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## Monthly Newsletter from U3A Sunshine Coast

May 2020 Edition | [Click here to view in web browser](#)



### Tutors turn to video technology

With the suspension of attendance classes because of COVID-19 restrictions, our wonderful U3A tutors have embraced videoconferencing as a means of continuing the education and training for members. Wayne Curran, our Tutors and Courses Coordinator, said the increasing number of classes now using the Zoom and Lifesize video applications shows that tutors and participants alike won't be held back by COVID-19.

Wayne has contacted tutors and encouraged even more take-up of online classes, ushering in a practical alternative to the classroom. "At this stage we cannot foresee the reinstatement of face to face classes soon; most probably not until the commencement of Semester 2, subject to governmental guidelines of course," he said. "We have a number of classes that are currently being held via videoconferencing or are due to start in the next couple of weeks."

The list so far follows:

Spanish Beginners (two classes)	Brian Morgan
Latin Intermediate	Helen Partick
German Conversation, Advanced	Rolf Grob
German Intermediate	Karin Leivesley
German Beginners	Sylvia Hovey
French Intermediate A, Advanced Beginners	Patricia Barry
Yoga, Chair Yoga, Tai Chi (seven classes)	Myra Timmerman
Tap Dancing	Pamela Woodrow
Maroochy Reviewers Book Group	Brian Lavery
The Devil's Playground	Brian Lavery

Philosophy Discussion Group  
Golf at Beerwah Golf Club  
Tablets and Smartphones  
Historical Personalities  
The World and its Nations  
Rediscover the Classics  
Russian Alphabet and Pronunciation  
Russian: Beginners  
Russian: Intermediate  
Ukulele: Very Beginners  
Grafx Video Creations  
Introduction to Human Biology

Petrina Daniel  
Graham Whyte  
Cathy Ewald  
Catherine Foley  
Catherine Foley  
Catherine Foley  
Tom Holden  
Tom Holden  
Tom Holden  
Helen Lewis-Peel  
Steve Ormerod  
Alex Crandon

### **Acting President's Report - May 2020**

In this month's report to members on topical issues, Acting President Glyni Cumming details the situation with U3A in continuing to provide members with access to classes and activities:

- The increased number of classes being conducted online
- Refunds of course fees and tutors' subscriptions to Zoom/Lifesize
- Security issues related to the Zoom app.
- Classes now conducted online



Dear Members,

I am sure that you have been watching the news with keen interest and have observed the difference between Australia's and some other countries' methods of managing the Corona Virus pandemic. Ours has been impressive and contributed greatly to the comparatively low loss of life. Although it is too soon to predict, there are clear signs of an earlier return to our former way of life, one unparalleled in its freedom. I for one am immensely grateful, on both counts.

What is truly impressive in our U3A Sunshine Coast is how many of our tutors have now stepped out of their comfort zones and taken up the challenge to either present their classes live via a social platform, such as a Zoom meeting or pre-recorded and available through the U3A website. And even more remarkable, is that their students have overcome their fear of trying these new techniques, to prove that we are indeed living our slogan "Live, Laugh, Learn".

Our Course Coordinator, Wayne Curran, has been doing a champion job in encouraging Tutors to go online, and others have shown their own initiative to recommence classes. See the list of classes at the end of text. However, some issues have been raised.

The first issue – refunds for course fees: At our last Management Committee meeting, held online using the Zoom platform, we discussed the possibility of giving members refunds for courses that could not go ahead owing to the Corona Virus. What a nightmare for our Treasurer!

Instead, as I mentioned in my last letter to you, dear members, it would be easier for our Treasurer to simply credit you with the relevant portion of venue fees when we do return to our live classes. I do hope that common sense will prevail, and she will not be inundated with requests for refunds – some as little as \$5.

