

Editor's Notes:

from Jean Smith

I don't usually attend AGMs – to my way of thinking, dreary occasions with the risk of being landed a job I don't really want to do. However, in my role as the ENews Editor, I thought I ought to go along to U3A's AGM this year – and I'm glad I did.

The meeting started on time, the agenda was efficiently managed and as most members of the outgoing committee were standing again, no time was wasted in seeking reluctant nominations from the floor.

I felt very heartened by the President's and Treasurer's reports for 2017: U3A is being well run and as the President noted, it's all being done by volunteers.

On a personal level, I was able to put faces to names – and there were the attendees who were pleased to put my face to my name: *'Oh, you are Jean Smith!'*

I am looking forward to attending next year's AGM.

President's Message:

from Greg Doolan

The AGM for 2018 is now behind us and the new committee are settling in to continue the efficient running of U3A Brisbane for another year. The new committee is almost identical to the previous one with only one change, Rod McLary, the Northside coordinator, filling the vacancy created by the retirement of Peter O'Loughlin earlier this year. I must say how delighted I am to be President of a management committee comprised of such talented, professional and friendly people.

I would like to invite you to join us at the upcoming Annual Conference of U3A Network Queensland, hosted this year by U3A Redcliffe who, this year, are



celebrating their 30th anniversary. The conference will be held on Thursday 31st May and Friday 1st June. Registration is available on the conference website: www.u3aqldconference.org and, to encourage you come along, the Management Committee will refund the \$85 registration fee to the first ten financial members of U3A Brisbane who register. What are you waiting for? Do it today and look forward to enjoying great speakers and discovering more about the U3A movement. (Send your receipt to our treasurer on treasurer@u3abrisbane.org.au for reimbursement).

Another great event, our annual Winter School, will be held from Monday 9th to Saturday 15th July, with the highlight being the keynote address at the State Library of Queensland auditorium on Monday 9th July. This year's address is about Alzheimers and is being presented by three speakers - Dr Daniel Blackmore of the Brain Institute, John Quinn, an Early Onset Dementia sufferer and Glenys Petrie, his carer. Their different perspectives will give us a more complete understanding of this terrible disease. More about Winter School in next month's E News when it is a little closer, but note in your diary that bookings open online at: www.u3abrisbane.org.au on Sunday 10th June.

Term 2 is now well under way and most classes, especially languages, are proving extremely popular. Some are already full, however the Management Committee is continuing to work on attracting more tutors to help satisfy the demand. Anyone experiencing difficulties in enrolling in a class can now contact us on feedback@u3abrisbane.org.au. The same address can be used to contact the Committee with any feedback you wish to provide about U3A Brisbane, whether it be a compliment, a complaint, or a suggestion about how we can improve the organisation and our services.

I do hope you are enjoying your class choices for the new term and to those who have recently joined us, I hope you are settling in to experience all that our wonderful organisation has to offer.

Northside News:

from Rod McLary

Northside currently has thirteen classes in place for this term. A number of them are long-standing classes which continue to attract a good number of members; others are relatively new (for example – two Italian Language classes) which are proving to be in demand. There is a mixture in content – Languages, Technology, Walking, Social, Discussion and Art.

We have had offers from three people to conduct classes in Term 3:

- Art (not a teaching class but an opportunity for like-minded people to come together fortnightly to paint)
- Learning to Play Lawn Bowls
- Yoga for Seniors (to be conducted by a qualified yoga teacher).

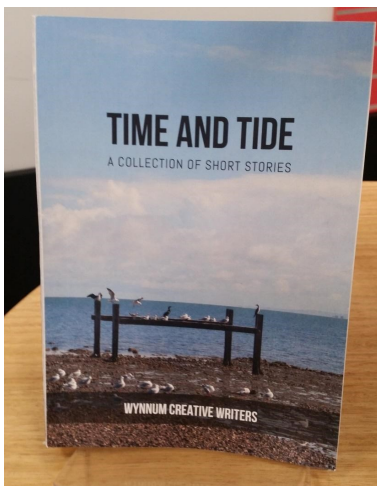
Final details (including time and location) will be included in the Term 3 Class Schedule.

New tutors are always welcome. If you would like to discuss offering a class now or in the future, please contact me. I am always pleased to meet with prospective tutors.

