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Special Conference Edition

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New Network President Rhonda Weston's AM Reports on Conference

Newly elected Network President Rhonda Weston AM begins her report by congratulating and thanking U3A Pine Rivers for staging and managing an outstanding State Conference.

After months of anticipation the 2022 State Conference, hosted by U3A Pine Rivers was finally happening and what a great conference it was. Inspirational and informative speakers, enthusiastic delegates and excited, friendly and well- prepared hosts enabled everyone to come away looking forward to the future. A future that includes greater participation in U3As across our state, a future where Governments fully appreciate and recognize the value of our wonderful organisation and a future where we can assist seniors to enjoy a healthy and active ageing.



Newly elected to the Network Presidents role at the AGM I would take this opportunity to once again thank past president Gail Bonser for her four years of leadership. Gail and her team contributed greatly to raising the profile of U3A across our state and consolidated the work done by previous Network committees. Committee member Colin Maddocks, who did not seek re-election served a term as Communications Officer and we thank him for his contribution to Network.

Two new members joined the team, Trudy Graham and David Bowden. The new team immediately went to work planning their strategies for Network 2023.

Some of you will remember that I have already served a 3year term 2012-2015 as the Network President. The main focus for me at that time was to continue the task of having all Qld U3As members of Network. That was completed several years ago. My focus for my term this time is Marketing. Marketing U3A to not only increase your membership, but Marketing U3A to Governments, Business and to the wider community. We offer an excellent product, let's shout it from the rooftops until it is as well- known as, dare I say it, MacDonalds.

As I said on being elected: I am not a politician nor an academic, what I am is passionate about your right and the right of every senior everywhere in the world to have access to lifelong learning and a healthy and active ageing. I believe the best way to achieve that is to participate in U3A.

Rhonda Weston AM

Retiring President Gail Bonser Welcoming Statement to the State Conference

On behalf of the U3A Network Queensland committee retiring President Gail Bonser welcomed all to the 2022 U3A Queensland State Conference hosted by U3A Pine Rivers Inc.



She said that delegates were in for a real treat at this conference. U3A Pine Rivers had put together a program that would stimulate their intellect and engage them in learning about U3A and the work of other relevant organisations.

Conferences are an ideal place to meet people of similar interests, renew acquaintances and meet new friends. Importantly, they also provide a forum where everyone can garner new ideas to take back to their own U3A. She urged delegates to embrace the opportunity to exchange information and ideas with members of other U3As.

There are now 35 U3As within the Queensland Network. In 2021 U3A Gladstone was welcomed into the fold. The U3A Network Strategic Plan 2021-2025 has a target of establishing six new U3As within the scope of the Plan. There are two in the pipeline, although progress with their establishment has been slowed by the pandemic.

And speaking of pandemics, she congratulated all U3As in Queensland for the way in which they managed every aspect of their operations to get through shutdowns and COVID-19 related restrictions.

Finally, she thanked U3A Pine Rivers for hosting the conference. They have been thoughtful, creative and collaborative in the way they've gone about organising the conference program, the venue and the preparations for everyone's comfort and participation.

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Welcome by Moreton Bay Regional Council Mayor Peter Flannery



Mayor of Moreton Bay Regional Council Peter Flannery gave a warm welcome to Conference delegates, saying that they were visiting one of the fastest growing regions in Australia and, in his view, one of the best communities.

As a former Australian Army soldier and long-serving local Councillor, Moreton Bay Regional Council Mayor Peter Flannery's career has been dedicated to serving his country and community.

During his time as a Councillor, Peter has helped Moreton Bay to become one of the fastest growing Local Government Areas in Australia and saw the delivery of projects like the Peninsula Railway Line, The Mill Priority Development Area at Petrie and University of Sunshine Coast Moreton Bay as the foundation for even greater investment and prosperity for Moreton Bay residents.

Peter arrived wearing his maroon scarf and received a loud cheer from the crowd. He then went on to welcome members and praised the work done by U3A and its volunteers. This was followed on further expansion about the Moreton Bay region and suggested that members may like to stay and enjoy the area. After that he told the audience that Moreton is the third largest council in Australia and the Council was looking to change it's name to become a City as against a Region Council. In Queensland there are only seven designated cities compared with New South Wales which has 40 cities. Part of this push is for better recognition with the Commonwealth Government in terms of receiving grants.

