



## Editors Notes:

from Jean Smith

Di immortales! Many of you, especially U3A Latin students, will recognise this phrase. The Latin equivalent to *Heavens above!*, it literally means *the immortal gods*. I have always imagined the gods of classical mythology as a multitude of elderly supranatural gentlemen, wafting about the heavens in flowing white robes, with beatific expressions on their faces. So it was with a start that I read the headline in *The Australian* (August 4), *Too many Immortals cheapen the currency*. I had never thought there were limits on the number of immortals. Closer examination of the text revealed that the writer wasn't talking about Greek gods but about 13 rugby league players whose memory has been deemed to be imperishable. Di immortales! My vision of the gods of antiquity will never be the same!

## President's Notes:

from Greg Doolan:

Well, the EKKA is over, and we are now almost three quarters of the way through another year, and what a successful year it has been so far.



I'm convinced more people than ever before are beginning to recognise the many benefits, both mental and physical, that can be had from joining U3A. This has been borne out by the fantastic rate of membership growth which has continued unabated throughout this year.

If members are in any doubt as to these benefits, I would encourage you to read the paper written by our own Dr Martin Bridgstock, a prominent retired academic researcher and member of our Management Committee. Titled ***The Impact of Universities of the Third Age upon the Health and Welfare of their Membership***, its overall conclusion is that the activities promoted by Universities of the Third Age are strongly beneficial to the physical and cognitive health and wellbeing of their members. Martin's paper is available for reading or downloading on the Brisbane website; just click on: [www.u3abrisbane.org.au/index.php/news](http://www.u3abrisbane.org.au/index.php/news) and go to DOES U3A PARTICIPATION IMPROVE WELLBEING? It is well worth reading and could generate some lively discussion amongst our friends and acquaintances. As a matter of interest, this paper has now been widely distributed to all U3As in Australia, including U3A Online, and to a number of Government agencies. Hopefully, politicians will finally realise the ongoing health benefits offered by our great organisation and give it the recognition and support it deserves.

Another facet of U3A Brisbane that is becoming increasingly popular is the series of one-off presentations which is attracting capacity audiences. It was decided last year that one person should be dedicated to organising these events and recruiting speakers, so Vice President, Marilyn Wagland stepped up and has taken on the role with gusto. To date we have held a number of these sessions, the latest being the science films presented by our resident scientist, Marty Gellender, during Science Week. Marty screened three short films which were entertaining, informative and sobering. The next presentation is scheduled for Friday 7<sup>th</sup> September when *The Future of Medicine in the Age of Robotics and AI* will be presented by Professor Ross Crawford, an Orthopaedic Surgeon. Further details can be found on our website [www.u3abrisbane.org.au](http://www.u3abrisbane.org.au). These presentations are just another way U3A Brisbane is meeting the needs of members by offering something a little different to the routine weekly class schedules.

I hope you continue to enjoy your class choices in Term 3 as much as I am enjoying mine.

## Office News:

from Yvonne McGann

### TOILET KEYS - 97 CREEK STREET

Members who attend classes at 97 Creek St will have noticed that we now have only **two** keys for the toilets. At the beginning of 2018 we had **four**. Unfortunately, despite reminder signs, people are not returning the keys to the jar in the foyer. I have ordered another key but it becomes expensive to keep replacing them. If you have mistakenly taken a key home with you, please return it as soon as possible, no questions asked.

### U3A holidays

Our last classes for Term 3 will be held on Friday 21st September. During the holidays, our Adelaide St rooms will be closed. The office at 97 Creek Street will be open from Tuesday 2nd October until Friday 5th October from 9 a.m. until 11 a.m. Classes resume on Monday 8th October. We hope that all our members have an enjoyable holiday and look forward to seeing you again in Term 4.

In addition to providing office support during Term breaks regarding membership matters, the space is available for you to drop in for coffee, tea or to meet with friends. U3A belongs to it's members!

## Logan News:

from Deborah Dries

The *Logan Loves Seniors Day* was huge! So many people, both senior and sometimes a tad younger, attended this event on August 21<sup>st</sup>. We had a great stall in the foyer and gave out nearly 150 leaflets, plus had many conversations with prospective



**Jim and Margaret Ancliffe (seated) and Martin Bridgstock talk to some prospective members at Logan Loves Seniors.**

members. It was heartening to find that most people already knew of the U3A and were pleased to know of the variety of classes that Brisbane and Logan have between them.

Logan U3A also had a stall at Regal Waters on Saturday 25<sup>th</sup>, ably staffed by Martin. While the event was smaller, the U3A stall was still popular. The Tai Chi classes are so popular that Marcel intends to start a new class in Term 4. Details will be provided in the Term 4 Class Schedule.

We currently have a vacancy on our Logan sub-committee. No experience necessary - just bring your enthusiasm and be able to help when necessary. Please contact Martin Bridgstock on 0474 635 725 if you wish to help.

Don't forget the Logan Xmas Party. It will be at the Logan Community Centre in Jacaranda Ave, Logan Central on Tuesday 11<sup>th</sup> December. A delicious morning tea, some fantastic prizes, a raffle, and trivia quiz (the quiz master promises it will be a little easier this year). All this for only \$5.00. A great chance to catch up with your friends and have some fun too.

## Northside News:

from Rod McLary

Term 3 is close to concluding and already Term 4's classes are set up and ready to go from the first week of next term.

Most of the continuing classes are flowing into the next term. The new classes which began during the term – Croquet for Beginners, Learning to Play Lawn Bowls, and Games for Fun and Social Contact – are also continuing. There are vacancies in each of these classes, so if any or all of them interest you, please contact the tutor to enrol. In addition, there is a brand-new class – Learn to Play Mahjong – the Chinese Way. Again, if you are interested in learning this popular game, please contact the tutor.

U3A Brisbane recently had a stand at the Healthy Ageing Expo at the Brighton Health Campus. This is the third year the Expo has been held and the third year that U3A has been there. Some



members on the Northside may have attended the Expo, as did about 500 other people. There was considerable interest in U3A and I met a few of the members of the Redcliffe and Pine Rivers branches.

If there is a class you would like to see held on the Northside, please let me know. Also, contact me if you would like to offer a class. New tutors are always welcome.

## IT Group September Session

from Diane Arapovic



The next IT Group session will take place on Saturday 8th September 10 am - 12 noon at U3A Level 5, 232 Adelaide Street Brisbane. U3A's ICT Coordinator Greg Taylor will present a session on *How to Manage Passwords* and related online security issues. This will include a demonstration of several password management software packages.

Entry on Saturdays to the Adelaide Street classrooms is via Creek Street (half way between Adelaide and Ann Street). Once inside, cross the atrium to the ramp into the U3A building and take the lift from the first floor to level 5. Someone will wait at this entrance from 9.30am until shortly after 10am. If you are late and there is no one at this entrance, please call the office phone 3172 3283 and someone will come to your assistance. Please try to arrive by 10am so that someone doesn't have to come from the 5th floor to let you in.

The registration process is 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* after entering your member details.

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