



U3A
Brisbane

eNews
August 2023



Connecting Seniors to Lifelong Learning

Editor's Notes

Jane Elliott



Once again, the Internet is allowing me to edit the eNews while on the road. I imagine many members are also frequent travellers, perhaps for reasons similar to those that made them join U3A, not least the love of ongoing learning.

Of the many things I am discovering, two are particularly engaging me at the moment. The first is the enormous change in the sky as we head west. The dense blue with contrasting grey-white clouds of coastal areas gives way to pale blue cloudless skies in the dry season of the Northern Territory. Added to the natural atmospheric changes is the effect of dust and smoke, especially on the colour of sunrise and sunset. The second is the difference in morning birdsong. The magpies, butcher birds and miners that dominate the Brisbane dawn give way to orioles, scrub fowls and bower birds. And kookaburras: not the chortle we

associate with the laughing kookaburra, but the arresting cacophony of the blue wing kookaburra.

As we continue our travel, we continue our learning.

President's Report

Gabrielle Power West

Once again U3A has had a busy month with classes recommencing for Term 3. It is always great to hear all the chatter in the foyers between members before and after classes. Certainly you notice many more members around this year than we had noticed the past three Covid years; it is great to see members out and about again and enjoying face-to-face classes.

Heather Dowling organised a very successful Christmas in July social event. The bus trip to Bestbrook, which is close to Warwick, was most enjoyable with an interesting bus driver keeping us all informed with his quirky sense of humour. One interesting piece of information he shared when we passed a very large Coles storage centre, was that all of the work going on inside that large building involved robots doing the work. We are hearing lots about robots in recent times and obviously they are well and truly with us and will change our way of life. The Christmas lunch we had at Bestbrook was excellent as was the opportunity to interact with other U3A members on a social level. We also enjoyed great views of the Great Dividing Range from the rear of Bestbrook. Thank you, Heather, for organising such a great outing.

You will note there are other social events advertised in this month's eNews. Based on the two events I have recently attended I am sure the new events will be well worth attending. One event I know is already fully booked which shows appreciation by members in engaging in these events.



The newly formed Marketing Subcommittee, under the leadership of Janet McKeon, is also making great progress in their planning. You will find information about the plans this group is putting into place in this month's eNews. As mentioned last month, U3A has a goal of increasing our current membership of just under 3,000 members back to the 2019 pre-Covid membership of 4,000 members. Encourage your friends and acquaintances to join U3A to enjoy the many interesting classes that are offered as well as making new friends. U3A is always keen to hear from members who are interested in taking on a tutor's role, so spread that information as well. Membership for 2024 is open as from September.

Recently I attended the AGM of the Body Corporate Committee for the building in 97 Creek Street as the U3A representative. U3A owns part of the ground floor of that building. During the past twelve months, the focus throughout that building has been on replacing the air conditioning which has been a large and expensive project requiring a special levy from owners. U3A leases Floor 5 in the Adelaide Street building as well so that all classes offered can be accommodated.

Best wishes for the month ahead and stay free of the Influenza sweeping through the community.

Gabrielle



Open Day

Bring a Friend

Saturday 9 Sept 2023
9:30am - 12:30pm
Level 5, 232 Adelaide St, Brisbane 4000

A WELL-KEPT SECRET!

It is not an uncommon experience that when you mention U3A to other people, they do not know anything about the organisation and what it has to offer.

We really don't want U3A to be a well-kept secret! We are keen to make sure as many people as possible know about the wide range of courses on offer and be able to follow up that long-held wish to learn Italian, know more about Art History or how to use that Excel program on the computer.

U3A Brisbane is inviting people from across the greater Brisbane area to discover the benefits of lifelong learning at an **Open Day on Saturday 9 September, 2023**. The event will run from 9.30am to 12.30pm at its City Campus at 232 Adelaide St. Brisbane.

President Gabrielle Power West explains, "We are excited to welcome everyone to our Open Day. U3A Brisbane is not just about learning: it is about fostering a sense of belonging and creating an environment where seniors can continue to engage positively in our community."

We are asking current U3A members to help us spread the word about the Open Day. As a non-profit organisation run entirely by volunteers, with a limited advertising budget, we are hoping for everyone's help with this. There will be flyers available in the foyers at Creek and Adelaide Streets for you to give to friends and leave in places such as your local library, church, café, or on a community noticeboard in your shopping centre; in fact, anywhere you think appropriate and are prepared to take them. And, of course, you can come along to the Open Day and bring a friend or friends with you.

