

# Live and Learn

Number 14, May 2016



U3A Queensland  
President,  
Julie Porteous.

Her article is on p 2.

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## FROM THE EDITOR....

I'm writing this in Geelong (yes, I know, I'm writing it in English too, but I'm *in* Geelong). Geelong is where I spent my First Age, and the early part of my Second Age as well. I'm here to celebrate the life of my mother-in-law who lived almost long enough to be in her Fourth Age. It has started me thinking about the advances made in education for women since she was a girl in Yorkshire, when post-Primary education was often an optional extra, or for my own mother, who was pulled out of school after Grade 8 to help raise younger sisters while her brothers were all able to complete their Secondary schooling.

One of the advances for all of us is obviously U3A, and the opportunity to continue with education beyond needing it for employment purposes. It would be interesting to know how many of our members are only now returning to education, having had no opportunity (or need) since leaving school.

As our president is away on holidays, I have filled the President's spot with a recent article by our State President, Julie Porteous, writing in the Local Government Association's publication, Council Leader. It's good to be reminded that we're part of such an extensive organisation.

Our AGM has been held, and a new committee installed. A list of the members and their roles is on page 4, and it can also be found in more detail on the Website.

Jane and her wonderful Program Committee have continued to source new and interesting speakers and topics to enlighten and entertain us. Again, the Website has more detail, but a summary of what's in store next semester is on pages 5 and 6. The Hardy Perennials gardening group are planning a visit to the Cairns Botanic Gardens in September. Even if you aren't part of that group you can join in on the trip.

Following the success of our initial Open Day in February, we'll be having another one at the beginning of Semester 2. Come along to Room 22 on Friday 15 July between 9:30am and 12 noon to learn more about events coming up in the second half of the year.

And finally...

If I wrote anti-fracking poetry, would I be a no-holes bard?

**NEVER TOO OLD TO LEARN**  
**U3A Queensland President, Julie Porteous**

“You retire from work, not from life.” That phrase sums up perfectly the philosophy of University of the Third Age (U3A).

This international organisation has been embodying the principles of life-long education and the pursuit of knowledge for its own sake since 1974 in an atmosphere of mutual learning and teaching.

Each U3A is a learning community, organised by and for people who can be best described as being active in retirement – the so-called Third Age of their lives.

The concept of U3A was developed in Toulouse, France, to bring older people into contact with academic programs at the university. It spread rapidly through France and throughout Europe.

Many universities either arranged for older people to participate in existing academic programs or established new programs specifically for Third Age students.

When the idea arrived in the UK, the concept changed to more independent, stand-alone U3As that became known as the Cambridge model named after the famous university and this remains the way the organisation is structured in the United Kingdom today.

These same principles have been adopted by U3A in Australia, with the first U3A opening in Melbourne in 1985; Queensland soon followed with the Sunshine Coast in 1985 and Brisbane in 1986.

The combined U3As in Queensland account for about 21,000 members making this arguably the largest seniors organisation in the state.

People from all walks of life and just about every profession supply a rich resource of tutors, the lifeblood of the organisation and, as a consequence of this rich pool of talent, subjects taught cover just about everything of interest from philosophy to physics and computers to the Constitution. Or, if you prefer something more recreational there is also walking, dancing, card games and quilting.

Wherever they are established, U3As become a hub for social activities and companionship for people who, without this outlet, may be isolated in their homes with no outside contact whatsoever.

The service they provide is of immense value in fulfilling all the physical and mental needs of the seniors in our society, creating a happier and healthier Third Age.

We believe the goals of the U3A movement parallel those of the local governments around Queensland with relevant programs in place by both organisations to ensure, where possible, the seniors of a community are well catered for to enrich their lives in ways that not only make them healthier but also happier in their latter years or, as we like to say, their Third Age.

In Queensland there are U3As from the Twin Towns in the south to Cairns and the Atherton tablelands in the north, as well as Roma in the west. However, there is room for more, so if your town or city doesn't yet have a U3A, why not start your own?

U3A Network Queensland, the advisory body to all U3As in the state, is there to help with the establishment of your own branch and you don't have to be a large centre for this to happen.

