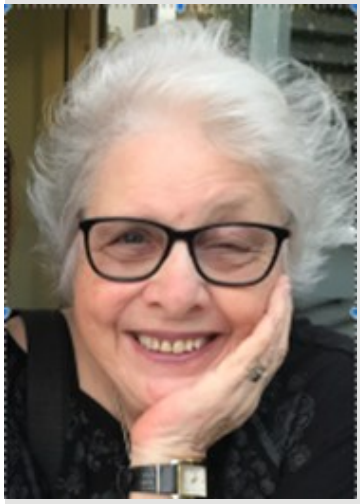
eNews

September 2026

Connecting Seniors to Lifelong Learning



President's Report

Des Taylor

Hello all

We are now looking forward to formally opening our new premises on **Level 3 at 288 Edward Street, Brisbane.**

Our Open Day is on Saturday 5 September from 9:30am to 12 noon.

The Tutor Presentation Program is published on p.2 below.

We will conduct a brief opening ceremony at 11:00am. Open Day is an opportunity for members to bring family and friends to see what U3A is all about, and to encourage those eligible to join.

We welcome all new faces and invite people to ask the tutors present on the day about our courses, and to attend the presentations on offer between **9:30am and 10.30am**.

Light refreshments and drinks will be available in the kitchen and the members lounge on the day.

I look forward to meeting many of you, and your friends, on the 5th. Please assist us with catering by registering to attend:

Register for this Event

Huge thanks!

An Open Day involves much planning and organisation. I particularly thank the members of the Management Committee involved — Cheryl Hayden, Kristen Sharpe and Lyndall Beattie . Volunteers will be at the entrance to the building, and will assist with the lifts to the third floor.

Queensland University of Technology

At our wonderful AI presentation last Monday, Dr Wenda Li from QUT discussed the question, **AI: What should we trust, Question and Control?**

Fifty members attended and had an opportunity to not only learn how to approach AI safely, but also to ask Dr Li questions.

It is not always easy to find someone qualified to answer questions about current issues. The members present were very interested and involved.

There will be another QUT presentation from Dr Zhijian Sun (QUT) on **September 7**.

Title: ***What Queenslanders prefer in housing: a history of designing kitchens for hot summers***.

See below on p.3. for more details and an opportunity to register.

University of Queensland

UQ is again offering a special event for U3A Brisbane Members.

Date: **Tuesday 29 September 2026** (during the term break)

Time: 12:30-2pm (lunch 12:30-1pm)

Title: ***What should you eat to age well?***

Speaker: Emeritus Professor Sandra Capra AM School of Human Movement and Nutrition Sciences, UQ.

Facilitator: Emeritus Professor Roland Sussex OAM, UQ School of Languages and Culture

See below on p.4 for more details and an opportunity to register and pay.

Regards,

— Des

2026 Open Day 5th September

Time	Activity	Presentation
9:30	Doors Open - Gather in the Members Lounge – Brief Welcome and Info, e.g. Toilets, lifts etc.	
Session 1	**Presentations by Tutors 1**	
9:45 – 10:00	Patrick Collins	B68 Pickleball
	Derek Kemp	D03 Financial Literacy
	Linda Mains	J75 German - Advanced Class 1 (Face-to-face)
	Maureen Lillie	H51 Living in England in the 15th century
	David Williams	H57 Military History Bites
Session 2	**Presentations by Tutors 2**	
10:15– 10:30	Breanda Cross	N03 Audio Podcasting
	Martin Gellender	S12 Science and the big issues of our time
	Tom Mylne	J95 Topics in linguistics
	Lynette Duffy	A08 Origami
	Terry Halton	M17/M24 Ukelele
	Lynette Henry	L21 Writers' Collective
	William Grey	Y08 - Philosophy: Mind and Nature

Other Tutors available on the day:-		
9:45	Deslyn Taylor	L15 Literature with Friends
	Stuart Wallace	G13 Writing Family History
	Dan Feehely	H55 Investigating Brisbane History in the Face of First Nations Resistance
10:15	Christiana Chau	B64 Healthy Living, Successful Ageing
	Dianne Brinkworth	F70 500' Card game: beginners, intermediate and advanced
	Vreni Forrer	F64 Canasta Card Game Variations
	Jocelyn Giordano	J 85 Italian and X06 Discovering Art Deco
10:15	**Morning Tea**	
10:30	**Musical Interlude**	
11:00	**Official Opening**	

Special presentation

Too big to fail, too powerful to regulate: the rise of Australia's mega gambling industry

Friday 18 September 2026 at 1.15pm

Level 3, Room 5
288 Edward Street

Synopsis

Australians lose more per head from gambling than any other nation.

