

Newsletter of Bribie Island University of the Third Age. Issue 120 - May 2024

Recreation Hall, 156A First Avenue, Bongaree, Bribie Island.

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For information about Bribie U3A and Term 3 program check: www.u3abribie.org.au

Open: Monday to Friday during school terms. Reception: 8.30am to 3.30pm. Workroom: from 9 am. to 12pm.

President's report

Hi folks,

As we approach the end of term, it is a perfect time to start contemplating classes for Term 3. Our program team has been tirelessly curating a selection of courses we believe you'll find both enriching and enjoyable. Thank you to all who attended our AGM; these meetings serve as vital touchpoints for understanding the inner workings of U3A, recognising the unsung heroes behind the scenes, and welcoming fresh faces to our volunteer and committee ranks.

Attached to this email is a link to our new Strategic Plan. Over the past year, we have diligently worked to establish our very first strategic plan. This initiative was driven by a sub-committee specifically tasked with creating a five year plan for our U3A. This sub-committee, chaired by Ms Gail Bonser, whose experience in overseeing the strategic development for the Queensland U3A Network was invaluable.

The sub-committee meticulously leveraged information gathered through member surveys, a SWOT analysis and external data to ensure that the future directions for our U3A were well-informed and reflective of our members' needs and aspirations. Your Management Committee will focus on an annual implementation plan to effectively roll out the actions outlined in the strategy. This approach ensures we will remain member focused and our volunteers are recognised and valued.

The Plan marks a significant milestone for our U3A and provides a solid foundation for the future, ensuring that we continue to meet the needs of our members and uphold our core values. Your input has been instrumental in shaping our future direction. Together, we look forward to a vibrant and sustainable future.

Warm regards,

Maree Mossler

This and That

Car Parking

We do appreciate that 'finding a spot' has been particularly difficult lately. But the good news is that the changes afoot will extend the car parking by 72 spaces, with the work to be completed soon.

Third Age

The Bribie U3A newsletter generally produced once a term, is organised by a team of volunteers. Distribution is timed to coincide with program enrolment for the next term. We aim to keep members informed about what has happened and planned for the future.

After many years' service, we are sorry that Jan Williams is leaving our team and we really appreciate her contribution of time and work. We would like to welcome a new member to the editorial team, Nola Strawbridge, with special interests in graphics and Publisher.

Mini-mini Market: Room 3

Tuesday mornings 11th and 18th June.

**Handmade items for sale
with proceeds to charity.**

Useful Dates

Term 3 2024 enrolment: Monday - 10th June to 19th June 8.30am to 2.00pm. Check details on page 2 and 3

Insight workshop: *The Early Years: part 2* by Barry Clark Friday 7th June at 1pm in Recreation Hall

U3A Theatre ensemble: *'Just another day!'* Friday 14th June at 6pm. Saturday 15th and Sunday 16th June at 2pm

Southbank Bus trip: Tuesday 25th June. Cost \$15.00. Bus leaves Park & Ride at 9am. Tickets from Thursday 23rd May

End of Term 2: Friday 21st June

Term 3: Starts Monday 8th July. Finishes Friday 13th September

Shakespeare: *'Evergreen'* on Friday 19th July at 1pm in the Recreation Hall.

Tina: Wednesday 24th July. Waitlist only

Menopause: Saturday 10th August. Caloundra Events centre at 1pm. Tickets on sale from June: \$95

Curtains: Saturday 28th Sept at Iona Theatre. Cost: TBA

Music of the Night: Saturday 26th October (matinee) Cost: TBA *Wicked*: Wednesday 30th Oct. Tickets \$90 (matinee)

Additional activities are planned for Term 3. So check website, U3A noticeboards and Reception regularly for details. News to members is sent out mainly by email. Copies of printed newsletter are available at Reception on request.

TERM 3 COURSE ENROLMENT

2

WEEK 1 ... MONDAY 3 JUNE - FRIDAY 7 JUNE

5 days to pay if you wish to continue your term 2 courses in term 3.

Payment can be made online

OR in person at the workroom between **8.30am and 2.00pm.**

Remember that after 2.00pm on Friday 7 June, the names of members who have **not** re-registered will be removed from the roll to create opportunities for other members.

WEEKS 2 & 3 ... MONDAY 10 JUNE - WEDNESDAY 19 JUNE

All financial members, **new and returning**, are able to enrol in any course that has a vacancy.

