



Editor's Notes

Jane Elliott



When you read the President's Report below, you will find an opportunity to assist the U3A Brisbane Social Events Team. Of course there are other ways to volunteer at U3A, but promoting social interaction strikes a chord with me after a career focussed on wellbeing (albeit primarily the wellbeing of adolescents). Attending classes provides potential interaction, but attending a social event puts the focus on socialising.

The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships. In search of some material to reinforce these assertions, I came across a *New York Times* article from a few years ago. The article was inspired by a Manhattan coffee shop that had banned electronic devices in order to promote conversational interaction. It went on to quote a Harvard Women's Health Watch report that found "Dozens of studies have shown that people who have satisfying relationships with family, friends and their community are happier, have fewer health problems, and live longer." The *Times* article also quoted from John Robbins' book *Healthy at 100*: researchers found that "those with close social ties and unhealthful lifestyles (such as smoking, obesity and lack of exercise) actually lived longer than those with poor social ties but more healthful living habits". However, Robbins quickly added, "Needless to say, people with both healthful lifestyles and close social ties lived the longest of all."

Volunteering itself is a health-promoting activity, and volunteering to promote others' health could be doubly rewarding.

President's Report

Gabrielle Power West

Recently all members would have received the Class Schedule for Term 3. There is a great range of classes for our members with many exciting opportunities to extend our knowledge and experiences as well as the important face-to-face interaction between class members. This occurs within each class as well as the social interaction many members enjoy in the nearby coffee shops after classes. It crosses my mind from time to time that Marco Polo must appreciate the business U3A brings as it seems to be a popular venue for after class coffee gatherings. Their business will have slowed during the two week term break we are now enjoying.



U3A tutors make an enormous contribution to U3A and to the ongoing learning experiences of our members by providing a great service to all through sharing their knowledge and expertise in classes on an honorary and voluntary basis. Currently they are having a well-earned term break and we are most appreciative of their commitment to providing interesting and worthwhile classes.

Thank you to the Social Events Team, led by Heather Dowling, who organise the social events for U3A Brisbane members. Earlier in June the Team organised a very interesting visit to Old Government House which is located at the QUT complex in George Street. The commentary provided about the history of the venue was most interesting and attendees enjoyed high tea in the nearby coffee shop. The Christmas in July event at Bestbrook Mountain Resort is fully booked and the forty of us who are attending are looking forward to the bus trip to Tregony, the visit to Bestbrook and the Christmas style meal on arrival. The Social Events Team is in need of more helpers, so if you would like to contribute to their valuable work please make contact via president@u3abrisbane.org.au.

On June 17, Mary-Ann Scott and I represented U3A Brisbane at the U3A Redlands District 25-year celebration. The event was well attended by current and past members of U3A Redlands together with other invited guests, and was an impressive celebration of what that U3A group has achieved.

As mentioned in a recent eNews, a major focus for 2023 is to increase our membership numbers back towards what membership was in 2019 – the pre-COVID era. Currently, the membership numbers are at 2931. We are impressed by the number of past members from 2021 and 2022 who have recently rejoined U3A. This number stands at 68 for the month of June and may well be as a result of a letter sent to members from those years whose membership had lapsed. It is great for members to encourage their friends to join or rejoin U3A. There are brochures available from the U3A office at 97 Creek Street if you want to collect these for distribution to friends. Following our Management Committee meeting on 30 June, we are hoping to have the Marketing Sub Committee in place and will be able to provide an update of proposed activities.

Take care and stay safe from Influenza and Covid.

Best wishes,
Gabrielle

Special Online Presentation

Mary Denver

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](#)

From the Office

Yvonne McGann

Term 3 will start on Monday 10 July. During the holidays, our premises at both 232 Adelaide St and 97 Creek Street will be closed. However, phone messages can be left on our office number 3236 3055 or send an email to:

mail@u3abrisbane.org.au. Phone messages and emails will be attended to.

City Campus News

Gail Hawkins

As I look through the Term 3 Class Schedule I note we have several classes with low enrolment numbers. Tutors weigh up the time and effort they spend in preparation for each class and decide whether or not it is viable to run a class with only a few students. If a tutor cancels their class it is our loss. Perhaps as a U3A member you have a friend or relative that you could encourage to look at the Class Schedule and they just might be interested in joining one of our classes.

Each term we have hard working tutors who, for whatever reason, advise they will not be returning to U3A for the following term, so it is important that we continue to attract new tutors. If you know of anyone who might be even slightly interested in tutoring, or perhaps someone recently retired who now has the time to present that mountain of knowledge to a new audience, then please ask them to contact me: tutors@u3abrisbane.org.au

Listed below are some of the classes that may still be available. Please remember you need to contact the tutor to confirm enrolment. Without tutor confirmation, you cannot turn up on the day and expect to be accepted in class.