A good example of this is U3A Howard on the Fraser Coast, which recently commenced operations with fewer than 50 members.

## CALENDAR FOR JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Tai Chi	2 9:30 Qigong Tai Chi 10:00 Wisdom 1:00 Happy Snappers	3 10.00 Friday Forum
6 9.30 Mah Jong 5.00pm Tai Chi 7.30pm Ballroom Dance	7 10.00 French 4.30pm Italian	8 9:30 Tai Chi 2.00pm Family Stories 7.00 Old Time Dance	9 9.30 Qigong Tai Chi 9.30 Hardy Perennials (Members' Gardens) 10:00 Wisdom	10
13 9.30 Mah Jong 2.00pm Card Playing 5.00pm Tai Chi 7.30pm Ballroom Dance	14 10.00 French 4.30pm Italian	15 9:00 Smartphone 9:30 Tai Chi 2.00pm Writers Work- shop	16 9.30 Qigong Tai Chi 10:00 Wisdom 1:00 Happy Snappers 2.00 Classical Music	17
20 9.30 Mah Jong 5.00pm Tai Chi 7.30pm Ballroom Dance	21 10.00 French 4.30pm Italian	22 9:30 Tai Chi 7.00 Old Time Dance	23 9.30 Qigong Tai Chi 10:00 Wisdom	24
27 9.30 Mah Jong 2.00pm Card Playing 5.00pm Tai Chi 7.30pm Ballroom Dance	28 10.00 French 4.30pm Italian	29	30 9.30 Qigong Tai Chi 10:00 Wisdom 1:00 Happy Snappers	

## CALENDAR FOR JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10.00 Friday Forum
4 9.30 Mah Jong 5.00pm Tai Chi	5 10.00 French 4.30pm Italian	6 3.00pm Moveable Feast 7.00 Old Time Dance	7 9.30 Qigong Tai Chi	8
11 9.30 Mah Jong 2.00pm Card Playing 5.00pm Tai Chi	12 10.00 French 4.30pm Italian	13 10:00 Mysteries 2.00pm Family Stories 3:00pm Tai Chi	14 9.30 Hardy Perennials (Members' Gardens) 9.30 Qigong Tai Chi 1:00 Happy Snappers	15 <b>Semester 2 Open Day</b> 9:30am—12 noon Room 22
18 9.30 Mah Jong 5.00pm Tai Chi 7.30pm Ballroom Dance	19 10.00 French 4.30pm Italian	20 10:00 Mysteries 2:00pm Knit/Crochet 3:00pm Tai Chi 7.00 Old Time Dance	21 9.30 Qigong Tai Chi 10:00 Bridge 2:00 Classical Music	22
25 9.30 Mah Jong 2.00pm Card Playing 5.00pm Tai Chi 7.30pm Ballroom Dance	26 10.00 French 4.30pm Italian	27 10:00 Mysteries 2:00pm Knit/Crochet 3:00pm Tai Chi	28 9.30 Qigong Tai Chi 1:00 Happy Snappers	29

## YOUR NEW COMMITTEE

**President**

Barbara Whybird

**Vice President/Publicity Officer**

Glyn Davies

**Immediate Past President**

Helen Myles

**Treasurer**

Elsbeth Turner

**General Secretary**

Fran Herriott

**Membership Secretary**

Mary Lyle

**Minutes Secretary**

David Jones

**Social Media Secretary**

Bev Prescott

**Newsletter Editor**

Geoff Errey

**Program Co-ordinator**

Jane Duncanson

**Webmaster**

Alf Hogan

**General Committee Members**

Carmel Samuelson

Helen Irvine

Bill Bray

Janet Mensinga

Ros Ludwig

**Program Sub-Committee**

Jane Duncanson (Convenor), David Jones, Fran Herriott, Bill Bray, Ros Ludwig.



Monday morning in Room 22, and the Mah Jong group are busy in competition. Thanks to Sue Salter for the photo.

