



**A lesson in social distancing!**

**Editor's Notes:**  
from Jean Smith

My thanks to Anne Hetherington for sending me this photograph. It says it all, doesn't it.

I had been wondering whether there would be enough material for this edition of e-News. As you can see, some of our usual items are missing, but the gaps have been filled with other interesting material. And it doesn't include what individual tutors are doing to maintain the links with their classes. If you would like to share what you are doing with the rest of U3A, please email me at [enews@u3abrisbane.org.au](mailto:enews@u3abrisbane.org.au) and we can include it in next month's issue.

Until then, stay well.



**President's Message:**  
from Greg Doolan



*During times of stress, pay attention to your own needs and feelings.  
Engage in healthy activities that you enjoy and find relaxing.  
Exercise regularly, keep regular sleep routines and eat healthy food.  
Keep things in perspective.*



The above words are from the World Health Organisation, and they are words we might keep in mind during the coming months while the current crisis grips the world.

We are all social animals, and one of the reasons many joined U3A was for social contact. Unfortunately, this

opportunity is temporarily unavailable and it is not surprising that some of us may be feeling a sense of isolation at the prospect of limited human contact for the foreseeable future. But another great facet of the human race is that we are resilient and we can always adapt to the circumstances we face.

Although you are unable to visit your usual U3A venue, there has been frenzied activity within U3A Brisbane to implement online courses and other measures to keep classes running and keep you engaged and mentally stimulated. Further detail of what is happening are on our website [www.u3abrisbane.org.au](http://www.u3abrisbane.org.au) and that information will be updated during the current suspension of face-to-face classes.

Would you like to travel to some of the most famous Museums and Art Galleries in the world for free? Well, you can by going to the [U3A Brisbane Facebook](#) page and clicking on the virtual tours. Enjoy!

### **The Silver Lining: from Deslyn Taylor, Acting President**

The Management Committee, tutors and office volunteers have been very busy since our suspension of face-to-face classes. Committee members have been working and planning to ensure that as soon as the danger is past we can resume classes as smoothly as possible and U3A will still be financially viable. This is only possible because of the conscientious work of many volunteers working from home. We thank you all.



We have encouraged tutors to continue their classes online and many tutors have enthusiastically embraced new ways to teach their classes and interact with their students. *Zoom Video Conferencing* has proven very successful. You can discuss literature, philosophy, politics, computers, history and many other topics online. You can participate in Art classes and share your paintings either through email or as part of a private group. You can even do *Cryptic Crosswords* online. Our IT Coordinator Greg Taylor will be recommending a method of establishing interactive email discussion groups for tutors later this week, so watch out for this additional opportunity.

In this rather exciting new world U3A members are discovering technology and adapting to it readily, much to their own surprise in some cases. So make sure you enrol in Term 2 classes that are continuing online in some way. We are expecting to offer a range of further online opportunities especially designed for our members which may include online presentations from specially invited speakers, online IT Group meetings etc.

There are some groups that are even having *Zoom Wine and Cheese* parties with friends or *Zoom Birthday* drinks. There are endless possibilities to stay in touch with each other. We are so fortunate to live in such a connected world. Every dark cloud really does have a silver lining.

### **Zoom help for AGM attendees: from Management Committee**

Quite a number of U3A people are now accomplished 'Zoomers', and many of you are now attending U3A in 'virtual mode'. The Management Committee had its March meeting via *Zoom* recently and it went off with very few hitches. It's really a very simple process once you know how! If you have registered for the AGM but are a little concerned about the technology involved, or if you are not registering for the same reason, help is at hand! Committee member Anne Hetherington is willing to assist anyone in this situation, either by working through the process with you, or by setting up a 'mock meeting' between yourself and herself. If she is unable to assist, she will pass you on to someone who can. So don't let technology stand in your way if you wish to attend the AGM – email Anne on [agm@u3abrisbane.org.au](mailto:agm@u3abrisbane.org.au) and she will get back to you.

