

U3A WINTER SCHOOL SUMMARY PROGRAM 3 - 8 JULY, 5TH FLOOR 232 ADELAIDE ST UNLESS SPECIFIED

Full program available at Office and on Website. Book online or in office. Cost \$5 unless specified

BRING A FRIEND – WINTER SCHOOL IS OPEN TO NON-MEMBERS

www.u3abrisbane.org.au

9AM MONDAY

Battle for Fraser Island -- John Sinclair: Saving Fraser Island from Sand Mining -- a David and Goliath struggle that saved one of Qld's iconic treasures. Meet the man who fought and won and is still fighting to conserve our heritage.

The Importance of using Exercise as Medicine to Grow Gracefully -- Alan Mills: A session on frequency, intensity, type and time, barriers and motivators and most importantly getting started and how to do it safely.

11AM

The Caucasus and Eastern Mediterranean Islands – Sally Bamford, Odyssey Travel: This talk will focus upon extraordinary facts of extraordinary places not yet on mainstream tourist maps – Georgia, Azerbaijan, Svaneti region, the people of Baku and then onto the Islands of Crete, Rhodes and Cyprus.

Robots and the Environment -- Dr Mathew Dunbabin: Existing and emerging robot technologies for monitoring the environment and transforming the way we observe the wider world. Environmental Robotics are leading the way.

Charlemagne Life and Legend -- Dr Kay Smith: Charles the Great, King of the Franks and the legend that developed around certain aspects of his life and character in the centuries after his death; sourced from bios and heroic songs.

Beersheba and the Australian Light Horse -- Coral Johnson: The last Light Horse Charge at the Battle of Beersheeba in 1917; part of the British offensive collectively known as the third Battle of Gaza.

State Library Tour -- SLQ guides: More than just a library; research, history, restoration of priceless artefacts and meeting rooms, film screening and lectures. Learn how to use this great facility. **For meeting details check full program.**

Old Art Gallery Guided Tour -- Barbara Lloyd: A journey into European and Asian Art that will surprise you and open your eyes to facets of this art that you may never have contemplated. **For meeting details check the main program.**

2PM

KEYNOTE ADDRESS: Dreamtime, Dinosaurs and Drones -- Dr Steven Salisbury (\$10) Amazing advances in technology have allowed scientists, with the Aboriginal custodians, to map and document the most important site in the world showing thousands of dinosaur footprints from the Cretaceous era giving us a peek into prehistory and The Dreamtime.

9AM TUESDAY

Pulses - Good for your Health -- Professor Sagadevan Mundree: More people are recognising the benefits of pulses in their diets. The challenge to meet the coming needs globally and here at home will be addressed in this session.

The Changing Approach to Electricity, Solar, Batteries, New Markets -- Mike Swanston: Changes to electricity use and generation in households; new electricity tariffs; will local energy trading become a reality; important questions.

Busting some Water Myths -- Chemicals, Plastics and Fish Penises -- A/Professor Frederic Leusch: Toxicology and water treatment; hot issues like water recycling, fluoride and the effect of microplastics on the aquatic environment.

Life and Works of Jane Austen -- Margaret Cleland: Jane Austen has been famous since the early 19th century but her private life is still shrouded in mystery. Margaret will lift this veil using letters, her novels and known facts of her life.

11AM

Living with Climate Change - How Can We Respond -- Dr Wade Hadwen: Research into vulnerable communities in Pacific Island countries with limited access to water and sanitation; identification of pathways to address this.

RSPCA and More -- Michael Beatty: A journalist and a man passionate about his work with the RSPCA. He has a store of stories on animal welfare and on the remarkable life that he has led; from Brixton Riots to straddling a crocodile.

Boolarong Press -- Dan Kelly: Information on writing activities including memoirs and bios; the sense of identity, publishing process, printing efficiently and effectively. This is your chance to look at publishing from the inside.

Exercise Right - Tips about Exercise, Ageing and your Health -- Prof Rob Robergs Rob asks us: Can you spare the time to increase your odds of leading a full, productive, healthy and quality life to, and through, your retirement years?

1PM

Robots are Coming Ready or Not -- Dr Sue Keay: And one is coming to a session near you. Robotics is predicted to be one the top 10 disruptive technologies over the next ten years. What does it mean to us and are we ready?

