

## Newsletter of Bribie Island University of the Third Age. Issue 121 - August 2024

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For information about Bribie U3A and Term 4 program check: [www.u3abribie.org.au](http://www.u3abribie.org.au)

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

### Farewell Bette

Memories are so frequently a mixture of pain and pleasure and last week in Perth WA, the passing of Bette Montaut filled many U3A members with a deep sadness tinged with powerful and joyful recollections. Like many Bribie Islanders, our founders, Bette and Arnold Montaut arrived as visitors in 1991 and made the Island their home - and as they settled into life across the bridge they noticed a gap - there was no U3A! So, as they had enjoyed their connection with Cottesloe U3A, in true Montaut fashion, they set about creating a Bribie U3A and becoming Members 1 and 2.

During the first 10 years they filled the roles of President, Treasurer, Program Coordinator, Secretary, tutors and students, occasionally combining at least three of the roles simultaneously, thus demonstrating so strongly their commitment and energy to support the infant U3A, in spite of daunting problems like no finances, no permanent home, only 2 tutors in 1992 and 10 students. And all fuelled by the key concept, in Bette's words: 'U3A is all about people with a love of learning, coming together to share their knowledge and experience.' So Bette recruited wherever she could... 'I found out about people's previous jobs, interests and skills and they became tutors and students'. With her indomitable spirit, empathy for people and the capacity to generate an inclusive, effective and friendly social atmosphere, by 2001 our membership was 284.

As optimists and pragmatists they built the springboard for the next stage. With her typical U3A spirit, Bette engaged everyone to find a new home - where one of our long term tutors and students recalls: *There I was retired, from a long working life; however, I was tired of nothing to do. Someone mentioned U3A and I was soon enjoying my first class in a two-storey house on the Esplanade at Bongaree. In the future this would be aptly named 'Montaut House'. At a later time 'I met Bette and was surprised that this gently-spoken lady, along with her husband Arnold, were the dynamo partly behind my happiness in retirement. I thanked her for her initiative, but I should have said, 'Bette, I think you may have saved my sanity'. I think we would have laughed over that!'*

Moving presented new issues to be tackled by Bette and her supportive members: *'The first challenge was the need to bring computer training, at that stage, to people with a very limited knowledge of computers in the Bribie community. Bette advertised for any old computers which were no longer in use, and had us driving around Bribie collecting broken down computers from anyone prepared to donate them, which were then taken to a man called John who was a computer whiz who established our first computer lab in the room behind the garage - the origin of our current computer education, one of the myriad of ideas and implementations generated by Bette!'*

Bette's subtle influence was admired by many family friends and U3A colleagues: *Col and I met Bette through U3A in its infancy. Bette was a very clever, strong, kind woman who had the ability to get things done and bring people along with her. In the early days she was able to organise venues for classes at the Neighbourhood Centre, tutors' homes or anywhere available! She was very good at encouraging people to take on being a Tutor or being on the Committee. Bette held U3A together in those early years with her drive and dedication and left a strong foundation for what it has now become. And she had a great sense of fun. I remember one U3A celebration held at the RSL and she decided to take home the balloons for her neighbours' children. It was hilarious trying to get helium filled balloons into the boot of her car especially after a few tipples. We always enjoyed her company. The last time we saw her was in 2019 and she was still the same vibrant Bette.'*

On behalf of all past and present U3A members, I echo the acknowledgements expressed here, and our appreciation of how the Montauts' U3A has, and still does, enrich our lives.

Ann Brooks and U3A members sharing their memories:

Ann Bunn, Kaye Urquhart, John and Judy Davis, Robbie Mitchell, Roger Brooks, Barry Clark .



## President's Report

Hi folks,

As we gear up for Term 4 and our end of year events, I encourage you to explore the newsletter, which contains details you need about next term's classes and enrolment information. We have some exciting events lined up, including our popular Insight Sessions and Christmas Luncheon.