The second issue – Zoom subscriptions and security concerns: Zoom is free! It provides a 40 minute free session to all who sign up to host a meeting, which may be automatically extended. However, our classes usually run for 1 or 2 hours. Therefore, at the April MC meeting, the committee decided that our tutors would be reimbursed the monthly costs of \$20.99 to run Zoom meetings for their students. Some tutors have asked one of their class members to act as the host for each meeting, and that host, instead of the tutor, can put in the claim to be reimbursed.

As regards security, when the host of a Zoom meeting issues emailed invitations to the members of that class, members must log on using the Zoom generated password provided in the email. This ensures that only the bona fide members of that class can sign up for a 'live' meeting.

It is worth noting that the University of the Sunshine Coast's Acting Vice-Chancellor, Professor Robert Elliot, reports that USC has "supported over 3,500 Zoom meetings daily with 18,000 staff and students logging-on." Despite some of the hilarious home exercise videos we have seen, classes like water aerobics, and table tennis, still do represent a challenge; however, from the list of tutors now offering their classes on line, it is wonderful to see that we are living proof of our slogan, to live, laugh - and learn new techniques of delivery – certainly one of our goals in our current Strategic Plan.

I do hope you are all looking after yourselves, and each other, and look forward to seeing you again soon.

Sincerely,

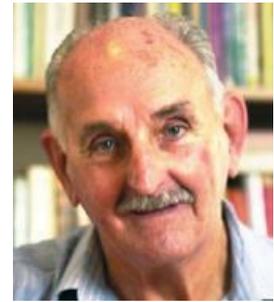
Glyni Cumming  
Acting President

Courses now conducted online:

- Myra Timmerman, one of this year's Life Membership nominees, was an early trailblazer, and we have already posted news on our U3A web page about her first pre-recorded yoga class. Myra is now offering her students seven live classes a week via videoconferencing in Yoga, Tai Chi and Chair Yoga.
- Another trailblazer was Brian Lavery, who successfully held the U3A's first online meeting, with his Maroochy Reviewers Book Group.
- French Language tutor Patricia Barry is already instructing two of her classes, supported by June Blackburn and Barb Doherty, who act as the Zoom hosts for the classes when they are meeting online.
- Tutor Brian Morgan has taken his Spanish Beginners online and is also starting a new Beginners group for those members on the waitlist!
- With Tutor Rolf Grob leading the way, all three German Language Tutors including Karin Leivesley and Sylvia Hovey will be running their classes online in Term 2.
- Now who can say that Latin is a dead language? Intermediate Tutor Helen Partick is not only hosting group sessions via the Internet, but she also holds individual sessions over the phone.
- Tap Dancing? Our amazing tutor, Pamela Woodrow, anticipates starting on time and online for Term 2.
- One of Merle Martin's students, Petrina Daniel, is keeping the philosophical flame alive with a spin-off Philosophy Discussion Group, until Merle's face-to-face classes can recommence.
- Jerry McBrien has advised his students that he will be delivering his lectures on "War in the Pacific 1943" online in Term 2.
- Sandra Orton has taken over Learning Unlimited and is running classes online.
- Mike Hession is running his Italian classes in smaller groups via video link and another app.
- Sally Chandler is still delivering her water-colour classes through group emails and her boards on Pinterest.
- Even some of the dining groups are celebrating by meeting up online and toasting each other with champagne.

## VALE BRUCE DAWE

### AUSTRALIAN POET AND U3A TUTOR



Bruce Dawe, Australian Poet and U3A Tutor, revered by his students and everyone who met him personally during his lifetime, passed away recently. Bruce was nominated this year as a Life Member of U3A Sunshine Coast and he will be remembered as a poet, teacher and raconteur of international significance.

Those who knew Bruce understood that he wouldn't want any fuss made at his funeral. Bruce was good at many things but being the centre of attention wasn't one of them! He was good at making a fuss about other things and other people and he did so through poetry, making history in his own quiet way.