## How to Make a Financial Contribution: from Management Committee

A number of members have enquired about making a financial contribution to U3A during the period of suspension of face-to-face classes. Although U3A Brisbane is in a good financial position at present, we have substantial ongoing fixed costs which would normally be covered by class fees. We are taking various measures to minimize the impact of these costs but, given the uncertainty about how long the current situation will last, it would help if members were willing to make a voluntary contribution. If you wish to do so, please go to the [Member Dashboard](#) for more information.

## Member Support Group: from Robyn Bunting

If in the midst of this chaos you are missing the company and conversation of your fellow U3A members, please email us at [membersupport@u3abrisbane.org.au](mailto:membersupport@u3abrisbane.org.au)

We cannot promise to teach you anything but we can have a chat either by email or telephone. Maybe you can share a social distancing story or we can show you where to look for answers to any questions you have. Email and let us know how best to contact you.

## Winter School News: from Marilyn Wagland

As I am sure you have realised by now, Winter School 2020 which was to be held in July, had to be cancelled. It is a great shame as a hard-working and enthusiastic committee had already scheduled many interesting speakers and it promised to be an exciting and stimulating week. However, events beyond our control stepped in and called a halt to proceedings. Thank you to the many speakers who had already committed. By looking after ourselves and strictly abiding by government recommendations, we'll be here to enjoy Winter School 2021 and it will be worth looking forward to. We may be able to provide some online speakers during our confinement time, so watch this space. Take care.

## U3A Griffith Review Book Club: Inaugural Online Meeting from Mary Denver

Join me by ZOOM videoconferencing to celebrate *Griffith Review* Edition 68 and what it means to be "Getting On" – the title of the forthcoming edition, published end April 2020. Read all about it at <https://www.griffithreview.com/about-griffith-review/>!

Building on the success of the many online Book Clubs, we will go beyond the page of *Griffith Review*, Australia's leading literary magazine, in this 90-minute ZOOM session, to discuss the *Review's* essays, reportage, memoir, poetry and fiction in a lively and thought-provoking way. All views and opinions welcome, ZOOM permitting! Sessions will be quarterly, following the publication date of each edition.

Remember, you needn't have finished the edition to join the discussion – it's never too late to start! Head online from 1 May 2020 to access a digital or paper copy at <https://www.griffithreview.com/product-category/editions/>  
**Facilitator:** Mary Denver, U3A Brisbane tutor. Contact me at [marydenver.consulting@gmail.com](mailto:marydenver.consulting@gmail.com)

**When:** 10:00-11:30 am, Thursday 4 June 2020. **Where:** By ZOOM in your own home!

## Logan District News: from Anita Hope

On Thursday the 20th February the **Ukulele Singalong Group** in Logan said farewell to Diane Dioth with much cake and hugs and Best Wishes for her new life in Perth! Diane has been a Member of the Ukulele group since 2013 and was one of its original members. We say a big 'thank you' to her for all she has given to the Group over this time.

Diane is a vibrant and passionate lady, who lights up the room with her enthusiasm for life and love of music!! She took on the role as Leader after the previous leader, Kevin, passed away, and introduced a variety of different activities, which were accepted and have been very much enjoyed by the Group.

We wish her all the best for her new life in Perth and look forward to keeping in touch once she has settled into her new home. No doubt, she'll continue to gather people around her and teach them Ukulele and enjoy many 'Happy Hours'!

You will be greatly missed, Diane!! Hope all goes well with your move to Perth.

Best Wishes from all your friends at U3A MO8 Ukulele Singalong Group in Logan.



## Northside District News: from Rod McLary

As members start to feel the impact of the crisis on activities in which they are involved, new initiatives are emerging to offer a different way of keeping in contact with each other.