Learn about MBRC: <https://www.moretonbay.qld.gov.au/Home>

Maroochy Barambah performs Welcome to Country at U3A State Conference

At the opening of the U3A State Conference at North Lakes Songwoman Maroochy Barambah performed a Welcome to Country, a traditional indigenous ceremony performed at gatherings to welcome visitors to the land.

Maroochy is the Songwoman and Lawwoman of the Turrbal People, the original inhabitants of Brisbane, and the Dippil people of the Sunshine Coast area. She is a direct descendant of Daki Yakka – Chief of the Old Brisbane tribe.



Maroochy has a long and successful history in performing arts and was the first Indigenous Australian to perform on the Australian operatic stage. In 1993, Songwoman Maroochy became the first Australian to perform at the United Nations in New York in honour of the International Year for the World's Indigenous Peoples.

She has received many awards (both in Australia and overseas), including an Honorary Senior Fellowship of the University of the Sunshine Coast in 2000 for her outstanding and sustained contributions to the community.

Maroochy gave a background on her life story and sang advanced Australia Fair in her native language, which was extremely well received

Maroochy Barambah, an Aboriginal Elder from Brisbane, is of Turrbal and Gubbi Gubbi ancestry with additional bloodline connections to Wakka Wakka, Kamilaroi and Birri Gubba Country. As the Songwoman and Law-woman of the Turrbal Tribe Maroochy is well qualified and has the ancestry to perform the Welcome to Country ceremony.

Maroochy spoke of her upbringing as an aboriginal woman born on Cherbourg Aboriginal Reserve in South East Queensland. She is the Songwoman and Law-woman of the Turrbal Tribe who attended the Melba Conservatorium of Music in Melbourne and the Victorian College of the Arts, graduating in Dramatic Arts.

Over the past five decades Maroochy has delivered lectures on Aboriginal culture at various institutions and was a keynote speaker at the Australian Reconciliation Convention in Melbourne.

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Keynote Speaker Aunty McRose Elu QLD Senior Australian of the Year 2021

Advocate for Torres Strait communities and a strong advocate for action on climate change, Torres Strait Island Elder McRose Elu addressed the Conference with a passion for her community in which she works tirelessly.

Aunty Rose talked about her unwavering vision to bring about change to better the lives of children and families by telling the story of her upbringing and being sent as a teenager from Torres Strait to a school in Melbourne, and she spoke about her commitment to reconciliation and sharing the traditional practices of her people at local, state and federal levels.



She was instrumental in negotiations to legally recognising the traditional customary adoption practices of Torres Strait Islander families which led to the introduction of a landmark Bill to the Queensland Parliament.

Since 1980, Aunty McRose has been drawing global attention to the impact of climate change on the Torres Strait, including speaking at the UN and to business and political leaders. As a member of the Australian Religious Response to Climate Change (ARCC), she advocates for renewable energy and sustainable methods of production.

Aunty McRose has provides essential translation for Torres Strait Islander communities to help them access services and lobbies for funding to support community capacity building. She is also a First Nations Wellness worker with Relationships Australia.

Her address was inspiring in the diversity of opportunities she has taken up and the help she has delivered to the peoples of the Torres Strait and Australia in general in her pursuit of Climate Change action. Aunty McRose stayed around to talked to delegates after her address.

For more information about Aunty McRose please visit the Australian of the Year 2021 webpage here.

<https://www.australianoftheyear.org.au/recipients/aunty-mcrose-elu>

QIMR Berghofer's Clare Blake addresses U3A State Conference

Clare opened her talk at the Conference recounting the establishment of QIMR Berghofer in 1945 as the Queensland Institute of Medical Research (QIMR) by Dr Edward Derrick, an early Director of the Queensland State Health Department Laboratory of Microbiology and Pathology.

It was largely Dr Derrick who specialised in Q fever, scrub typhus and leptospirosis persistence that the Queensland Government set up the Institute. It started with a staff of seven and occupied a temporary building, an ex-US Armed Forces hut in Victoria Park near the then Brisbane General Hospital. This temporary home lasted thirty years.

