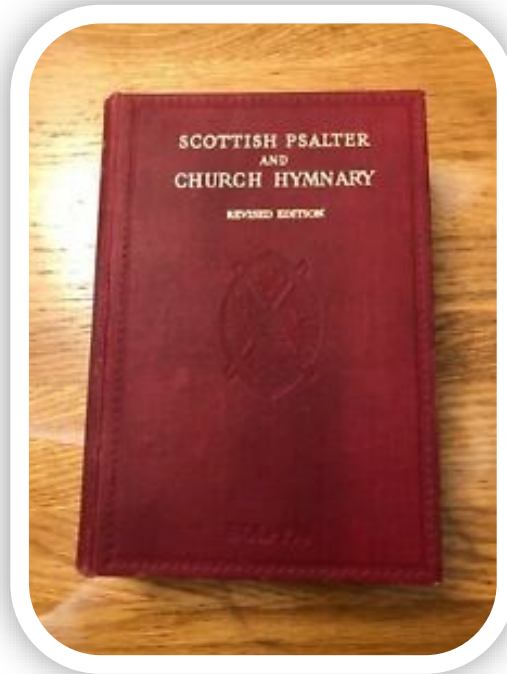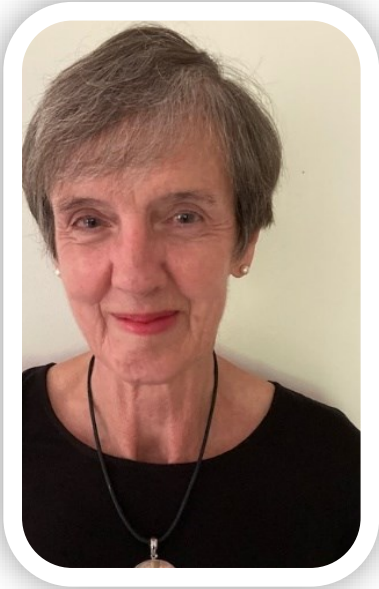## Editor's Notes
from Jean Smith

lordalittlebandandlowly …..
Can you quickly decipher this? – the accompanying illustration might help. Like many of our cohort, church attendance was part of my upbringing. A weekly diet of three hymns, one metrical psalm and one paraphrase – not surprising that they became deeply embedded in my memory. To this day, I can sing them without having to see the words – even those which stretched to seven verses!

This isn't surprising. A Wikipedia article noted that song is a wonderful way to remember information. Simple tunes are preferred and words should be closely tied to the tune. That might explain some of the convoluted syntax which made no sense to my childish ears!

My current U3A activities are fascinating. Full of information. But can I remember from week to week what I am being told? Thank goodness for the excellent handouts the tutor is providing.

…. Theretosinganoblersong

President's Message
from Des Taylor

Term 1 ended on the 1st April and once again we were in Lockdown in the last week of Term, together with the rest of Brisbane. However, we are nothing if not resilient and we reopened for Term 2 on the 19th April with 148 Face-to-Face Classes, 71 Zoom classes and another 8 classes using other methods. This included 55 Face-to-Face classes in the Districts. Thank you to all members who continue to support us by

enrolling in classes and paying Class fees or, in the case of Zoom classes, a Voluntary Class Fee. We depend on you to help us to continue, retain our venues, and to thrive in the future.

Tutors are now preparing for Term 3. Enrolments for Term 3 will open on the 20th June. Remember to enrol early to avoid disappointment.

Be sure to check that you are enrolled in any class you hope to attend. You can do this on your Member Dashboard.

Be sure your enrolments are correct before paying your class fees.

We will be running under our COVID Safe plan as for Term 2, but have extended the length of each class to 75 minutes. This was the normal class time before COVID and it is a step forward.

U3A Brisbane have now started a Strategic Planning Process to guide our direction over the next 3 years. This is especially important now because we need to plan how to survive and thrive while living with COVID. You will be notified when the plan is completed and made public.

Last week was Volunteer Week. U3A Brisbane relies entirely on volunteers and I would like to thank all of our volunteers for the wonderful work they do to enable us to offer such an amazing service to people in the "Third Age" of their lives.

If you would like to volunteer to work in the Office, please contact Yvonne McGann our Office Manager. If you have expertise in any area and would like to tutor a class either on Zoom or Face-to-Face then please contact Gail Hawkins, our Tutor Coordinator.

Enjoy your classes, and take care.