Liz Dawe, Bruce's wife and liaison for his USC students, recalls that Bruce taught at U3A Toowoomba following his retirement from the University of Southern Queensland, and began teaching at U3A Sunshine Coast in 2001. "Such was his passion for literature, he taught poetry and short stories from Australia, England and America including one year where, for the first time ever, he taught his own work." Liz added "He never repeated a course so those who continued to study with him, had different material every year. In his 90th year, the friendships that he developed through U3A were very important to him." It was the measure of the man that even in ill health, he taught three classes a week from home.

Born in 1930 in Fitzroy, Melbourne, Bruce had two sisters and a brother much older than him. In many ways, they were more like parents than siblings, and he remembered them with great affection. When Bruce was a young child his parents' marriage broke down, and at one stage his father lived out the back of the house. He recalled this situation in 'Little Red Fox', an affectionate poem written long after the father he hardly knew passed away. This was to be read at his funeral.

Recognised as Australia's most popular, and widely taught poet, Bruce's early life certainly had its ups and downs. Leaving school at age 16, he worked in various occupations before joining the Air Force, and in 1969 began a teaching career at Downlands College, Toowoomba where he attained four university degrees, all through part-time study.

Appointed as Lecturer at the DDIAE in 1971, Bruce became a Senior Lecturer in 1980 and an Associate Professor when DDIAE became the University of Southern Queensland. He retired from full-time teaching in 1993 and was appointed as the first Honorary Professor of USQ.

Bruce was also poetry editor of the Courier Mail from 1992 to 1998. In a distinguished academic and literary career, Bruce published 15 books of poetry, one book of short stories and one book of essays. There are also numerous study guides for students of his work written by various authors – and he received numerous awards for his poetry. In 2017 he received the award of Honorary Doctor of the University of the Sunshine Coast.

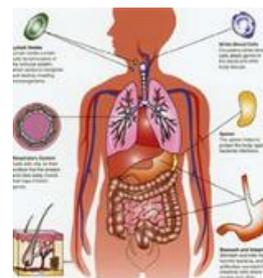
Bruce also wrote the lyrics for several young people's plays: the children's theatre play, 'Aesop's Fables', performed in the USQ Arts Theatre, the musical play, 'Muscle Dance' based on the life of polio crusader, Sister Elizabeth Kenny, the secondary schools play, 'Invisible Rivers' as well as a musical based on the life of Houdini.

Penguin published five of his children's books. His latest book of poetry 'Border Security' was published by UWAP. Bruce brought his passion for literature into his U3A classes. Peg Anderson remembers: "Bruce provided plenty of 'Life Learning and Laughter' in his weekly tutes, as he respectfully reigned in our sometimes errant wanderings, using his wonderful way with words that so very often amused us. His nurturing and wise guidance was an inspiration."

Keary Mitchell has similar memories of those classes: "Bruce shared his knowledge and passion for poetry and prose – and history and politics – with great generosity and enthusiasm! He encouraged us all to participate in lively discussions, challenging our ideas while always respecting differing opinions.

## Discover and learn about Human Biology

Starting 11 May, this unique and informative course looks at the many human bodily systems and provides an understanding of how they are structured and how they work together. The class will also examine the numerous misconceptions about how the body works, and what can be done to help it remain healthy. The course will consist of nine lectures held on a Monday and Thursday over a five week period via Zoom



### **An Introduction to Human Structure and Function U3A Sunshine Coast Online Class Commencing Monday May 11, 2020**

This unique and informative course looks at the many human bodily systems and provides an understanding of how they are structured and how they work together. The class will address how human physiological systems are put together structurally, anatomically and how they are linked. It will also examine the numerous misconceptions about how the body works, and what can be done to help it remain healthy. The course will consist of nine lectures held on a Monday and Thursday over a five week period via Zoom videoconferencing. Alex's presentation uses slides and PowerPoint illustrations to explain human biological functions and there will be frequent opportunities for participants to ask questions. The topics covered are:

1. Introduction to Human Biology
2. Cardio-respiratory systems
3. Nervous systems
4. Special senses
5. GIT & Digestion
6. Fluid, Electrolytes & Urinary system
7. Hormonal system
8. Reproduction & Genetics
9. Haematology & Immunology

Alex Crandon has had a distinguished career in surgical medicine and teaching. He has worked in Australia and overseas countries specialising in Gynaecological Oncology as well as being involved in various medical committees, addressing many Learned Societies worldwide and having numerous articles published in medical journals.