Payment is to be made in the workroom between **8.30am and 2.00pm.**

**From Monday 10 June
you are able to enrol in ...**

3D PAPERCRRAFT & ADVANCED CARDBAKING. A creative challenge!!! Gift card holders, gift bags, gift and treat boxes, notebooks, notepads, post it holders and exploding cards are just some of the creations members will be encouraged to make in this course. A great opportunity to produce some amazing functional items for yourself as well as gifts for the friends who have everything.



AUSTRALIAN CONSTITUTION. How much do we really understand about our system of government? Well here is your opportunity to really investigate the origins of our constitution and understand the system which includes the parliamentary houses, the process of law making, elections and voting systems, political parties and the judiciary. All topics are examined with reference to the constitution and could provide some very interesting discussions.

I-FLEX, BALANCE AND ROTATIONAL EXERCISES. A certified personal trainer will take you through exercises for seniors, designed through a series of balance exercises, rotational movements, stretching routines and reflex training, to improve your physical stability and mobility.



HOW COMPUTERS WORK. This course is not about using computers, but is about what computers are and how they work. Modules will include history, data structures, hardware, networking, software and artificial intelligence. Computer maintenance and normal and virtual installations will also be covered.

GENEALOGY DNA. This course is based on the publication 'Guide to Genetic Testing and Genetic Genealogy' by Blaine Bettinger, and will include investigation of genetic genealogy basics and common misconceptions. This course is heavily weighted towards genealogy with little emphasis placed on scientific aspects of DNA or genetics.

BUSH DANCING. Bush Dancing is a 6 week course highlighting Australia's version of country dance or contra-dance. It draws mostly on the Anglo-Celtic traditions but as it developed, it has become more eclectic and diverse and draws on influences from other resources including: Cape Breton, Cajun, old-time string band, bluegrass and even rag time and jazz. Modern dances, such as the Macarena and Nutbush City Limit can also be done to bush songs.



FIVE REVOLUTIONS. Explores the background, significant events and eventual outcome and impact of the American, French, Russian, German and Cuban revolutions.



AROUND AUSTRALIA. Take a 1 term trip around Australia exploring towns and cities, the geography, places of interest, industries, history and more.

At the end of week 1 of enrolments, there will be many courses that will have vacancies. The colourful assortment of classes mentioned below consists of 1 and 2 term courses, short courses and other courses where vacancies have been identified. **These will also be available from Monday 10 June.**

 LAWN BOWLS	 U3A WALKERS	 FISHING	 ASTRONOMY FOR AMATEURS	 UKULELE THE NEXT STEP
ART - PEN PLUS BEGINNERS	ART - PENCIL DRAWING LEVEL 1	ART - THE ARTIST WORKSHOP.	ART - OIL PAINTING.	 IT-APPS FOR ANDROID
AUSTRALIAN HISTORY .. From 1950	 POETRY WRITING WORKSHOP	CRIBBAGE.	 BRIST-BRIDGE TO BRIDGE	IT- SCAM PROTECTION AND TECHNOLOGY

*Follow the steps outlined below to access **Member Wizard**, which will give you access to all the courses in Term 3.*

*By Saturday 8 June, you will be able to find out all the courses which have vacancies by simply ticking the box '**Classes with places available**'.*

Some of you may have noticed that we have a new system now for managing memberships and classes, called **Member Wizard** and it is a system used by a number of other U3As, as well as many other member based organisations.

So please bear with us, as we adjust to the new technology....



This new system will enable our Members to see what classes are available to join from our website – this information is immediately up-to-date and includes the course description, venue, date and time.

You can view classes within a subject like Dance or Art, or you can view classes for a particular day.

Point your smart phone's camera at the QR code to access the new Class list from our Website. Or from your PC/Laptop at home you can go to our website - <https://u3abribie.org.au> and select the 'Classes offered' page to then select the new Searchable Classes List.

In the near future we will be implementing new functions, including a member portal and the ability for some payments to be processed online.

Make Music Month, sponsored by City of Moreton Bay is turning up the volume across galleries, museums and beyond with free events, jam sessions, workshops and more.

Bribie Jam Session ... Bribie Island Seaside Museum ... Friday, June 21 ... 3.00pm-5.00pm

Learn strumming patterns, finding the rhythm in a song and how to play by ear.

All you need to do is bring your **ukulele, guitar, voice and other instruments**.

The jam will end in a group singalong with everyone joining in and sharing what they have learned.

Book your free spot now at mbrc.link/ukulele-jam



New members are welcome to join U3A at any time and enrol in any course that has a vacancy. If there are no vacancies in the courses of your choice, you are encouraged to place your name on the waitlist as the waitlisted members are the first to be offered a place when a vacancy occurs.

Our friendly volunteers are happy to assist you and answer any questions you may have.



