



Editor's Notes:

from Helen Dubois

We are coming to the end of the activities that we have shared over 2017. Our final theatre event will be **Aladdin** which as a Disney production will be a glorious presentation of wonderful scenery, costumes and staging. This will be supported by splendid music.

Tickets are available at the office or on the phone. The booking is for Wednesday 21st March 2018 at the Lyric Theatre at 1:00pm. Cost Concession: \$70.00 otherwise \$90.00.

We have 30 tickets and bookings will close on 4th December 2018. Many of us have had a good time at the Theatre and on the bus trips this year.



President's Notes:

from Greg Doolan:

Greetings members and welcome to November. We may be on the downhill run to the festive season but there is still plenty on offer at U3A Brisbane before we reach the Christmas break. I hope you all continue to enjoy your class choices for term 4. It never ceases to amaze me how wide a range of subjects and activities we have on offer at U3A Brisbane. I'd be hard pushed to identify any other seniors group that would come close to us in the activities we have available. However, I still encounter people in our age group who have never heard of U3A, some even thinking it's a cult of some kind. Creating awareness of our organisation and all it has to offer has always been of paramount importance in my mind.

As a matter of interest, we are arguably one of the largest Seniors organisations in Queensland with U3A

Brisbane being the largest in the state, with membership rapidly approaching 4,000, and second only to Canberra in size with the total U3A movement boasting over 22,000 members in Queensland and in excess of 100,000 nationally. These are statistics I think we should all be aware of and use in conversation when the subject of "How do you fill in your time now you've retired?" is raised around the barbeque or in other gatherings of our age group. You can then talk about the U3A concept with some authority.

Creating awareness of U3A Brisbane is an ongoing process and, apart from the normal forms of advertising and promotion with which we are involved, we are now actively promoting U3A Brisbane in retirement seminars which are very fertile ground for recruiting new members. Some members of our management team have agreed to do presentations at functions conducted by a reputable retirement advisory group during the next month in various locations around Brisbane. Of course, if you are passionate about your U3A and would like to spread the word, our office at 97 Creek Street will be only too happy to oblige with our new promotional leaflet.

There is something else I'd like to share with you. U3A Brisbane recently hosted a workshop for U3As from across Queensland at 232 Adelaide Street. Attending were representatives from just about every part of the state including a lady from Cairns. All who attended were greatly impressed with our facilities and complimented us on having such a professional organisation. Of course, we are all proud of these achievements, but it's always great to receive compliments from our peers.

Until next time, I hope you all continue to enjoy your classes and the camaraderie of our great U3A.

Brisbane City News

from Gail Hawkins

tutors@u3abrisbane.org.au



We have Term 4 classes that still have vacancies. If you are interested, please contact the tutor to enrol. You can view class details and tutor contacts online at www.u3abrisbane.org.au

Monday

T04- Unlocking our Stories, share some of the events and people that have had an effect on our lives .

Y03- Early Buddha Dhamma, The original teachings of Gotama before they were changed into religions.

K24- How to Read & Write a Biography, The tutor has written books on the subject — an opportunity to learn how to write an interesting biography.

A71- Exploring Drama, a fun way to gain confidence and communication skills while exploring your creativity.

Tuesday

F67- Sudoku for Beginners, the thinking person's logical puzzle.

X97- Public Speaking, gain confidence in the way you speak at a function or with family and friends.

Thursday

R09- What the bible is about - An informed appreciation of the Bible

H45- Military History— A Battlefield Perspective, each session focuses on a single battle or war from ancient to modern times.

H41- The Burma Railway, 1942-45 Conditions in POW camps and the forced labourers in construction of the Burma-Thailand railway.

H39- The Battle for Australia 1942-43, an analysis of the causes and consequences of the Kokoda track and more.

Logan District News

It's time to start thinking of Christmas and our party at 10am on the 29th November. We are having a morning tea with raffles, entertainment and a quiz at Elements Living in Dennis Road, Springwood. All U3A members are invited and you're welcome to bring a friend. This is a chance for the local committee to thank tutors and students for their support over the year, and for us all to catch up with friends. Janet Palmer is back on our committee, organising the event, and she has plenty of treats and surprises in store. Please book to help us plan the catering by sending an email to u3alogan@gmail.com

After the party, another important event is the Open Day on 17th January 2018 when we invite you and the general public to find out what U3A has to offer. It will be held again at the Logan Community Centre in Jacaranda Street, Logan Central. Tutors are asked to attend or to appoint a delegate. It will be open to the public from 10am to 12.30pm.

Mike Willmer, tutor of the Logan North Library History class, has organised some outstanding visiting lectures. On 30th October students enjoyed a riveting talk on Greece in the Homeric age by Professor Alastair Blanshard, Deputy Head of the School of Historical and Philosophical Inquiry at UQ, an internationally recognized leader in the field of classical tradition. The group's next visiting presenter is Dr Shushma Malik, Lecturer in Classics and Ancient History at UQ. Dr Malik presented "Who were the Romans" in June and returns on Monday 13th November to continue this theme.

