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Newsletter of Bribie Island University of the Third Age. Issue 122 - November 2024

Recreation Hall, 156A First Avenue, Bongaree, Bribie Island. Tel: 3408 1450. PO Box 440, Bribie Is. QLD. 4507. For information about Bribie U3A and Term 1 2025 program, check: www.u3abribie.org.au Open: Monday to Friday during school terms. Reception: 8.30am to 3.30pm. Workroom from 9am. to 12pm.

President's Report

Hi everyone

Enrolment for classes in Term 1, 2025 is almost upon us. Please review the course offerings available. Our wonderful program team put countless hours into creating classes of interest for you and the key to securing your place in the class, is enrolling early!

As the year draws to a close, I want to take a moment to express our deepest gratitude to all of our incredible volunteers and loyal members. Your unwavering support, generosity and dedication have been the foundation of our achievements throughout the year. I am truly thankful for the time and energy you have so graciously given. To our many volunteers, whether as part of the administration, tutoring, organising events, helping at reception, working behind the scenes or participating in our events, your contributions have made a lasting impact on our community, and we couldn't have accomplished so much without you.

As we enter the holiday season, on behalf of the management team, I wish each and every one of you a safe, joyful and restful break. May your Christmas be filled with warmth, laughter and love, and the New Year bring you peace, happiness and new opportunities. We look forward to continuing our journey together in the year ahead and are excited for all that's to come. Thank you once again for making this year so special!

Maree Mosslar



Season's Greetings

from

Bribie U3A.

A special thank you from Bribie U3A members to the program team and the volunteer helpers, who worked to provide the 'extra events' this year. Every reviewer mentioned how much the participants enjoyed their visits. The Newsletter editorial team wish to acknowledge the conributions of an increased number of members who have contributed reviews. We really appreciate your efforts.

U3A Network Conference for 2025 hosted by Bribie Island U3A

Advance notice for the Annual Conference to be held from 6th to 8th May, 2025. Although normal U3A activities will not be available over the conference period, it will present wonderful opportunities for Bribie members: to participate in activities representing wider U3A views, to be part of our volunteer band to welcome visitors, and assist with the running of the event. Details will be circulated soon: be ready to join in!

Useful Dates

Term 1, 2025 enrolment:	From Monday, 18th November, check newsletter pages 2 and 3 for details.
Ukulele Jam session:	Friday, 22nd November from 2 till 4pm in Bribie Recreation Hall.
Grease, the Musical:	Wednesday, 22nd January. Tickets \$90. Fully booked, waitlist closed.
Rock and Roll Social:	Tuesday, 3rd December 6 till 10pm. Bribie Recreation Hall.
U3A Christmas Lunch:	Monday, 9th December. Fully booked.
End of Term 4:	Friday, 6th December.
Masters and Apprentices:	Exhibition at BICAC (Bribie Island Arts Centre) by 17 Bribie U3A Art groups: Jan 14 - 26th.
Term 1, 2025:	Starts Tuesday, 28th January, 2025. Finishes Friday, 4th April.
Term 2:	Starts 28th April
Additional activities planned for Term 1: 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.

TERM 1, 2025 COURSE ENROLMENT

Friday 15 November - Invoices for Term 1, 2025 course payments will be emailed.

Monday November 18 - Friday 22 November

Payment is now due to secure your continued enrolment in your current classes for Term 1, 2025.

This can be done on-line or between 8.30am and 2.00pm in the workroom.

Remember that after Friday, 22 November the names of members who have not re-enrolled, are removed from the course. This creates a vacancy which is then advertised.

Monday November 25 - Wednesday 4 December

Enrol in any course that has a vacancy. This can be done in the workroom from 8.30am to 2.00pm.

On Thursday, 28 November some courses with vacancies will be opened for on-line enrolment.

From Monday December 9

All courses with vacancies will be available for on-line enrolment.

The Term 1 enrolment period finishes on Wednesday 22 January 2025. All current financial members will have had 9 weeks to finalise their enrolments, the last 7 weeks on-line.

Term 1, 2025 commences on Tuesday 28 January, after which course enrolments will be restricted to new members only.

If you know that you are not available to enrol during this time: please talk to Chris or Rose in the workroom or leave the course fees with a friend to act on your behalf.

Your co-operation in this is greatly appreciated.

Some new and returning courses for you to investigate when planning your 2025 Term 1 program.



American Mid-Century Classics... Read, watch and discuss some of the dramatic plays written by American playwrites starting with

Tennessee Williams's Cat on a Hot Tin Roof and A Streetcar named Desire.

