



## Editor's Notes from Jane Elliott



Creative Portraiture student, Kay Lester, provided the reflection and drawing below. Her key ideas of community, growth and satisfaction seem to be constants in the U3A experience. The drawing was inspired by the work of fashion artist, David Downton.

*My very first contact with U3A was on a bus whilst I was going to my job in the city. After speaking to the fellow passenger, a U3A volunteer, I felt I wanted to sign up for several classes there and then as it sounded so interesting.*

*U3A introduced me to some great, like-minded people, and the opportunity to reconnect with my love of drawing which was shelved for many years as life got in the way of leisure. Would there be any ability*

*left after so many decades of neglect? Was it like riding a bicycle?*

*I was made to feel very welcome by everyone. We are all still learning and that is the great part: keeping active and motivated. I value the connection that U3A's art group provides and, during lock-down, it was essential for me as I live alone. I looked forward to the encouraging emails to keep on track.*

*Our current outdoor venue is the brainchild of our volunteer tutor. There is fresh air and friendship! I enjoy sharing ideas and tips with our group and watching the self-doubters find themselves and flourish. There is a lot of caring and enthusiasm both ways. There is always experimentation and something more to learn.*

*I have never been good at meditation; however, art has become my substitute. It keeps me focused, relaxed and enjoying the moment.*

*Pandemic..... what pandemic?*



## President's Message from Des Taylor

Hello all.

### Term 4

Enrolments open shortly. You will no longer need to be vaccinated to enrol in face-to-face classes and the kitchens in our city venues will be open. However, Covid is still in our community and we strongly encourage members to carry a mask (N95 if possible) and wear it in congested spaces, wash hands frequently, and maintain distance if possible. Also please stay home if you are not well.



### Classes

Please use the Member Dashboard to check that you are enrolled in a class before arriving at a venue. Remember there are capacity limits in place for face-to-face classes depending on type of class, tutors' wishes and available space in the allocated room. It may be that you cannot join because the class is at capacity for one of these reasons. Enrol early to ensure a place and if you miss out look at other options including Zoom classes. There are several new classes in Term 4 and new tutors joining us. Please consider these classes when you are making your decisions.

### Fees

As with the rest of the community our expenses are increasing. We ask that you pay your class fees for both face-to-face and Zoom classes before classes commence. We can only continue with the support of our members and we rely on these fees for our financial survival.

### Membership

It is now time to renew your U3A Membership for 2023. At the 2022 AGM, a proposal was put forward to raise the membership fee to \$45. Your membership fee gives you access not only to our extensive class offerings both face-to-face and online, but also to a series of excellent online presentations every month at no extra charge.

### Monthly Zoom Presentations

Remember also to check the Zoom presentations that are available each month to members. There is no charge. You can read about these and enrol for one on the front page of our website. Remember to check your User Dashboard frequently. It will show you any presentations in which you have enrolled as well as your normal classes and your payment history.

### New Constitution

The updated Constitution approved at our AGM in April has now been accepted by the Office of Fair Trading Qld. You can find the new Constitution on our [About Us page](#). A full comparison of the changes can be found on our [News page](#) under the AGM item.

Stay safe and remember to carry a mask just in case and wear it if needed.