She then went on to talk about some of the fascinating research taking place at QIMR showing slides and some video. One of the research items she talked about was, “simple blood test to improve cancer treatment”. Cancer patients will be able to select and adapt their treatments based on a simple blood test that is being developed in partnership between QIMR Berghofer Medical Research Institute and Swiss start-up Biopsomic.

Clare Blake has over 25 years' experience in both radio and television. Her work as talkback radio host on Macquarie's Radio 4BC led Clare to an advocacy role for outback Queensland.



Clare is also an expert in media training for medical researchers. As a qualified teacher with a Sport Science major, Clare currently holds accreditation with Medicines Australia from The University of Queensland. At QIMR Berghofer, Clare finds the perfect combination of science and communication.

If you would like to read more about the work at QIMR Berghofer to improve treatments for cancer, go to: <https://www.qimrberghofer.edu.au/media-releases/simple-blood-test-to-improve-cancer-treatment/>

Table discussion 'Challenges to U3As' facilitated by Steve Connelly



Steve Connelly provided the Conference delegates with an insight into the effective operation of not-for-profit organisations particularly in keeping volunteers happy in their work, balancing work for organisations such as U3A with home and private life.

Steve Connelly directs CPR Group's sport and community development team. He has worked with CPR Group since 2005 and has extensive experience across a broad range of projects. Steve lives for those 'light bulb moments' and gets a genuine kick out of helping volunteers to be happier in their roles and activating the human potential which exists in all not-for-profit organisations. Steve assists committees to run better businesses, enhance financial viability and become volunteer champions. Steve is a qualified workplace trainer.

After a short presentation on his background and the various ways he works with not-for-profit groups Steve moved to facilitating table group discussion based upon the results of a preconference survey from people attending the conference. The top five responses from the survey were selected as topics for table group discussions. There were fourteen tables which were allocated one of the following five topics.

- Volunteers - attracting, retaining, and rewarding.
- Tutors - attracting, retaining, and rewarding.
- Management Committee - attracting, retaining, and rewarding.
- Succession Planning - all roles, assistants for roles and subcommittees.
- Promoting U3A

After a 40-minute discussion where notes were taken there was then a 45-minute period when tables presented their ideas, with some advice and comments thrown in by Steve. The session was well received and lots of exchange of ideas took place. The note papers were collected after the session and they will be correlated for distribution at a later date.

This is the CPR Group Link: <https://www.cprgroup.com.au/>

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Mark Tucker-Evans COTA Queensland

Mark has over 30 years' experience as a Chief Executive of industry and professional associations. He gave the delegates a rundown on what COTA Queensland does for seniors. It is a registered charity advancing the rights, needs, interests and futures of people as we age.



Among other things he raised the marking of World Elder Abuse Awareness Day (WEAAD) this year on 15 June. WEAAD provides an opportunity to connect and learn about Elder Abuse, its impact and older people's right to protection. When respect and honour are positioned in our interactions with Elders, we are all better positioned to combat and mitigate Elder Abuse from occurring.

Leading on from that he raised the webinar COTA Queensland, U3A Network Queensland and nbn had come together to organise on WEAAD day to assist seniors to navigate the digital world. So many of the things we do each day require us to go online – from paying our bills, doing the shopping, or catching up with friends and family. Not everyone feels confident navigating the online world, that's where OSCAR comes in. nbn created OSCAR (Online Skills Check & Resources), to help Australians measure their level of online skills and find the resources to become more capable and confident online.

Here is a Links to the OSCAR Test: <https://onlineskillscheck.com.au/>

Conference Presidents Council facilitated by Mark Tucker-Evans

President's Council at the conference in Pine Rivers centred around discussions about the goals Network set in 2009 and whether these had been achieved or not. In the main, it was agreed that they had but some felt that more action is required in a few key areas, such as communication, publicity, and training. Your Network committee will be working on these, and more, in the year ahead.



At our first Network committee meeting on the day after the conference it was agreed that members of the committee would be allocated individual U3As in a liaison role as part of the enhancement of communications with U3A groups.