A heartfelt thank you to our incredible Program Team, Chris and Rose, and their fantastic helpers; Robyn Connolly, Heather Arkinstall, Glenda Horne and Diana Edmundson for their outstanding efforts this term. From organising memorable bus tour excursions to fabulous shows like 'Tina' and 'Menopause' to a delightful day in Brisbane, and supporting behind the scenes of drama and the Shakespeare events, your dedication has made these experiences truly special.

Unfortunately, we must bid farewell to an exceptional volunteer, our Vice President, and Insight Co-ordinator, who has stepped down from his role on our Committee. Juri Linins has made significant contributions to U3A, not only as a Management Committee member, but also as a highly regarded and respected tutor. While he leaves big shoes to fill, I'm pleased to share that Juri will continue to be part of our U3A in his capacity as a tutor, and Insight Co-ordinator. I want to take this moment to sincerely thank him for his tremendous contributions and the unwavering support he has provided over the years.

A highlight of being U3A President is becoming acquainted with members who joined U3A in the early days. A lasting impression of the late Esme Paton was her commitment to 'you're never too old to learn.' As a guest of Honour, at Bribie's U3A 30th celebration, Esme, aged 101, was still full of queries about U3A and members. As a student she was involved in Tai Chi, Cards, Quilting, craft and computer groups. With wide ranging interests she supported many organisations, like the Senior Computer Club. Many have fond memories of the senior achiever.

**Maree Mossler**



U3A President & Esme  
celebrate at U3A 2022

### Useful Dates:

<b>Term 4: 2024 enrolment:</b>	<b>Starts from Monday 26th August from 9am till 1pm. Check details on page 4 and 5</b>
<b>Bush &amp; Line Dance Social:</b>	Tuesday, 27th August. 6 till 10pm
<b>Insight:</b>	1pm. U3A Fri. 6th Sept. 'Car free me' - transitioning to alternative travel as driving becomes difficult.
<b>Dark Side of the Moon</b>	Wednesday, 11th September. Brisbane Planetarium. Fully booked
<b>End of Term 3:</b>	Friday, 13th September
<b>Term 4:</b>	Starts Monday, 30th September
<b>Bribie 2025 Membership fees:</b>	\$10 payable at Reception from Monday, 19th August for <b>new</b> members only.
<b>Curtains:</b>	Saturday, 28th September at Iona Theatre. Tickets : \$65.
<b>Music of the Night :</b>	Saturday, 26th Oct at Caloundra Events centre. Tickets available Tuesday, 3rd Sept. Cost \$80
<b>Wicked:</b>	Wednesday, 30th October. Tickets \$90 (matinee) Tickets available Thursday, 3rd October
<b>Insight:</b>	Friday, 15th November. Details: TBA
<b>Ukulele Jam session:</b>	Friday, 22nd November. 12.30 in Bribie Recreation Hall.
<b>Grease, the Musical:</b>	Wednesday, 22nd January. Tickets \$90 available from Thursday, 22nd October
<b>Rock and Roll Social:</b>	Tuesday, 3rd December 6 till 10pm
<b>U3A Christmas Lunch:</b>	Monday, 9th Dec. See separate notice for details below & check for more details in Term 4.
<b>End of Term 4:</b>	Friday, 6th December
<b>Term 1, 2025:</b>	Starts Tuesday, 28th January 2025
<b>Additional activities</b> planned for Term 1. So check website, U3A noticeboards and Reception regularly for details.	
News to members is sent out mainly by email. Check U3A have your correct details at Reception.	
Copies of printed newsletter available at Reception on request.	