Looking ahead, the Brighton Health Campus is running its third annual Health Ageing Expo on August 24. U3A Brisbane has been invited to have a display there – as we have done at both past Expos. It is a popular activity, with about 30 organisations represented last year, and provides U3A with an excellent opportunity to showcase what we can offer.

Wynnum Writer's Group Book Launch:

from Greg Doolan



Val Gadd and her group of enthusiastic writers recently launched their book of short stories at the Wynnum Library. The book, *Time & Tide*, was a 16 month project of the group which is part of the Wynnum District of U3A Brisbane. Val admitted in her speech that the group really didn't realise how difficult a task this project would be, but they were

very happy with the end result and it had been worth all the hard work.

Val thanked Councillor Peter Cummings who was instrumental in obtaining a grant for the group which made the project possible. Councillor Cummings then congratulated them on their efforts, as did Greg Doolan, President of U3A Brisbane, and wished the book every success.

The launch attracted a large audience and the associated book sales were very strong. The book is on sale for \$15 and those wishing to acquire a copy should contact Val on val.cath43@gmail.com.



Val Gadd and her group of writers at the launch of their book of short stories "*Time & Tide*".

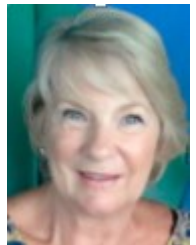
Brisbane City News:

from Gail Hawkins

tutors@u3abrisbane.org.au

The demand for additional language classes continues. Although we introduced several new classes this term, most of them filled quickly once the Class Schedule was published. The hunt is still on for language tutors, particularly at the beginner level in any language. A gentle reminder, it is recommended that members enrol in classes of their choice as soon as possible after the new term's schedule has been published.

We are always looking to expand and to offer new topics and this term we started a Choir group. This has proven extremely popular and I believe they sound fantastic. Margaret Ganderton, the tutor, has worked as a professional musician



and music educator in UK and Australia for 50 years. Her aim for the choir is to make music, entertain and, above all, to have fun – which is exactly what they are doing.

It is said that to keep the brain active, we should learn a language, take up art studies or learn a musical instrument.

I may be biased, but I believe U3A leads the way in offering members the opportunity to pursue these and other activities, and encourages us to participate and enjoy the associated social interaction. In the past we have had classes to learn the guitar and ukulele. I believe if we could start these classes up again, they would be popular with members. If you know anyone who plays a musical instrument and would be prepared to run a class, I would love to hear from them.

Logan News:
from Martin Bridgestock

Does U3A Benefit Its Membership?

This is a short summary of a much longer paper which appears on the U3A Brisbane website. I believe the results are important for all members to know.

My curiosity about the effects of U3A began the first time I stepped into the Creek Street premises. While I inquired about membership, a group of members were having coffee nearby and chatting vigorously. Their average age was probably around 70, but they sounded about 20 years younger. I have encountered this many times since, and it still astonishes me.

Many researchers have studied U3A members, and the results confirm my impressions. On average, members are in better health, sharper mentally and happier with their lives than non-members of similar age. But why? Does U3A benefit its members, or do people who are cleverer and in better health tend to join? How can we find out?

After some thought, I found a solution to the problem. As a former academic, I can access huge numbers of research reports, and single out those bearing on any topic. A great deal of research has been done on older people. With huge numbers of the 'boomer' generation now retiring, it's important to know what can keep them fit and capable for as long as possible. So, what experiments have been done which show that U3A-type experiences benefit older people?

Now U3As do not just offer stimulating courses. They also offer members the chance of physical exercise – bushwalking, Israeli folk dancing and aqua aerobics for example – and they offer a great deal of social interaction. U3A members talk, and often form friendships. So can we

show that study, physical exercise and social links benefit older people?

I dug into the research literature, and found myself looking at many dozens of research reports. Typically, a researcher would give a group of older people a course, or some exercise, or the chance to interact socially, and then do before-and-after assessments of health or mental welfare. And virtually all of these research projects came to the same conclusion: the experiences are beneficial. Taking courses fends off dementia, and in some cases can halt it. Physical exercise also benefits people mentally as well as physically. Most surprisingly, having active social links benefits people mentally and also improves physical welfare: according to one study, having social links is roughly as beneficial as giving up smoking.