Back row: **Barry Clark**: *Publicity*, **Chris Clark**: *Program team*, **Peter Mann**: *Treasurer*, **Juri Linins**: *VP*
 Middle row: **Jenny Falknau**: *Secretary*, **Michelle Kinnersly** *Technology co-ord*, **Rose Barnes**: *Program team*,
Ann McKenzie: *Facilities*, **Val Douglas** *Reception co-ord*
 Front row: **Maree Mosslar** *President*, **Margaret Spooner**: *VP*

AGM report

A significant event in the U3A calendar was the AGM, held on the 19 April 2024. This was the day members received a report on the activities and finances of our organisation from the previous year, learned about plans for the coming year, and we were given the opportunity to make enquiries about matters that concerned us. We welcomed two new members elected to the governing body, to replace two retiring long serving members, Greg Sibthorpe and Barrie Boodle.



One of the major components of the meeting was the presentation of our Strategic plan, a roadmap for U3A Bribie Island, drawn up with the assistance of Gail Bonser, a past president of the QLD U3A network, outlining our goals for the next five years. Targeted areas were in **Administration**: to streamline operations. In **Communication and Marketing**: to communicate effectively and promote U3A in the community.

In **Innovation**: to remain viable and sustainable into the future and continue to 'keep up with the times.' In **Social Connections and Cohesiveness**: to encourage social connectedness by providing a range of stimulating activities and encouraging a sense of togetherness. In **Sustainability**: to maintain the viability of U3A and ensure it continues to adequately service the community.

In her report, President Maree Mosslar commented on the busyness of our Committee in the past year, not only in the area of governance, but in the updating of our constitution in line with 2024 guidelines, hosting the U3A QLD Network Presidents Programmers' Forum and with two members attending the 2023 U3A Network Queensland in Rockhampton. At the latter, significant and exciting developments for U3A members were presented: the amalgamation of U3A Aus. Alliance to provide a united platform enabling U3As across Australia to advocate collectively at all levels of governments and national community organisations, a joint project to benefit members, negotiations with Cota Queensland for insurance discounts for members, and appointment of Dr Jeanette Young and Professor Graeme Nimmo as joint Patrons of U3A QLD. Network.



President Maree acknowledges the support and work of Chair Gail Bonser.

Maree also commented on the progress Bribie U3A has made to improve the technology and accessibility for members through our IT person, Michelle Kinnerly, upgrading software, establishing the Facebook page, introducing online booking for events, as well as member portal on Member Wizard; and considered that U3A is now poised for access to technological tools and platforms to deliver educational content for its members .

She spoke of the spirit in which U3A has resumed since the pandemic and noted the 'resilience and adaptability in navigating the challenges posed by COVID-19.' She applauded the dedication of the Management Committee, tutors and volunteers in providing enriching experiences across all the various disciplines, and the offer of additional events contributing significantly to the cultural vibrancy of the organisation, reaching out to the broader community, by the Masters and Apprentices, the Insight workshops and theatre and bus trips.

Maree thanked the volunteer tutors for their contribution, the groups of roadies, receptionists, and the hospitality team for their continued support, especially the management team members. She gave special thanks to Heather Hughes and Kaye Keene, who resigned as Coordinators and welcomed Valerie Douglas as a replacement and Lynda Carroll as Assistant Treasurer. Many others contributed significantly to the success of our U3A: Julie Sibthorpe, who keeps the U3A website in order, Jared Mossler for maintaining the computers and software, Ron Powell who supplies the hardware, Trevor Keys' support with general maintenance and technical expertise, Cr. Brooke Savage for her continued patronage and to Ann Brooks whose list of roles would take me off the page!

Members then 'chewed the fat' of the meeting over a delicious spread provided by the catering crew, and we all departed with that warm fuzzy feeling of elation at our brilliant Bribie Island U3A's accomplishments.

Well done everyone!

Ann Jones



Volunteers: the power base of U3A

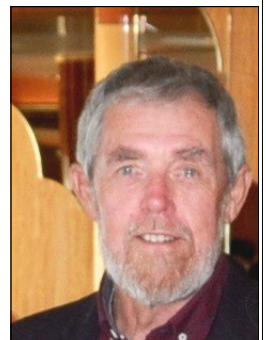
As Maree stated in her report: *U3A is a sum of many parts and there are different areas where members contribute: both sparingly and with larger roles. All make a contribution and an impact and past, present and future members acknowledge their contribution.* We extend to all current members an invitation to volunteer in either a major or minor role and become an active U3A member

In April we farwelled two members - Greg Sibthorpe and Barrie Boodle from the Committee, each after serving 10 years.



