

MindVentures

learning + leisure for retired and semi-retired people

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Making the Most of Your Life in the Third Age

The term 'third age' is coming increasingly to replace 'retirement' to describe that phase of life when employment and family responsibilities are reduced and you are able to engage in other fulfilling activities.

Among the options is the maintenance and extension of intellectual interests – the pursuit of what is often termed 'lifelong learning'. Or you can visit and explore new places. And meet and socialise with new and interesting people.

MindVentures programs make it possible for you to combine *all* of these activities while enjoying a high standard of comfort in a congenial social setting.

Programs scheduled for the coming months are listed on the following pages.

OUR NEW BROCHURE

Enclosed with this mailing is our new brochure. (They say a picture paints a thousand words etc. etc.)

Some of you may have already seen it. If you haven't, the brochure probably doesn't convey any more information than I hope members of our mailing list already have. But it does include (in addition to the pictures) a few testimonials in the form of comments made on the feedback forms that we get all our participants to complete at the end of each program.

The forms, and comments, are anonymous but they convey in the words of participants what you can expect of a MindVentures program.

If you haven't already taken part in a program we hope that we'll soon get the opportunity to ask you to fill in one of these forms.

If you *have* participated in a previous MindVentures, then there's a bottle of wine for anyone who can claim one of the comments. (We'll check your claim with a handwriting test...!)

SURVEY

Yes, I know – you're being asked to complete surveys all the time!

Well, here's another request. A short survey is also included in this mailing. However, it won't take more than a couple of minutes of your time to complete and will provide us with valuable information that will help us offer programs that best meet your interests and needs.

We're even offering an incentive! – the chance to participate in any MindVentures program of your choice within the next twelve months free of charge except only for the cost of any accommodation that may be involved.

One completed survey returned by the end of February will be selected at random.

Even if you have participated in a previous program or already provided some information about subject areas of interest to you we would still appreciate your response.

The survey is easy to return (simply refold, tape it together, and mail it, or put it in an envelope if you prefer – either way no postage stamp needed). So if you have a few minutes to complete and return the survey I'd be most grateful.

PROGRAMS COMING UP

As you receive this Bulletin we'll be about to start the *MindVentures* program *Understanding Climate and Weather* at the University of Southern Queensland in Toowoomba.

In March, Tamborine Mountain will be the location of a program where an interest in the arts can be enriched by visits to a number of artists and craftspeople who have made the mountain the base for their life and work. There are places still available in this previously advertised program.

In April there are three programs in a new one-day format, two of them in Brisbane and one on the Gold Coast. The first of these focuses on the principles and practices of Islam. So if you feel the need to understand more about this religion of major world significance, here's an opportunity. Or if you are interested in art, and the arts more generally, the other one-day programs will let you indulge that interest with an art tour of Brisbane or a day spent at the Gold Coast Arts Centre.

Following the positive response to the walking program last year in the coastal and hinterland regions of northern New South Wales there's another opportunity in May to visit some interesting and spectacularly beautiful country in south-east Queensland. The program, to be based in the comfort of a quality venue in Stanthorpe, offers three days of being 'out and about' on the Granite Belt. More than just a 'walk through the bush' this is a visit under the personal guidance of an

expert environmental scientist who is certain to add to your appreciation of the physical features and the flora and fauna of the region.

The schedule also includes a traditional *MindVentures* 'people and place' program, this time based in Gympie. This is an opportunity to be a 'deliberate visitor' to the town and region – to be taken to places of natural and historic interest, and to learn about both the history of the town and its more recent social and economic characteristics from members of the local community.

There's also two programs (both in Brisbane) that will allow you to stretch the mind. If you are interested in the arts, you can spend a couple of days exploring the way in which the concept of love has been reflected in several different art forms: literature, drama, poetry, art, music, film and others. Or you can deepen your understanding of an important contemporary social issue in a program presented by a number of indigenous and non-indigenous people on the subject of Reconciliation. Both programs are sure to be thought-provoking.