The Open Day will provide the opportunity for attendees to:

- explore the diverse range of courses on offer
- find out about the benefits of participation in U3A
- connect with our friendly tutors who are keen to share their knowledge in an inclusive and enjoyable learning environment
- discover the camaraderie that makes U3A Brisbane a thriving community of lifelong learners.

We are also keen to hear from people who would like to share their knowledge or passion with others. Being a tutor can be rewarding in its own right. As a current member, have you considered running a course yourself? Do you know someone who is knowledgeable or passionate about a subject who would be prepared to share that by taking on the role of tutor/facilitator? There will also be an opportunity at the Open Day to ask about what is involved in being a tutor and the support U3A can provide.

All are welcome, admission is free, and light refreshments will be available.

Please spread the word about the Open Day and let everyone in on the secret!

Please assist us with catering by registering your intention to attend, using the link below. You will be able to advise if you are bringing guests.

[Register for Open Day](#)

Special Online Presentations

Mary Denver

Wednesday 30 August 11am-12:30pm. University of Queensland Centre for Health Services Research (CHSR):
Ageing well in Australia – the challenge of frailty in older people



What is frailty? According to Professor Ruth Hubbard, Program Lead Ageing and Geriatric Medicine, CHSR, frailty is the “most significant challenge to ageing well in Australia”. More than 20% of people become frail as they age. In this presentation, the team from CHSR will introduce the topic and explore six research projects:

- frailty and brain health
- sex differences in frailty
- inpatient nutrition
- the FITTEST trial (a social, medicine, physical activity, and nutrition intervention)
- quality care for people living with dementia
- frailty education and training for healthcare professionals.

The presentation will be led by Kristiana Ludlow, Research Fellow at the CHSR in the UQ Faculty of Medicine and an Honorary Postdoctoral Fellow in the Faculty of Medicine, Health and Human Sciences at Macquarie University. Dr Ludlow (from top left) and her colleagues Dr Adrienne Young, Dr Fred Graham, Dr David Ward, Dr Natasha Reid and Dr Emily Gordon, in the Ageing and Geriatrics team at CHSR at UQ, in conjunction with the Australian Frailty Network, will emphasise the importance of consumer engagement in frailty research. They are very interested to hear your views and feedback during and at the end of our online session.

CHSR website: chsr.centre.uq.edu.au/research/geriatric-medicine

[Register for this Event](#)

Wednesday 2 August 11:00am-12:30pm. Henry Reynolds: *The rights of Indigenous peoples – how Australia compares*

Following the passing of the Constitution Alteration Bill by the Australian Parliament on 19 June, a referendum will be held before the end of 2023 on recognising Aboriginal and Torres Strait Islander peoples in the Constitution through an Aboriginal and Torres Strait Islander Voice. As background to the referendum, in this presentation Professor Henry Reynolds will outline how Australia compares with other comparable nations in meeting our international obligations under the United Nations Convention on the Rights of Indigenous Peoples.



Henry Reynolds, FAHA, FASSA is a distinguished and pioneering Australian historian whose primary work has focused on the frontier conflict between European settlers in Australia and Indigenous Australians. Professor Reynolds grew up in Hobart, Tasmania, but began his academic career as lecturer at James Cook University in Townsville, Queensland in 1965, sparking an interest in the history of relations between settlers and Australia's Indigenous peoples. In 2000 he took up a professorial fellowship at the University of Tasmania. He is the recipient of Honorary Doctorates from both universities.

Henry is a prominent media figure and has published 20 books and over 60 chapters in books and journal articles. Many of his best-selling books (e.g., *The Other Side of the Frontier* 1981) have won major literary prizes, including the Queensland, Tasmanian and Victorian Premier's prizes and the Prime Minister's Prize for Non-Fiction.

A consultant to the Canadian Royal Commission on Indigenous Rights, Henry was also a consultant for the legal team involved in the historic Wik case before the High Court in 1995-96. During his time in North Queensland, Henry had struck up a friendship with Murray Islander Eddie Mabo. Eddie was a groundsman at the university and the two often talked about Eddie's people's rights to their lands, on Murray Island in the Torres Strait. Henry looked into the issue of Indigenous land ownership in international law, and encouraged Eddie to take the matter to court. The rest is now history.

[Register for this Event](#)

Facebook

Greg Doolan

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

TUTORS – tell us about your class.

Would you like your class to have more exposure to the membership or perhaps just tell a great story about your class and members? The Brisbane Facebook page could be your answer. Send your stories, photos, or anything you think may interest the membership to: publicity@u3aqlld.org.au and they will be posted to the Brisbane Facebook page to give your class wider exposure.