Ann Brooks thanked and commended Greg on the roles he played while on the Committee as President, Vice President, Treasurer, Assistant Treasurer and Technical Officer, for some time wearing three hats as Treasurer, Assistant Treasurer and Tech Co-ordinator simultaneously! She also mentioned the important role he played as Treasurer during Covid, as well as Vice President during the great exodus of 2014/2015, when 1400 members were scattered over the four corners of Bribie to make way for the considerable extensions to the building which doubled its size. Ann praised his assistance with the management of the Masters and Apprentices' exhibition, his astute proof-reading during Newsletter publications, and the entertaining and very well received articles he submits. As an incredibly supportive management team member, his participation and capacity to provide guidance and achieve objectives will be missed. A true team member. Alongside always, as part of the Sibthorpe team, Julie, his wife, was thanked for her numerous contributions and support.

We also farewelled Barrie Boodle a long-standing committee member, who unfortunately was not able to attend the meeting. Since joining our Committee a decade ago as Facilities Co-ordinator, Barrie's dedication has ensured that our facilities are not just functional but exceptional. His tireless efforts in maintaining and enhancing our premises have significantly improved the overall experience for all members. Over the years, Barrie has overseen the air conditioning system and we really appreciate his diligence in endeavouring to make the system operate as specified. He also ensured we have furniture, musical instruments and working equipment and managed last year's repainting and recarpeting project. His dedication, insights and unwavering commitment have truly made a significant impact. Beyond his professional expertise, his contributions have left an indelible mark on our U3A. We are grateful for the time, energy and expertise he shared with us.



Welcome to new Committee members

Peter Mann: Treasurer



Arriving on Bribie in 2016, I live in Bongaree with my wife Noelene and two dogs, Buddy and Coco and we particularly enjoy lawn bowls, beach activities and walking. Since our arrival and after retiring, we have been active in the world of volunteering. It has been part of my life for many years: school P and C's, Cubs, AFL football, church and other organisations.

Currently my positions include the Board Treasurer at Bribie Bowls Club, STAR Community Services, Aged and Disability based in Brisbane's Redlands and Board member of Connections (Mental Health and Disability - Caboolture). I have recently resigned from Meals on Wheels Queensland Board and was a former President of Bribie Meals on Wheels, and Treasurer of Meals on Wheels, Moreton Region. I am looking forward to the U3A challenge, and mixing with the Committee and members.

Ann McKenzie: Facilities coordinator

Ann became a U3A tutor a couple of years ago. After serving 'her apprenticeship' with the card making group, she didn't hesitate to volunteer her services when the need arose for a tutor. Realising that U3A relies totally on volunteers, when she heard that the Facilities coordinator position was available, she once again in her wisdom, thought: 'Yep, I can change a lightbulb' and nominated for the position.

Since she joined the management committee, Ann has been concentrating on the Asset report and is about to embark on the stocktaking. All U3A members appreciate her positive responses and becoming an integral member of the volunteer brigade.



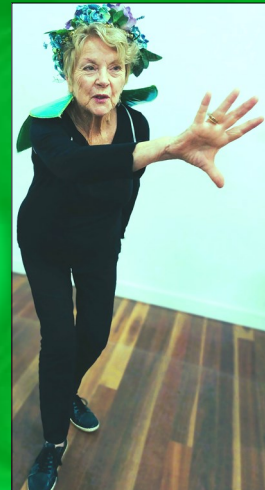
Ten Tenors



An afternoon trip for a sold out concert was a highlight recently for some U3A members. On arrival at Caloundra, a world of colour and sound captured them through the great range of musical styles presented by the Ten Tenors. Favourites included operatic arias and long remembered favourites with nearly as many first choices as people. Perhaps the most popular - the moving arrangement of Dorothea MacKellar's 'My Country'.



The U3A Shakespeare group will perform



Shakespeare and Nature

Readings from 12 plays will be presented on Friday 19th July at 1pm in Bribie Recreation Hall.

Shakespeare was a poet of nature, it provided rich fodder for his creative output, which illuminated the human world.

No cost - but limited seating, so tickets must be booked, available at Reception from Mon 17th June.

Report from Jenny Archer

Insight - Stroke Awareness



Ian Therrelsen, a volunteer from the Stroke Foundation at the recent U3A Insight workshop intrigued the audience with stroke awareness and prevention facts. He advised that 80% of strokes are preventable, with one occurring every 19 minutes and surprisingly 24% of first time strokes are experienced by working age Australians. Strokes kill more women than breast cancer and more men than prostate cancer.