With respect to training we are including a link below to *The Complete Governance Handbook* which is available on our new website: <https://u3aqlld.au/governance-manual-4/> This offers comprehensive information about the committees and their activities. We will follow this up with further information in the future.

We would like to thank Mark Tucker-Evans for facilitating this event. We also wish him all the best in his next stage in life as he steps down from his role of Chief Executive of COTA.

Rockhampton to host the 2023 U3A Network State Conference and celebrate



50 years since the founding of U3A

"*Experience the Unforget-a-bull*" is the theme for Rockhampton's 2023 conference. They will also have the honour of celebrating 50 years since the founding of U3A in Talouse, France. Henry Cope, Chair of the Conference Committee, and his Rocky delegation, were excited to showcase what would be on offer at the 2023 conference with its international flavour as well as the highlights of Rockhampton itself.

Two very distinguished international guests will be in attendance.

Professor Francois Vellas who is President of AIUTA (Association of International Universities of the Third Age) and Professor of International Tourism Economics at the University of Toulouse.

"As President of AIUTA I would like to congratulate the wonderful incentive of Queensland U3A Australia for organising in Rockhampton the very important event of the 50th anniversary of the University of the Third Age. AIUTA with 67 countries all over the world – from Africa, America, Europe, Asia, Oceania (Australia), we support this important event.

The Universities from all around the world will be aware of this event and a lot of Universities of the Third Age will come to Rockhampton to celebrate with Australia's U3A the 50th anniversary of the University of the Third Age. I would like to say bon chance and merci."

Professor Maria Chester, Secretary General of AIUTA Emeritus Professor of Archaeology with a passion for Cave Art and Rock Art.

"Thank you for the invitation. As the secretary General of AIUTA, that takes in all the U3A's around the world I will be attending your Annual Conference that by the way is celebrating 50 years of U3A in the World. Worldwide our movement is very healthy so we, Francios Vellas that is our President, we will be there with you and just a big thank you to my dear friend Rhonda Weston for inviting me and I know she is the mentor of Queensland Network so with Francios Vellas we will be there on 9th and 10th of May 2023 to just be with you celebrating our hard work. From AIUTA and from myself Maria Chester all the best and see you then. Thank you very much."

For a further information on Rockhampton please visit their website at <https://www.u3arockhampton.org.au/2023.htm>

Henry had a tip for a cheap way to get there Why not use your Seniors/Pensioners rail discount?

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Unlearning is the New Learning with Professor Karen Becker

In a shock revelation to those who hold degrees, Professor Karen Becker informed the audience that in today's world knowledge changes so fast that what is learned at university changes within two to three years. But all is not lost!

Professor Becker was appointed as the inaugural Head of USC Moreton Bay campus located at Petrie in February 2020. She is a human resource management professional, having worked in corporate and consulting roles prior to moving into universities to teach and research in this area.

Karen discussed the concept of how unlearning emerged in response to the recognition that individuals and organisations are not 'blank slates' and that existence of prior knowledge may hinder efforts to learn or acquire new knowledge. Knowledge management relies on



the acquisition and sharing of knowledge by both individuals and organisations, and learning is an important part of this process.

However, being willing and able to unlearn is proving to be just as important. Unlearning involves questioning existing knowledge and, in many cases, relinquishing what was previously thought to be 'true'. The focus on unlearning argues that releasing prior knowledge, or at least acknowledging its presence and shortcomings, may hold the key to successful knowledge management, for both individuals and collectives.

Karen also spoke about promoting a diversity in enrolment in the university learning program and to this effect brought along one of her mature age students who described her pathway to her university education. She is the only female in her engineering degree.

The unlearning concept is certainly an interesting subject to try and get your mind around. Might be something you have to Google.

USQ Campus: <https://www.usc.edu.au/study/life-at-usc/study-locations/usc-moreton-bay/the-usc-moreton-bay-campus>

Winners in the U3A Network Queensland Arts Competition were announced at the Network's Conference Dinner.

This year's winners in two categories – Painting and Drawing – were announced at the State Conference Dinner attended by more than 100 delegates and guests.

