

Live and Learn

Number 6, March 2013

lucky shot . . .



Atherton Happy Snapper Bev Massasso captured this New Year harbinger of good fortune.

tea and the planets

From your president, Jane Duncanson



Dear fellow U3AAT members,

I hope everyone had a happy and healthy New Year and welcome you to another U3AAT year. A special welcome to members who have joined U3AAT for the first time this year, bringing our numbers to 118: Anne Yinfoo, Enaide Freeman, Ron Goodhew and Ron Glen. I hope you enjoy the friendship and learning experiences that U3AAT provides. Please let all your friends know that you can join at any time during the year and no educational or other qualification is needed — just a yearning to learn, make new friends and broaden your horizons.

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Tea and chocolate

I can tell 2013 has started well as we are going fast and furious with enrolments for the first semester! The program committee tries to keep talks as varied and interesting as possible and the first semester is a good start. We have Tiffany Lyn presenting three talks before she sails off again as a cruise ship lecturer. I am looking forward to the Ten Life-saving Tips I Learned as a Stunt-woman and The Longevity Experience, both of which will be an insight into how to look after ourselves.



John Winter will explain the wonders of the Landscape Ecology of the Wet Tropics, and Glyn Davies will unveil the mysteries and intricacies of The Language We Speak, a series of stand-alone talks.

In Ethics is for Everyone, David Turnbull will initiate a series of great discussions on and opportunities to learn and practise our skills in thinking ethically in these challenging times.

We have much more to offer, too, from cooking demonstrations and Exploring the Planets to Bush Yarns and delving into Unsolved Crimes. The Happy Snappers photography group is looking at conducting a weekend workshop and has lots of ideas for photo shoots. I hope you can come along and enjoy these sessions.

If anyone has any ideas or suggestions, or may be willing to present a subject in the second semester, please let me know. We can help and guide you through the whole process. We are all volunteers and I am sure there are many more life-learned skills, hobbies and interests lurking among our members. My contact details are on the website: <http://athtablends.u3anet.org.au>.

I wish everyone a wonderful 2013.
Warmest regards,
Jane

State conference

The U3A state conference will be held in Toowoomba this year on April 23-24 at the beautiful Gabbinbar Homestead.

On the 22nd, early arrivals can take a full-day (\$75) or half-day tour. The morning tour (\$35) takes in the historic Empire Theatre and the Cobb & Co Museum. The afternoon tour (\$50) begins with lunch in the State Rose Garden, then visits the National Trust-listed Bull's Head Inn, the Japanese Gardens and Laurel Bank Park.

Guest speakers include Major-General John Cantwell, who co-ordinated the recovery from the Black Saturday fires in Victoria.

The conference program will be accompanied by activities in the spirit of their peaceful and historic setting: tai chi and croquet on the lawn.

For full information and registration consult the website, www.u3atoowoomba.com.

meet your committee



Program Committee Member Averil Douglas

Born in Brisbane, Averil is a fourth generation Queensland and proud of it. She moved to Cairns from South-East Queensland in 1976 and then to Yungaburra in 1989.

Averil has worked in a number of libraries as well as professional offices and in the travel industry but felt she'd found her niche as cataloguer at the Cairns City Library, where she worked for seven years before being head-hunted by a prominent Cairns firm of consulting engineers.

When her first husband bought an accountancy practice in Cairns, Averil stepped in as office manager. That was in 1983, when computers were just beginning to be used in business. At the time cash and purchase details were rocketed in a canister to an office upstairs. A one-day, one-on-one course in Brisbane revealed the mysteries of a dual drive

Wang computer and she has been addicted ever since.

After the death of her first husband Averil ventured into real estate as a salesperson with Ray White, Atherton and achieved considerable success in this industry before returning to library work at the Atherton Library. During this time she undertook tertiary studies for an Arts (Writing) degree through Southern Cross University and graduated in 2005.

Through friends from her dog-showing, dog-breeding days she was introduced to Milton Douglas whom she married in 2006.