All these programs are summarised below. We hope that one or more of them will be of interest and that you will join us for an experience of 'learning + leisure'.

Best Wishes

Bill Richmond

THE GOODEARTH HOTEL

Programs based in central Brisbane are held at the Goodearth Hotel, conveniently located on Wickham Terrace. (Some people might know the hotel better in its former guise, pre-refurbishment, as the Gazebo).

Not only does the hotel offer all the facilities to enable a *MindVentures* program to be a comfortable and enjoyable experience, *MindVentures* participants are now eligible to obtain accommodation at highly competitive rates on either or both the nights before, or the nights following a program. So if you are from 'out of town' you can now extend a Brisbane *MindVentures* experience to a longer, economical, stay in the city. Details can be obtained through *MindVentures*.

MindVentures

Finalist in 2003 Seniors Card, Business Excellence Awards

INTERESTED?

WHAT TO DO NOW

Return the form on the opposite page to request more details of programs, or to enrol provisionally in a program and secure a place. Or you can check out the details on the website (www.mindventures.com.au). Or give us a call on 07 3878 4077.

Note that the 'all inclusive' cost covers all aspects of the program (including transport for field trips), accommodation (on a twin-share basis*), all meals/refreshments and pre-dinner drinks. So there is nothing more to pay. The 'non-residential' cost excludes accommodation and breakfast where these are not required, but includes all other meals/refreshments (including drinks and dinner).

* single accommodation is generally available if required

Programs coming up...

TM441: ARTISTS AND CRAFTSPEOPLE ON TAMBORINE MOUNTAIN

17–20 March
[Mount Tamborine Motel]
\$555 (all inclusive)

An opportunity to visit the workplaces of a number of artists and craftspeople who have made Tamborine Mountain their base. See them 'in action' and talk to them about their work. Find out about painting, pottery, sculpture, weaving, ceramics, sketching and more. Wake up to the breathtaking views from our motel and experience the environment that has attracted so many creative people.

RE442: ISLAM: PRINCIPLES AND PRACTICE

15 April (one-day program)
[Brisbane – Goodearth Hotel]
\$69 (includes lunch, refreshments and transport)

This program aims to give you an understanding of both the principles and practices of Islam, one of the major religions of the world. A series of seminars and discussions led by different scholars and practitioners, including Dr Roxanne Marcotte from the University of Queensland's Department of Studies in Religion, will be supplemented by a visit to a mosque to meet and talk with the Imam. Cost includes lunch and refreshments and transport to the mosque.

BA443: AN ART TOUR OF BRISBANE

22 April (one-day program)
[central Brisbane pick-up]
\$99 (includes lunch and refreshments)

A tour of approximately eight art galleries in the Brisbane area to view a mixture of traditional, contemporary and indigenous art. Visits will allow participants to get a 'behind the scenes' appreciation of what is involved in running an art gallery and exhibiting art. Meetings with artists where possible. Transport provided in an air-conditioned mini-bus. Tour organized so as to minimize time spent travelling. Offered in conjunction with ARTOURS.

GC444: A DAY AT THE GOLD COAST ARTS CENTRE

29 April (one-day program)
[Gold Coast Arts Centre, Southport]
\$49 (includes lunch and refreshments)

The day will include a visit to the memorabilia exhibition 'All that Glitters', which showcases 40 years of 'kitsch and memories' of the Gold Coast, and a meeting with the curator of the exhibition. According to shows and other activities at the Centre at the time we will also meet with staff of the Centre to visit the extensive costume, make-up and other facilities, and to discuss the successes and challenges of running an Arts Centre on the Gold Coast.