You can check out the Brisbane Facebook page on: www.facebook.com/www.u3abrisbane.org.au/

New Tutors Wanted for Term 4

Gail Hawkins

When I retired, I was excited about having so much spare time. Then as time went by, I'm not sure that I missed work, but I did I need something more challenging to look forward to. Fate stepped in and I was introduced to U3A and was so impressed with what they stood for and the learning and friendship opportunities they offered.

As Tutor Liaison Officer for City Campus U3A, I have met many remarkably talented people: professional people who are keen to share their learnings, others who have a passion for a subject or an interesting hobby that they want to share. Without our tutors U3A would not exist, so it is very important that we continue to attract people who are prepared to volunteer their time to tutor a subject of their choice.

I would like to talk to anyone who thinks they may have an interest in tutoring, whatever the subject may be – if it interests you, then I'm sure we have members that will also be interested. We have an extremely friendly, helpful team of tutors who say that not only do they get satisfaction from tutoring, but they also make many friends along the way. Please give this some thought and if you, or anyone you know, may be interested in tutoring, I would love to hear from you. There is currently particular demand for classes in *Art, Chess, Bridge and Dancing*.

Please ensure that Information about proposed new classes for Term 4 reaches me by Friday 18 August at: tutors@u3abrisbane.org.au

Meet our Volunteers

Patrick Johnson (Tutor)



I have been a member of U3A since about 2006, when U3A was in Edward Street in the city. I learned about U3A through a friend, Eric Jesson, who was a tutor in Philosophy. I then went to South Brisbane and Creek Street before ending up in Adelaide Street and, in 2023, started a class at Wynnum as well.

I have both attended and then tutored courses on Philosophy, then given courses in music appreciation (I used to be a volunteer programmer at 4 MBS Classic FM), and finally various courses on different topics in European history.

My previous career was very different. Before I retired, I worked in the chemical industry, specifically synthetic latex, first on the technical side, then in sales and marketing. This had no influence on the subjects in which I tutor. I have always been a great reader, however, and this has been the basis of my interest in philosophy, music and history. I am basically self-taught. I tend to preside over the topic and encourage as much participation as possible from the students. I improvise totally: I seldom know what I am going to talk about until I enter the room.

I find U3A is a positive interest for retirement. I enjoy the mental stimulation and meeting interesting people. I much prefer face-to-face to Zoom classes.

U3A Social Events

Heather Dowling

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/groups/social-group>

Tour of the Queensland Art Gallery Sculpture Courtyard

Date: Monday 21 August, 10:15am
Cost: Free – donation to QAGOMA welcomed
Bookings close: 11 August

This tour is currently booked out, but you may ask to be placed on the waiting list in case of cancellations.



Toowoomba Carnival of Flowers Coach Trip

Date: Thursday, 21 September 2023

Cost: \$81 (includes bus trip, morning tea and lunch)

Bookings: Please call Creek Street on 3236 3055 to register for the trip. Bookings close 7 September.

As the well-known Carnival of Flowers springs into life, Toowoomba is keen to show off its spectacular gardens once again. There will be over 190,000 bulbs and seedlings planted throughout the city's floral displays and parks to ensure the flowers are blooming perfectly for our visit. We will see some of the top displays and competition gardens, along with the magnificent parks as time permits. Fare includes morning tea and lunch at a local club. If you love flowers and plants you will be first in line to book the trip.



Meeting points:

- 8:00am at Coach Terminal opposite Platform 10, Roma Street, or
- 8:20am at bus stop 59 Macgregor, Kessels Road (look for Greencross Vet on the same side as the bus stop, and a bit further an Ampol fuel station).

Return time 4-5pm depending on traffic.

Past Event: Christmas in July

The trip to Bestbrook was very enjoyable. The homemade cakes and biscuits made by the driver's wife were tempting and the lunch was tasty. There was a whip-cracking display which some of our members tried their hand at.



MAMMA MIA! The Musical



Date: Wednesday 6 September 2023, 1:00pm,
QPAC Lyric Theatre

Duration: 2 hour 30 mins (including 15 minute interval)

Cost: Concession: \$79.00 Full: \$130.00

Bookings closed: Tickets are now available for collection, or have been mailed out.

QPAC Tickets

Whilst U3A does everything possible to help members where it can in respect of refunding the cost of outings, there are times when it is not possible. One in particular is QPAC tickets. These tickets are paid for up-front by U3A, and QPAC does not refund the cost of the tickets, so U3A cannot refund either. However, if you have a friend or neighbour who can take your place, they can reimburse you directly. Just remember to inform the office that someone is taking your place, so it can be adjusted in U3A records. With thanks for your understanding.

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