Deslyn Taylor  
President

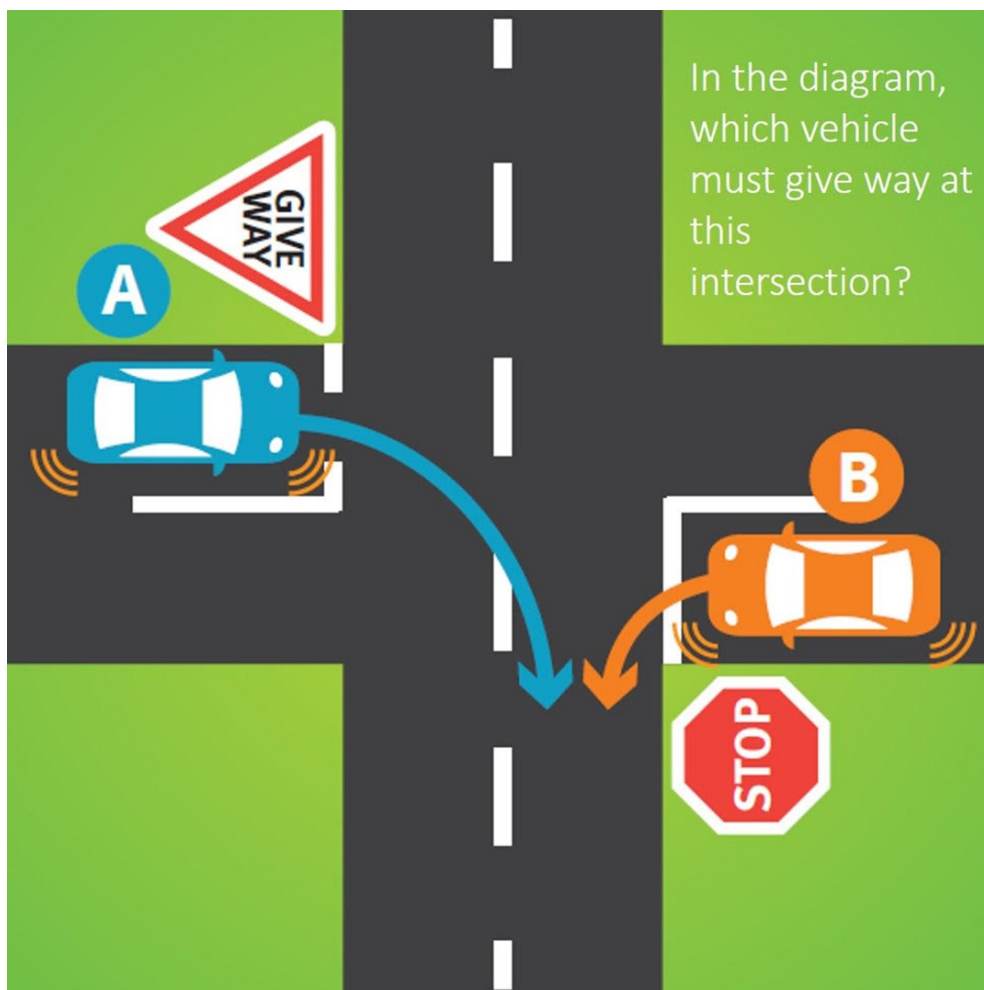
## Special Online Presentations in September from Mary Denver

You can book online for these events via the [home page](#) on the website, or via the button at the end of this item.

**Wednesday 14 September, 11.00am-12.30pm. Road safety experts from the Department of Transport and Main Roads: *What senior drivers need to know about medical certificates and keeping safe on the roads.***



Join in this session delivered by road safety experts addressing common concerns for older drivers. Enhance your confidence and skills on the road. The session will cover road rules, safe driving tips for seniors, how age can affect your ability to drive, and medical requirements for drivers 75 years and over.



**Wednesday 28 September, 11.00am-12.30pm. Dr Tara Walker, Queensland Brain Institute (QBI): *The latest in neuroscience research from QBI – can adding selenium to the diet mimic the effects of exercise and reverse cognitive decline?***



Dr Tara Walker, Queensland Brain Institute (QBI) Research Fellow and winner of a prestigious Marie Curie International Incoming Fellowship at the Centre for Regenerative Therapies in Dresden, Germany, will talk about exciting research developments in neuroscience.

Dr Walker is currently investigating ways to mimic the rejuvenating effects of exercise. There is overwhelming evidence that regular physical exercise promotes new neuron generation and improves cognition in normal ageing, or following stroke, and in Alzheimer’s disease. However, for many people exercising is not feasible due to health conditions, mobility limitations or advanced age. There is now growing interest in the identification of pharmacological interventions that can mimic the effects of exercise: so-called

exercise mimetics.

Dr Walker and her team have identified the trace element selenium as a novel exercise mimetic. Using mice, they have found that dietary selenium supplementation can increase new neuron production and reverse cognitive decline in mouse models of normal ageing and stroke.

[Book Here for any of the above events](#)

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## Meet our Volunteers

### Mary Calder — District Manager



As District Manager, Mary oversees the coordinators who, as Mary says, “actually do all the real work”. In addition, Mary works in the U3A office on Mondays, helps with the preparation of the Class Schedule, and was on the Management Committee for several years. In the latter role, her small business experience was very useful. Over her years of volunteering for U3A, Mary has seen her workload lessen through changes to the database, though there is “a bit more thinking necessary”.

Mary had a long career as a veterinarian, mostly self-employed in private practice, before joining U3A in 2009. Mary had heard about U3A from a client while still working, and was attracted to further learning. She also knew that volunteering would play a part in her retirement. As well as studying Latin, Mary has done U3A short courses in cartooning, philosophy, and some aspects of the law as it affects women. Mary continues to enjoy both the learning and the companionship provided by her participation at U3A.

## Recent Webinar on Your Digital Legacy – Report Now Available

U3A Network Queensland has made available a comprehensive 5-page report on the webinar held on Tuesday 23rd August and presented by Keir Tierney from nbn. The report can be obtained here:

[Your Digital Legacy Report](#)

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## We Need Your Help to Grow from Deslyn Taylor

With the advent of Covid over the last 2 years our Membership has 'taken a hit' as people worry about venturing outdoors, mixing with others and travelling on public transport.

