Renew and reconnect – U3A at Sunshine Coast at Sippy Downs, June 2 and 3 2016

Congratulations and thank you to the Sunshine Coast U3A for hosting the 2016 U3A Queensland State Conference. Although the skies were grey and there was rain throughout the two days, no one was left feeling like a damp squib. We were all ready to celebrate 30 years of U3A on the Sunshine Coast and in Queensland.

Congratulations to U3A Sunshine Coast President, Dawne Clark, and the conference sub-committee for presenting a very happy, interesting and informative conference. Organising a conference is no easy matter but there was something of interest for everyone with such a variety of speakers and activity.

Thank you ...

There were several displays to view – thank you to LifeTec, a sponsor of this conference and to Shona McDonald who spoke compassionately on Donate Life, the Bromilow Home Support service who displayed many life enhancing technologies to help us remain independent in our own homes longer, and Stella from Latin America Group Tours.

Many delegates were fascinated by “Giraff” the telepresence robot and Dr Craig Allingham gave a humorous inside story on “Men’s Sheds” – many of us could relate to his comments! Other very popular and informative talks were from Dr Peter Brooks and his PhD students on the restorative and healing powers of manuka honey.

Our final afternoon was all the merrier for Barbara Brewster – we will never hear “My Bonnie Lies Over the Ocean” without remembering that hilarious exercise – happiness is on the inside.
President's report cont'd

Dale Jacobson, a freelance writer and short story teller, gave us an insight into her adventures in the Antarctic and we were able to view some amazing photos of her journey. She left us with a quote from George Elliot “It’s never too late to be who you might have been”.

Conference close

Professor Greg Hill, Vice Chancellor of USC closed the conference and spoke about the strong bonds between the University and U3A. Community engagement is a driving pillar of USC and many U3A students collaborate as “lab rats” for the nursing students, and further with the university students on their particular research projects. Professor Hill shared the vision of 20,000 students at Sippy Downs Campus by 2020 and the importance of developing a full service campus in Moreton Bay equal in size to Sippy Downs with 10,000 students by 2020.

Conference dinner celebrations

There were also celebrations at the Conference Dinner held at the Mooloolaba Yacht Club – U3A Sunshine Coast was the first U3A to be established in Queensland followed closely by U3A Brisbane back in 1986. This was a memorable evening with entertainment by way of a video combining many photos that U3As from around Queensland had contributed so we could really Renew and Reconnect with our past and one another. The picture (right) shows Greg Sibthorpe (President Bribie Island) and Barry Clark (committee Bribie Island) ready to enjoy some chocolate mud cake!

If you missed this year’s conference, please make a note that we hope to enjoy your company at the 2017 U3A Network Queensland State Conference being hosted by U3A Twin Towns on 18 and 19 May in the Tweed Civic Centre, Tweed Heads to LIVE, LAUGH, LEARN without boundaries. Let’s make it a date.

Library benefits - a success story

by Andy Fechner, Beaudesert U3A

Have you got a local library in your area? If you do, then there should be some excellent opportunities to start a mutually beneficial relationship. Around two years ago at the Beaudesert Library in the Scenic Rim, one of our members, Kate Amos, along with other like-minded book lovers, decided to start a volunteer driven library support group called “Friends of Beaudesert Library”. This group’s aims were to develop and present projects designed to extend the library’s reach into the local community. By broadening the appeal of the library’s offerings (in conjunction of course with the Branch Librarian) and supporting fundraising activities, we found a number of U3A members involved with both groups, (FOBL and U3A).

The library holds monthly “Conversations” mornings where guest speakers present items of interest to the public. Our U3A has had the opportunity to give presentations on many of our activities, including art, travel, mosaics and Nordic walking. This exposure has generated new members for U3A and provided a venue where we can hold small meetings for no cost. We have also been fortunate enough to gain a new tutor through this activity as well.

As the library is a part of the local government responsibility, this, in turn, meshes well with the U3A Network Queensland activities in furthering our overall relationship with the LGAQ (Local Government Association of Queensland, where a memorandum of understanding has been signed by both parties.

A good relationship with your local library can mean closer ties with your local Government/Council. This offers better access to government-controlled facilities and funding via community grants.

As I age, I realise that ...

I talk to myself, because sometimes I need expert advice. Sometimes I roll my eyes out loud. The day the world runs out of wine is just too terrible to think about.

My people skills are just fine. It’s my tolerance of idiots that needs work. The biggest lie I tell myself is “I don’t need to write that down, I’ll remember it.”
U3A Brisbane looks to a bright future
Greg Doolan

July 4 may be a special day for the USA but it certainly heralds a milestone event for the University of the Third Age, Brisbane. After nearly eight months of negotiation, planning and building, the new premises of U3A Brisbane are about to open on Monday 4 July as the venue for their premier event, Winter School, which runs until 9 July. This will give the new, state of the art facility, a great test run for the opening of term three on Monday 11 July when most classes will be conducted from this address. The current rooms at 97 Creek Street will be retained for administration and some classes but the Queen Street location will be vacated.

The building (centre of photo at left) is the heritage building next to Anzac Square and will be easily recognised by those who know the Brisbane CBD. This building has been recently refurbished and has wonderful ambience and is well-suited to U3A's needs. Access is available from Adelaide Street, as well as from the huge first floor atrium which can be entered from the overhead walkway on Anzac Square, from Ann Street, Creek Street, and via escalator from the corner of Creek and Adelaide Streets. There is disabled access, it is close to transport, and there are cafes and retail shops on site.