### Bribie U3A Christmas lunch

**at Solander Bowls Club on Monday, 9th December for 12 noon start. For U3A members only.**

**Cost: \$30 (subsidised by U3A) Payment with booking**

**Traditional Christmas lunch: Ham, roasts, prawns with salads and vegetables and sauces.**

**Dessert: alternative serves: Plum pudding or pavlova. Some table drinks**

**Booking from 28th Oct. Tables of 8. If a group wishes to sit together they should pay and book together.**





## U3A NETWORK QLD. CONFERENCE - BEAUDESERT 2024

Since its formation in 2010 Network Queensland, has held an annual Conference to which all U3As are invited. Bribie representatives have attended most of these 14 conferences and this year six Bribie U3A members attended. (Maree Mossler, Chris Clark, Michelle Kinnersly, Barry Clark, Gail Bonser and Peter Barrett)

It was held in the Beaudesert City Council Hall on May 28/30 which was an excellent location with appropriate facilities and presentation technology. A 'Meet & Greet' social gathering was held at the local Club the night before, and the two days of Conference presented a wide range of speakers and topics. The purpose of the annual conferences is sharing knowledge and ideas to promote and sustain U3A as well as inter U3A communication at a personal level. There was limited U3A content in this year's program, but excellent organisation.

U3A Network Qld President, Rhonda Weston AM, welcomed delegates and U3A Beaudesert. At the AGM all members of the existing Network Qld committee were re-elected. Throughout the conference President Brendan Denver and his volunteer team ensured the smooth and successful running of all events. This year marks the 50-year anniversary of U3As foundation in Toulouse in France which has spread around the world to operate in 85 countries on 6 continents. It is expected to grow to 100 countries by 2025 with a focus in Africa, and 150 countries by 2030 with a focus in Asia. There are now 36 U3As in Queensland with a membership of 20,000 students, an increase of 4% since last year.

18 of the 36 Queensland U3As were represented at this year's conference, but those attending certainly valued the event and especially the chance to establish connections between the different U3As. There were 75 delegates at the conference of which 23 were from Beaudesert, Pine Rivers 8, Rockhampton 8, Bribie 6, Toowoomba 4 and some from the other 12 U3As. The Conference ended with an announcement and presentation that next year's 2025 Conference would be on Bribie Island on May 6th to 8th where attendees would be assured of a truly special event.

*Barry Clark*

QLD Network committee



Conference dinner

## **Insight Presentation: Let's Talk About Dementia!**

On Friday 26<sup>th</sup> July a record number of people attended an Insight session about dementia, delivered by Emeritus Professor Elizabeth Beattie.

Professor Beattie said that dementia is not a disease but a collection of symptoms that affect the brain. Dementia is not a normal or inevitable part of ageing. Although there is **currently no cure for dementia** it should not be confused with **Mild Cognitive Impairment (MCI)**, where memory and thinking skills decline. MCI happens with age and 2/10 people over 65 have it. Dementia is now the second biggest killer of Australians and the biggest killer of women in Australia. It will soon be the leading killer of Australians.

It's a matter for personal consideration that risk factors include high blood pressure. The role of alcohol consumption is under study. Diet, exercise and lifestyle can have a positive impact – it is known that people living relatively simple lifestyles suffer less often from dementia.

Social interaction is really important, as are activities that keep the brain active. The professor recommended challenging oneself and ensuring core strength is maintained: balance and weight bearing exercise are helpful. One can even try walking up and down the kitchen with 2 full milk cartons held overhead!

*It seems that joining U3A could be an ideal minimisation or preventive measure!*

You can find out more about dementia from the webpage for Dementia Australia <https://www.dementia.org.au>

**Gail Bonser**



# Want to try something new?

From 9.00am - 1.00pm MONDAY 2 SEPTEMBER - WEDNESDAY 11 SEPTEMBER  
members are able to enrol in any course that has a vacancy.

By 2 September, all of the courses with vacancies will be available on the Bribie U3A website.  
By clicking on the 'Classes/Enrolment' tab and the New Class List and Timetable' will appear.  
If you tick the box labelled 'Classes with places available' every class with a vacancy will appear.

