

The Third Act

Newsletter of U3A Redlands

Vol 1 No 9, October 2019



MESSAGE FROM DEBRA BARKER, PRESIDENT

I am constantly amazed at the thoughtfulness of our members. Please read the insightful comments below from Glenice Palmer, a key person in the Life in Australia team.

*Mindfulness focuses on our wellbeing. **Kindfulness** expands on mindfulness and is directed at treating ourselves and others with compassion.*

We know that being kind stimulates the brain with positive chemicals. Our mood improves and we feel happier and more positive.

On this, Dr Ali Walker points out that as human beings we are wired for connectedness and we get pleasure from interaction with others. So - try a little kindness. Choose to be proactive. Sprinkle compassion and generosity around and reap the results.

And while appreciating the wordsmith, Glenice, I would also like to acknowledge our Writers Group and their latest anthology. Please read Robyn Bree's article in this Newsletter for more details.



For all the U3A Redlands members who have a birthday in October

Wishing you a day filled with happiness and a year filled with joy.

HAPPY BIRTHDAY

The cut-off date for the November newsletter is **Friday, 1st November, 2019.**

If you have something you would like to share with the U3A members – about a class you attend, a tutor, your classmates, or just a funny incident, please send it along and we will try and publish it in the newsletter. Please send your submissions to newsletter@u3aredlands.com.au



VALE – Allan Morton

Allan was a very active member of U3A Redlands since July 2006. He attended Life in Australia and Breakfast Club and was especially fond of Vintage Voice Singers and U3A Redlands Singers.

Allan will be missed

FOND FAREWELL

Fond farewell to Heidi our much loved German teacher

For about 20 years Heidi Kirsch has been teaching her German class in U3A. Those of us who have been with her for a good deal of her career remember her as dedicated and well organised, but also gentle and thoughtful in her dealings with those under her care. It seemed to be her mission to not only help the class to master the complexities of the language but also to appreciate the special contribution to the civilised world made by scholars and artists such as Bach, Schiller, Kant and Goethe ... and so many more.

Don Clegg



Shine a Light on Learning

2020 U3A STATE CONFERENCE

The 2nd and 3rd June, 2020, are important dates to add to your diary as these are the dates for the 2020 U3A State Conference and will be something you will not want to miss.

As you can appreciate this Conference depends on volunteers to make it a great success and we thank those members who have come forward with offers of help.

*Updates on progress will be provided in the monthly newsletters. **Watch this space!***

COURSE UPDATES INFORMATION

A full list of class information can be found on our Website

www.u3aredlands.com.au

Armchair Travel	7 November 5 December	Kaye Aldous Diana Webster	South America Great Ocean Road Victoria
Breakfast Club	27 October 24 November	Sandra Ladbrooke	Noci Lighthouse Café
Camera Club	16 October 20 November 18 December	Len & Nina Davey Elaine & Phil Bevis	Hall – Pia Jessen on Travel Photography Field Trip – Wellington Point sunset Christmas breakup lunch
Caravan and Camping	14 to 18 October November	Pauline Moore	Tweed Heads holiday park TBA
Dead Poets Society	15 October 29 October 12 November 26 November 10 December	George Chapman & Anne McBurnie	William Shakespeare, William Wordsworth and Roger McGough DH Lawrence and John Keats Robert Frost and Roger McGough Dorothea Mackellar, Rupert Brooke and Rudyard Kipling Banjo Patterson and a mystery work from a local poet
Life in Australia	21 October 28 October 4 November 11 November 18 November 25 November	Team Leader: Glenice Palmer 4 th Term Leader: Norma Forrest	Royal Flying Doctor service – Val Marlow Royal Geographical Society of Qld – Dr Iraphne Childs Goodbye Polio – Thanks to an Australian – Col Sutcliffe Australia After Our Worst Tragedy of World War 1 – Phil Castle A Safer Future for our Grandchildren – Annette Brownlie, Dr Ross Gwyther and Dermot Dorgan Helping Families Protect their Loved Ones – Loan Chow
Meditation	Fridays	Margaret Watters	Classes have recommenced in Birkdale. Please arrive 9.15am for 9.30am start and class finishes at 11.00am
Paper Quilling	Fridays	Lee-Anne White	Note change of time: 1.00pm to 4.00pm at the Capalaba Library
Ramblers	10 October 24 October 14 November 28 November 12 December	Alex Shrubsole	Scribbly Gums and Redlands Track Park - UBD 185 A 18 The 'Four Lakes' walk around Ransome – UBD 163 M 16 Pt Halloran Victoria Point – UBD 206 L 15 Crystal Waters – UBD 205 N 10 Break Up – Wellington Point Recreation Reserve – UBD 165 B 10