Seeing Life Differently .. Join this one term course which takes you on a personal enriching life journey through differing aspects of lifeenhancement. Understand classical meditation and its life-enhancing benefits; Reshaping your perception from the world view of fear to the spiritual psychology of love.

Travelogue.. Join up to share some of your travel experiences and maybe start considering a new adventure, having been inspired by what you've heard.



Bribie Before UsLearn about some of the amazing things that happened on Bribie, it's formation, early aboriginal inhabitants,

European exploration, early settlers and more.

Aeronauts to Astronauts ... The history of flight from balloons to

> spacecraft. Hear stories of the great aviators.



Lingo Jingo ... Explore the Australian lingo, how it

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was melded together by various influences of many English and non - English speaking countries. Examine favourite sayings, colloguialisms, slang and "strine" and the aboriginal origin of many place names.

Guitar - Songs You'd Love to Play... Designed for absolute beginners, this course will introduce you to a basic number of chords that can be used to play some of your favourite songs.



Finding Terra Australis..

This one term program traces the story of the search for the great south land, which Greek



philosopher, Aristotle, in the 4th century BC. claimed must exist. Follow the explorations of the Portuguese, Spanish, French, English and Dutch.

Vikings

This course covers the start to the end of the Viking Era, from the origins



of the Norse, moving onto raids and wars. The Social Structure, role of Women, Everyday Life, Religion and Rituals are explored, as well as Industry and Agriculture.

Geography of Australia...

Learn about the different aspects that make up our great continent - the hows, whens, wheres and whys and what we need to do to keep it that way. The course will examine what is geography and delve into both the human and physical aspects including geology, meteorology, climatology, geomorphology, hydrology as well as cultural, political and urban geography, the environment, protected areas, economic and social geography.

More returning courses for you to consider

Bridge for Beginners Line Dancing...Absolute Beginners Bass for Ukulele and Guitar The Lost Peace..Germany 1919-1939 Lawn Bowls Genealogy... Ancestry 101 IT..Windows for Beginners IT.. Windows Plus IT..Scam protection & Technology

Bribie U3A Website .. The Joy of Learning

Use the Website to find the answers to any questions you may have about the term 1, 2025 courses. Simply go to <u>u3abribie.orq.au</u> and select <u>New Class List and Timetable</u> Here you will be able to find out: what courses are on offer, what the courses are about and the cost, when and where the course is held,

whether there are any vacancies and waitlist numbers, whether you are able to enrol on-line

So please take the time to research your course choices. If unsure please ask at the workroom for help.

How Philosophy Works ... This course

in Philosophy (love of wisdom in ancient Greek) is for members who wish to engage in an activity of attempting to understand the world in all its aspects. Members enrolling in this course are



encouraged to discuss a variety of topics led by the tutor and state their views and opinions.

Let's Debate our Future ... A great opportunity for members interested in open and respectful discussion to raise ideas that could improve things for all. Challenging topics such as education, housing and employment would enable members to be creative in their thinking and appreciative of the thoughts of others.



Simple Maths ... Maths is everywhere vou know!

Unfortunately many have very negative recollections in relation to their schooling experiences. This 2 term course is designed to give members renewed skills and confidence to face the current world.

Computers-How They Work

An opportunity to develop a better understanding of the various



structures and components which make up computers. Become aware of the terminology associated with hardware, software and other computer functions.

Poetry Workshop ...

What a great opportunity to be guided and supported as you start to express yourself in any of the forms of verse. The ultimate goal is a production of good, local,

personal poetry for yourself or for others to read and enjoy.





ART...Pen Plus Beginners Pencil Drawing Level 1 Acrylics Intermediate Portrait Drawing for Beginners Acrylic Fundamentals for Beg.



Some of the U3A audience, armed with a cup of tea, explore the options of *'Car Free Me!*

Insight: Car Free Me

Presented by Dr Nancy Pachana



There was a good turnout for the session, and Dr Nancy Pachana proved to be an engaging speaker, integrating knowledge and humour into the talk. There always has to be one hiccup and the projector refused to play at the start, but willing hands quickly put that right. Thank you, Chris!

Using examples from life experience, Dr Nancy Pachana talked of the difficulty we can face when making the decision to stop driving or have that decision made for us. These may include isolation, loneliness, feelings of loss, depression and grief. She spoke of the importance of staying socially active and continuing to lead an active life. She talked about when coming to the end of our driving career, we should be preparing for the future by trying alternative transportation such as public transport, Taxis, Community bus services and engaging friends and family where possible in assisting. Establishing a new comfort zone and building confidence in the way we get around before we stop driving altogether makes the transition easier.