## Watch out for these courses



**Inventions and Discoveries:** Our current way of life has been greatly influenced by the creativity, ingenuity and perseverance of those who have gone before. All areas of our lives from the food we eat, to our current homes and buildings and even our health will be examined as we explore topics including agriculture, metallurgy, steam, communication and more.

**Foundations of the Modern World:** This course will take you on a sequential walk through history examining some of the main events which have influenced the World we know today. Topics will include Conquerors, Privateers and various revolutions and civil wars. It is hoped they will enhance your knowledge and promote some active discussion.



**Bringing Geology to Life:** This 5 week course will interest members who would like to know more about this fascinating science. The course starts with an overview of the earth, its structure and the physical processes that shape it before focussing on one of the most spectacular examples of these physical processes-, volcanism and another earth shattering topic, earthquakes. Participants will then be introduced to the fascinating world of rocks and minerals, their amazing range of shapes, colours and properties. Finally, the course will branch into life itself and study how fossils are formed and how they can tell us so much about the past and the future. There is ample opportunity for close examination of fossil specimens.

**Bribie Island History, An Introduction:** For those who want to explore the rich history and heritage of Bribie Island from the earliest times, exploration, settlement and development. It provides insight to buildings, people, places and events that makes Bribie such a special place to live.



**Genealogy - DNA Workshop:** This workshop will help to develop the skills of participants who have previously undertaken DNA testing and have their DNA results. Previous participation in the U3A Bribie DNA course is not essential but it would be very helpful. Other members joining would need to be familiar with the principals of DNA.

**Art - Portrait Drawing for Beginners:** 8 week course designed to cater for beginners.



**Art - Acrylic Beginners:** Absolute beginners or those with very limited experience are invited to join this course, where they will gain an insight into the world of art using acrylics.

**Spanish for Beginners:** This course aims to introduce participants to the Spanish Language and to continue to develop their skills. Members who have some knowledge of the language are welcome to join this group. Members joining this course should have an enthusiasm for learning a second language, attend classes regularly and be prepared to do some homework.



**Lawn Bowls:** 6 week course tutored by members of the Bongaree Bowls Club.

**Croquet:** 8 week course tutored by members of the Croquet Club.



**I-Flex, Balance and Rotation Exercises:** A second class, Group 2, is being offered in term 4.

**More to consider:** Cribbage, IT Photoshop Elements Level 2, IT Computer Windows Beginners and Windows Plus, IT Apps for Apple and Android, IT Scam Protection and Technology, 21st Century Board Games.

S.A. Miller  
THE ADVENTURES OF  
**Itty Bitty Me**  
AND HER FRIENDS



AUSTIN MACAULEY PUBLISHERS  
PUBLISHED BY THE U3A

Congratulations to tutor,  
Sally—Ann Chardon on the publication  
of her 2nd book on Friday, 11th October  
**'Itty Bitty Me & her friends'**

When Itty Bitty Me went out to play in  
the 10 acre wood one bright Saturday  
morning, little did she know that she  
would meet the first of many  
interesting creatures.



For information on all courses please refer to the  
description contained in the 'New Class List and  
Timetable' you can access on the U3A website or  
ask at Reception or Workroom.

There are three weeks in the term 4 enrolment period for  
current members to plan and enrol in their Term 4 courses.  
Enrolment once the term has started is restricted to new  
members only. Talk to Chris or Rose in the workroom if this  
is a problem.

## TERM 4 ENROLMENT



**AUGUST 23 .....** All **members with emails** will receive an invoice to enable them to re-enrol in their current classes. This can be done either on-line or between 9.00am and 1.00pm in the workroom until **Friday 30 August**.

Members **without emails** need to pay between 9.00am and 1.00pm in the workroom before **1.00pm Friday 30 August**.



**After 30 August** names of those members who have **not** re-enrolled in their current courses will be removed from the roll creating vacancies for others.



**Monday 2 Sept – Wednesday 11 Sept from 9.00am—1.00pm**

Members are able to enrol in courses with vacancies.