COURSE INFORMATION

Canasta	Marcell Gorman	Donald Simpson Centre on Thursdays from 12.00 noon to 4.00pm. New players welcome as there are vacancies
Computing – Photoshop Elements	Roy Evans	<i>This Class is cancelled for Term 4</i>
Computing – Photoshop	Roy Evans	This Class starts Tuesday 8 th October from 9.00am to 12.00pm
Cycling – Pedal for Pleasure	Roy Sherrell	The first Saturday of the month is our usual ride but, due to popular demand, we now have a second ride for the month on the third Saturday
Water Aerobics	Geoff Robson	Held at Eldridge Swim School, 51 Woodlands Drive, Thornlands. As there are several classes held from Monday to Friday, please contact Geoff Robson for details
Scrabble	Narelle McCarty	Victoria Point Library on Tuesdays 1.00pm to 4.00pm - limited spaces available
Water Aerobics (Mixed) Gentle Water Exercises	Pauline Clayton	Spaces available on Monday, 11.30am to 12.30pm; Wednesday, 1.15pm to 2.15pm and Friday, 12.30pm to 1.30pm. Classes held at Eldridge Swim School

COURSES FOR TERM 4

Financial Literacy for over 50s	Carol Roberts to book this course Cost \$10 + \$2-50 each class.	9 week course commencing 17 October and finishing on 12 December from 3.30pm to 5.30pm at Cleveland State High School, Room T1
Law – Our Constitution	Greg Cudmore	5 week law subject commencing on 7 November from 1.30pm to 3.00pm held at the Cleveland Library
TED Talks	Debra Barker or George Chapman	<i>Will not be running in Term 4.</i> Term 1 2020 we hope to return with TED Talks
Yoga – Therapeutic Yoga for Seniors	Annette Pike Mob:	Yoga will be a 8 week course starting on 14 October and finishing on 2 December from 10.00am to 11.00am at Cleveland Uniting Church in the small hall

NOTE: Term 4 commences on Tuesday, 8 October and concludes on Friday, 13 December. Term 1 for 2020 commences on Monday, 3 February.

NEW COURSE COMING IN TERM 1 - 2020

Olympic Games History Discussion Group – Australia and the Olympics

Have you ever wondered about the history behind Australian participation at the Modern Olympic Games? Were the Games always the massive event that they are today? Why is Australia one of just three nations that have been represented at all Summer Olympic Games since 1896?

If you are interested in finding out more about these questions, then we are pleased to advise that U3A Redlands will be offering a new six week program from Term 1 2020 at AVEO Redland Bay, where participants will be provided with relevant information, and be able to discuss some broad social and political themes in respect to Australia's participation in the Olympic Games. The themes will include:

- The chronology of the Games – when/where they were held;
- From lofty ideals through a novelty sideshow to a major international event;
- The connections between Australian nationalism and sport; and
- The rise of women in sport – particularly in swimming and athletics

Tutor – Bill Dent

Please enquire at the U3A Redlands Office and add your name to our interest list

The Noticeboard

AGM U3A REDLANDS The U3A Redlands AGM is on Monday, 2 December at Donald Simpson Centre starting at 9:00 am. All members are encouraged to attend. Reminder that all Committee positions will be declared vacant. Please contact the Office, on 3821 3888, or call into the Office for a nomination form.

CPR AWARENESS TRAINING SESSIONS will be held on Monday 14 October and Wednesday 16 October, 2019. The sessions will be held in R Block at Cleveland District State High School with entry via Smith Street. The sessions are 90 minutes long and you will learn the life saving techniques of CPR. Please arrive at 4.00pm for a 4.15pm start with the sessions concluding at 5.45pm. If you would like to attend, please contact the U3A Redlands office via email at admin@u3aredlands.com.au or call the Office on 3821 3888, to secure your spot. The cost is \$5 which needs to be paid beforehand either in cash at the Office or by EFT into our Bank Account details which are available from the Office.