There is no doubt that the decision not to drive is a hard one. But, being realistic about your own abilities and limitations and the cost of maintaining a car can help make the decision an empowering one - leaving you in control of your own life decisions. CarFreeMe is an individually tailored program designed to help us older adults transition from driving our own car to using alternative transport. Your GP can help with a referral if you are thinking that the time is approaching for you to stop driving. GPs may have information about the program if you wish to explore further.

Remember: Don't be the person who regrets the decision to keep driving. Be proud you made a good decision, the right decision to become *CarFreeMe*.

Kay Taaffe



INSIGHT: Great Queensland Rail Holidays, presented by Amanda Harvey

Tired of waiting in airports while Virgin or Qantas lose your luggage? Why not take the train instead?



On Friday, 11th of October, approximately 120 eager participants, including myself, joined an informative session on *Queensland Rail*. What fun! You can take a breathtaking journey from Cairns, through rainforests and past magnificent waterfalls to arrive at the quaint village of Kuranda. Alternately you might enjoy an iconic trip to the heart of Queensland and travel to Longreach or Winton. Once there, check out the wonderful outback museums and experiences. Or you may prefer a relaxing Whitsunday holiday, spending your time lazing on Australia's most beautiful beaches.

Queensland Rail offers different types of travel, some including luxurious sleep beds and three course meals. All you have to do is relax and enjoy the scenery. And better yet, there are substantial discounts for seniors!



Gotta love a bargain!

Thank you Amanda Harvey, for providing such an informative presentation. And as always, thanks to the hard working U3A team for organising this event.

Beverley Biram

I never finish anything! I have a Black belt in Partial Arts! I had a thought, but unfortunately I had a second thought! They ricoched off each other and now I can't find either!

I got booted from the Coffee Club because I wore a **Tea** shirt!

Barry Finch: U3A tutor, Mister Finch, Sir!

All U3A members with an interest in any of the group subjects which Barry offers, would greatly benefit from enrolling. His vast experience in Queensland education and his gifted personal caring to share his knowledge



Barry and U3A friends, Kathye Jordan, Sharyn Hodel and Elaine Hall, in a typical lighthearted moment!

are a rewarding pleasure in class participation. Whilst all things Australian are group favourites, whether the subject is history, geography, Aussie myths or legends, or spoken and written language - Aussie humour is to the fore.

Meticulous in his dedication to present referenced information for each class, students gain invaluable detailed subject notes to keep. His tireless hours of preparation quickly fill the class time allotted. But that length of allotted time is never long enough and class attendees come away enlightened but also benefitting from the light hearted experience.

Thank you Barry on behalf of all those who have been fortunate to have attended your classes, such as I.

Elaine Hall (Bribie U3A member since 1996)

September 2024: Excursion month for Bribie U3A

As a result of a member's suggestion, a strong response demanded two separate visits to the Sir Thomas Brisbane Planetarium to experience Pink Floyd's cosmic album, 'The Dark Side of the Moon', played in spectacular surround sound, whilst exploring the universe via the 12.5 metre diameter projection dome, enjoying some historic and futuristic moments.





With names checked, we boarded the bus for our trip to the Brisbane Botanical Gardens in Mount Coot-Tha. The excited buzz of expectations was building with the rising volume of chatter even as we approached the Bribie Bridge. *'We are on our way back to 1976'*. My thoughts were immersed in a time warp of the 70s with the wild parties of the disco era back in my home town of Melbourne. Passing through

Kallangur, our very knowledgeable bus driver tried his best to pass on some of the local history, going back to the son of a Scottish migrant, Thomas Petrie. Unfortunately his history lesson was completely lost due to the loud chatter of his passengers, drowning the inefficient speaker system!





We arrived at the location with an hour to spare which was filled by an enjoyable lunch at the cafe and a leisurely walk around the gardens. Lined up to be checked in and with the doors locked behind us, we entered the Planetarium with its dim lighting and formidable reclining seats! As the music flowed around us and the vivid visuals danced above us across the huge domed ceiling, the audience silence suggested a shared reverence for both the music and the cosmic display

unfolding around us. The surround sound system brought the album to life with a remarkable clarity, enveloping us in a swirling, pulsing universe. It felt like the perfect marriage of music and visual art, drawing us into a Pink Floyd soundscape. The opportunity to be surrounded by the richness and precision, the music of the 'Dark Side of the Moon' in a planetarium setting gave the masterpiece even more depth and a unique sensory experience......wonderful.