## PLEASE NOTE

**This is the designated 3 week enrolment period. Enrolments after the start of term 4 will be restricted to NEW members.** Members who believe they will be away during these three weeks are able to make arrangements in the workroom before leaving, or find a friend to enrol for them.

**NEW MEMBER PORTAL** is now available to view and update your information

As many of you will know we implemented a new membership and class management system at the start of Term 2 called Member Wizard. This has enabled us to provide you with real-time access to classes, showing up-to-date class information and availability via our website <https://u3abribie.org.au> and process online payments for both membership and classes resulting in less manual administration.

Now you can also access and update your data including your contact details, **view your classes**, renew your membership, record class apologies, and pay online for your classes via the **Member Portal**. You will be able to view the current class timetable and enrol in some classes online. The Member Portal can be accessed from your mobile device or a laptop/PC using your email or member number and a password/Pin you create.

**To activate your member portal go to <https://u3abribie.org.au> click on the Member Portal tab and simply follow the instructions.**

**It is important to note that you will still be able to enrol in classes, in person at the workroom during the advised enrolment periods.** The enrolment periods will be advised by email so please ensure you provided U3A with your current email address. If you need to update your email address, please email [admin@bribie3a.com.au](mailto:admin@bribie3a.com.au)

## **Donation to Royal Flying Doctor Service of Queensland**

*'Thanks to your support, we can provide emergency aeromedical retrievals and primary health care services to more than 240 people every day across Queensland. Because of you, those in remote and regional areas of our beautiful state, can rest assured knowing the Flying Doctor is there for them – 24 hours a day, 365 days a year.'*

A section of the letter, we recently received from the Royal Flying Doctor Service (Queensland Section) as an acknowledgement of the **\$800 donation** we were able to make to their amazing organisation from our mini Mini-Market. I'm sure the gentleman who won the crochet knee rug raffle prize has found it welcome on these cold nights.

We can only donate due to the wonderful support we receive from the U3A Committee and especially the members. Thank you so much. I wish to express my gratitude to the Handcraft group - they work so well together and spend hours of their own time providing hand-crafted items for sale - always with a smile and mutual support. While I'm on a roll, I wish



to acknowledge the generous folk donating items we can turn into saleable goods - a big help to us. Plus our appreciation to whoever leaves sharing items on the kitchen table, especially the lemons!

Now we're looking for old and unwanted jewellery – costume that is – not the good gold or diamonds – items like the earring that's lost his mate, broaches without their pins, broken chains. We have plans for turning these into 'works of art' - maybe for the next raffle! If you can help with this, please leave with the lovely ladies in Reception.

In appreciation - **Kaye Urquhart (Handcraft Group)**



## What the Ruck!

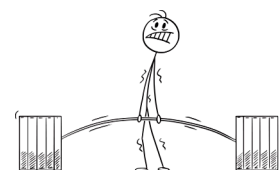
I caught myself reading the Courier Mail the other week. Every time I open its illustrious pages, I can't forget that great bumper sticker of a few years ago: 'Is it true or did you read it in the Courier Mail?' Things don't change judging from the article I was reading in the 'Lifestyle' section called *'Rucking: How to start'* (Courier Mail June 14 2024).

I immediately thought this was a misprint and the article would certainly be interesting and have a lifestyle aspect. But no, no mistake, it was about walking around with a backpack and how to do that? It wasn't even about rugby. Surely, we haven't slipped to this level of dumbness where we can't work out how to use a backpack! It turns out that rucking is a form of fitness training where you walk about with a backpack full of heavy stuff to make you strong (or tired or stupid). It also turned out the article was a lightly veiled advert for a couple who seem to have invented a backpack (called it a rucking bag, invented the word rucking and then informed us how to go about carrying stuff).



I read on (with interest - sort of). Apparently, you shouldn't start with too much stuff in the bag and should build up to heavier cargoes as you get stronger: *'Start with 5 kilos of potatoes or some metal plates'*.