We need to increase our membership and build again to our early 2020 levels in order to secure our future viability. Please tell your friends and acquaintances about the many benefits of U3A Brisbane membership and encourage them to join us. If you have any ideas for new classes or other suggestions to improve our offerings or increase our membership please contact us. We welcome your [feedback](#).

Equally importantly, we need more tutors in order to offer a wider variety of classes. If you would like to share your knowledge, skills or experience and run a class yourself we would love to hear from you. Please contact: [tutors@u3abrisbane.org.au](mailto:tutors@u3abrisbane.org.au)

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## WebP – A Modern Digital Image Format from Greg Taylor

This article will be of interest to anyone who deals with digital images. A modern image file format known as WebP is rapidly gaining attention, primarily because it means high quality images can now be stored with much smaller file sizes. The format uses sophisticated file compression algorithms to achieve this.

The format was primarily designed for use by web designers to replace GIF, PNG or JPG images. The U3A Brisbane website, for example, now uses the WebP format for all images, which accounts in part for its fast response time. This is particularly important now that over 50% of website accesses are on a mobile device, which often means using up your mobile data plan.

However, the format can also be used to store or email photographic images. Storage costs money, whether on a local drive or in the cloud, and if you store a lot of images the total storage required can quickly add up. A single 10-megapixel image, for example, is about 3MB in size in a conventional JPG or PNG file format. The reduction in size can vary, but can be as low as 15% of the original file size. Parameters can be set for both lossy and lossless formats. (Lossy means sacrificing a small reduction in quality for greater reduction in file size). It should be noted that JPG is a lossy format.

The older formats can be converted to WebP using common image editing programs, e.g. IrfanView, Windows Paint, Paint.net, Mac Photos, Photoshop and Gimp. Some programs, such as older versions of Photoshop, may need a plugin. The format is also now supported by all the major web browsers, and incorporates animation as with GIF images, and transparency, as with GIF and PNG image formats.

The examples on the next page show a comparison of the same image in two different formats.

## Can you pick the difference?

This is a .png image, 500x255 pixels, file size: 273KB.



The same image in .webp format, 500x255 pixels, file size 33 KB.



*Image acknowledgement: Wikipedia.*

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## Office News from Yvonne McGann

During the holidays, from September 17th to October 3rd, our 97 Creek St office will be unattended. You can still ring or email the office and all enquiries will be dealt with. Our office phone will be switched through to U3A's mobile.

If you have a friend who is interested in joining U3A Brisbane, now is a good time for them to join up. For \$45, membership will be valid for 5 terms: Term 4, 2022 and all of 2023. Renewals for 2023 are also now open.

## U3A Social Events from Angela Butler

For bookings, please contact the U3A office on **3236 3055**, or visit the 97 Creek St office. You can keep up to date with the latest 'SOCIAL EVENTS' on the U3A Website: <https://www.u3abrisbane.org.au>

### **Girl from the North Country**

**Wednesday 14<sup>th</sup> September 2022, 1:30pm, QPAC – Concert Hall**



This event is fully booked – if you have booked for this event, tickets have been mailed/are available for collection from the U3A Admin Office (97 Creek St).

### **Manon - Queensland Ballet.**

**Thursday 6th October 2022, 1:30pm, QPAC – Concert Hall**



This event is fully booked – if you have booked for this event, tickets have been mailed/are available for collection from the U3A Admin Office (97 Creek St).

### **Spirit of Christmas Concert 2022**

**Saturday 17<sup>th</sup> Dec 2022, 2:00pm, QPAC – Concert Hall**



QPAC's longest running event, *Spirit of Christmas* returns this December to the iconic QPAC Concert Hall.

Two of Australia's leading musical theatre stars will join a host of special guests in uplifting seasonal song and much-loved Christmas carols, beautifully supported by a full symphony orchestra, and the glorious voices of the **QPAC Chamber Choir**.

QPAC's *Spirit of Christmas* is a celebration of the true meaning of

the festive season; an occasion to rejoice and reflect on the year that has passed and embrace the season's enduring message of Peace, Love and Joy.

**Date:** Saturday 17<sup>th</sup> Dec 2022, 2:00pm, QPAC – Concert Hall  
**Duration:** 1 hour and 20 min. (No interval, subject to change without notice)  
**Cost:** Concession: \$59.00; Full: \$69.00  
**Bookings:** 30 seats (Maximum of 4 seats per member)  
**Bookings Close:** 12<sup>th</sup> October 2022

**Please note the following for events held at QPAC:**

- These events are **NOT** supervised by the U3A Social Committee
- Please check the QPAC website in relation to Vaccine/Mask wearing requirements:  
[Connecting safely at QPAC](#)
- As a safeguard, **bring/wear your own mask with you to the theatre.**