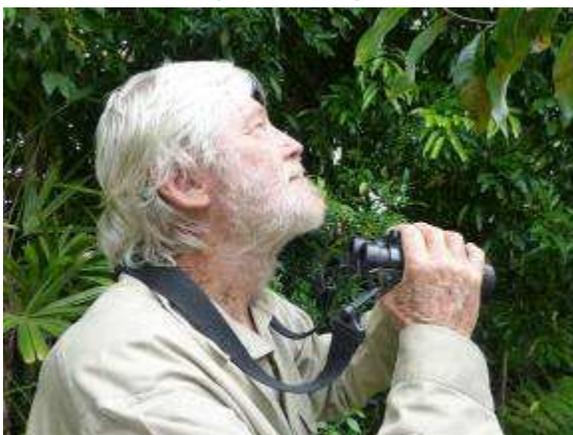
Averil has been actively involved in various community groups. She was a committee member and publicity officer for the Cairns Youth Orchestra as well as Cairns co-ordinator of the Musica Viva concert series. Through her interest in her beautiful cavalier King Charles spaniels, she was secretary of the Cairns City Kennel Club for eight years, seeing them through Incorporation. Shortly after moving to Yungaburra she took on the job of publicity officer for the Yungaburra Arts Festival and is now a volunteer with the Yungaburra Visitor Information Centre, where she is in the process of researching and updating the Yungaburra Historical Walk brochure.

She took up lawn bowls in the late 1990s and has been a member of the Yungaburra Bowls Club ever since.

When U3A started on the Atherton Tablelands in June 2011, Averil was elected to the committee.

meet your presenters

Dr John Winter, possum expert



John is a wildlife ecologist who refuses to settle into retirement. As well as being a mammal expert, he is expert at recruiting volunteers to “muck around in the bush” helping with his many continuing projects.

John obtained his doctorate in zoology from Queensland University in 1976 with a study of common brush-tail possum behaviour.

He came to Atherton in 1972 to work for Queensland National Parks and has remained in the north ever since, both with the government and as an independent consultant.

He has undertaken extensive fauna surveys on Cape York Peninsula and in the Wet Tropics region, with a particular interest in biogeography of mammals and in possum ecology. John has also taught wildlife ecology to tertiary students at James Cook University, the School for Field Studies, the World Learning School for International Training, and to Indigenous ranger groups.

John is a great believer in the valuable contribution that volunteers can make to wildlife ecology. He was foundation president of the Tree Kangaroo and Mammal Group; is scientific adviser to one of the longest-running bird counting projects in Australia – pied imperial-pigeons nesting on North Brook Island – which was started in 1965 by two dedicated naturalists, Arthur and Margaret Thorsborne, and has continued since then with the support of both Queensland Marine Parks and a dedicated band of volunteers. He is currently undertaking a survey of the yellow-bellied glider in the Atherton to Ravenshoe area with the help of local volunteers.

U3A is a family affair for the Winters — John’s wife Helen Myles, profiled in the December magazine, is a valued member of the management committee.

David Turnbull, philosopher and ethicist

David writes: I am a recent arrival to the Atherton Tablelands. I live in Millaa Millaa in a little house that looked very much the worse for wear when we decided to buy it in January 2007. My wife Bronwyn and I came up to Lake Eacham for a camping holiday in December 2006, when the countryside still had the very visible signs of the damage caused by cyclone Larry. But we loved it and went out looking for a cottage to do up, because right then we knew that here is where we wanted to be.

We didn't want (and couldn't afford) to buy something brand spanking new. What we wanted was a project for the future, to keep our head, heart and hands busy. We found a little place on the banks of St Patrick's creek in the township and we've been doing it up ever since, for a start coming up on occasional weekends. The intensity of getting the house ready for sustained occupation grew enormously when Bron's mother suffered another broken hip from a fall and we realised we needed to do something about looking after her in our own home, in a different location from where we were in Townsville. We moved here permanently in 2011.