Now I realise that many ways of getting and keeping fit are dull and repetitive but walking around with a bag of spuds must be the most laughable. I'm not sure where you would get some heavy metal plates from, maybe the BBQ grill, but you'd have to clean that first or you'd mess up your fancy new rucking bag.



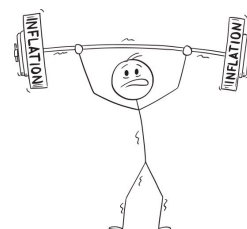
Ultimately (according to the article) you should aim to walk 3 x 1 hour 'rucks' a week. What?! Walk around for 3 hours carrying a bag of spuds? I noted the first step was to "head out the door and walk". (3 x 1 hours walking inside could be tricky unless you lived in the Clem Jones tunnel).

Assuming the authors of the article are not making fun of us and are genuine in their need to inform us, I thought maybe to be a proper right rucker you should combine the activity with something useful. How about picking up a neighbour's shopping from the supermarket and lugging it home for them. Save them a \$5 payment to Woollies for delivery and you get fit.

Or, instead of getting Australia Post to deliver parcels, do it yourself or collect parcels yourself. It may take a day or two to get a parcel from (say) Brisbane, but how would that be any different from an Australia Post delivery and you get to walk beside the M1.

The article discusses equipment necessary for rucking. It points out that 'in the long run' it's best to have a purpose made rucking bag which would be convenient and safe. I wonder what the dangers of carrying a bag on your back are. These folk must live very sheltered lives.

Anyway, I don't need much instruction on carrying a bag of spuds around and think that the activity I initially thought would be in the article is far more fun and just as useful as a training workout!



**Greg Sibthorpe**



*Early this year I asked my drama students to come up with a character and a back story. Unbeknown to them, I went home and wrote a play about their ideas; 'Just another day'. I am proud of these amazing performers.*

Christine Brown (Director)

After attending a recent performance of 'Just Another Day' there are some folk at U3A I won't be able to view in the same way again. These would be the cast (too numerous to mention), and the author. Christine Brown's imagination is wonderful, and the mishmash of characters brought to the stage was appealing yet tragic. From the disillusioned, displaced and desperate of society to an upbeat singing Mary Magdalene, we were introduced to these characters by a lady of the night who had trouble keeping her working life and the role of narrator separate.

Luckily, we were treated to a happy ending with characters coming together in a merrier mood. The effort put into this production is to be applauded, from the author, cast and technical people to the wonderful volunteers of U3A who provided refreshments.

**Kaye Urquhart**





# EVERGREEN

This year's Shakespeare performance titled 'Shakespeare and Nature' opened to the strains of Vivaldi's Four Seasons; the players dancing and making their way on stage. Jill Baillie explained that the great Bard himself loved Nature and the world he saw around him and hence put his love of the natural world into his plays. This is only the second year that I have seen the performance but I knew immediately that the audience were in for a treat. The cast ably set about this obviously fun task of bringing this theme into the light. What followed were mostly light-hearted and comic excerpts but in the program were also Shakespeare's incorporation of Nature in his more 'serious' plays such as *Richard II*, *Romeo and Juliet*, *Hamlet* and *Anthony and Cleopatra*. Sonnets were not forgotten with the very famous no. 18...*Shall I compare thee to a Summer's Day...and no.33... Full many a glorious morning have I seen...*



Sonnet no 18



Henry IV



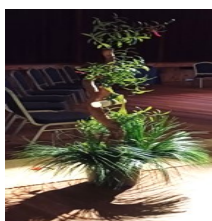
Midsummer Night's Dream

One of my favourites was *Midsummer-Night's Dream* with its big cast of players who displayed their talents with a sense of fun. I suspect it brought back memories for many of us of school days for whom it was our first introduction to Shakespeare.

Many other comic moments were enjoyed. We were treated to a priceless scene from *Henry V* of a hapless Henry V trying to woo Katherine of France in a mixture of French and English!



