



Editors Notes:

from Jean Smith

As noted in February's newsletter, I have taken over the role of editor from Helen Dubois. I have been involved with U3A for 11 years, both as a student and as a tutor, and can't imagine what life would be like without it!

Well you may ask why there is a host of daffodils at the head of this newsletter. If you have lived in the northern hemisphere you might recall that March is a month of looking forward to better things weather-wise. Winter is on its way out – usually - and daffodils pushing their way up through the soil is a sign that spring isn't too far away.

Here in Brisbane, March is also a time to look forward to better things weather-wise. The weather is starting to cool down and we can begin to hope that summer's heat is a thing of the past. Much easier to complete U3A homework when the temperature isn't in the 30s!

President's Message

from Greg Doolan

We all know that everyone must move on at some time, and I wish to acknowledge the great contribution of Helen Dubois, who has retired from the role of the E-News editor as from this edition. Helen has performed her duties with dedication and efficiency for 9 years in this role and her contribution will be missed when she makes the move to live with her daughter in Sydney. Helen has served

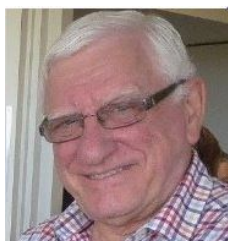


in many positions in U3A Brisbane over the years including Assistant tutor, Management committee member, Social committee coordinator and newsletter editor. I'm sure everyone who has known Helen in these various roles over the years will join with me and wish her a long and happy retirement "down south". However, I wouldn't be surprised if Helen found another U3A to join.

Of course, life must go on and we now have a new face taking on the responsibility of E News. Jean Smith is our new E-News editor and I thank her for agreeing to take on the role. Jean has been a U3A student and tutor for nearly 11 years, and is now happy to take on a role in which the proof-reading/editing skills she acquired in her professional life can be further exercised. We feel the future of E News is in good hands. Welcome aboard Jean, it's great to have you at the helm. Of course, as you can appreciate, the publication of E news every month is quite a big job, so Jean will be ably assisted by Greg Taylor and David Gemmell.

On another subject, the class schedule for Term 2 will be out shortly and as the popularity of all classes, especially languages, continues to grow, I would strongly suggest that all members enrol in the class of their choice as soon as possible to avoid disappointment. The next Class Schedule should be available online on 18th March.

Until the next edition, I hope you are all continuing to enjoy your class choices and the camaraderie of U3A Brisbane.



Greg Doolan
President

Logan News

from Deborah Dries

The first term of 2018 has seen several new classes begin, some of which are already full. This is great news that the Logan classes are so popular, however, it means many people may be unable to take the class of their choice, which can be very vexing. So if any of our members have a subject they are passionate about, we would love to hear from you. Please contact Marg on 0409 596 438 to get more information on how to be a tutor.

The other wonderful news is that there are five new classes beginning in Term 2. These are:

- Floristry/Floral Art,
- Mandarin,
- Social Interaction Group,
- Guitar,
- Writing Group

So keep an eye out for further information on these new and exciting classes.

Social Committee News

from Helen Dubois

God of Carnage

by Yasmina Reza

The Tony Award-winning comedy of grown-ups behaving badly, *God of Carnage*, begins as two highly strung couples, Alan and Annette Raleigh and Michael and Veronica Novak, meet for a civil discussion about a playground fight between their sons. The conversation quickly morphs into a laugh-out-loud, train wreck of an afternoon among savages. *God of Carnage* was called "ninety minutes of sustained mayhem" by *The New Yorker*. *The New York Times* hailed it as a "four-way prize fight" and *The Chicago Tribune* praised Reza's play as a "savvy and deliciously caustic new comedy."

We have a block of seats reserved for the Saturday Matinee April 21st at 2pm.

Cost: \$22

Sunnybank Theatre is at the corner of Mains and Beenleigh Roads, Sunnybank.

(This production contains strong language.)