The more energetic amongst the members will appreciate the basement facility offering bicycle parking, lockers and free showers. The building is about 100 metres from the Creek Street rooms and both tutors and class members will appreciate the range of classrooms, most of which have natural lighting.

These new premises will enable the substantial expansion of class offerings over the next few years and the Management Committee are pleased to advise it is planned to provide these premises with no increase in either membership fees or class attendance costs in the immediate future.

President of U3A Brisbane, Marilyn Wagland said “These new premises build upon the substantial growth and progress our organisation has experienced through the hard work of many volunteers over our 30 year history. We are also planning renovations at Creek Street to make those classrooms more suited to today’s demands”.

What better gift for U3A Brisbane’s 30th anniversary.

Phone 3236 3055 or visit our website – www.u3abrisbane.org.au for further details.

U3A Redlands District Inc - Seniors' week
Back to school for a Day

Morning session commences 9.00 am sharp

Dr Claire Mason PhD Philosophy, BA Hon, CSIRO Leader - Digital Science initiative
“*The benefits and risks of the digital economy for senior people*”

Greg Cudmore M.Ed, BA Dip Tching, Dip Legal Studies Dip Theology, Dip IT Law Studies
“*Justice and the Law*”

11.00 am to 11.20 am - little lunch
Cost for the morning session, including little lunch - $10

Claude Tranchant - author Boots to Bliss
“*I lived a 100 days to the rhythm of my footsteps*”

12.00 pm to 12.50 pm - big lunch
Cost for big lunch - $5

Afternoon session will commence at 12.50 pm

Professor Liz Coulson Qld Brain Institute - Cognitive Science Neurosciences
“*Nerve Cell Revival - learn the basics about how your brain works*”

Followed by a fun activity
An Irish IQ test
Prize for the most intelligent!

The Rev Canon Neville Knott
“*Social Studies ISLAM*”

2.45 pm to 3.45 pm - after school social time
Refreshments provided
Cost for afternoon session - $10 (incl social hour)
Full day, morning and afternoon sessions, incl big lunch - $20

Tickets available from U3A office or Life in Australia
Everyone welcome - U3A members and non members
To order tickets and pay with EFT - email u3Aredld@bigpond.net.au
It's never too late to start exercising

Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5 lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you’ll find that you can hold this position for just a big longer.

After a couple of weeks, move up to 10 lb potato bags. Then try 50 lb potato bags and then eventually try to get where you can lift a 100 lb potato bag in each hand and hold your arms straight for more than a full minute (I’m at this level).

After you feel confident at that level, put a potato in each bag!

Contributed by Andy Fechner

Seniors and identify theft

Judy Watson, a PhD candidate from the University of the Sunshine Coast, has contacted Network about the research she is undertaking. Her research is investigating what influences older Australians’ use of the internet after they have experienced identity theft.

The research is being undertaken to gain knowledge about the effect that identity theft has on an individual’s intention to continue to use the internet. Judy believes it is important to understand this issue from the perspective of individuals who have experienced identity theft so she is looking for individuals to take part in a face-to-face or telephone interview.

Judy’s research has the support of iDcare, Australia and New Zealand’s National Identity Theft Victim Support Centre.

Below is an information sheet giving more detail about the research and what participation would involve; participation would be anonymous and confidential.

The information sheet also introduces Judy Watson and details how you can contact her if you would like to participate in the research.

Senior participants wanted

What influences older Australians' use of the internet

What's it all about?

Research is being undertaken to gain knowledge about the effect that identity theft has on an individual's intention to continue to use the internet. It is important to understand this issue from the perspective of individuals who have experienced identity theft. We need to learn from the difficulties they have faced so that recommendations can be made that will help to reduce the number of incidents of identity theft and reduce the impact of the incidents that do occur.

We need to find out what works for individuals and what doesn't, who they go to for advice and how they overcome the difficulties that they face. The information will be used to help build useful, informative recommendations that can assist individuals in their everyday lives.

The research has the support of iDcare.

What is iDcare?

iDcare is Australia’s and New Zealand’s National Identity Theft Victim Support Centre. A not-for-profit and registered charity funded by the Australian and New Zealand Governments.

iDcare is a free service whose primary aim is to support individuals who experience identity theft and misuse, and build community resilience through prevention and raising awareness.

What's the aim of the research?

This study is part of a Doctor of Philosophy research program being undertaken at the University of the Sunshine Coast (USC). The aim is to identify what influences Australians, aged 55 and over, in their use of the internet after they have experienced identity theft. The objective is to develop solutions that will help to restore confidence and trust in an ever more digital world. The research has approval from the Human Research Ethics Committee at USC (approval number S16867).

What does participation involve?

It will involve taking part in a face-to-face or telephone interview. The interviews will collect information about what influences older Australians’ use of the internet following identity theft, and how the trust and confidence they have in online environments is affected. All responses are anonymous and confidential.

The principal researcher

The principal research and PhD candidate is Judy Watson. Judy has spent many years teaching people of all ages how to use digital communication technologies safely and effectively. Her interest is helping people to confidently achieve new skills and abilities with information and communication technology, and to remove the mystery, 'scariness' and unknown through research and teaching.

Judy's supervisors are Associate Professor Don Kerr (School of Business, USC), and Professor Paul Salmon (Centre for Human Factors and Sociotechnical Systems, USC) and Dr David Lacey (Director, iDcare).

How to participate

Judy is looking for individuals to take part in this research. If you are interested in knowing more about the research, please contact Judy via email Judy.Watson@research.usc.edu.au.