As you may know, the fifty or so U3A classes presently running in Logan are organised by a working group of volunteers. The city office, particularly the IT Coordinator and Districts Coordinator provide excellent support, but the work involved in organising classes is far too time-consuming for a single Coordinator. Recently this group has been recognised by the Management Committee (MC) as a Sub-committee of U3A Brisbane. It is comprised of six volunteers nominated by the MC who will follow strict guidelines. Martin Bridgstock is now confirmed as Coordinator, while his deputy, Margaret Ancliffe, remains in charge of tutors, helped by Janet Palmer

who is also our Treasurer. Les Kirmsse and Deborah Dries will handle publicity and Jean Townsend remains Secretary for the present. Several others have offered to help as needed.

We have lined up classes for next term - more about them next month. We need another art class, but sadly we were unable to arrange any at the Logan Art Association because their teachers are not volunteers. People interested in attending LAA classes should contact the president, Di Flack on 0400 165 767. Nearly all our U3A art and other activities will continue as before in 2018, with a few additions.

Hope to see you at the party.

Northside District News:

from Rod McLary

We are now half-way through term 4 and our classes on the Northside continue to work well. This term, four of the classes were temporarily in abeyance but fortunately they are all returning in term 1 in 2018.

These classes are Creative Writing with Amber Schrodter; Art Expression with Christine Heath; and Digital Photography – Beyond Point and Shoot and Introduction to Basic iPad both with Peter Hardie.

These classes as well as the others are all popular but there will be vacancies in term 1.

In addition, three new classes are beginning next year. They are –

Introduction to Western Philosophy with Sandra Astle

Italian Conversation with Maria Brunetto
Conversational Italian for Beginners with Emma Spina.

Maria's class will be in Albany Creek and Emma's in the Ashgrove area. These two classes will complement an existing popular class in Italian with Remo Boccabella. Remo's class focusses on grammar as well as conversation while the new classes will cater for those members who may be planning to travel to Italy or just have a love for the Italian language and culture.

More details about the classes including the venue and times will be in the term 1 class schedule.

An exciting new event – or more accurately a series of events – on the Northside will be a number of one-off presentations through the year on matters of interest to U3A. These presentations will be made by people with expertise in a specific field such as maintaining mental agility in your senior years, bowel health and other related matters.

Full details of these presentations will be provided through the e-newsletters and on the U3A Facebook page and website. The presentations will be held in various venues on the Northside but of course will be open to all U3A members.

Finally, I am very pleased that our current Northside tutors are continuing to offer their classes and that three new people have come forward to tutor new classes. As we all know, U3A relies on the tutors to keep our classes going. So, thank you to our current and new tutors.

If anyone would like to offer a new class on the Northside, please contact me. I would welcome a conversation with you.

Special Talks:

from Marilyn Wagland

We recently held two one-off talks which were both interesting and well attended.

Carmelo (Charlie) Cacciola entertained his audience with the tale of his journey from a poor village boy in Sicily to a young man learning , and succeeding, to live life as an Aussie. Is there more to life than footy and girls? He went on to become a successful businessman in a long banking career and having gone through another metamorphosis, is now a successful country and western songwriter and author.

Fred Stratford had an entirely different story to tell. He demonstrated and spoke about the new technology of 3D printing. His audience as captivated by his work in his particular sphere in this new technology which is changing our world.

We thank both our speakers and hope to hold more of these sessions next year.

Membership Renewals:

from Yvonne McGann

Membership renewals for 2018 are now open, and are still only \$40.

Paying online is a great help in streamlining our administration. Our online payment system has been in operation for five years and is safe, secure and convenient. Just go to our website www.u3abrisbane.org.au and click on *Membership Renewal* on the lower menu. You will be asked for your membership number, surname and credit card number. No password is required for this purpose. You can use only Visa or Mastercard as we cannot accept American Express. If you have a PayPal account you can now also pay by PayPal.

If you prefer to pay by other means, please contact office Ph. 3236 3055.

If you know of anyone interested in joining U3A Brisbane, they can join now and their membership will be current to end of 2018. This easily done through our online system.

An Extract from Gems:

from Mary Calder

A landmark study led by the Black Dog Institute has revealed that regular exercise of any intensity can prevent future depression - and just one hour can help. Published in the *American Journal of Psychiatry*, the results show even small amounts of exercise can protect against depression, with mental health benefits seen regardless of age or gender.

In the largest and most extensive study of its kind, the analysis involved 33,908 Norwegian adults who had their levels of exercise and symptoms of depression and anxiety monitored over 11 years.

University of New South Wales

Summary:

Regular exercise of any intensity can prevent future depression -- and just one hour can help, a landmark study has revealed.

From The Queensland Choir:

Brisbane Sings Messiah

Sunday 3rd December 2017 2:45 pm

Brisbane City Hall

cost \$55 A reserve

\$50 B reserve

\$15 Students & children

Social Committee:

from Helen Dubois



The Social Committee has had two women who put a lot of thought into the activities we offer the members and I would like to thank Jill Wootton and June Gemmell for the effort that they have put in. I would like to thank Angela Butler for keeping the Committee solvent. Without her goodness knows where we would be. I would like to thank Jann Olsson who looked after ticket buying until a few months ago and Cath McMurchy who keeps us up to date as she also works at QPAC. Jann has retired from the Committee and is busy nursing a new knee, not always happily.

For the balance of the year we have:

- **The Wizard of Oz** on Wednesday 15-Nov.
- **High Tea at Parliament House** Friday 24-Nov.
- **Mumma Mia** on Wednesday 27-Dec.

Make sure you have your tickets as the office will close on Friday December 8th.

Thank you for your support for the Social Committee.

Helen Dubois

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