Beautiful: The Carol King Musical

There are 25 Tickets available for *Beautiful: The Carol King Musical*
When: 1pm Tuesday August 14th, 2018 at the Lyric Theatre
Cost: \$95 General admission, Concession \$75
Closing date 28th May 2018

Ipswich Heritage Tour and 1 act play

With Cross Country Tours
Date Thursday, May 24th 2018; Cost \$52 Depart Roma St 7:30am Kessels Rd 8:00am

Christmas in July at St Bernard's

with Cross Country Tours
Date: Thursday July 19th 2018;
Cost \$56
Depart 7:30am Roma St; 8:00am Kessels Rd

For all the above you can book at 97 Creek St or by phoning the office on 3236 3055. Full details will be in the Class Schedule and on the web for Term 2.

Volunteers Wanted

I have asked on occasions for some people who might be interested in joining the Social Committee and it has been difficult to find anyone who is prepared to join our group.

I will be going South later in the year and we also need someone who would be interested in arranging bus trips and other activities. I did have a possible replacement last year but a full time job became available. It is not a difficult job and we have had a lot of fun together.

Please call me if you are interested.

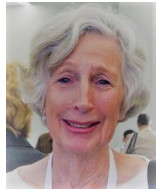
Helen Dubois

0407 734 337

hellsbells21@optusnet.com.au

Winter School 2018: Keynote Speaker

from Anne Douglass



We are delighted to announce that **Dr Daniel Blackmore** from the Queensland Brain Institute (QBI) has agreed to be our Keynote Speaker for this year. There is some ground-breaking research into



Alzheimer's happening at QBI and Dr Blackmore is in the thick of it. He will be looking at Alzheimer's from three perspectives – science, patient and carer. Some of the results are surprising and Dr Blackmore will take us through some of them and also expand on his own

research in the lab and on the extensive trials being conducted into the benefits of exercising for patients with Alzheimer's and Dementia.

Traditionally, the brain was thought to be a static organ incapable of regeneration but there has been a radical shift away from this belief. It is now believed that the adult brain is a very "plastic" organ, capable of forming new nerve connections (neuroplasticity) and it even maintains the ability to continually produce new nerve cells (neurogenesis) throughout life.

His current research is directed towards how neural stem cells are regulated to harness their regenerative capacity and ultimately prevent or restore cognitive function lost due to ageing or disease. In addition to this he is heavily involved in extensive human trials using exercise therapy and ultra sound treatment.

John Quinn - This is such an important topic we thought it would be a good idea to give you a more rounded view of this disease which includes some good news. John has been working with Dr Blackmore and has taken part in a number of the trials at QBI.

He has been living successfully with Early Onset Dementia since 2010. As a speaker he is much in demand at major international and national conferences and his story is an inspirational one.

Although it took him a few years to come to terms with it he discovered there is life after a diagnosis of Dementia. There may be no cure as yet but we are getting closer and there are things that can be done to slow it down. He has accomplished much in the last seven or eight years. He has



John Quinn

travelled extensively and is still attending Spanish classes and is a great ambassador for exercise of both body and brain and how much it can help. In a former life he was a school headmaster so I guess you just can't keep a good teacher down.

Glenys Petrie - John and Glenys are a team and Glenys will give you an insight into this terrible disease from a carer's point of view. Often carers are forgotten in this equation and she also has a story to tell.

She has learned some interesting strategies as she accompanied John on his journey and also learned a number of 'dos' and 'don'ts' along the way. They are important ones and she will expand on these during her talk.

This year you are getting three for the price of one.

State Conference 2018 – Date Claimer

From Greg Doolan



U3A Redcliffe will be hosting the 2018 U3A Network Queensland State Conference and Annual General Meeting on Thursday 31st May and Friday 1st June 2018. This marks a special milestone for U3A Redcliffe as they are celebrating 30 years since it was founded in 1988. They would love to welcome delegates, not only from the Peninsula, but also from U3As throughout Queensland and interstate.

Speaker details will be available soon from their website : www.u3aqldconference.org



STATE CONFERENCE 2018

REDCLIFFE

“U3A Redcliffe celebrating 30 years”

The U3A Network Queensland Conference for 2018 will be hosted by U3A Redcliffe on the beautiful Redcliffe Peninsula.

Registration now open: www.u3aqldconference.org

31 MAY—1 JUNE

2018



Redcliffe foreshore



Venue-Sutton Centre

- *Enjoy great speakers*
- *Meet old friends*
- *Make new friends*

This is YOUR conference so, get involved to hear great speakers and discover what’s happening within other U3As in Queensland.

Register now: www.u3aqldconference.org