Monash, Bert Hinkler and Ned Kelly's Mum -- Grantlee Kieza: A unique glimpse into their lives and what makes them tick. Monash the war hero, Hinkler the aviation hero and Ned Kelly's Mum -- not for the fainthearted we suspect.

Remember the Vietnam Marches -- Annette Brownlie: Australia's engagement in the Vietnam War and our relationship with the US; the history of the anti-war movement of the 60's and 70's and its ramifications for so many.

9AM WEDNESDAY

Impact and Significance of Modern Genetics -- Em. Professor Peter Gresshoff: Genetics -- the science of inheritance; understanding how genes and gene systems work; the thousands of genes in bacteria, humans, animals and plants.

Avid Reader -- Fiona Stager: Owner of Avid Books and *Where the Wild Things Are*, Fiona has helped scores of writers and if she believes in you be assured you have what it takes. She opens doors that are closed to lesser mortals.

The Importance of Gut Bacteria -- Dorelle Thompson: Did you know gut microflora can influence your health? Topics covered are digestion and gut function, microflora, probiotics and fermented foods with a no--nonsense approach.

The Broadway Musical -- Frank Callinan: A trip down memory lane with the history of the Broadway Musical from the 1930s to the 1960s and the personalities who wrote the material, and those who performed it.

11AM

Positive Ageing through Music Participation -- Teresa Kunaeva: Outlining the benefits of active music engagement showcasing music groups for older adults covering intellectual stimulation, social support, friendship, exercise.

Culture Clash - Taking Australian Movies to America -- Jim Henry: Reflections on a life in film; a decade in NY introducing films like Breaker Morant and The Shiralee. He is a consultant and mentor to emerging talents here.

What a Man! What a Wife! What a Life! -- Mathew Ames: A celebration of life and of what can be achieved with determination and the support of a loving family for a man who lost all four of his limbs suddenly -- out of the blue.

Online Learning - The World of MOOC's and Wikis -- Des Taylor: Massive Open Online Courses let you learn anything anytime and at any level if you only know where to start. The Internet has opened up a whole new world of learning.

1PM

Spirit of the Wild - Life in Gorilla Country -- Annette Henderson: An adventure like no other; crossing the Sahara in a Kombi van, robbed in Gabon; saved by a New Zealand geologist; jobs in a frontier camp and the only woman.

Staying Safe on the Internet -- Greg Taylor: Common sense ways of reducing risk and protecting privacy and information. Security threats, ransomware, phishing, fraud and identity theft, email and SMS scams.

Die Happy - Exit International -- Angelika Minner: Exit International's mission statement and its role in end--of--life issues in the current legislative climate. Controversy and change is happening all the time. A Q&A will follow.

Stem Cells and Cartilage Regeneration -- Assoc. Professor Michael Doran: Clinical outcomes associated with umbilical cord blood stem cell transplantation, cartilage repair and prostrate treatment.

The Joy and Power of Laughter for Good Health -- Maureen Nash: Laughing, exercising and the benefits that come from a good laugh. Proven therapeutic benefits for blood pressure, immune system, stress etc. **Held at 97 Creek St.**

9AM THURSDAY

Sir Francis Chichester, Aviator and Yachtsman -- Roger Rusling: One of the world's great adventure stories. He was firstly an aviator then a yachtsman who circumnavigated the world in his yacht via the unpredictable Cape Horn.

Heart of Australia - Lifesaving Mobile Heart Care for the Bush -- Dr Rolf Gomes: This clinic is a custom--built 25m long semitrailer fully equipped with diagnostic lifesaving equipment for people of the outback. It has saved many lives.

Road Rule Changes, RACQ -- Dave Terry: An update on changes to road rules and legislation and more.

11AM

Elder Law - It's All in the Planning -- Brian Herd: Aged care options; challenging of Wills; consequences of adult children contributing to parents' aged care; failing to plan for incapacity and Alzheimer's and estate planning.

What makes the Human Brain Healthy -- Dr Guy Barry: This talk will expand on new technology that allows an unprecedented view into human cellular function and give us a glimpse into that mysterious organ the brain.

History of the Northern Territory -- Greg Cope: How the NT started and what a rough journey it has had. Did you know that Darwin has almost been destroyed four times and there were four failed attempts at settlement?

