



**U3A**  
Brisbane

eNews  
December 2023



**Connecting Seniors to Lifelong Learning**

## Editor's Notes

Jane Elliott



As a new member of U3A (I joined in 2022), I know very little about 99% of the classes U3A offers. I would like to hear from members about their experiences – what do you like about your favourite class? If your class would be happy to do so, a photograph of the group could be included. Perhaps members of one of the creative classes could share a photograph, a poem, an anecdote or a snippet of biography.

Please send to [editor@u3abrisbane.org.au](mailto:editor@u3abrisbane.org.au).

## President's Report

Gabrielle Power West

As this is the final eNews for 2023 I can't help but reflect on how quickly 2023 has flown past us, particularly the second half of the year. We have enjoyed and been enriched by the classes and interactions with other U3A members through our involvement during the past four terms.

The Term 1 2024 Class Schedule was sent to members on Sunday 26 November, with classes commencing on Monday 22 January 2024. As mentioned in that program there will be 179 face-to-face classes offered with 26 of these classes offered for the first time in 2024. As well, there are 38 Zoom classes. I encourage you to enrol early and to read the email introduction to the Term 1 Program as there is a range of valuable information included for members.

During 2023 we have the Social Activities program for U3A being offered once again after the three-year hiatus caused by Covid. There have been a great range of activities for members with the final activity being the *Spirit of Christmas 2023*, Concert Hall QPAC, Saturday 23 December from 2pm. Thank you to Heather Dowling who has taken on the volunteer role of Social Events Organiser for U3A for 2023. Members have had a great range of social events to choose from. All activities have proved very popular and we look forward to the 2024 Social Events program.

On December 1, U3A is organising a *Thank You Event* for all Tutors and Volunteers at U3A. Our organisation operates totally on members volunteering to be involved in Tutoring, Office Volunteering and on the Management Committee. As well as these groups of volunteers, U3A also depends on volunteers in key management roles: Tutor Liaison (Gail Hawkins), District Coordinators (Rod McLary, Bernadette Ketter, Pat Collins and Chris Hobbs), eNews Editor (Jane Elliott), Social Events Coordinator (Heather Dowling), Grievance Officer (Rod McLary), and ICT Coordinator (Greg Taylor).



The outcomes of this level of volunteering are amazing. I am sure you will agree with me that U3A is an outstanding organisation offering amazing opportunities for members. Thank you to all our volunteers and to the members for supporting U3A through your attendance at the many classes and events offered.

I wish all of you a very happy Christmas spent with family and friends. We look forward to your continuing involvement as an important part of U3A in 2024.

Best regards

**Gabrielle**

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## City Office

Yvonne McGann

Classes for Term 4 finish on Friday 8 December and Term 1 classes start on Monday 22 January. During the holidays our premises at Adelaide Street and Creek Street will be closed. Our phone (3236 3055) will be attended so messages will be addressed promptly. Emails will be answered quickly.

Class fees and membership for 2024 may be paid now. You can easily pay online through our [Online Payment System](#). If you pay by bank transfer, please make sure that you put your name and member number as reference.

We, the office volunteers, wish you a very happy holiday season and look forward to seeing you in 2024.

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## Special e-Presentations Coordinator – this could be you!



eNews interviewed Mary Denver (pictured with her miniature schnauzer, Henry), Secretary U3A Brisbane and departing Zoom e-presentations coordinator. After 2 years, Mary will hand over her role to a new member volunteer for 2024. So we are looking for someone who is keen to use their existing skills and acquire new ones as coordinator.

**Q: Tell us about this role, Mary. What does it involve?**

**A:** Well, there are two parts to it – the first is locating and recruiting the presenters, liaising with them about their talk, fixing a date in the presentations schedule, following up with them to produce a “blurb” about themselves and their presentation and getting that to the eNews editor and our website in time for members to book online.

Part 2 is facilitating the Zoom meeting on the day, in partnership with Greg Taylor, our ICT Coordinator, who co-hosts the presentation.

**Q: Is there a lot of time needed? And how do you recruit the right presenters?**

**A:** We generally do two presentations a month, so you have to be well-organised – it can take time to get things right. People have to be reminded they are presenting, and they may have questions. Most of our presenters have been very professional, they are busy people too.