Special Online Presentations in June
from Marilyn Wagland

I hope you enjoyed May's three speakers. Ric Raymond provided an airline captain's perspective on the impact of cockpit automation. Dr Daniel Roberts provided a real insight into the advancement of the technology to produce green hydrogen and Loan Chow gave us many interesting insights into the nuances of wills and estates.

We are trying, via Zoom, to offer a diverse range of speakers as we do at Winter School.

Wednesday 9th June at 10am. Rhiannon Bennett (Heart Foundation).
Preventing Heart Disease

Cardiovascular disease (CVD) is an umbrella term that includes heart, stroke and blood vessel diseases and is the leading cause of death in Australia. It accounts for one in four deaths and every four minutes, **one Australian has a heart attack or stroke.**

However, many incidences of cardiovascular disease are preventable. That's because the risk factors related to many cardiovascular disease conditions are related to your lifestyle choices, such as what you eat, how much you exercise, and whether or not you smoke.

The Heart Foundation is delivering an education session which will cover:

- What is Cardiovascular Disease?
- Are you at risk of heart disease?
- Warning signs of a heart attack
- What you can do to reduce your risk
- Where you can find support

Tuesday June 15 at 12.00 noon. Stuart Watt (ABC News). What is the Future of News?
Digital disruption is driving huge changes in how we access media. The rise of the internet as a distribution channel for media has destroyed the old paradigms and business models. News has not been immune. Now you can access news from the best and the most dubious of sources in the world, wherever you are. So, what does the future of news hold?
Stuart Watt has been a journalist for over 30 years. He started his career in the UK and on returning to Australia in the mid-1990s, gained a job in the ABC's radio newsroom. He was part of the team that started ABC News Digital in 1997 and went on to become its managing editor for almost a decade. He is currently Head of Output and Distribution for ABC News.

Book Here to register your interest in participating in these sessions. A Zoom link will be sent to you just prior to the start.

QR Code Information
from Greg Taylor

This information is provided in response to queries from members about our class attendance QR system .

Check-In Qld app
Some members have asked why we aren't using the *Check-In Qld app* common in hospitality venues. The answer is that the government app sends the information about names and venue only to the Qld government for potential contact tracing purposes. Our own app serves two purposes, firstly to record who is attending each class, which we need for insurance and administration purposes, and secondly to assist government contact tracing if needed. For the latter purpose we would only forward data to health authorities in the event of a notified outbreak affecting one of our venues. Otherwise, the attendance data is only stored in our own database. Furthermore, our app can be used by someone other than a class member, e.g. a volunteer staff member, to record the attendance of one or more class members.

QR sheets at Adelaide St
Some class members have asked about the QR sheet located in the Adelaide St foyer. You may use this as an alternative to scanning the sheet in the classroom. It is primarily there to reduce congestion, particularly in room 18. Once you have scanned the code with your phone camera or QR app, you can go to your seat to complete the details.

Please note that you must be enrolled in a class before arriving at the venue and using the QR Code. If you are not enrolled, your attendance in the class is at the discretion of the tutor and may not be possible. Room capacity is limited by COVID Safe rules, and is particularly critical at the City Campus venues.

Office Hours in June/July break
from Yvonne McGann

Term 2 finishes on Friday 25th June. During the ensuing two-week break, the Creek St. office will be closed. However, members can still contact the office by phone or email and such enquiries will be answered during the break.

Logan News

Bernadette Ketter has been appointed as Logan Coordinator for U3A Brisbane. Bernadette has a long association with U3A Brisbane and is very excited to be given this opportunity. Martin Bridgstock, who has previously worked for many years as the Logan Coordinator will remain involved as the Logan representative on the U3A Management Committee.
Logan is an important part of U3A Brisbane and we hope with both a Logan Coordinator and a Logan representative on the Management Committee that U3A in Logan will be supported at all levels and can grow and prosper despite the COVID threat.

There are currently 364 students enrolled in U3A Brisbane classes in the Logan District. We hope this number will increase in the coming months and years.

AO3 Card Making – Fun Folds & Pop-Ups. Second & Fourth Mondays 1.00 pm – 3.00 pm. Logan North Library.