Let's not forget the cute dog on a lead in *Two Gentlemen of Verona* and an unexpected surprise of a sea shanty from *Twelfth Night* sung beautifully by David along with the audience and players joining in.



Henry V

A special 'well done' to one of our U3A crochet ladies, Bronwyn McEntee, who not only won first prize in her division at the Esk show for her beautiful work, but also won best all round. Unfortunately, she was a little too late for entering Brisbane's Ekka.



## Crocheting



Thank you to all the wonderful crafty ladies here who managed to knit or crochet over 60 squares (with only 5 days notice) to help make the 'World's Biggest Beanie' to raise awareness for brain injury. They will later be disassembled and turned into blankets for the needy.

**Nancy Jack**





## What a Buzz!

**Marilyn Adams**

Saturday 10<sup>th</sup> August might be a day that some of our ladies and gentlemen may never forget. I spoke with many on our return after enjoying our amazing trip to Caloundra to experience a 'Live Musical' – some of you may have heard of it!

## *'Menopause, the Musical'*

From the moment we gathered together for the bus trip, there was a 'Buzz'. Nobody had any expectations, other than to have a 'nice' day out and see a musical they had heard of, or possibly seen, years ago. Tickets in hand, we boarded the bus and before we knew it, we were being transported by our amazing fun-loving bus driver to experience a wonderful day, that was well organised and apparent from the start that we were in good hands and good company (a friendly bunch, as they say!)

Safely delivered to the front door of the 'Events Centre', there was enough time for some to discover the main street of Caloundra or simply grab a bite at the Centre's Café and Bar. The Buzz continued throughout the foyer, café and lounging areas where we found our little nook to indulge before the show.

Great expectations kept growing as we were seated! What will it be like? Soon, well-loved songs took on a new take, all reflecting 'menopause' (of course). However it was so cleverly done - as the audience couldn't stop laughing, cheering and clapping. It was electric. The adaptation of lyrics from familiar songs told the 'long suffering' story of all ladies who go through the 'Menopause'. The presentation with staging prompts, ladies with powerful voices, dancing and the 'whole stage' performance couldn't be faulted.

Four of the most amazing ladies with brilliant voices slowly slipped onto the stage to give us a taste of what was to come. After a soft start, the ladies gradually thrust themselves into more expressive modes, some a little bit 'risqué' before an electrifying ending. It was loud, and louder still when the audience cheered and clapped after every performance. Everyone loved it!

**Comments from the group:** *'Wonderful, Wonderful Show, my face is still hurting from laughing so much!'*

*'Well done U3A for the opportunity to see this show – thoroughly enjoyed'*

*'Brilliant – very slick'*

*'Adaptation of all lyrics were very funny and identifiable'*

*'It was an absolute blast – I haven't laughed so much in ages'* *'Presentation was Electric'*

A bonus for some was that old and new friendships were rekindled, as we inadvertently met up on the bus. Everyone shared a wonderful day together, thanks U3A for organising these outings - cheers to the teams behind the scene.

**It was a Buzz!**



## ESCAPE FROM THE CLASSROOM!

**Gillian Walters**

U3A is so much more than learning in a classroom setting. Last Wednesday a group from U3A went to the Tina Turner musical. What a day we had! Starting with a relaxing ride to the city, lunch, followed by a show running the whole gamut of emotions.

Tina had a sad childhood and adolescence deprived of love and attention. She gained some success when she met Ike Turner but her life continued to be one of domestic violence, rejection and self doubt. Finding herself alone and with children to provide for, Tina discovered her strengths. Shaking off the shackles of Ike and with tenacity, resilience and determination she carved out a life for herself and her family, reaching the heights of success and finding happiness and love. Wonderful to find things that inspire us outside the classroom.

The finale of the show was a virtual Pop concert. On our feet clapping and singing, we were transported back to our youth. Great for a renewed sense of wellbeing.

It was ***Simply The Best!***