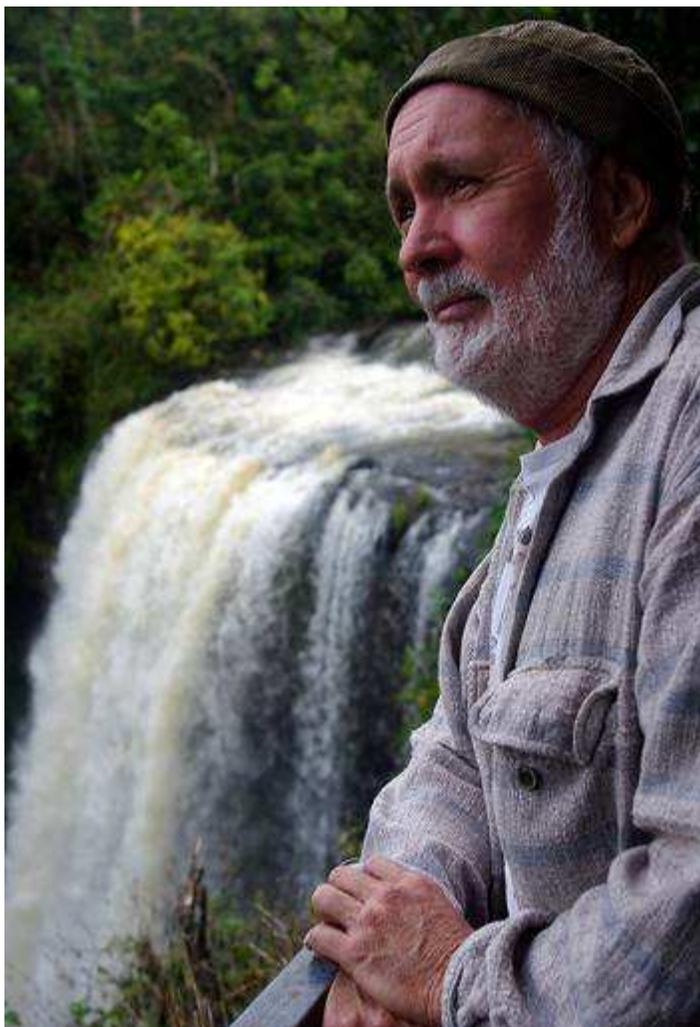
My academic background is in philosophy and ethics, but I've always been a part-time academic. I've been in business for myself, and also worked in human services, particularly involving people with disability. My

master's degree in applied ethics is about services for people with intellectual disability. From that point I became interested in the history of eugenics, and began actively investigating this in relation to the new and emerging genetic technologies. For about six years I coordinated the bioethics program for Queensland Advocacy Incorporated and published articles to do with ethics, and also contributed to journals devoted to the emerging academic discipline called "futures".

Now that I am what is euphemistically called retired (I'm not — I still work, even if I don't get paid), I devote a great deal of my time to writing and also to what I call occupational coaching. This involves working with people who suffer from occupational deprivation, and my role is to enable an occupational community with and for the person. One such person is a man with cerebral palsy named Rick Stoddart. You can get something of an insight into the work Rick and I do together by viewing a video clip on <http://www.youtube.com/watch?v=BF0bghvzVZU>

I'm looking forward to an increasing engagement and involvement with U3AAT, starting with a course on offer in semester 1 2013, Ethics is for Everyone. I do hope to see you there!

David's talks covering various life topics are held on Tuesdays at 2pm in Room 6 at the Atherton Community Centre, 42 Mabel Street (opposite Centrelink). Dates are March 19 and 26, April 16 23 and 30, and May 7.



window on our world



The Happy Snappers have been busy again, capturing Tableland scenes and presenting the plant world in a new light. Louisa Crossle's Spider in Our Rainforest, left, took second prize in the Australia Day photographic competition. Bev Masasso took the moody study of birds at Hastie's Swamp, below left, and Peter Larkin the close-ups below. If you'd like to share your pictures with other U3AAT members, email them in small format to info@athtablands.u3anet.org.au



let's get physical

From Helen Myles

Zumba is an exercise-to-music program developed in South America and has now spread throughout the world. "Gold" means the exercise routines have been specially designed for older people, so they are particularly suitable for U3A members. Participating in a Zumba Gold program helps to improve our muscle strength, posture, mobility and coordination.

I have been attending Zumba Gold sessions for about a year now. Our instructor – April – comes from Mareeba each Wednesday morning to run the class from 9.30am to 10.30am, in a large carpeted room at the Atherton Gymnasium (known to many people as the squash courts).

She brings a DVD and once the music for each exercise routine starts, we can't resist moving to it! First come some warm-ups, then we get into the more detailed movements to a variety of tunes.



April emphasises that everyone should work at their own pace. She faces the class and demonstrates all the moves as well as calling them.

When I first started I was lost when it came to remembering what came next, but after a number of weeks, with repetition, I found that I could more easily follow April. I wouldn't go so far as to say I remember all the routines, but at least when I see April's moves I can now pick up on them.



Instructor April in action

One of the images that stays with me when I think about Zumba Gold, is that I find myself smiling all through the class. I really enjoy it and I know all the others who attend do too, which is why we all keep going back. It's a great, fun way to exercise and socialise too.

why I love tai chi

Helen Myles has been busy! She sent us this report on her experience of the Chinese practice for mental and physical well-being.