Nola Strawbridge



Our 3rd outing was to Iona College to enjoy Savoyards Musical Comedy '**Curtains**'. This was a lively and raucous murder mystery musical, set within a musical! I think we were all trying to guess who murdered who throughout the show! A brilliant performance. Savoyards stage two musical performances each year, so we are hoping to go again next year. **Kaye Urquhart**



Off site at Bribie U3A

There is an ironic strand entangled in Bribie U3A history, composed of driving growth and then how to handle it. Even at our beginning in 1992, apart from the support of space from the Neighbourhood Centre and Bribie library, the whole region was scouted continuously for suitable places for groups to meet: somewhere/anywhere! One of the tutors of the time stated that they felt like gypsies: gathering all their requirements, which might include a table and chairs, going to a location, packing it all up at the end of the session and just hoping that the activity could be offered again for several weeks in the same location! Off site was our main mode then!

Finally a home was found at Montaut House on South Esplanade, but ironically, that drove membership and space demand even higher. With the move to the Recreation Hall in 2005, surely with 4 classrooms, luxuries such as Reception, store rooms, and a large hireable hall *and* a public car park nearby, the accommodation issue was resolved! But the positive response to a place to call home, was growth, at about 10% a year! In 2015 the extension by the Moreton Bay Council with support from U3A, doubled everything! With 8 classrooms: the irony would disappear. But the pattern continued - membership grew, the program developed breadth and depth and of course, space and time demands. So in 2024 we now have, with the centre packed to capacity, 27 classes meeting off site. So what is off site life like? I visited the Wednesday **Crochet** class to get some feel of life away! As I parked the car off road and wandered my way down a grassy slope it felt different. Surely we hadn't lost that U3A feeling. But as I approached the door I could hear the same chatter and laughter that so characterizes U3A groups anywhere. As I talked to various group members, the



majority of their responses were positive: they really felt a strong group cohesion. They enjoyed the feeling of it being their space. They felt a freedom that is sometimes lost when one group among many, have to share space. They did think that occasionally they missed information that users of the U3A centre gain, but praised their tutor, who acts as a strong link between the group and what is happening elsewhere in U3A. Interestingly, several members belonged to classes at U3A as well, their comment was,

'It is still all our U3A!'

Another group, 21st Board games, recently moved off site and Andrew, the tutor, was full of enthusiasm for the new

location. At the Woorim Golf club, the group now has a bigger room for its own use. So there is the room for that growth that the class was experiencing. An added bonus is that on some days there is more parking! The ambience of the room they use is good, and the chairs and small tables ideally suit the group's requirements.



They do feel a bit isolated from the buzz of other U3A events, but like the Crochet group many of the members belong to other groups which meet at U3A and, of course, the flow of information is constant! An added bonus is that they can meet for lunch or a coffee on site and are developing a strong feeling of belonging.

And the future? Some groups will always probably be off site: I can't imagine that we could replicate the Croquet or the Lawn Bowls sites for example! If you would like to share your ideas, please place comments in the Suggestion box outside Reception and new solutions for the growth versus space irony may be identified!

Ann Brooks with Crochet and 21st Game group members.



Setting off on Wednesday morning, I was tentative. Was it excitement to see Wicked or writing the review? Husband in tow, we headed to Brisbane. The show started with fantastic music, dancing and singing. The costumes changed frequently, with some wonderful and quirky designs. Fascinating sets with changes happening right before your eyes. There were lots of funny one line dialogue and beautiful singing by the main



characters. The story was interesting especially if you grew up with the Wizard of Oz. To top it off one of our group won first prize, as it was a pink wizard day. A great day for all. We boarded the bus in peak hour traffic, so we didn't get back till 6.00pm. Tired but happily recalling a great show. **Sue West**

Who'd own a dog?

They say that a dog is man's or person's, best friend. So this would suggest that a dog would join its owner doing things that a person would do with their best friend. Does this mean your dog would go to the footy with you, or eat at a restaurant or play cards at night with a few drinks? Well, maybe!

Conversely, if we look at it from the dog's point of view, it follows that the dog would expect you to do activities they would do with their best friend. However, I don't see many humans while walking with their dogs catching frisbees in their mouth, or shouting at everybody that passes by or peeing against lamp posts.

Our family has had a few dogs in our time, most of them very good at embarrassing us in public. One of them, supposedly well trained, was the expert at doing what he wanted to do. When a pup we took him to training classes. Week after week, he would pretend to learn the commands and hand signals and immediately forget (or more likely) ignore them the minute he got home. He successfully embarrassed me for the 10 weeks of the course, but I guess in the end he realised I was one of his best friends and he should prove it. On the last day the instructor said we would do something we hadn't tried during the course. He placed a stick about 5 metres in front of each dog and asked us who wanted to get their dog to retrieve the stick and bring it back to them. Oh well, nothing to lose, so I said we would do it. To my astonishment our dog trotted over to the stick, picked it up, brought it back to me and sat down next to me as if he knew what he was up to. Needless to say, whenever we played catch the ball with him he just ran after the ball, sat down and never once returned with it!