U3A Sunshine Coast is very fortunate to have Alex offer his knowledge and experience to conduct this class. He has many stories, insights and anecdotes from his distinguished career which he is more than willing to share. Don't miss the chance to be involved in this opportunity to learn, discuss and understand the fascinating topic of human anatomy and physiology from your own home.

Enrol in class **20LEC209** on the U3A Courses page. Click [here](#)

## **Using Skype to call family and friends**

Feeling isolated and finding it harder to keep in touch with your loved ones? Cathy Ewald has put together some useful resources for those who want to learn about Skype, which has the advantage that it is available on a very wide range of devices.

With everything that's going on at the moment, you might be feeling isolated and finding it harder to keep in touch with your loved ones. If you are trying to use Skype to video call friends or family and you are running into questions or difficulties, many people have been there before you.

I've put together some useful resources for those who want to learn about Skype. The main advantage of Skype is that it is available on a very wide range of devices. So if your family and friends all use different things, it still works.

A good place to start, a comprehensive tutorial for beginners: Click [here](#)

For those who prefer a video tutorial, here is a video on how to use Skype: Click [here](#)

Finally, the official Skype Web site where you can find answers to many common questions, create an account to use Skype, and download the latest version for your phone, tablet, computer or even TV in some cases! Click [here](#)

As mentioned earlier, the 'Tablet and Smart Phone' course is still on but its online now. I have four spots available so if you would like to learn online, go to the U3A website and enrol:

### **Tablets and Smart Phones class**

**Class 20COM203**

**11:00am - 3:00pm 28 April and 28 May**

Cathy Ewald

Tablet and Smart Phone Tutor

0404 497 798

## **Management Committee self isolating**

Our Management Committee is coping with their duties as Committee Members through meetings on Zoom and plenty of emails between them. But how do they cope personally with self isolating as a result of the COVID-19 restrictions. Here's a sneak peek at what they do at home to keep active and interested.

### **U3A MANAGEMENT COMMITTEE**

#### **WHAT WE DO TO COPE WITH SELF ISOLATION**



**GLYNI CUMMING** Acting President

Apart from rediscovering the forgotten fun of cycling to explore our green bikeways, I have enjoyed being at home, with early morning yoga exercises, baking cakes and muffins - moi? I am also trying to learn French with Duo Lingo and SBS French news; keeping in contact with family and friends, and varying the tile game of Rummykub, with 'Corona Card Rummy'.



**JOHN SAINT-SMITH** Equipment Officer

I finally added a bamboo screen to my gazebo. Removing a large tree left the western side exposed to the afternoon sun, so I sprang into action. However, I soon realised my screw collection was in desperate need of order, so began a fascinating adventure trawling through packets, boxes and whatnots in the garage, which should keep me entertained for ages. I also discovered a brass house number, now installed after years of procrastination. My father had a similar chaotic collection that took me months to sort after he died. Blessed is the virus, for the work it will save our children.



**WAYNE CURRAN** Tutors and Courses Coordinator

Found tomato seeds in the garage, planted then and surprisingly they sprouted. I'm trying to keep fit: Myra's yoga classes, taking long walks locally and to Mudjimba Beach for a swim. I miss playing tennis and karate classes. I'm practising guitar but not improving much. Just finished the book, 'Strange Glow: The Story of Radiation' and a series on Netflix called 'Unbelievable' (highly recommended). I'm now proficient with video-conferencing, a good learning experience and a great way to keep in contact with family and U3A friends and colleagues, but looking forward to face to face classes recommencing.