Every stroke is different. The effect depends on where it happens and how major. But a stroke is **always** a medical emergency and 000 should be called. For example, a TIA (a transient attack) happens when the blood supply to your brain is blocked. Often the symptoms disappear quickly but Ian emphasized - seek medical assistance straight away. An interesting point: Brisbane hospitals are informed if an ambulance is conveying a stroke victim so that person can be sent straight for immediate treatment.

The symptoms of stroke are summarized by **F.A.S.T**

Face: the face droops and it is difficult to smile.

Arms: can you raise both arms simultaneously?

Speech: is your speech slurred, can you answer simple questions?

Time: is critical: call 000 immediately

Ian provided 5 tips for a healthy stroke free life:

1. Have a Healthy Heart check with your doctor: checking blood pressure, cholesterol, irregular pulse and diabetes.
2. Eat well: a balanced diet, low in salt, swap out sugar and go fresh!
3. Stay active. Exercise regularly.
4. Drink alcohol only in moderation.
5. Be smoke free. Within a month of quitting, your blood pressure starts to return to normal!

Some extra help:

My health for Life, funded by QLD Government: check www.myhealthforlife.com.au or call 13 74 75.

strokefoundation.org.au provides resources to help you cope with a stroke.

To talk about strokes call Strokeline on 1800 787 653 (8am-5pm Monday to Friday).

A day out!



Tuesday the 26th March saw an eager group of members headed for the ginger factory and the macadamia nut factory at Yandina. Even the rain did not stop our enjoyment of the day, and at least it wasn't hot!

Our bus was met on arrival, and we were offered some slices of "naked" ginger - hot, sweet and delicious! The ginger factory is in a beautiful rainforest garden setting, with many delightful ornamental gingers. A train winds its way round, which is probably a good way to orientate oneself and not miss any of the side attractions, such as the 'Rainbrella Project' and the Bee Show.



After a lovely lunch from the cafe, many of us enjoyed a delicious ice cream. I highly recommend the ginger gelato, which I've not seen anywhere else. For the Macadamia nuts, we simply crossed the road. We had samples of the many flavours on offer, making purchase decisions very difficult.



Many thanks to the U3A staff of volunteers, who make these trips possible. **A great day!**

Robyn Connolly

U3A THEATRE
ENSEMBLE
PRESENTS

Just ANOTHER Day

Set on Beautiful Bribie Island,
Just another day
tells the story of the very out of the ordinary things
happening to the people
who visit and live in the local park.

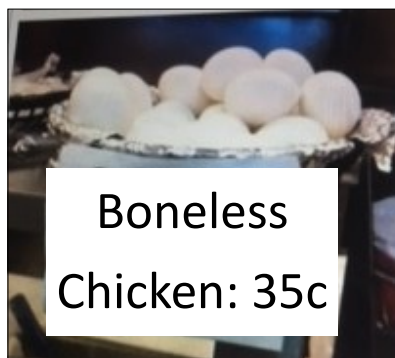
A mish mash of characters come to life and each one
of them will change in some way:
a homeless woman, a 6 year old boy with
superpowers, a wallflower yearning for love.
Throw in a couple of politicians, a pet giraffe
and even Jesus himself.
and you have a recipe for amazing things to happen!

Performances on Friday, 14th June at 6pm.
and with matinees on Sat. 15th & Sun. 16th June
at 2pm in the Bribie Recreation Hall

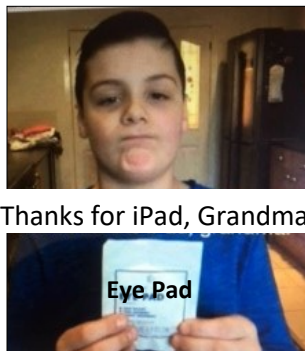
Tickets are available at U3A Reception
from Tuesday, 21st May: Cost \$15

The lives of Australian farmers were
wonderfully depicted when a large U3A
group recently enjoyed a performance of
Outdoor Spectacular. The days of
droving and stockwork were brought to
life via a colourful stage of campfires,
beautifully trained horses, and clever
riders.

Enter the 21st century, and we watched
actors show their driving skills with hot
utes and a hotter helicopter. Add to this
- amazing lighting technology and sound,
good music, great food, and a happy
little love story. Great excursion! **Kaye**



Boneless
Chicken: 35c



Thanks for iPad, Grandma



ANSWERS TO LAST TERM'S PUZZLE.

Sit ups, 3 ways, No one to blame, High frequency, 2 under par, Fat chance,
Two two's, Big baby, Pretty please.