phys.unsw.edu.au/~jw/clancy-at-the-overflow.html)
([Back to INDEX](#))

SOUTHSIDE LUNCHEON GROUP:

From Heather Dowling

Seniors & Pensioners Urbane Diners (SPUD)

Monthly lunch held on **2nd Wednesday**.

Leader will provide the details of the restaurant at the beginning of every month.

Date: Wednesday 12.15pm to 12.30pm.

Leader: Heather Dowling

Mobile: 0414784474

Email: hdowling@ozemail.com.au

If you are interested please send me an email.

([Back to INDEX](#))

Facebook

From Greg Doolan:

I would like you all especially those who do not follow [U3A on Facebook](#) to think about joining Facebook.

There are many stories on Facebook and it is updated daily..

"Facebook is a social networking [website](#) that was originally designed for college students, but is now open to anyone 13 years of age or older. Facebook users can create and customize their own profiles with photos, videos, and information about themselves. Friends can browse the profiles of other friends and write messages on their pages.

Each Facebook profile has a "wall," where friends can post comments. Since the wall is viewable by all the user's friends, wall postings are basically a public conversation. Therefore, it is usually best not to write personal messages on your friends' walls. Instead, you can send a person a private message, which will show up in his or her private [Inbox](#), similar to an [email](#) message.

Facebook allows each user to set privacy settings, which by [default](#) are pretty strict. For example, if you have not added a certain person as a friend, that person will not be able to view your profile. However, you can adjust the privacy settings to allow users within your network (such as your college or the area you live) to view part or all of your profile. You can also create a "limited profile," which allows you to hide certain parts of your profile from a list of users that you select. If you don't want certain friends to be able to view your full profile, you can add them to your "limited profile" list."

([Back to INDEX](#))

U3A State Conference

From Greg Doolan:

As you are probably aware, the U3A State Conference is to be held at the University of the Sunshine Coast, Sippy Downs on the 2/3 June this year and, as it is important to get the message out to as many members in Queensland as possible, a Facebook page has been created to complement the conference website: www.u3aqlconference.org/ Please visit and like the page at: www.facebook.com/U3AQueensland.state.conference/ the page is available to all members so, if you wish, you can lodge

your own story or photos relating to the Conference.

At present, there is not a large amount of information on this page but that will increase shortly as further details such as the program, registration, accommodation etc. become available.

[Informative event to provide inspired ageing](#)

The power of positive thinking will be a highlight of an event called The Positive Ageing Journey Event and Exhibition, an educational event for baby boomers and beyond! The Positive Ageing Journey has been created to enable people to approach this stage of their lives with the right advice about how to stay healthy, informed and inspired.

Australian icon, Triple Olympian and Sport Australia Hall of Fame inductee Lisa Curry will be providing the opening keynote address. Ms Curry will be a special guest at the event and will be addressing ageing and staying healthy.

Not only was Ms Curry a swimmer at the Moscow, Los Angeles and Barcelona Olympics, but she also won four outrigger Canoe Championships and the 66km Hawaiian Moloko Solo Race. She is a passionate health advocate, personal trainer and author.

There will be a number of other expert speakers presenting information in an educational and entertaining manner. Attendees will be able to get many practical ideas to incorporate into their own lives to help enhance their experience of ageing.

Aside from physical activity other topics expected to be popular at the Positive Ageing Journey are

interpersonal relationships, gardening, cooking, nutrition and maintaining a healthy mind. Discussions about travel and technology will also be on the agenda. The event promises to provide a positive atmosphere, where topics in relation to growing older are addressed in an engaging way to assist people to make the most of their life.

The 6th Positive Ageing Event and Expo will be held on Monday 16 May 2016 at Easts Leagues Club at Coorparoo, with morning tea and lunch included for the ticket price of only \$20.

For more information about the Positive Ageing Journey Event contact 1300 885 886 or visit the website www.lifetec.org.au

[.\(Back to INDEX\)](#)

Tour Outline: Fly into Nanjing to enjoy an exciting time

2016 POSITIVE AGEING JOURNEY Event and Expo

The 2016 Positive Ageing Journey will build on the success of the previous event and will provide an interactive and fun educational event for baby boomers and beyond and include expert advice on getting the most out of your life.



**Monday
16 May 2016
9.00am to
4.00pm**

**Diamond Room
Easts Leagues Club,
Langlands Park, Coorparoo
Cost: \$20
includes morning tea and lunch**

China's Cradle of Civilisation



with Nanjing U3A who again will set up a program providing the opportunity for mixing with the students and experiencing Chinese calligraphy, Chinese music, Chinese art and Chinese culture.

Then a fast train to Kaifeng, one of the ancient capitals of China, then onto Anyang to visit the 1000BC tomb and Luoyang to see famous Buddhist caves and Shaolin Temple (above right)

Fast train to Xian to spend time at the terracotta warriors (above left) and Neolithic village before returning to Brisbane.

Dates: 9 October 2016 to 23 October 2016

Price: Land content price is \$3150 twin share, single accommodation \$3800.

The cost of international flights, visa, travel insurance, etc are **NOT** included.

In addition: The U3A tour from 2015 that visited Hubei and Hunan Provinces can be repeated if sufficient numbers are interested. Please contact me for details.

Register: For a detailed itinerary contact BRYAN ILES, tutor of Experiencing China Brisbane U3A

Email: bryaniles@bigpond.com
Tel: 07 3343 3141
Mobile 0418 986 027
Post: 57 Crewe Street,
Mount Gravatt East,
Qld 4122

[.\(Back to INDEX\)](#)

Social Committee News

From Helen Dubois

The two visits that we made in Term 1 were excellent and I think most people who were involved would have enjoyed themselves. Term 2 has had a good response to the Brain Institute visit and that bus is full. The ladies in the office have a standby list started. The Bribie Island Koopa Trail visit is selling out quickly. There will be a reserve list for that as well.

Thank you to those who purchased the "We will Rock you" as the people at QPAC were concerned this Show would not suit us. We showed them! I am looking forward to going to see it.

Our efforts to try to find interesting locations for our male members has paid off and we have had a large number who have joined. The female members have found these outings to be just as enjoyable. If you can think of any place that is of interest to you do let the Social Committee know.

I hope you enjoy the break and manage to attend the AGM on 6th April. There are interesting classes coming up in Term 2.

Gail Hawkins has listed some classes in her item in the e news. Have an interesting Term 2

Helen Dubois

Editor

3398 9668; 0407 734 337

email; hellsbells21@optusnet.com.au



[\(Back to INDEX\)](#)



Rob Hill admiring an ejection capsule from an F111 during our recent visit to Amberley RAAF base.



Some of the members trying out aircraft seating.