So the conclusions are clear. According to the evidence, active U3A membership is strongly beneficial: it offers courses, physical activities and social links. All of those improve the quality of life and help to fend off dementia. We aren't just having fun, we are also benefitting ourselves and others!

The complete paper can be found at:
https://www.u3abrisbane.org.au/documents/U3A_and_wellbeing_Bridgestock2018.pdf

Social Committee News:
from Helen Dubois

The Social Committee is concerned about the lack of interest our members have in the Ipswich Heritage Tour and one act Play we have hoped to arrange on Thursday May 24th 2018. At the moment, we have only 21 bookings for a 42 seat bus.

Ipswich is often thought of as being an industrial suburb of Brisbane, with not much to attract visitors.

However, as a glance at the Ipswich City Council's website will attest, Ipswich has adopted a bold, ambitious plan to become Australia's most livable and prosperous Smart City, embracing new ways of working, new ways of learning and new ways of living. But pursuing this vision doesn't mean the city is abandoning its heritage. It proudly preserves and still operates from many of its historical buildings and homes. This outing will give you an opportunity to see some of these buildings and the One Act Play should be fun.



Have another look at this outing and join us on our bus.



Ipswich Heritage Tour and One Act Play

Date: Thursday, May 24, 2018
Cost: \$52.00 which includes morning and lunch
Depart: 7.30am outside Roma St Transit Centre,
Bus Stop 125
8.00am from stop 59 Kessels Rd Macgregor
on Garden City side

We hope to hear from you soon.

Computer Section News:

from Gwenn Ball

Volunteer Computer Tutors Required.

We are looking for people who are happy to share and pass on their knowledge to help and inspire mature adults who want to acquire the digital skills we need to survive in today's world. Formal IT qualifications are not necessary.

U3A Brisbane's computer section comprises 10 modern computers which provide students with 'hands on experience' with MS Windows 10, MS Office 2016 and many other popular programs.

Topics/programs that members are interested in include:

- Google Docs / Uploading and syncing files to One Drive
- Genealogy research
- Blogging
- LibreOffice
- Gimp - the free Image Manipulation Program
- Understanding E-bay

Feel free to suggest a topic which isn't listed and which you would be happy to introduce and teach. We aim to keep abreast of the latest technology and the programs we come across in our day-to-day lives.

To join our very happy supportive team of tutors and for more information, please contact:

Gwenn Ball
U3A Brisbane Computer Section Co-ordinator
Phone: 38234326 after 5pm
Email: gwenn.ball@u3abrisbane.org.au

Winter School 2018 Update:

from Anne Douglass

9-14 JULY 2018 - Bookings Open 10th June

A dash of culture and something a bit different.....

Beethoven

Gary Thorpe OAM - CEO 4MBS - 1pm Thursday

Beethoven changed the course of music. No other composer before or since has had the same impact. The symphony, the concerto and the piano sonata were all transformed by his genius. We will explore the man - his titanic struggle against his deafness, his passion for humanity his love of nature and the music - his ground-breaking works that changed music forever. Join Gary Thorpe on a journey through the life and works of a true titan of music.



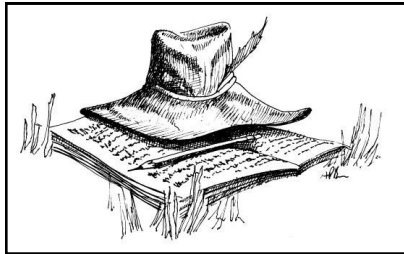
Gary is a man who doesn't let the grass grow under his feet. He founded Silver Memories Nostalgia Radio in 2007 which is something that has brought joy to many people who no longer

have the ability to venture out for their entertainment. He is also General Manager of 4MBS Classic FM and MBS Light Digital radio. He is Artistic Director of the Annual 4MBS Festival of Classics which is the largest classical music festival in the country, Producer of the 4MBS Shakespeare Festival and Vice President of the Havergal Brian Society. He was awarded an OAM in 2009 for his services to music and community broadcasting and in 2011 a Churchill Fellowship to study the use of music management of dementia. And these are just a few of his commitments. He is an interesting man of many talents and we are lucky to have him as one of our speakers.

Bush Poetry

Anita Reed and John Reed – 11am Thursday

Bush poetry is embedded deeply in the Australian psyche - it makes us laugh, it makes us cry and most importantly it entertains us. Join Anita and John for an hour of light entertainment which will start with a brief definition of what



bush poetry is, followed by a discussion on the relevance of bush poetry today. Finally they will recite some of their own traditional poems, a mixture of humorous and serious, as well as original poems by other poets.