## NEW TALKS AND ACTIVITIES FOR SEMESTER 2

### Culture/History

**Mystery Talks with Ken Cotterill.** All in Room 22, 10:00am  
13 July—Evil in Adelaide.                      20 July—Flight to Nowhere                      27 July—Cold Case in Colorado

**My Connection with the Hou Wang Temple Atherton with Dennis Lee Sye.** Room 22, 10am Thursday, 22<sup>nd</sup> September. The talk will centre around Dennis' grandfather coming to Australia in 1896 at the age of 16 years with the intention of westernising himself and bring his family up in Australia, but all shot to pieces by the Soldier Settlement Scheme, which was brought in at the end of 1917. The story continues....

### Computers and Technology

**Getting around your computer – with Alf Hogan.** Room 22, 9am, Wednesday 3<sup>rd</sup> August. Basic computing, how to select a computer, beginners guide to Windows 10, file management, cloud computing, networking, wireless and bluetooth connectivity and anything else that bothers you about computers but had nobody to ask.

**PowerPoint - Hints and Tips Part 2 with Alf Hogan.** Room 22, 9am, Wednesday 24<sup>th</sup> August.

A refresher course and additional hints and tips following the February course.

### Science and Nature

**Two Things Great and Small - Camels and Rabbits in Australia – with Peter Pavlov.** Room 22, 10am Wednesday, 17<sup>th</sup> August. The second in a series of talks with Peter. He will talk of their origin, introduction, ecology and management. To explain the reasons for their success in our environment.

**Protecting the World Heritage Environment of Kakadu National Park** presented by David Jones.

**Room 22, 10am, Thursday 4<sup>th</sup> August** - Kakadu National Park is one of Australia's iconic national parks. It is one of the few locations in the world that has been listed on the world heritage register for both its cultural and environmental values. Managing the park for the future involves a complex interplay between the indigenous peoples, tourism, historical and current mining, feral animals, invasive plants and the potential impacts of climate change. David spent 16y being directly involved with many of these issues. His talk will illustrate how they fit into the overall picture.

**Bambi in the Bush with Peter Pavlov.** Room 22, 10am Wednesday 7<sup>th</sup> September. The ecology and distribution of feral deer in eastern Australia.

**The Biodiversity of Atherton Township with John Winter.** Room 22, 10am Thursday, 15<sup>th</sup> September. More details to follow.

**Explosives & More – with Chris Larkin.** Room 22, 10am Wednesday, 5<sup>th</sup> October. A brief history of explosives, some physics and chemistry (very basic), common industrial uses, unusual uses (killing fish, planting trees, treating kidney stones), hazards, spectacular fails, importance to society, and potential future uses.

**Fossils, what are they and How Important they are to Modern Society.** Room 22, 10am 12<sup>th</sup> October. A talk on fossils generally, including the use of explosives at Riversleigh.

**Taking the Voodoo out of Bio-Dynamics .** Room 22, 9.30am Thursday, 13<sup>th</sup> October. **Adam Collins** will explain how BD works and how we can use it in our everyday lives. With a greater understanding of how we fit in to and are a part of nature not apart from nature, that there is more than just the physical. It is an holistic approach to life were every part plays its part in the bigger picture of our universe and harmony is all about creating balance, when an orchestra makes sweet music, it's because everyone is in tune.

19<sup>th</sup> October – 10am reserved for Peter Pavlov. More details to follow.

16<sup>th</sup> November – 10am reserved for Peter Pavlov. More details to follow.

### Craft & Cards

**Beginners Classes for Knitting & Crocheting with Mary Lucker – Room 22, 2pm starting Wednesday, 20<sup>th</sup> July.** We would like a class of about five members but will revue this later. Mary will supply knitting needles but please bring along 8ply wool & a pattern if you have one. If you would like to learn crochet, please bring along needles & cotton or wool. This class will run for 4 weeks from 20<sup>th</sup> July and then monthly. Please check the website.

**The Basics of How to Play Bridge** with Margaret Azar. Room 22, 10am, Thursday 21<sup>st</sup> July. If you are thinking of starting to play bridge, but not sure of what's involved, come along and find out the basics. If you would like to start to play bridge, Margaret will help you with joining the Malanda Bridge Club.