Serious social problems have resulted.

Big gambling companies have taken over sporting codes and engaged in mass community advertising in an effort to normalise gambling.

The problem has been decades in the making.

Drawing from his recent book on the findings on the topic, *Hooked inside the Murky World of Australia's Gambling Industry*, author Quentin Beresford will chart the rise of Big Gambling.

He will also show how government policy has been instrumental in the mass adoption of poker machines, the approval of multiple casinos and the penetration into society of online gambling.

It's a disturbing examination of how a powerful industry captured government — and how both of them have dismissed warnings of the impending social damage.

Quentin Beresford (left) is a retired professor of politics and the author of more than a dozen books on Australian issues, covering corporate power, the environment, Indigenous issues and biography.

He has won six national literary awards for his work.

He is a frequent public speaker and a regular tutor at the University of the Third Age; most recently *American Civil War, Origins and Aftermath*.

Register for this Event

What Queenslanders Prefer in Housing. A History of Designing Kitchens in Hot Summers

Dr. Zhijian Sun (QUT)
Date: Monday 7 September 2026, 9:30am-11:00am

Venue: City Campus, Level 3, 288 Edward St

Do you remember the kitchen of your home when you were a child? Was it hot and stuffy during Brisbane's summer? Was it labour-saving for housework? How did your family use this space? In this engaging session, we will read old photographs, local newspaper stories and housing plans, to explore the history of Brisbane's postwar homes in the 1950s and 60s in our memory.

We will start from a simple but important question:

What can we learn today from Brisbane housing design in the history? What is your dream kitchen?

No special skills needed. Just bring yourself, your memories, stories, and detailed observation of everyday life.

Dr. Zhijian Sun is a Lecturer in Architecture at the School of Architecture and Built Environment, Queensland University of Technology, Brisbane, Australia. He recently completed his PhD in Architectural History at National University of Singapore (NUS). In 2024, he was a visiting scholar in modern design history at the University of Oxford. At the intersection of architectural history, environmental history, and history of science, his current work investigates how the care for people's fatigue and labour efficiency deeply impacted climatic design in Queensland's postwar housing.

Register for this Event

Special presentation

Title: *What should you eat to age well?*

Date: Tuesday 29 September 2026

Time: 12:30–2pm (lunch 12:30–1pm)

Location: Room 227, UQ Brisbane City, 308 Queen Street, Brisbane

RSVP: Tuesday 22 September 2026

Cost: $35 (includes lunch and the talk)

Registration/payment link: https://uqevents.eventsair.com/26what-should-you-eat-to-age-well/rsvp

While public nutrition guides serve a general purpose, personalising your diet can help you continue to age well.

Join Emeritus Professor Sandra Capra from the University of Queensland (UQ) as she takes you through the changes you can make to ensure you stay well for longer.

In this talk, she will cover what a healthy diet looks like in later life, how to personalise your nutrition for your needs, and how to recognise and manage malnutrition to improve your wellbeing with food when you're unwell.

Speaker: Emeritus Professor Sandra Capra AM, School of Human Movement and Nutrition Sciences, UQ, PhD '94

Emeritus Professor Capra is a leading nutrition and dietetics expert at UQ.

She was awarded a Member of the Order of Australia in 2003 for her significant contributions to nutrition policy, workforce development and community health nationally and internationally.

A former president of the International Confederation of Dietetic Associations, she has authored more than 240 publications and continues to contribute through research, doctoral supervision and mentoring.

She is a Fellow of Dietitians Australia and the Queensland Academy of Arts and Sciences.