I was able to recruit presenters from other activities I’m involved in or through people I know. Most people are very happy to present pro bono to U3A Brisbane, which has a growing reputation as a community of interested and savvy members. U3A tutors and members can also present, there is a lot of hidden talent out there.

**Q. The presentations are all on Zoom, so would the person have to be a video-conferencing expert?**

**A:** Not at all, each session is ably supported by Greg Taylor, our ICT Coordinator – you will just need to have the confidence to introduce and thank presenters in the ZOOM, much as you would face to face.

**Q. Do you have any favourite e-presentations from the almost 30 that have taken place over the past two years? Have there been any special moments?**

**A:** If you are a lifelong learner, like me, every presentation brings new knowledge and insights. We have had talks on everything from the rescue of British round-the-world yachtsman Tony Bullimore on the high seas, to the benefits of selenium as a substitute for exercise.

I do remember the brave presenter last year, who could barely talk as he struggled with full-blown COVID on the day (luckily not transmissible). Henry Reynolds was magnificent this year on the Rights of Indigenous Peoples.

And the video in our final presentation from *Communify*, the wonderful Brisbane community organisation, showing what a difference volunteering can make to people's lives.

**Q. Volunteering is hard work and this is a public-facing role. Do you have any tips for an incoming Coordinator?**

**A:** You need to have a level of commitment and an interest in people and what they have to say. Also useful is an awareness that each time we interact with a new presenter, we are raising the profile of U3A Brisbane.

So it's a very rewarding role where you build your own skills, and assist other U3A members to do the same in a Zoom environment where they gain knowledge and are empowered to get on with life!

For further information and detailed role description, please contact Mary Denver in the first instance at: [secretary@u3abrisbane.org.au](mailto:secretary@u3abrisbane.org.au)

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## New Classes for Term 1 2024



There are a number of very interesting new classes available in Term 1, as listed below. Many thanks to our new tutors who have volunteered to offer their skills and expertise to U3A members. Enrolments are now open, and you can easily find classes by using [Class Search](#) on the website and entering a class code or keyword in the Search Words box.

### **E03 The Myth of Meritocracy (Face-to-face) Tutor: Lawrence di Bartolo (Northside, Wed 10:00am)**

Australians boast of giving all "a fair go". However, what does this concept mean? Does it equate with social justice and a "just" society? Was the result of the recent referendum on *The Voice* an example of "a fair go" or a triumph of fear and division over social justice? How about the response to COVID19 and might it help explain

the rise of people such as Donald Trump? This course will examine Australian society from a variety of viewpoints based on set readings, practical exercises and robust discussion. The concept of meritocracy will form the basis for this course.

Venue: Grange Library

### **A04 The Art of Perfume, Scents and Senses (Face-to-face) Tutor: Viviane Tolliday (City Campus, Tue 1:15pm)**

Perfume is both a science and an art. Perfume has powerful memory triggers and, over this six week course, we will look at a brief history of perfume, the five perfume categories, coming to term with terms, perfume and you, and the A - Z of greats. Famous "noses" and glass artists such as Lalique and Baccarat will be included for their role in designing beautiful bottles for some of the world's greatest perfume houses such as Guerlain, and Coty. The Guerlain family dynasty lasted over 100 years but the industry is now dominated by four multinational operations. Venue: City Campus

### **C07 Help with computers and mobile devices (Face-to-face) Tutor: Keith Catts (Northside, Mon 10:00am)**

Do you have a computer or mobile device? Do you have questions? This class offers a workshop approach to help. Beginning with a Q&A each session, we will look at topics nominated by the class. Topics can range across technologies. If we don't have the answer, then research methods can be used to find it. Class members to bring their own device, laptop, mobile phone and/or tablet. Venue: Chermside Library

**X25 Architecture and Urban design (Face-to-face) Tutor: Jennifer Bopp (Wynnum, Wed 12:15pm)**

What is architecture and what is urban design, and what do they have in common? The answer is design and the built environment. In urban areas the built environment surrounds us, but what is known about its form, and could it be understood and improved by applying urban design principles to existing places, and to proposed new developments areas? In this course many concepts will be discussed with illustrated presentations to offer insights into the built environment and the historic cultural, technological and aesthetic ideas that influence its form including styles of architecture, the influence of climate, and sustainability. Venue: Wynnum Library