Newly elected President of U3A Network Queensland, Rhonda Weston, congratulated all U3A members who submitted their art to this year's competition, saying that the judges were impressed with the quality of work submitted and that it showed the keen interest in art across the 35 U3A Associations across Queensland who are members of the Network.

“The Arts Competition showcases the talents of U3A members and the Network Management Committee appreciates the passion of tutors and art classes members devoted to creating art masterpieces.”

The Winners Painting Section

The \$200 First Prize was awarded to Kaye Sandstrom from U3A Redcliffe for 'No Birds Here'



The \$100 Second Prize was awarded to Kevin Hanley from U3A Toowoomba for 'Abstract #2'.

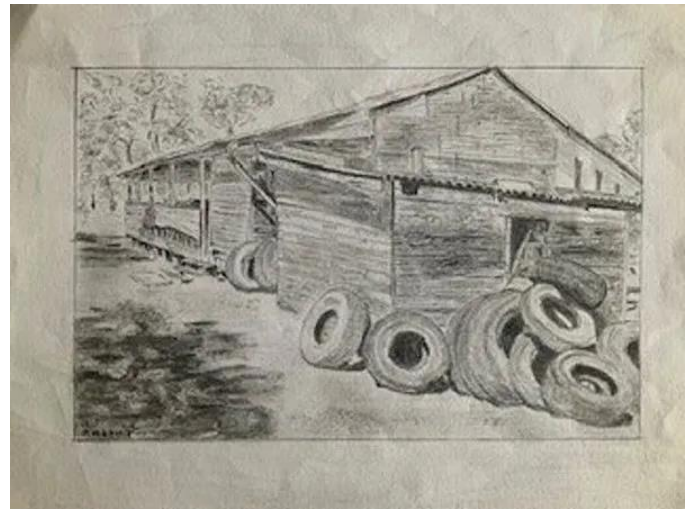


The Winners in the Drawing Section:

The \$200 First prize was awarded to Mauve Cunnington from U3A Brisbane for 'U3A Portrait Class Shows Off'.



The \$100 Second Prize was awarded to Ralph Townsend from U3A Toowoomba for 'The Tyred House'.



A video showing the art works submitted in this year's competition are illustrated in a video along with assorted comments from the various artists on what art and/or U3A has brought to their life. There are also the judges' comments about the winners. Link:

Roly Sussex urges Australians to learn a foreign language

ABC presenter and languages expert Roly Sussex enthralled delegates at the Network State Conference with his wit and his broad knowledge of the languages of many countries, and he urged all Australians to learn at least one other language than their native tongue.

Those of you who listen to Roly on the ABC will realise the enjoyment he brought to the gathering with his tales and examples of the intricacies of language. He was very enthusiastic that Australian needs to pick up its language skills, learning more foreign languages. He also said that he has recently been reading that the learning and practicing of foreign languages may help push back the onset of dementia.

Roly suggested that he was quite open for members to contact him with language enquiries at r.sussex@uq.edu.au



New Network Promotional Video Launched

U3A Network Queensland has produced a new video that identifies the many benefits of U3A membership in creating a new life after a working life, for seniors.

The project, led by Network Communications Officer, Colin Maddocks and Vice President John Armstrong will be screened for the first time at the Network's State Conference hosted by U3A Pine Rivers at North Lakes 8 - 9 June 2022.

The video features many lifestyle and learning activities undertaken by U3As across Queensland, with voiceover by U3A Sunshine Coast Tutor, Jules Verity, and special commentary by University of the Sunshine Coast Vice Chancellor Helen Bartlett who is also a renowned gerontologist.

The video will be made available to all U3A delegates at the Conference and is also available for viewing and download:

Link to the new: <https://u3aqlld.au/videos/u3a-network-video-multi.mp4>



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Secretaries/presidents and publicity officers can assist by distributing our E-News to your committee and other members. You can use the URL link from our website below to insert it in your newsletters or notices to allow members to access the E-News on their own devices.

Network Website Link: <https://u3aqlld.au/network-queensland-newsletters/>

If you have any interesting information or pictures from your U3A's activities, I would be very interested if you could drop me an email with the details. Also, if we can help in any way please don't hesitate to contact us

Tony Nobbs

ENews Editor

Email: editornews@u3aqlld.au