**JOHN ARMSTRONG** Communications Officer



My focus is on staying active and not slipping into ‘couch potato’ mode. I really enjoy getting out on my bike for a ride, especially as there’s a myriad of bike trails close to canals and the beach and through bushland. My favourite ride is Birtinya to Currumundi Lakes via the bush trails, up the trail parallel to the beach to Bokarina and around Lake Kawana home. Being part of the U3A MC also keeps my brain active and I enjoy the work. The combination of bike riding and U3A work also keeps me out of Suzy’s way such as when she wants a clear run at cleaning the house. I like that.

**WAYNE MATTHEWS** Systems Administrator



Here I am completing a 1000 piece jigsaw in this isolation time. The jigsaw was quite challenging with a lot of similar pieces being similar colours and design. I have another one to do which will be more challenging as it is nearly all the same colour plus a 3D Harry Potter 750 piece jigsaw. Now I have time on my hands and a change from gardening and decluttering. The main thing we miss is the actual face to face contact with our granddaughters and other U3A members through our classes and meetings. Skype, Face Time and Zoom are fine but it’s just not the same as actual contact.

**MARGARET THOMPSON** Grants Officer



Although in great health as usual, I thought it prudent to go into self isolation. Fortunately, my son in law has been doing my grocery shopping. I have ramped up my baking, gardening, organising cupboards, cleaning windows and even polishing the wretched silver! I brighten my days with FaceTime sessions with my family and friends in Canada and here in Australia. One highlight is represented by my photo. Three of my friends and I, now known as the ‘Fab Four’, started our own biweekly Zoom party and I thought I would get dressed up. I spotted some Christmas decorations and voila! there was my party ‘corona’ (dict. definition: crown, wreath, garland, circle of light).

**EVONNE WALKER** Treasurer



During my self isolation I have been doing some decluttering as most of us seem to be doing. I’ve also done lots of reading & watching Netflix catching up on some series. I miss my large circle of friends & our lunches & dinners together. I have seen my daughters regularly & been in touch with all my grandchildren who all live locally except one granddaughter who is stuck in New Zealand. I talk to her on messenger her every day.

**DAWNE CLARKE** Secretary



How different our world is at present. This Anzac Day, instead of attending the Dawn Service in Martin Place, Sydney with all its pomp and ceremony, I am standing in my street listening to a lone piper playing the last lament on the parapet of Bli Bli castle. My neighbours come out to remember the men and women who gave their lives to allow our nation to be safe and free. Today is a day when we learn again the horror of purposeless war. It is a day for looking after our mates, cherishing our homes and families. It is a day for realising how rare this country of ours is and how precious it is. Unfortunately, my dog (pictured) elected to stay in bed. Take care and stay safe, Dawne

## Carer Gateway available through Wellways



Lyn Harris is the new Coordinator Community Engagement & Volunteering for the Sunshine Coast. Seven years ago, Lyn began working with mental health Carers. “Frequently, there was a dual diagnosis so I quickly learned about disabilities, the NDIS and aged care systems. As a Carer myself, I’m excited about the new Carer Gateway service and that I can continue working in this field.” Lyn welcomes any enquiries regarding support for family/carers. Email [lharris@wellways.org](mailto:lharris@wellways.org) or call Wellways on 1300 111 400.

## Training resources – videoconferencing



While videoconferencing is the catch-phrase these days for meetings online, many people may need some training in the use of applications such as Zoom, Lifesize and Skype. For beginners, here's an easy to follow video on using Zoom:

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

For Lifesize users here's a good starting point:

<https://www.youtube.com/watch?v=s8pK24zh8VQ&t=2s>

Skype users may find this video informing:

<https://www.youtube.com/watch?v=NRcb3uB3Jac>



## Keep those story leads rolling in

Thank you to those members who sent in story leads for this edition of eVoice. The contributions were appreciated and I would like more material for the June edition.

Please send to [communication@u3asunshine.org.au](mailto:communication@u3asunshine.org.au)

*John Armstrong*

*Editor*

Learn, Laugh and Live!



THE UNIVERSITY OF THE THIRD AGE

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