**T02 Live Longer Live Better (Face-to-face) Tutor: John Van Der Werff (Westside, Mon 8:00am)**

This class is based on the "Move It or Lose It" motto. It incorporates cardio (walking and exercises); flexibility and balance (exercises); strength (light weights); and how well do we eat and sleep? We start slowly and gently and progress to building fitness for life. Classes will be held in Perrin Park on Monday, Wednesday and Friday mornings. Come one, two or three days each week. Register your interest for a Term 2 2024 start by enrolling this term. Start date is Monday 15 April. Venue: Perrin Park Toowong

**J24 Latin for Beginners (Face-to-face) Tutor: Paul York (City Campus, Mon 9:30am)**

Latin may well be the most important and influential language ever spoken or written by human beings. It has been in use for some 2800 years. It was first spoken by the ancient Romans around the 8th century BCE and first written by them a few centuries later. It was then in continual use throughout Europe as a lingua franca for scholars, merchants, the clergy, and the upper classes generally, right through to the Middle Ages and beyond. Latin is also notable for having spawned the modern European Romance languages, including French, Italian, Spanish and a number of others. Venue: City Campus

**X14 The Electric Car: Then, Now & Later (Zoom) Tutor: John Murray (Online, Wed 10:00am)**

With growing interest in electric vehicles, this course looks at the pragmatics of ownership, basic understandings, and the technical and social contexts that have brought the electric car to popularity. It is provided over five sessions namely: The Electric Car: not a caterpillar with wings; The Electric Car: common concerns; The Electric Car: green and clean or dirty and mean; Alternating Currents: the rise and fall and rise again of the electric car; The Electric Car in the context of our rapidly changing times.

**B12 Tai Chi for Beginners (Face-to-face) Tutor: Marcel Miltenburg (Logan District, Thur 10:30am)**

Learn the thirteen Yang style Tai Chi warm-up exercises. These and other health-giving exercises may gradually help to harmonise and co-ordinate the upper and lower parts of the body. With consistent and safe practice, this may also greatly benefit your mood, balance and flexibility. This is an excellent foundation for performing the beneficial postures of the Yang style 8, 28 and 108 forms in a graceful and flowing manner with the philosophy, principles and detailed instructions on the correct proprioception and directions of the Taiji postures. Venue: Riverdale Park

**X13 The Electric Car then, now and later (Face-to-face) Tutor: John Murray (City Campus, Tue 11:15am)**

With growing interest in electric vehicles, this course looks at the pragmatics of ownership, basic understandings, and the technical and social contexts that have brought the electric car to popularity. It is provided over five sessions namely: The Electric Car: not a caterpillar with wings; The Electric Car: common concerns; The Electric Car: green and clean or dirty and mean; Alternating Currents: the rise and fall and rise again of the electric car; The Electric Car in the context of our rapidly changing times. Venue: City Campus

**L02 Reading Contemporary Australian Women Poets (Zoom) Tutor: Judith Keller (Online, Wed 1:30pm)**

This class is for those who would like an introduction, or for those well read in contemporary Australian women poets. Each week we will read aloud a selection from one poet – a different poet each week – paying attention to a poem's music, language and imagery. The emphasis will be on the multiple meanings we, as readers, may bring to a poem. Sarah Holland-Batt's book *Fishing for Lightning* will guide the selection of poets. Purchasing the book is recommended but optional. Local libraries have copies.

**D01 Active Share Trading (Zoom) Tutor: John Van Der Werff (Online, Mon 8:00am)**

The class will look at Day Trading, Weekly Trading, Monthly Trading or Yearly Trading. Which is the best? What suits you? We will look at different ways of trading using systems and technical analysis. Each week we will look at shares in the Australian Stock Market. This class is only suitable for active traders or those wishing to be more active traders. Class will be held on Zoom. 8.00-9.00am Monday mornings.