- Monday
 - F64 Canasta, Card Game Variations
 - J106 French – Read a Novel
- Tuesday
 - H05 An Introduction to Cornish History
 - B34 Healthy Living
 - X07 Chinese Calligraphy for Beginners
- Wednesday
 - C27 Create a Family Cookbook
 - H14 History, Historical Research
- Thursday
 - F20 Scrabble – Double class
 - J56 Auslan for Seniors
 - J57 English for Speakers of other Languages

- Friday
J30 Spanish for Absolute Beginners
V08 Android phone/Tablet and Gmail
-

Westside District News

Carmel Lafferty

Two classes at Toowong Library, *History of Ideas* and *Carl Gustav Jung: Dreams Symbols*, both conducted by Krystyna Soler, will be Inactive for Term 3 but may return in Term 4.



U3A Brisbane depends on its volunteer tutors to provide classes for members to enjoy.

If you have skills or knowledge that would be of interest to members, particularly in the categories mentioned at left which members are asking for, please contact:

tutors@u3abrisbane.org.au

Class Photos Needed

Deslyn Taylor

If you are involved in a class or activity at U3A Brisbane I would appreciate any interesting photos that may be used for promotional purposes. The aim is to show the broad range of activities available.

These might include:-

- sharing a chat over coffee
- walking with a group
- enjoying aqua Aerobics
- playing games – 500, mahjong etc
- doing any other activity – writing, painting, drawing craft work etc
- playing music or singing
- exercise classes – yoga, Tai Chi etc
- any other class or activity.

There are many more. Please email photos to dtaylor@u3abrisbane.org.au



Meet our Volunteers

Fay Lee (Tutor)



I come from Vietnam: I arrived in Australia as a refugee in 1979. Then I worked, married happily and had two children.

Unfortunately, in 1987 when I was 38 years old, I found out I had macular degeneration in both eyes. I was unable to work and stayed at home looking after my children until they finished high school.

Then I went to TAFE to study English Literacy. As I am vision impaired, my teacher gave me documents in large print, and I had to rely on a magnifying glass in class. I met many great teachers and tutors who came to help students. Their selfless contribution inspired me to

be a tutor.

I started teaching Mandarin at U3A in 2013. Now I have two Mandarin classes and one Chinese calligraphy class. In addition, I have taught English in the Evergreen aged care community for eight years.

I enjoy tutoring very much and, most importantly, as a welfare recipient for so many years, I finally have a chance to contribute to the community. And at the same time, all my students have become my good friends.

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

Ever wondered how many sculptures there are around the Queensland Art Gallery and Gallery of Modern Art? Visitors see them at every visit and probably pass them by to go elsewhere. Don't you love the elephant standing on its head by Michael Parekowhai?

Come on a wander around the precinct with a knowledgeable guide who will answer all your questions. We can rest our feet, have something tasty to eat and a good chat with new friends at the GOMA Bistro (Refreshments at your own cost).

Whilst the tour is free a donation to QAGOMA would be welcome.

Note from their website: *When you donate to the Gallery, you play a vital role in enriching Queensland's cultural future and enabling millions of visitors to experience the transformative power of art.*

Past Event: Learn to Make Pasta class – held on 29 June at Salt Meats Cheese

15 members participated in the pasta class. It was great to see one gentleman as well. The class was enthusiastic about learning how to make fettuccini and the filling for cannoli. The meal of different pizzas and wine/soft drink provided while we waited for the pasta dough to rest was great and when it was time to eat the fettuccini most members had eaten too much and were able to take the pasta home with them. You can see from the photographs the concentration of the group.



Past Event: High Tea at Old Government House – held on 6 June

Everybody was fascinated by the stories and facts recounted by the Historian/Curator, Katie McConnell. Many thanks from U3A to Katie for her wonderful knowledge told with such good humour.



Christmas in July

Date: Thursday, 13 July 2023
Duration: all day – approximately 8:00am to 4:00pm
Cost: \$80
Bookings closed **Sold out**, with a waiting list. Thanks for your support.



Celebrate Christmas in July amongst the hills of the Great Dividing Range with scenic mountain views from Bestbrook Mountain Resort. Your ticket includes travel west to Tregony, stopping on the way for morning tea, before arriving at Bestbrook where you will enjoy old-fashioned hospitality with all the Christmas trimmings. There will be time before and after lunch to look around the property before leaving at 2.00 p.m. for our return to Brisbane. There are two options for bus pickup:

- 8:00am in the coach terminal opposite platform 10 at Roma Street
- 8:20am at bus stop 59, Kessels Road, Macgregor (look for the Greencross Vet on the same side as the bus stop, and an Ampol station nearby).

Moulin Rouge! The Musical



Date: Wednesday 19 July 2023, 7:00pm,
QPAC Lyric Theatre

Duration: 2 hour 35 mins (including 15 minute interval)

Cost: Concession: \$79.00 Full: \$115.00

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

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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