CARAVAN AND CAMPING Enquiries for any trips for October, November and December please contact the U3A Office on 3821 3888 or via email at admin@u3aredlands.com.au Due to health constraints and travel the Caravan and Camping coordinators are looking for anyone interested in taking on this position for 2020. If interested please contact the U3A Redlands office on 3821 3888.

GEMS FOR ENQUIRING MINDS Check out their website, www.u3aonline.org.au This website is very informative especially their monthly publication, 'GEMS for Enquiring Minds', as this then gives links to further information published in the last 30 days.

U3A SINGERS Our Christmas Concert will be held on Friday 6th December at 7.30pm at St Paul's Anglican Church, cnr North and Cross Streets, Cleveland. Admission is \$20. Proceeds will go to the "Archibishop's Emergency Relief Fund". There is no Choir practice on Saturday 12th and Saturday 19th October.



EXPRESSIONS OF INTEREST

Anyone interested in a class for Hand Embroidery please contact the Office at admin@u3aredlands.com.au Sylvia Bridge is interested and willing to begin a class at her home and if people are interested then a tutor is being sought to run this class.



EXPRESSIONS OF INTEREST

Thanks to your responses, we have made a booking for *'Carols in the Reservoir'* for Wednesday 11th December at 7.30pm.

This is a social outing not a fundraiser. Cost \$69pp (normally \$80pp). There are a few places still available. If you haven't already made a booking, please register your name with Janese Lowe treasurer@u3aredlands.com.au

or contact the office admin@u3aredlands.com.au

Payments can be made direct to U3A Redlands Account for details please contact the U3A Redlands office on 3821 3888 or email as above.

Need to know – Patrons need to climb down steep stairs to access venue. Wheelchair patrons and those with limited mobility cannot access the venue.



Out & About



The U3A Redlands Writers

Anthology, 2019

At the close of 2018, perhaps a little dizzy after yet another Secret Santa episode, I asked members of The U3A Redlands Writers what project they would care to pursue in 2019. Gently, quietly came the plea for an anthology.

At the commencement of 2019, a Steering Committee was convened to oversee the project. Everything in this anthology, except the actual printing and group photograph taken by our U3A Photographer, has emanated from members of the group. All forms of writing were accepted. Wordage was limited in view of costing. As a result there are biographies, short stories, poems and a radio play within its covers.

Formatting was decided with assistance offered by member to member, as were questions on writing styles and skills. The entire work was edited, checked and rechecked by group members. Our member-collator oversaw the formatting, layout, indexing, numbering and cover of the anthology, a most important and time consuming undertaking for which members are most thankful. Our treasurer collected orders and money, and then gave us *refunds* due to the number of copies ordered for printing.

Most of all our members have an anthology of which they can be proud, which can be gifted and bring pleasure to others.

Robyn Bree, Tutor

Look what the Cyclists Group saw while out enjoying their ride on an unusually foggy morning in the Redlands



In an EMERGENCY
dial TRIPLE ZERO
(000)



For NON-URGENT
Police contact call
POLICELINK
131 444

Crime Prevention Corner

Residential Gates and Garage Doors

A common practice by offenders is to enter properties via open gates and then enter the home via an open garage door. Garage doors are often a common weak point when looking at home security.

Make sure your garage isn't the weak link in your otherwise safe and secure home. Here are some tips to assist you:

1. Check the integrity of your garage door by making sure it has no loose or broken parts.
2. If your garage is activated by a remote, don't leave the remote in your vehicle.
3. Consider updating to a keychain remote.
4. Sensor lights are great for the front of your home.
5. The internal garage door into your home should be solid core.
6. Invest in a deadlock for the internal door and keep it locked, even when you're at home.
7. Do not leave your garage door open for extended periods of time.
8. Frost or cover any garage windows.

Report all suspicious activity to police immediately.

Acting Sergeant Brendon Winslow - Bayside DCPC - ph 07 33088180 - email DCPC.Wynnum@police.qld.gov.au - blog www.mypolice.qld.gov.au/bayside

U3A Redlands District Inc

Patron: Karen Williams Mayor, Redland City Council

2019 Management Committee

POSITION	NAME	EMAIL
President	Debra Barker	president@u3aredlands.com.au
Vice-President	Iris Murray	vicepresident@u3aredlands.com.au
Secretary	Beryl Sutcliffe	secretary@u3aredlands.com.au
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The U3A Office is open during School term: 9.00 am – 12 noon
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