**X12 Evolution of Human Thinking (Face-to-face) Tutor: Paul Lockley (City Campus, Thur 11:15am)**

The Evolution of Human Thinking as seen through major cultural events, including language acquisition, ancient gods, Greek philosophy, the Renaissance, and modern science. Venue: City Campus

**K09 How to Plan and Write a Biography. (Face-to-face) Tutor: Yvonne Webb (City Campus, Mon 10:00am)**

The biography can be your own, your family, or someone you know. The first part is to write your family story – a particular incident, a time in your life or information you possess. Appropriate format, the target readership, and other information needed to inform the reader, will be discussed. You will be guided in your ideas. Past students' examples will be used. The book we use is *The Scholar Explorer* by Y Webb. Only available from the author at first class, \$30, or borrowed from BCC Libraries or directly from the Publisher, Boolarong Press, \$30 + p&p. Venue: City Campus

**B06 Know your Nutrients in Food (Face-to-face) Tutor: Yvonne Webb (City Campus, Mon 11:30am)**

We will explore the macronutrients: carbohydrates, fats and proteins. Also, we discuss topical media issues and any specific questions you might have. The book we use is *For Goodness Sake Let's Talk Sugar* by Y Webb. Available from your favourite bookstore, Amazon etc. or from the author at first class, \$30. Venue: City Campus

**X10 Ireland and the Irish (Face-to-face) Tutor: Albert Moran (City Campus, Tue 12:00pm)**

This course is intended for tourists, descendants and the curious. It is broad-ranging and will look at the very many things that make up the place and its people, both past and present. We all know maybe a bit about the subject so that we can learn more together. Beside our own resources, we will frequently draw on films, recordings, printed notes and other aids to help us on our journey. In Term 1 we will map out where we might go in later classes. You may find Fintan O'Toole's book *We Don't Know Ourselves* and Rick Steve's two tourist guides to Northern Ireland and the Republic of Ireland useful reading. Venue: City Campus

**K08 Basic Writing (Face-to-face) Tutor: Thomas Nelson (City Campus, Tue 9:30am)**

Is that great Australian novel lurking in your subconscious? Do you lie awake at night with thoughts racing through your mind? Have you forgotten how to write for fun? The basic writing course at U3A can help you answer these questions. The course covers the basics: plot, character development, dialogue and, like the advertisements, much, much more. The course will run over two terms with the first term concentrating on the basics, and during second term we will extend your writing by expanding on those basic building blocks. We will write and discuss writing techniques. If you are ready for the challenge this course is for you. Venue: City Campus

**C01 Create your Own Obituary (Face-to-face) Tutor: Sue Robb (City Campus, Wed 9:15am)**

Write what you want read out at your funeral or memorial service. Create a PowerPoint of your life, complete with music. Create the service of your choice, and how you want the handout to look. If you do not want a funeral or a memorial service, create what you want sent to your family and friends. Venue: City Campus

**H10 A Brief History of the World, From Antiquity to the Rise of Islam (Face-to-face) Tutor: Robert Hogg (City Campus, Wed 9:30am)**

This course presents some of the main developments in the tide of human history. Starting from antiquity and ending in the twentieth century, it will examine patterns of human development, looking at the emergence of major societies, changes in belief systems, and instances of continuity and change. It embraces Western Europe, the Mediterranean, Asia, North America, and Africa. It will consider major events including the Neolithic Revolution, the rise of major religions, the Age of Discovery, the dominance of Western Europe, the abolition of slavery and the age of revolutions. Venue: City Campus

**M09 Recorder Class for New Players (Face-to-face) Tutor: Marion MacLaughlin (City Campus, Wed 1:00pm)**

This is a beginner class for anyone who would like to play a recorder. You will need to have your own recorder and also to purchase a Tutor book. Venue: City Campus

**X09 Australian Public Policy and Contemporary Issues (Face-to-face) Tutor: Prue Brown (City Campus, Tue 1:00pm)**

In this course we will look at governance systems in Australia and what that means for contemporary policy issues. We explore the formal institutions that underpin our system of government. We will also look at some of the informal forces that work to sustain existing power relations. This includes looking at management paradigms, that is, the assumptions, concepts, values, and practices that underpin how decision-makers view the world. We will also look at framing of policy problems and how this influences solutions that are considered. Venue: City Campus