Fun Folds & Pop-Ups is open again for Face-to-Face classes at Logan North Library. Men and women, beginners through to advanced, are all welcome.
Did you know Card Making has added well-being benefits attached to it? According to the National Centre for Biotechnology Information, there is a very powerful contribution to individual health and well-being from creative expression. In a *Writespike* article, eight benefits of Card Making were listed:
> Creative Expression
> Relaxation & Productivity
> Relieves Stress
> Reduces Depression
> Helps people overcome Health Conditions
> Improves Mindfulness
> Promotes Self-Esteem
> Increases Community

(https://www.writespike.com/story/MnyuaZqSWciZ/creative-crafting-8-wonderful-health-benefits-of-card-making/)

Paper Engineering is fun. I love sharing interesting techniques, fun-folds and even pop-ups. We create two cards in each class for various occasions. Come along and learn some paper engineering that will bring cheer to your recipients.
Contact Linda Tan for more information.

Wynnum News
from Chris Hobbs

While most of us are familiar with receiving U3A classes via Zoom, the same might not be true for those presenting via Zoom for the first time.

The slides below formed a *PowerPoint* presentation I prepared for my Android class.

Download centre

Zoom Client for Meetings

The web browser client will download automatically when you start or join your first Zoom meeting, and is also available for manual download here.

Download   Version 5.6.5 (823) (32-bit)

Download 64-bit Zoom client

The Host must download and install the program first. You will be asked to supply an email address and a password. The password is just for Zoom it is NOT your normal email password.

I recommend that all proposed attendees also install Zoom but it is not essential, as stated above on the download page.

The 32 bit and 64 bit versions are identical and for most people it will not matter which version you install.

After Installation

Zoom

Zoom
Uninstall Zoom
Zoom

New Meeting   Join   Schedule   Share screen
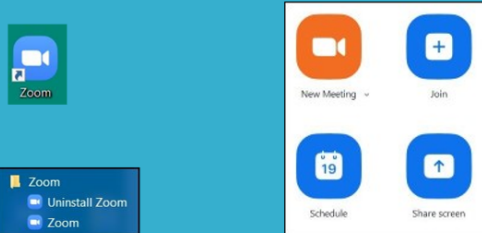
Once you have installed the program you should end up with a blue/white icon on the screen. If not, you can go to "All Programs" and scroll down to Zoom and drag the "Zoom" icon to the screen. It will create a shortcut for you.

When you double click the shortcut you get the option to start a meeting, schedule a meeting, or join. The host does one of the first two, attendees click "Join" or click the link in the invitation you send.

Other Information

Any person who has installed Zoom can start a meeting and they become the "host". They can control lots of items, such as the names of attendees, mute all attendees, who can share screens, etc.

If you have the free, personal use version, each session is limited to 40 minutes. But commercial versions have no time limit.

The host sends an invitation to attendees and can choose to use a "waiting room" to prevent unwanted visitors.

Your name is inviting you to a scheduled Zoom meeting.
Topic: Your name's Personal Meeting Room
Join Zoom Meeting
https://us04web.zoom.us/j/8403894712?pwd=VktIRDg1bjRQdjhwaG
Meeting ID: 123 456 7894
Passcode: 987564

Once the meeting starts you can see the pictures of yourself and attendees

More Information

Move your mouse cursor to the bottom of the Zoom screen and it opens the Zoom "toolbar". If you click on "Participants" you get a list of names to the right of the pictures.

Any participant can also move their cursor to the bottom of the screen to reveal the toolbar, and they can then mute themselves, turn off their video or send a "chat" to one or all participants.

If a participant clicks the chevron next to the video symbol they can choose a "virtual background".

If a participant is muted, they can unmute themselves by holding down the Spacebar on their keyboard. Once they release they are muted again.

Any person – host or participant – can open another program while the meeting continues, and only the pictures on their screen are obscured. No-one else can see the open program. So you can look up additional information while the meeting continues.
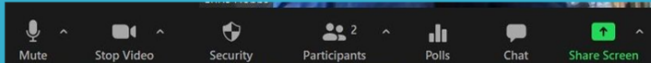
Sharing a Screen

Mostly it is the host who shares a screen but you can also allow others to share as well. Go to the chevron next to "Share" and it gives several choices about who can share. To share any item it must be open, although it can be minimised.

The process is easy: click the green "Share Screen"; this opens a miniature version of your screen; click the item you want, then click the blue "share" at the bottom right.

When sharing, the shared item takes most of the screen and the pictures are displayed to the side. You can choose to display just the speaker's picture, or a small audio box, or a gallery view. The gallery view is the best option if there are not too many people. The gallery can be dragged to enlarge it and so display more participants.

One problem participants can experience when viewing a shared screen: if they have the Zoom screen on "full screen" then the displayed item will take the whole screen and cover the normal "Taskbar". If this happens they should go to the corner of the screen and click "View" which open a tiny dialogue box. Then click on Gallery view, rather than full screen.