One of the highlights of my week is attending tai chi classes. I do two each week, one in Atherton and one in Yungaburra. These particular classes teach a form for older people, with the aim of keeping people active and assisting in falls prevention.

The Atherton class is conducted by trained tai chi instructors from Community Health and the program of one hour per week lasts 12 weeks. In Yungaburra one of the same teachers takes the class.

The movements are gentle, slow and flowing and when I leave the class I often feel as if I am floating, which I put down to an overall sense of well-being. I have also benefited from tai chi through feeling more flexible, more confident about my balance and more stimulation of my memory in recalling the moves. Practising at home in between classes is a great help to that recall.

After finishing my first 12-week course, I re-enrolled twice more and continue to learn the finer details of the forms. I love it!

photographers wanted!

Like to have a go at news photography? [Live and Learn](#) would like someone to take lively pictures at our activities and classes.

We're also always looking for outstanding Tableland shots for the cover. Get more information or submit your pictures (in small format please) by emailing info@athtablands.u3anet.org.au

learn online

Tableland U3A's 2012 licences for online courses have expired. However the public can do any online course by joining U3A Online (a separate membership from U3A Atherton Tablelands). See our website for how to join U3A Online, and what the courses provide.

email address

Please note U3AAT's email address is info@athtablands.u3anet.org.au. The gmail address is no longer in use.

[The importance of an occupation after retirement](#)

On technical matters:

Thanks Ask Leo for the following GEM: [What is POP? Or POP3? Or a POP account? And what about SMTP?](#) Thanks Gizmos Best Free-ware for the following GEM: [How to get a free legal copy of a Windows 7 installation disk](#)

Thanks Bob Rankin for the following 4 GEMs: Mindlessly clicking a seemingly endless series of 'Next' or 'OK' buttons can lead to some nasty surprises with software installs or updates. [Here's a free tool that makes it super simple to safely install new software, and keep it all up to date.](#) [Chromebook Versus Windows 8.](#) There are signs in the market that Chromebooks are preferred as an alternative to laptops running Windows 8

[The Big Problem With Free Wifi Hot-spots](#)

And just for fun:

This is wonderful and the audio is hilarious. [Momma Bear and her three very young cubs in the wild of northern Ontario, Canada.](#) Enjoy.

[A spectacle not possible any other place on Earth.](#) This is an extraordinary video.

[You think you can fish? Watch this osprey in action](#) (best viewed full screen).

[Airstrips are for pussies](#)



Prayer candles in Tsuglagkhang, Dalai Lama's temple in McLeod Ganj, India. Picture: Louise Kennedy

in the pipeline

In its efforts to bring you the courses you want, the program committee looks far and wide for ideas. Here are some they are pursuing. If you're interested in any in particular, let them know!

- Make the most of your smartphone
- Decoding the mysteries of music
- Doctor in the skies: the RFDS
- What is Alzheimer's — a rerun
- History afoot — the Eacham Historical Society
- Hilarious moments in theatre — the Malanda Theatre Company
- Yungaburra's past — a walk back in time
- My life and experiences in Kenya, by conservationist Ian Parker
- Savvy Travel — a rerun

other ways to learn

U3A Online

To check on other U3A Online courses please go to www.u3aonline.org.au and click on '**Courses**' in the left-hand panel and then on '**Looking Ahead**' from the drop-down list.

U3A Cairns

Financial members of U3AAT have reciprocal rights with any other U3A group in Queensland. For example, Tableland members can attend Cairns courses. You'll find all the information you need about U3A in Cairns at www.u3acairnsinc.org.au, or phone Cairns Course Coordinator Frederika Hatley (4036 4263).

JCU

Members are entitled to sit in on JCU courses. There is no charge and no awards are given. Details about JCU subjects can be obtained from the JCU website. When you know the name, subject code and course co-ordinator's name contact JCU's U3A coordinator, Judith Woods, at judith@ruello.com or on 4059 0836.

keep in touch

Inquiries

Email info@athtablands.u3anet.org.au or write to U3AAT, PO box 928, Atherton, Qld 4883.

You can also contact us via the website, athtablands.u3anet.org.au.