### **U05 Lifestyle Psychology 2 - The Psychology of Life's Dramas (Face-to-face) Tutor: Richard Wall (City Campus, Wed 1:30pm)**

How has neuroscience changed the way we understand ordinary life issues? This course presents an introduction to happiness and depression research; relationship science; grief and other transitions; emotions, sleep, conformity and persuasion. Sessions will include You Tube videos, discussion and handouts. Venue: City Campus

### **U04 Lifesize Psychology 1 - The Psychology of the Mind (Face-to-face) Tutor: Richard Wall (City Campus, Wed 11:30am)**

Are we our mind? An introduction to the research behind neuroplasticity, mindfulness, mindsight, brain integration and regulation, emotional intelligence, empathy, neuroaesthetics, placebos, psychopaths, sociopaths, narcissism and consciousness. Sessions will develop around You Tube videos, discussion and handouts. Venue: City Campus

### **J03 Arabic for Beginners (Face-to-face) Tutor: Michael Otago (City Campus, Wed 11:30am)**

During this series of structured classes, we will work on: learning the Arabic alphabet and its sounds; learning to read and write simple words and phrases in Arabic script; and mastering basic vocabulary, simple conversational phrases, and elementary grammar in spoken Arabic, specifically the Egyptian dialect of the language. No prior knowledge of Arabic is required. Venue: City Campus

### **K02 Writing – a Life in 10 Objects (Face-to-face) Tutor: Cheryl Hayden (City Campus, Tue 9:30am)**

Have you ever fancied writing a life? Your life? The life of an ancestor? The life of someone in your family? Or a friend you have admired and loved forever? Inspired by the television series “A Life in Ten Pictures”, this course invites you to explore the life of your chosen subject through a collection of objects – photographs, medals, certificates, toys, items of jewellery or clothing, souvenirs, art works, dreams and memories... in fact, anything at all that reminds you of them. If there is someone you would like to honour with some writing about their life, this course might be for you. Venue: City Campus

### **Y02 A Journey into Classical Greek Philosophical Minds (Zoom) Tutor: Meredith Murray (Online, Thur 1:30pm)**

Explore the captivating world of classical Greek philosophy with our online format, complete with text, images, and fun cartoons. We'll journey from the pre-Socratics to Plato, Aristotle, the Cynics, Epicureans, Sceptics, and Stoics. Time will fly with this quick-moving format which builds communication and reasoning skills and enhances critical thinking. You get to decide how much homework you want to do. You can choose to just listen, read, or join in the lively discussions.

### **F01 Bridge Introduction (Face-to-face) Tutor: Linda Neil (City Campus, Mon 1:00pm)**

If you've never played Bridge before, this class is an introductory course so you can decide if Bridge is for you. It will explain basic card play and terminology and provide information about Bridge Clubs. It will answer questions such as: what are trumps? what is Duplicate Bridge? are beginners welcome at Bridge Clubs? where can I go for lessons? Classes are January 22 and 29. Venue: City Campus

## **District Classes**

### **Rod McLary**

By now, you would have seen the class schedule for Term 1 2024 and are busy sorting out in which classes you will enrol. The new schedule includes 179 face-to-face classes and 26 new classes, so there is a great deal to choose from.

To help you when you are searching for the right class/es, don't forget to look at what is available in the districts. There are increasing numbers of classes now being offered outside the city venues and you don't need to live in a district to enrol in one of its classes.

Some of the new district classes include:

- *The Myth of Meritocracy* (Northside) – this is the return of a popular discussion group
- *Help with Computers and Mobile Devices* (Northside)
- *Electric Vehicles 101* (Northside) – this a one-off class with the benefit of seeing the EV chargers in action
- *History of Ideas and Carl Gustav Jung* (Wynnum)
- *Architecture and Urban Design* (Wynnum)

And there are others, too. As well, classes from Term 4 are continuing into Term 1 and beyond. So, as someone more famous than I once said, “do yourself a favour” and check the district classes as well.