Facilitator: Emeritus Professor Roland Sussex OAM, School of Languages and Cultures

Since retiring from his role as Professor of Applied Language Studies at UQ in 2010, Emeritus Professor Sussex has been researching pain, communication and intercultural communication while supervising research students.

He presents at academic conferences and community organisations regularly on language and communication and is a regular spokesperson in the media.

In 2012, he was awarded a Medal of the Order of Australia for service to the development and understanding of languages in Australia.

Profile: Bernadette Ketter, U3A office volunteer

My first introduction to U3A was from friends of mine who sent me the schedule of classes available during the Winter School — the year Hugh Lunn was the keynote speaker. It was difficult deciding what to attend since everything sounded fascinating.

I then joined U3A and attended so many interesting classes including *Vietnamese history, culture and cooking* with Lien Yeomans, *Creative Writing* with Thea Biesheuvel, and *Exploring Brisbane through Digital Photography* with Chris Deeming alongside fellow class member, centenarian Anne Collins.

One day, I received a phone call from the U3A office asking if I was still interested in becoming a volunteer. I must have accidentally ticked the relevant box on the membership application form, but had forgotten.

However, that was the start of many years working in the office, from when classes were only held at the Creek Street venue. I now work in the office on Tuesdays and am the Logan district coordinator. Logan has many interesting classes, including:

- Travel Group
- Tai chi
- Chi kung
- Walking stick for self-defence
- Trivia
- History
- Creative writing
- Ukulele
- Guitar
- French
- Spanish
- Philosophical discussion, to name a few.

The interesting point about U3A is that it is entirely run by volunteers — all the members of the management committee, the tutors, the office staff, our IT expert and eNews editor.

Membership fees and class fees go towards providing resources to run the classes.

So many tutors have a wealth of experience, expertise and enthusiasm which they are willing to share with other members. U3A is run by members for members.

Outside U3A, I am involved in Rostrum public speaking clubs, community radio station 4EB, Scottish Group, Women Writers Queensland and a local quilting group (although I seem to spend more time doing clothes alterations than quilting).

Bernadette comments on her quilt: "I made it for a significant milestone in a friend's career (left) and thought it was a bit bland so made the back (right) about her personal life — romance, movies, mahjong, bingo, middle-age body shape, Red Hat Society, and travel. Fortunately she has a good sense of humour."

Missed out on the previously advertised trip?

Join us for another exciting day at *Toowoomba Carnival of Flowers*, Thursday 24 Sep

The previously advertised bus trip to Toowoomba was quickly booked out. But we have now organised an extra visit on **Thursday 24 September.**

Join Queensland's most colourful Spring celebration. Wander through award-winning gardens, enjoy the vibrant festival atmosphere and relax with lunch included.

The trip includes:

- Visit to Laurel Bank Park
- Visit to Queens Park
- Lunch
- Luxury return coach travel

Time: leaves promptly at 8.00am from 288 Edward St Brisbane (outside U3A City Campus building) and returns by 4.30pm.

Total cost: $90 per person. Includes return coach trip and lunch.
Book through U3A office.

QSO CONCERTS SEPTEMBER 2026

Maestro 6: La Mer
Date: Friday, 4 September 2026, 7.30pm
Venue: Concert Hall, QPAC
Duration: ~2 hours, including interval

From gentle tides to stormy swells, this concert captures the ever-shifting moods of the sea.

Opening with a delightful Debussy favourite, *Petite Suite*, Australian pianist Stefan Cassomenos then brings warmth and wit in Shostakovich's *Piano Concerto No.2*, a personal gift to his son that shows his more playful side.

Australian composer Paul Stanhope offers a contemporary response to the sea with Ocean Planet, a powerful reflection on the beauty and fragility of our oceans. We then hear Ravel's *Une Barque sur l'oce*an, an ode to the serenity yet stormy unpredictability of the ocean.

At the heart of this concert is Debussy's *La Mer*, a vivid portrait of water in motion inspired by Monet's seascapes and The Great Wave off Kanagawa. Let the tides of music wash over you in this stunning concert.

