

# November 2019 e-Voice

## U3A Sunshine Coast Inc.

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### First Master Lecture Series a great success!



More than 70 members and visitors enjoyed the excellent presentations from our first Master Lecturers held at the University of the Sunshine Coast on Saturday, October 26<sup>th</sup>.

Dr. Martin Bridgstock and Dr. Apil Gurung delivered interesting and informative lectures, accompanied by PowerPoint slides, which the audience found highly relevant.

M.C. Colin Maddocks conducted the morning's activity with charm and eloquence, thanking our speakers and presenting them with well-chosen bottles of wine. Also receiving a bottle of wine was Wal Straede, who videoed the morning's presentations to go up on the U3A Sunshine Coast webpage.



Tutor Lorraine Quinn led a charming performance by the Ukulele Ukers in the foyer of the theatre prior to the presentations, and guests also enjoyed the opportunity to socialize at the morning tea afterwards.



### Upcoming Events in 2019

#### November 24

Volunteer Luncheon

#### November 30

Term 4 ends

#### December 2

New Membership Opens

#### January

Open Day

#### February 3

Term 1 Starts



Chef Geoff Bailey provided delicious home-baked hot sausage rolls and pikelets, and appreciated the assistance in serving from members Kerry Stafford and Maaike Mills.

Each guest was able to take home their own copy of **“Lifestyle 55 Plus”**, a new, free magazine incorporating a complete directory of services available to meet possible needs of seniors.

Lorraine Quinn was delighted to find a story published in the magazine about one of her own ukulele students.



The magazines were specially delivered for us by the publisher, and director of I Age Well, Tanya Dave who chatted to guests afterwards, here with Sonia Baldesseri, one of her own magazine committee members, who was just back from leading a successful small tour group of ladies to France.

## Vice President’s Report

Dear Members,

**Annual Tutors & Volunteers Luncheon** After the success of our very first Master Lecture Series, it is now time to progress with plans for our Annual Tutors & Volunteers Luncheon.

Invitations to this gathering on Sunday November 25<sup>th</sup> will be going out soon and we always hope that every one of our Tutors and Volunteers for the year will be invited. If you feel you’ve been accidentally left off the list, do make sure you let the U3A Office know, on 54301123.

**Life Membership** Have you considered yet whom you would like to nominate for Life Membership? Remember, this is someone who has given their time, their energy, their knowledge, their support, and their interest and enthusiasm to keep this great voluntary organisation going.

Nomination forms are available from the U3A Office and also refer to aspects such as: the nominee's willingness to share their knowledge and expertise, their ability to relate to and inspire their students or fellow volunteers, and finally, their commitment and dedication to supporting and promoting the goals and ideals of U3A Sunshine Coast.

## Resignation

It is with sadness that the Management Committee has accepted the resignation of our President **Colin Maddocks**.

Colin was the Chairman of the Strategy Development Steering Group, publishing our Strategic Plan in 2017. As our President, he went on to become a forward thinking trailblazer in many new areas of Policy, Constitutional change and Bylaws for the U3A Sunshine Coast, and initiating the U3A SC's very first paid office employee, our invaluable Administrative Officer, Jo Evans. Since he has returned from his overseas trip on October 10<sup>th</sup>, Colin has continued to show his support for the organisation's goals, acting as our M.C. at our first Master Lecture Series and attending the recent Outstanding Alumni Awards night at USC as one of our representatives. We look forward to him continuing to support us in all our endeavours.

Sincerely,  
Glyni Cumming  
Vice-President Management Committee

## U3A "War in the Pacific" Tutor kick-starts a career as an author!



Students of Jerry McBrien's course, "War in the Pacific", have been totally impressed by his amazingly detailed, thoroughly informative, and fascinating knowledge of those crucial first six months, when Australia and her Allies needed to prepare a defense against the Japanese avalanche threatening to engulf the country.

Attendance is a highlight of the week for some students and they comment favourably on Jerry's highly professional, non-judgmental and articulate presentation.

Hundreds of maps, photographs and original documents add depth and detail to support each week's delivery.

Peter Masters says he's enjoyed Jerry's classes immensely and heartily recommends them to anyone interested in this critical time of Australian history.

Jerry has been inspired by the appreciation of his students, and with their encouragement and help, teaching him how to go about both publishing and building a website, he has gone on to convert his lectures into an eBook. Jerry says his teaching is a two-way process, with his students also contributing either from their own knowledge of specialist subjects, including military history, or family stories about events, and personal experiences of places mentioned. All these help to illuminate the material being discussed.

Jerry's eBook on *War in the Pacific: The First Six Months—Defending Australia* is now available from Amazon, eBook stores, and the Overdrive system from the Sunshine Coast Library.

## Pickleball Silver and Gold

Played at Caloundra Indoor Stadium, Pickleball has grown remarkably in its first year, starting with about 20 players once a week



Photo Left to Right.... Peter Deacon, Michael Drummond, Roslyn Smart, Lesley Seto, Sandee Leslie, Bruce Winther, Gary Petterson

to a total of almost 60 players twice weekly. Already very popular in the USA and Canada, it now has over 1,500 players in Australia. Stories from the ABC's 7:30 Report and Channel 7

News have also helped to generate interest on the Sunshine Coast.