We built him a kennel (with its own deck for sleeping on in the sun) and a long wire to which we attached his lead so he

could patrol up and down the side of the house while we were out. Every day we arrived home to find him tangled in his lead under the house. He'd probably done that the minute we left in the mornings.

I had a chair that I really like sitting in. It rocked slightly. It was strange how when I got home each day it was already rocking faintly and the dog was looking sheepish. However, one of his redeeming features was at every kid's birthday party he would sit at the table wearing a paper hat and howl with glee when we sang happy birthday! He also joined in other annual celebrations with his individual style!

He certainly was our family's best friend.

Barefoot Greenies

Greg Sibthorpe

What a fun way to spend a Friday afternoon!

A score of U3A members were the guests of the Bongaree Bowls Club to try out and optimistically master the basics of playing Lawn Bowls!





Each green of 6-8 participants had their own dedicated coach. We learnt to correctly position the mat and Jack (no Kings or Queens in this game)! Each team member took turns to play their two bowls, alternating with the opposing team. The aim is for a team to score as many bowls as possible by being closest to the Jack. When the bowling was

completed, we retreated inside the club house for drinks and nibbles, amidst the chatter of how we felt we *might* have learnt to control the sometimes wayward bowls!

Concluding a most enjoyable afternoon, we wish to thank the coaches and volunteers at the Bongaree Bowls Club. For anyone interested in receiving Bowls coaching, U3A offers 6 week courses each term. They are presently held on Friday mornings at a cost of \$5 a session at the Bongaree Bowls Club. Keep a watch out for this class being offered every term, as well as the next Barefoot Bowls event. A great way to see if Lawn Bowls could be your game! **Adele and Harry Fielding**





Masters and Apprentices Exhibition

A recent frenzy of activity within our art rooms heralds 17 of the U3A groups preparing exhibits for the annual Masters and Apprentices exhibition, to be held in January at the Bribie Island Community Art

> Centre (BICAC). This is a chance for our Volunteer tutors - Masters and their students - Apprentices - to show their work in public.







Fundemental Acrylics

So if you are missing your U3A connection during the holidays, visit the Art gallery and bring friends and neighbours to see the display of oil, acrylic, silk and watercolour

paintings, pen and pencil drawings and sculptures between Tuesday 14th to Sunday 26th Jan. 2025. We anticipate nearly 200 pieces will be on display. Entry is free and the gallery, at 191 Sunderland Drive, Banksia Beach, is open Tuesdays to Saturdays, 9 to 4.00pm and 9 till 1pm on Sundays (Closed Mondays)

> Take the opportunity to wander round the workshops and drop in for a coffee or lunch at the café.







'Music of the Night'

as the highly emotional performances sung by tenor Dexter Villahormosa and soprano Jessica Di Bartolo. A special highlight was the high energy of Joey Fimano, presenter and musical arranger, with his piano accordion playing and singing, 'If I were a Rich man' from Fiddler on the Roof. The show was magical - goosebumpy and lighthearted - as we were captivated once again by the nostalgic music. Looking forward to their next tour!

We will be going again and again!

Heather Arkinstall



My old phone! which I never, ever used to lose!



AQUACULTURE RESEARCH INSIGHT

Senior Executive Officer Luke Dutney PhD, of Bribie Island Research Centre at Woorim, gave a fascinating and *Insightful* presentation on Friday 8th November. The Centre was built 35 years ago and Luke has been involved in many aspects of research for 20 years.

The Aquaculture Research Industry has grown significantly in recent years and now exceeds \$260 million a year with the Woorim facility now working in conjunction with CSIRO, Uni of Sunshine Coast and James Cook University.

Their focus is on industry transformation to increase productivity, health issues, reduce costs, improve consumer knowledge, understand market needs and increase diversification for various fresh and sea water products. Current foci are Prawns, Shellfish, Oysters, Barramundi and a selected variety of fish. New and experimental techniques are applied to productivity, commercial benefits, environmental improvements and Government controls. The Woorim facility plans to extend its capability with a new experimental Incubator facility utilizing artificial Intelligence. At the end of his presentation many insightful questions from the U3A and visitor audience reflected a deep interest in the topic. **Barry Clark**