One such initiative is the way the *Northside Walking Group* will keep fit and in contact. The co-leaders, Marlene and Roy, have asked their group to consider going for a social-distancing walk every Thursday around the block, around the house, around your garden (no stopping!!), up the stairs, on the spot; and then between 9am & 11am, chat by mobile phone to another walking member, discuss/boast of activity undertaken, and anywhere other topics take you!

One of the language tutors is considering using *Zoom* - the free video-conferencing app - which is also being used by some of the city tutors. Another good way of keeping in touch and learning at the same time. I am sure there will be more of these good ideas emerging as time goes on.

## Wynnum District News: from Anne Douglass

### Computing and Poetry – Strange Bedfellows

Last year members of The Wynnum Creative Writers Group were approached by Aloha Ambe, an Associate Lecturer at QUT, who was preparing a research paper on Human Computer Interaction. The key words for her paper were Resistance, Resilience, Older Adults and Literary Expressions.

The group's short stories were used to workshop the difficulties faced by the older generation dealing with a

rapidly changing digital world and Julie Butler's contribution was in the form of a poem. This poem was then chosen to form the basis of a research paper by Aloha that was not only accepted for publication in Australia, but was also accepted for presentation at the prestigious International CHI Conference in Hawaii on Human Computer Interaction. Aloha cleverly extrapolated each verse into an insightful analysis of the problems facing so many older adults today.

To be selected to speak in Hawaii was quite an honour for her and it was exciting for Julie to be a part of it. Unfortunately, the conference was cancelled due to the coronavirus; however there is talk of a video in the future.

This is a light-hearted, whimsical poem with some powerful undertones, and I thought it could resonate with some of our members.

### **An Oldy's Lament - *by Julie Butler***

The world is a highway of information  
We feed on gadgets and computerisation

We're forced to keep up with techno speak  
Use iPhone and mouse or we're up the creek

Positive ageing is well and good  
We have to fit in, as everyone should

Plaudits to progress, please show us the way  
But spare a thought for the aged and grey

A simpler version with steps made plain  
So we can cope with a slower brain

Our wisdom is stored from experience long  
So don't patronise us, we are still strong

We may need a hand to cross the road  
But we have a plan for our living code

We have much to offer if only you'd see  
That lives need balance for both you and me

Achieve more each hour if that's your way  
But stop to listen, relax and pray

### **Gastrodiplomacy in Action at U3A: from Mary Denver**

We all know that U3A is about lifelong learning, and above all, community.

This can be even more important when English is not your first language, whether you've just arrived or have been in the country for a long time.

Now, more than ever, members of U3A Brisbane's weekly ESOL class are reaching out online through their WhatsApp group to support each other with chats, pictures and kind words – all good English practice!

New friendships have flourished – such as this one between Helen (from Italy) and Lan (from Vietnam). We had watched a YouTube video called *Gastrodiplomacy* in class, where the topic of discussion was how the sharing of food across cultures builds understanding and appreciation. Suddenly, before we knew it, Helen and Lan, who live on either side of the Brisbane River, had connected, hooked up and cooked up a storm – Italo-Vietnamese style!

Delicious cakes were the result. But even more importantly, we learned that gastrodiplomacy is alive and well at U3A.

As most of us are confined to our homes now, what better than to catch up online, sharing new food tips and cooking methods and keeping our friendships going. Online tasting is sadly yet to be invented though!



Lan Nguyen (left) and Helen Mura,

Check out the video at <https://youtu.be/CUaZ5IGL3AY>

### Social Committee News: from Angela Butler

Unfortunately, due to the ongoing restrictions arising from the Coronavirus and its impact on the community, the Committee is not conducting any social events.

When the restrictions on social contact are lifted, we hope to be able to resume activities.

\*\*\* If you have not received a refund for any trips cancelled recently, that you have paid for, please send an email to [social@u3abrisbane.org.au](mailto:social@u3abrisbane.org.au).

Lastly, if you need to contact the Social Committee or have any suggestions for future trips that may be of interest, please send an email to: [social@u3abrisbane.org.au](mailto:social@u3abrisbane.org.au).