Does Australia Need an Updated Foreign Policy - An Independent Path for Australia in a World of Uncertainty -- Dr Ross Gwyther: A brief look at our involvement in wars over the past 200 years and the current situation.

1PM

Migraines and Genetic Relationships -- Assoc. Prof. Nyholt: The world's largest study of migraines has discovered dozens of new genetic regions linked to the onset of Migraine opening new doors to understanding what the cause is.

Cracking the Mysteries of our Universe -- Dr Janie Hoorman: Overview of the big questions being studied by cosmologists; supernovas, gravitational waves, black holes. There are exciting happenings out in space now.

A History of Aboriginal Servicemen -- Greg Cope: Despite historic challenges and accomplishments our indigenous soldiers were treated appallingly on their return home and faced an ongoing fight to gain their indigenous rights.

Against Human Trafficking -- Sister Janine Bliss: Human trafficking is modern day slavery! It is a global issue, affecting every nation in one way or another. It is happening here in Australia today.

9AM FRIDAY

Arthritis, Environment, Alternative Medicines & the Legacy of Howard Florey -- Prof. Michael Whitehouse: Integrated Medicine; innovative medicine and traditional remedies can live side by side and benefit chronic diseases.

Mythbusting - Making Sense of Oddball and Paranormal Claims -- Dr Martin Bridgstock: A survey of some distinctly oddball and amazing claims; suggestions for some well-established methods to sort out truth from fact.

Living Life as if Earth Matters -- Mary Tinney: Earth Link is a community environmental initiative which facilitates deep bonding with the community of life as the basis of our responsibility for it. Our planet matters and needs help.

All Day Creative Writing Masterclass -- Thea Biesheuvel: Another of Thea's inspirational classes. Tips to help you polish your work or help you get started. Bring your lunch. **\$10 -- held at 97 Creek Street.**

11AM

The Justice Myth Greg Cudmore: Is justice just a myth and in reality does the legal system largely serve the interests of only those who can afford it? Is justice an elusive and hopeless quest? Is the law really 'an ass'?

Stroke Research at the Queensland Brain Institute UQ -- Dr Lavinia Codd: Ways of improving cognitive recovery following stroke by activating precursor cells to increase the production of new brain cells -- neurogenesis

Know Your Brain and How It Changes in Ageing -- Maryam Ziaei: A summary of what we now so far about the brain and how it changes with ageing. Knowing your brain is essential to keep it healthy and to reduce the risks.

Public Language, Public Debate, Truth, Facts and Science -- Prof. Roland Sussex: Exploration of how language has come to be used in ways which make the truth and facts difficult to determine including recent history of alternative facts.

Qld Art Gallery Tour -- Barbara Lloyd: A journey into European and Asian Art that will surprise you and open your eyes to facets of this art that you may never have contemplated. **For venue please check main program.**

1PM

Lord Horatio Nelson -- Dr David Schlect: Amazing tales of Lord Horatio Nelson and the Battle of Trafalgar. Nelson is a name we all recognise but know very little about. David has spent a lifetime studying him and will surprise you.

Discovering Latin America -- Horacio and Stella Passeggi: Mexico, Central America and South America will be explored under the lens of historical facts, popular culture, food, wine, regionalism, arts and crafts, wildlife and scenery.

Exciting World of Robotics - An update on Last Year's talk -- Prof Peter Corke: An introduction to robot technology, separating fact from fiction and investigating some of the challenges we will face in the future.

Australia's Energy Challenge -- Professor Chris Greig: What are Australia's options with regard to Energy. Professor Chris Greig is a well respected expert on this subject and will give an overview of what we can expect.

1.30PM

Qld Ballet Tour and Exercise Class - Dance for Seniors -- Kerry Sellers: A tour of the facilities and dance exercise class.

Held at Qld Ballet, The Thomas Dixon Centre, Cnr Drake St and Montague Rd, West End. Meet at 1.30 outside the centre.

9AM -- SATURDAY

All Day Art Masterclass -- Heather Woodall: Light and shadow puts the nuance into art. Bring a pad of Canson Drawing Paper 220, one 2B and one 5B Staedtler graphite pencil and your lunch. Other tools will be provided. **\$10 -- held at 97 Creek Street.**