Program / Details
DEBUSSY — *Petite Suite*
SHOSTAKOVICH — *Piano Concerto No.2*
PAUL STANHOPE — *Ocean Planet*
RAVEL — *Une Barque sur l'ocean*
DEBUSSY — *La Mer*

Conductor: Eduardo Strausser
Soloist: Stefan Cassomenos, piano
Ticket Prices: starting at $111.60* per person + booking fee, per concert, *Normal price $145 (A-RES Adult)
Bookings: sales@qso.com.au, ph 0738335054

Maestro 7: Symphonic Dances
Date: Friday, 25 September 2026, 7.30pm; Saturday, 26 September 2026, 7.30pm
Venue: Concert Hall, QPAC
Duration: ~2 hours, including interval

A celebration of music that moves the body and soul.

From folk steps to final farewells, this concert is built around the joy of dance. At its heart is Rachmaninov's final major work Symphonic Dances. Written in exile, it is filled with sweeping emotion, nostalgia, and the echoes of a life in motion. Led by Chief Conductor Umberto Clerici, it's a powerful blend of elegance and vitality complete with an unforgettable saxophone solo.

The evening begins with Dvořák's Slavonic Dances, bursting with Bohemian spirit and irresistible folk rhythms. Then comes soloist James Crabb for the Queensland premiere of Holly Harrison's Concerto for Classical Accordion and Orchestra, a bold, high-voltage work that dances to its own beat.

Program / Details
DVOŘÁK — *Slavonic Dances Nos. 1, 2 and 3, Op.46*
HOLLY HARRISON — *Concerto for Classical Accordion and Orchestra*
JOHN ADAMS - *Lollapalooza*
RACHMANINOV — *Symphonic Dances*

Conductor: QSO Chief Conductor Umberto Clerici

Soloist: James Crabb (Scotland), classical accordion

Ticket Prices: starting at $111.60* per person + booking fee, per person per concert *Normal price $119 (A—RES Adult)

Bookings: sales@qso.com.au, ph 07 3833 5054

Around the traps with Linda

Hello everyone,

Thank you to all those who entrusted their money to me for the tickets to the Savoyards' *The Pirates of Penzance*.

It's all going swimmingly well with confirmation of the date **4 October,** and the tickets will be with me next week sometime after the funds have gone through.

I will let you know as soon as I have them and (visiting cousin permitting), I shall provide you with copies of the tickets in case something happens to yours truly!

For those who have missed coming with my group booking, the tickets are now open to the public and you can still buy individual tickets (not at Chemist Warehouse prices — but they're still a bargain as against QPAC prices!)

Apart from Savoyards having their last shows on the first weekend of October, there's not much on in October!

Re Brisbane Arts Theatre, please note that for September, both play and venue have changed from what was in last month's newsletter.

NASH Theatre: We went to the preview of *The Murder Room*. The actors were amazing with their timing; it was hilarious throughout; and the leading lady's fashion was to die for! (Don't forget to look at her shoes.)

I felt as if I had just come off a roller coaster. Never seen a play like it before. Well worth the drive in.

The Mousetrap has something completely different in September: a fashion parade!

For updates on what plays are happening during the next two months, and where, click on this link:

Around the Traps

— Linda Daniel

Pickleball — a great sport for seniors

One of the world's fastest growing sports, pickleball is a mix of table tennis, tennis and badminton played on a small court with a paddle and lightweight plastic balls.

This sport is very popular with seniors because there is much less running than other racket sports, serving is underarm, and it provides cardiovascular exercise without putting heavy impact on knees, hips and lower back.

Its also is good for your brain and your dynamic balance, as it requires hand-eye coordination, anticipation and tactical thinking.

Best of all, pickleball is social. Our U3A group plays a friendly game of mixed doubles with plenty of time to chat, and we always have a coffee afterwards.

You don't need to be an athlete to play. You just need a pair of runners, a water bottle, sun protection, and the willingness to try something new and to have some fun.

We play on Tuesday mornings at Davies Park in West End. Interested? Just search for *B68 Pickleball* on the U3A website.

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