Many of the players have a background in tennis, badminton, squash and table

tennis, while others bring plenty of energy and enthusiasm, to improve quickly, understand and utilise some higher level strategies.

Seven players recently played in the National Championships, held in Brisbane over the October long weekend. All players acquitted themselves well and some achieved **silver and gold medals** in their skill and age categories.

Results were as follows:

**Lesley Seto** and Roslyn Smart won Silver in the 3.5 skill level over 51 years women's doubles.

**Gary Petterson** won Gold in the 3.5 skill level over 51 years singles.

**Bruce Winther** won Gold in the 4.0 skill level over 51 years mixed doubles.

Tutor Bruce Winther congratulates all those who competed in the national event, and looks forward to more members being involved in 2020.

## U3ASC Updates

### Membership

New Members 46

Total Members 2019 2342

### Courses for 2019

Courses 138

### Office

The U3A office Hours 9am to 12 noon weekdays.

Excluding Queensland Public holidays.

### U3A SC Facebook Page

Would you like up-to-date news and information? Photos of events?

You will get the latest U3A News and the chance to add your comments or interest in events that are posted there.



<https://www.facebook.com/>

search for U3A Sunshine Coast

When the pages opens up, just click "Like".

From then on you will receive any messages/news we add.

Facebook Editor: Jim Hales

[jazzejim@outlook.com](mailto:jazzejim@outlook.com)

## What does “VSP” stand for?

Every year, the University of the Sunshine Coast’s Faculty of Science, Health, Education & Engineering put out a special request to our U3A members to participate in the “Volunteer Simulation Participation Program”.

Instead of dull, lifeless, and sometimes quite frightening mannequins, (although our photo is quite fun!) volunteers change into nursing home patients to enable First Year Nursing students to practise their skills in readiness for their end-of-year clinical practical in local Nursing Homes.

One volunteer commented “It is such fun to do, as you have to get into both your role and your pajamas and become a bit of a grumbly grouch – and then be fussed over and cosseted by a bunch of lovely smiling young people who only want to make you feel better.”

Amanda Thomson, Technician at the Faculty of Science, Health, Education & Engineering says over the past two years the requirement for the Nursing Simulations at Sippy Downs campus has doubled to 30 volunteers, this year to cater for nearly 500 First Year students enrolled. So there’s always room for more, if you’d like to consider volunteering next year!

Amanda extends her thanks to our U3A volunteers, and comments:

“The feedback we receive from students, staff and our volunteers is very positive and everyone seems to really enjoy the experience. Any specific, relevant feedback is integrated into the next year’s classes.

The experience for the students is greatly enhanced by having a real person (instead of a mannequin) in the position of our patient. We thank everyone who has been involved over the year for their ongoing support and we hope to see you all again next year.”

## U3A Lecture Series – Caloundra, Maleny, Mudjimba, Nambour and Sippy Downs.

If you haven’t **taken advantage** of the “**attend 2 lectures without obligation to join**” system which operates with this series, please consider doing so before the end of Term 4. If you do decide to join us next year, you may find that this series of fairly informal talks will provide you with a lot of enjoyment as well as learning. The schedule is listed on our website, and all it takes is a phone call to the tutor to ensure there’s room for you at whichever session(s) you’ve chosen.

The audience members for the **USC’s 2019 Outstanding Alumni Awards Night** on 24 October were totally impressed with the quality of the 15 nominees. They were inspired by the thank you speeches from the three final recipients, Dr Sonia Marshall, Outstanding Alumnus of the Year, Andrew Fairbairn, Alumnus of the Year Regional Achievement and LCDR Thomas Miller, Alumnus of the Year Rising Star.





Our photo shows Glyni Cumming and Colin Maddocks either side of Julie Flanagan, Team Leader of Academic Services at USC. Julie talked to Glyni & Colin about the possibility of having a Business student completing an Internship with the U3A next year, and perhaps contributing towards the development of further research for the Strategic Plan mid-term Review.

If you'd like to read the Alumni's inspiring stories, go on line to:

<https://www.usc.edu.au/connect/alumni/outstanding-alumni-awards>

**Russian: Beginners** Be introduced to the wonderful Russian language. On completion students will be able to understand enough of the spoken and written language to enable them to make their way around Russia and confidently engage in everyday conversation with the locals. (See Course Code: 19LAN117).

The tutor Tom Holden also holds a Russian Intermediate class (19LAN118) for members with some knowledge of the language but what like to gain a deeper understanding and improve their knowledge of Russian grammar and syntax.

Both these classes are conducted in a private Buderim home. The Beginners class starts on 15 October. Please see the U3A website for more detailed information on both of these classes.



## AVEO Active Retirement Expo

Tutor and Course Coordinator Wayne Curran described giving up his Friday morning to attend AVEO Palmview's recent "Active Retirement Expo" as a worthwhile opportunity to promote the mental, physical and social benefits of joining U3A Sunshine Coast.

Volunteer Sue Graham also came along to help - and another resident of the complex who just hopped in to assist at our 'stall'.

A number of other organisations helping to promote a healthy lifestyle also attended, including the Buderim Men's Shed, Headland Bowls Club, Buderim Croquet Club and a Mahjong Group. Support agencies included a hearing specialist, an accountant and a health provider.