## NEW TALKS AND ACTIVITIES FOR SEMESTER 2 (cont)

### Travel

**The Atacama region of Northern Chile –from desert and salt flats to snow-covered peaks presented by David Jones.** Room 22, 10am Thursday, 25<sup>th</sup> August David spent a week at the edge of the Atacama region in mid-2015, visiting the tremendous diversity of landscapes in the area. His talk will cover the history of the area (it was a fertile green belt until relatively recently, and was the southernmost extent of the Inca empire), its range of geographic landscapes and the animals that inhabit them, and its mining wealth (one-third of the world's lithium supply comes from the Atacama salt flats).

**Bhutan Cultural Tour and Druk Path Trek presented by Maree Hooker – Room 22, 10am Wednesday, 21<sup>st</sup> September.** Maree has a wonderful story and photos of her trip last year to Bhutan. From Paro, and returning to Paro, the trip reached altitudes of 4300 metres/13812 feet, containing a unique balance of culture and mountains. Also the Paro Dance Festival.

6th October – 10am Room 22 Yin and Yang of China with Fran Herriott. More details to follow.

20<sup>th</sup> October – 10am Room 22 Yin and Yang of China with Helen Myles. More details to follow.

**North Queensland Ferns** presented by Nada Sankowsky. 10am-12 noon, Friday, 12<sup>th</sup> August at 27 Equestrian Drive, Tolga. Nada has a wonderful collection and is very knowledgeable about native ferns, from the rainforest to the dry lands – tree ferns to the very small.

**Hardy Perennials Garden Group** outline for 2<sup>nd</sup> semester:

14<sup>th</sup> July is at **Beantree Nursery** 9.30am start. We will be given a tour & talk around the nursery.

11<sup>th</sup> August is at **Allora Rose Gardens** Tolga. 10.30am start (option to meet at Tolga Woodworks at 9.30am for coffee) Maria will give a talk on how to grow roses on the Tablelands.

**8<sup>th</sup> September we are organising a bus excursion to Cairns Botanical Gardens** (see below)

13<sup>th</sup> October at 9.30am will be in Room 22 with Adam Collins – **Taking the Voodoo out of Bio-Dynamics.**

10<sup>th</sup> November at 9.30am will be a visit to Terry & Marieia Obst's garden in Foxwell Road.

9<sup>th</sup> December a Xmas breakup at the Schaffers.

### Culinary Delights

**A Moveable Feast** - The first Wednesday of each month, commencing Wednesday, 10am 6<sup>th</sup> July at Nerada Tea Plantation, hosted by Mary Lyle. A monthly get together of interested members to sample some of the food related attractions across the Tablelands. It will be a morning tea event and meeting at the selected venue on the day. Payment for morning tea will be done individually at the venue. Philosophy is to keep in at a reasonable price with no one having to get prices, menus and arrange complicated bookings.

First visit is to Nerada Tea Plantation on 6th July and other venues to be decided later. These could include: Mungali Creek Dairy, Gallos Dairyland, Malanda Dairy Centre, Skybury Coffee, Coffee Works, Jacques Coffee, Tarzali Fish Farm.

**Maintaining Vitality and Wellness** presented by Tony Annesley. Room 22, 10am Thursday, 24<sup>th</sup> November. An interactive talk showing the different energy systems of the body and how these team up with the nervous system and glands. Tony will also give a guide to relaxation and meditation.

Plenty of time for Q & A.

### Literature

A talk by Barbara Hannay. 17<sup>th</sup> November at 2pm in Room 22 on her work as a writer. More details will be supplied later.

### **Hardy Perennials Cairns Botanical Gardens Excursion**

9am depart Atherton Library Car park (please be at the car park by 8.45am)

10.30am arrive at the Botanical Gardens (via Kuranda Range)

11am – 12.30pm Tour of the Gardens by one of the volunteers (this is optional at \$5 pp but must be prepaid if you wish to do it)

12.30pm – 1.30pm Lunch at the gardens, either in their cafe at own expense or you can take a picnic lunch

1.30pm – 2.30pm free time

2.30pm Depart Botanical Gardens

4.pm Arrive back at Library car park

Fare cost will be around \$18. Number will be limited to the first 29 people to register with Jane (40966693).

**For the Crypticians, your next clue:**

*Last edition's answer: Over*

No seat for the best man? (8, 4)

*(Answer in next edition)*