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Mind Ventures

- I would like to be placed/maintained on the mailing list for MindVentures (only necessary if you don't already receive newsletters)
- I would like further information about a program or programs (please specify) _____
- I would like to enrol provisionally in a program or programs (please specify) (no money needed at this point – you will be sent an enrolment form) _____

NAME _____

ADDRESS _____

TELEPHONE _____

E-MAIL _____

Send this form to
(no postage stamp necessary)

MindVentures
Reply Paid 1491, Toowong Qld 4066
or fax to 07 3878 4677

Programs coming up... (continued from page 3)

WS445: OUT AND ABOUT ON THE GRANITE BELT

4–8 May (three-day/four-night program)

[Stanthorpe and region]

\$689 (all inclusive)

A personalised educational experience of some of the most beautiful and spectacular country in Queensland under the expert guidance of an environmental scientist. Based on a series of walks in the area around Stanthorpe including several National Parks. Visit and learn about the stunning granite and sandstone rock formations, the open eucalypt forests and woodlands, and the diverse animal and birdlife in the region. Shorter walks will be interspersed with a couple of more demanding treks of up to 4km in diverse country. Based at a four-star motel in Stanthorpe. Offered in conjunction with Bushwacker Eco-tours. Transport from Stanthorpe provided.

LL446: LOVE IN THE WESTERN WORLD: ITS PORTRAYAL IN LITERATURE AND OTHER ART FORMS

20–22 May (two-day/two-night program)

[Brisbane]

\$398 (all inclusive); \$298 (non-residential)

An exploration of the theme of love as it runs through western history, literature, art and music. Program consists a series of brief lectures, films and slides, group discussions, debates and quizzes, and more. Survey the great lovers in western culture including Romeo and Juliet, Napoleon and Josephine, Rhett Butler and Scarlett O'Hara and Edward VIII and Wallis Simpson. Reflect on their stories as portrayed in different art forms and media. Be stimulated and entertained. Coordinated by journalist and educator Alison Cotes with guest presenters.

GY447: GYMPIE – 'THE TOWN THAT SAVED QUEENSLAND'

7–10 June (three-day/three-night program)

[Gympie]

\$568 (all inclusive)

A MindVentures 'people and place' program that allows you to spend a few days immersing yourself in the town and region. Meet leading members of the community to discuss both the history of Gympie and its present economic and social place in Queensland. Field trips will allow you to see and experience both the natural and built environment. This is an opportunity to be a 'deliberate visitor' to the area and gain an understanding and feel for the people and place while enjoying the comfort, security and good company that a MindVentures program guarantees. Based at a four-star motel.

IC448: INDIGENOUS CULTURES AND THEIR SIGNIFICANCE – THE AUSTRALIAN EXPERIENCE

16–18 May (two-day/two-night program)

[Brisbane]

\$348 (all inclusive); \$248 (non-residential)

In a series of presentations and discussions utilising a range of audio-visual material, this program will seek to facilitate an understanding of the quest for Reconciliation. Topics will include the very notion of aboriginality and its heritage and culture; the significance of land, the impact of colonisation and the concept of *terra nullus*; and a number of current social issues understood in the context of this background. Through participation in the program it is hoped that those taking part will not only be able to better appreciate the perspective and concerns of the Indigenous community but also to see the wider significance of Reconciliation for Australian society. Presenters will include both Indigenous and non-Indigenous people.

BRAIN POWER

Older people participate in educational and social activities primarily because they enjoy doing so. To be told that 'it's good for you' to do so is probably not a big consideration – even though most of us would agree that people with inquiring minds who are interested in things are physically healthier (as well as being more interesting people!).

But scientific and medical research is increasingly emphasizing that there are major benefits in keeping the mind active.

The traditional view that we are born with a fixed number of brain cells that erode over time is now being widely referred to as a 'myth'. On the contrary, it has been demonstrated that engaging in certain activities –

in particular lifelong learning – actually results in the growth of *new* brain cells as we age. And this a major factor in preventing disease.

Indeed it's now being widely suggested that education and mental stimulation are becoming for the brain what physical exercise is for the heart.

There's even a jargon name for the idea: the 'reserve capacity hypothesis'. As one American neurologist has put it: 'Mental activity builds up the brain to have a reserve. If a disease hits you have reserve cells to fight it and the disease has to battle a lot harder to express itself'.

In other words, MindVentures are not only enjoyable but good for you too!