Course inquiries and enrolment:

Jane Duncanson, email courses@athtablands.u3anet.org.au or 4096 6693

James Cook University

For information contact course co-ordinator, Judith Woods, judith@ruello.com or telephone 4059 0836.

make your day

TELLING THE SHEEP FROM THE GOATS

An old stationhand named Billy was overseeing his herd in a remote pasture in the outback when suddenly a brand-new BMW advanced toward him out of a cloud of dust.

The driver, a young man in a Brioni® suit, Gucci® shoes, RayBan® sunglasses and YSL® tie, leaned out the window and asked the old man, "If I tell you exactly how many cows and calves you have in your herd, will you give me a calf?"

Billy looks at the young man, who obviously is a yuppie, then looks at his peacefully grazing herd and calmly answers, "Sure, why not?"

The yuppie parks his car, whips out his Dell® notebook computer, connects it to his Cingular RAZR V3® cell phone, and surfs to a NASA page on the Internet, where he calls up a GPS satellite to get

News in brief

Reporters wanted!

Been to a class or heard a talk you enjoyed? Share it with us by writing a brief report for the magazine. If you take pictures—send them too (small format please) to info@athtablands.u3anet.org.au. Don't forget to include your name and the name of the class and instructor you're writing about.

Paid your dues?

If you're not receiving our regular mailouts regarding courses, are you sure you're still financial? If paying your annual membership has slipped your mind, you can join for a half-year for half price. Then keep an eye out for notice of the Annual General Meeting — our year ends on June 30.

Courses galore

Chatting to a Bundaberg friend I heard how much she was enjoying that U3A branch's series, Brush up Your Shakespeare, presented by a former high school teacher. At present the group is deep into Hamlet, and enjoying learning the language of the Bard.

Bundaberg U3A is a very active group with dozens of regular activities stretching across the arts, crafts, sport, languages and technology. It offers French, German, Spanish and Italian; embroidery, knitting, patchwork and spinning; lawn bowls, petanque, water aerobics, yoga and tai chi; cards, Scrabble and mah jong; singing; fun with photos or opera; a book club and a writers club . . . the list goes on. If you'd like to attend or present a class on any of these – or any other subject, do contact the program committee: they're there to help! And we already have willing instructors for some of these activities. Louise Kennedy

an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra-high-resolution photo.

The yuppie then opens the digital photo in Adobe Photoshop® and exports it to an image processing facility in Hamburg, Germany.

Within seconds, he receives an email on his Palm Pilot® that the image has been processed and the data stored. He then accesses an MS-SQL® database through an ODBC connected Excel® spreadsheet with email on his Blackberry® and, after a few minutes, receives a response.

Finally, he prints out a full-colour, 150-page report on his hi-tech, miniaturised HP LaserJet® printer, turns to Billy and says, "You have exactly 1,586 cows and calves."

"That's right. Well, you'll be helping yourself to one of me calves, then, since you won it fair 'n' square," says Billy.

He watches the smartly dressed yuppie select one of the animals and looks on with amusement as the man gingerly picks it up and stuffs it into the boot of his car.

As the yuppie is carefully brushing the dust and hair off his suit, Billy says, "Hey, if I can tell you exactly what work you do and where you come from, will you give me back my calf?"



The yuppie thinks about it for a second, wondering what this wrinkled-up, dirt-encrusted, uneducated old man could possibly know? He grins and then says, "Okay, old fella, why not? I'm a believer in fair play."

"You're a politician and you work in Canberra," says the old timer.

"Wow! That's correct," says the yuppie, "but tell me: how on earth did you guess that?"

"No guessing required," answered Billy "You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You used millions of dollars' worth of equipment trying to show me how much smarter than me you are, and you don't know a thing about how working people make a living — or about cows, for that matter. This is a herd of sheep.

"Now give me back my dog."

one final smile . . .

Those at Tiffany Lynn's presentation, the Benefits of Tea and Chocolate, couldn't resist a chuckle when she passed on this gem:

TOP TEN REASONS WHY CHOCOLATE IS BETTER THAN SEX

1. Good chocolate is easy to find
2. You can safely have chocolate while you are driving

3. You can have chocolate even in front of your mother
4. Two people of the same sex can have chocolate without being called nasty names
5. The word "commitment" doesn't scare off chocolate
6. Chocolate doesn't make you pregnant
7. With chocolate, size doesn't matter
8. With chocolate, there is no need to fake it
9. You can have chocolate at work and not be asked to leave
10. When you have chocolate it doesn't keep the neighbours awake

Long Live Chocolate!