Translating Saint Guthlac

Dr Kay Smith - 11am Friday

Guthlac was born of noble stock in seventh century England. In his early years he was involved in warfare but became filled with remorse and determined to enter a monastery. So in time he became a saint. There are two long poems written about Saint Guthlac in Anglo-Saxon. Kay will take you through the translation of a short section of the text of one



of these poems from manuscript to Modern English, discussing the pitfalls and problems of translating old texts, peculiarities of script, vocabulary, and orthography, and the distinctive form of Anglo-Saxon verse. In conclusion, there will be an Anglo-Saxon Riddle from *The Exeter Book* to solve. Kay has prepared handouts to

help you follow the process.

Ever since Kay read a line of Anglo-Saxon as an undergraduate, she has had a fascination with the language which is the forerunner of our own native English. As a mature age student she did a Bachelor of Arts majoring in French and Medieval Studies at University of Queensland, followed by an Honours in English. Unable to give up study, she then completed a PhD in History, the focus of her thesis being Old French epic poetry. After graduating she returned to her first love of Anglo-Saxon, working on translation of the poetry.

.....and for something different

Freedom of Speech and Hate Speech.

Professor Katherine Gelber UQ – 9am Tuesday

This issue has been very much in the news in the last few years, due to the case in which journalist Andrew Bolt was found to have engaged in unlawful vilification, the QUT students' case, and two (failed) federal government attempts to change the wording of the now-infamous 'section 18C' – the racial vilification provision that exists in Australian federal law. This talk will first clarify exactly what kind of 'hate speech' laws exist around Australia and then discuss the ideas and arguments underpinning the existence of hate speech laws worldwide, to explain why they continue to be controversial, and a focus for ongoing political debate. In 2011 Professor Gelber was invited by the United Nations to be the Australian Expert Witness at a regional meeting examining States' compliance with the free speech and racial hatred provisions of international law. Professor Gelber is well qualified to speak on this very topical subject.



Australian Café Culture

Dr Emma Felton - QUT - 11am Monday

The growth and popularity of café culture from the late twentieth century is phenomenal. The majority of the world's population now lives in cities and the café is tightly linked to profound social, cultural and technological change. 'Having a coffee' is a daily ritual for many, yet it is more than coffee that draws us to cafés. Cafés support a range of functions, not least of which is connecting people in an



increasingly mobile and culturally diverse world. Emma will talk about Australian café culture, its history and origins through to its current role in the twenty-first century city. She will talk about how we are exporting coffee culture and what it is that has made it such a popular phenomenon in this country when only twenty years ago it barely existed here. Dr Felton is an

expert in urban cultural sociology, whose research is focussed on how people live in cities. Emma currently co-ordinates the Creative Industries Faculties Equity Program at QUT and delivers disciplined-based activities to schools to generate for university study.

Parking

We have been in discussions with some of the parking stations nearby and have negotiated some discount rates for the week of Winter School. Details will be on the website under Winter School.

Time Changes

The Keynote Address will commence at 1.30 instead of the usual 2pm start and there are a few other minor changes so we suggest you take careful note of the start times for each session.

IT Group meeting—Genealogy Research from Diane Arapovic

The next session of the U3A IT Group on Saturday 12th May at 10am is entitled *Who's your Daddy*. The presenter, Susie der Kinderen, will look at researching our ancestry by using the popular commercial genealogy websites, the free websites, and DNA test results that enable us to connect with our ancestors anywhere in the world.

Susie will also share her experiences as a librarian and internet trainer in remote Queensland and help us make better use of our local library.

To book, go to *Groups > IT Group* on the website, or select: [IT Group Bookings](#)



U3A Network Queensland State Conference

Big things have small beginnings

31 May to 1 June
2018

SPECIAL LIMITED OFFER!!

**Like to attend the U3A State Conference at Redcliffe
for free? Well, you can!**

***We are offering to refund the \$85 fee for the first
10 members to register.***

**It's easy - register on: www.u3aqldconference.org send your receipt to
our Treasurer on: treasurer@u3abrisbane.org.au for your fee refund.**

Why Wait? Register today and discover more about U3A