## City Precinct News

Rod McLary

If you are interested in Electric Vehicles (EVs) and how they work and are charged, another class – *Electric Vehicles 101* – is being offered this term. The date of the class is **Wednesday 6 December** and will be at the CityCat Northshore terminal at 10.30am. Full details are on our website. These classes will be held once per month through 2024. Enrolments in this term's class and two in Term 1 next year are available now. Full details of all classes are [on our website](#).

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## Your Email Service may be Changing

Greg Taylor



There is upheaval occurring with email services offered by ISPs in Australia. TPG Telecom and its subsidiaries (iiNet, Internode, AAPT, Ozemail, Powerup etc.) have outsourced email to a third party (*"The Messaging Company"*) until November next year, and subscribers may need to pay for email after that.

BigPond (Telstra) is asking some users to switch to outlook.com email, and they are no longer providing an email service to new users. There are rumours that Optus may also be considering changes.

Basically, many ISPs no longer want to provide email because it is uneconomical to do so. Email is still a vital means of communication, and changing providers is a challenge because of the number of parties that need to be notified.

### What you can do

Hosting your email with your internet service provider (ISP) is no longer a good strategy. It makes it very difficult to easily change to another NBN or mobile provider, and indications are that many such services will no longer be offered by ISPs in future. The alternative is to obtain a free email address from an independent provider (e.g., Google gmail, Microsoft outlook.com, Apple iCloud).

Of course, we all have email addresses registered with many suppliers of products and services (Council rates, energy suppliers, banks, insurance, mobile phone etc.). It is necessary to compile a list of such suppliers since they will all need to be notified of your new email address. If you obtain a new email address, you can usually forward all email from your existing ISP address until all your key suppliers and contacts have switched to your new address. The process can be tedious, so it is worth planning ahead and changing progressively.

**If you do change your email address, don't forget to notify U3A Brisbane.**

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## Meet our Volunteers

### Edna Winkel (Tutor)

*I was born in Queensland. After becoming a primary educator who teaches the basics of reading, writing and arithmetic, I taught at schools in Queensland, Sydney and Port Moresby in Papua New Guinea.*

*I joined U3A in 1998 after I retired. I first heard of the organisation from a History group in Moggill that was part of the U3A. I was attracted to U3A because I saw it as an opportunity to find interesting classes to attend. The first class was Ancient History, then Scrabble. More recently I have joined the Chess group.*



*As a tutor of Scrabble, I find skills from teaching do help at times. Scrabble exercises the brain and utilises the knowledge of words. I enjoy meeting the different people who come to classes. Social interaction is a good reason to join U3A.*

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## Vale Diana Bloomfield

Sheila Leary

Diana Bloomfield, who had been with U3A since 2005, was a lovely woman: quick witted with a great outgoing personality. Diana was very intelligent and well-travelled, which was reflected in her talks. She will be sorely missed by her classmates in H14 where she was a member for many years, and by other U3A members and U3A volunteers.

## Vale Angela Frank

Yvonne McGann

We have received the sad news that Angela Frank (Life Member 3) has passed away. Angela showed great confidence in U3A Brisbane by becoming one of our first life members. Over the years she attended a large variety of classes and made many friends.

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## U3A Social Events

Heather Dowling

The last outing for 2023 is the Spirit of Christmas 23 December at QPAC Concert Hall. It is wonderful that members took up the offer even though it is so close to Christmas. The Social Team hopes everyone will enjoy the afternoon.

Looking towards 2024, several members have suggested venues and the team will do its best to see that you are all happy with the choices. Wendy has already researched a few outings, for which I thank her very much. Wendy and I will be drawing up the 2024 plan over the January break ready for the first outing.

If you have suggestions or constructive criticism, please contact the team directly via [socia@u3abrisbane.com.au](mailto:socia@u3abrisbane.com.au) and we will do our best to address any concerns. One such concern is that we do not have many male members participating in the outings. Certainly the trips are suitable for all members so we hope you will join us when you can.

**For all social event 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>

**Published by:**

U3A Brisbane

97 Creek St Brisbane 4000.

Phone: 3236 3055

[u3abrisbane.org.au](https://www.u3abrisbane.org.au)

[mail@u3abrisbane.org.au](mailto:mail@u3abrisbane.org.au)