



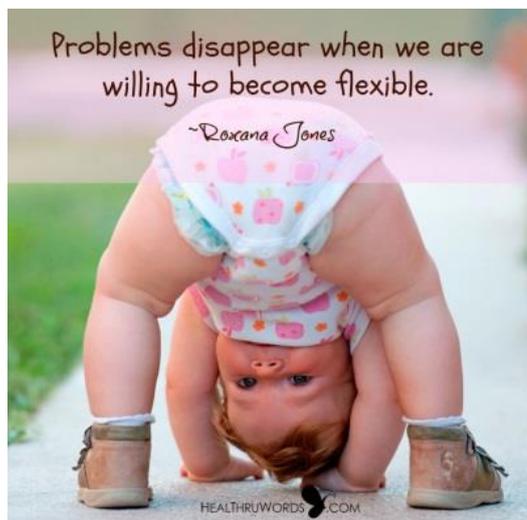
View Class Timetables and enrol online at www.u3aredlands.com.au.

President's Message

From Janese Lowe

There was a lot of uncertainty leading up to Easter this year, because of the three day lockdown from 30 March and whether or not it would be extended throughout Easter break. It is all history now, but we were all given the go ahead at the eleventh hour to enjoy Easter with just a few restrictions.

Think back twelve months to Easter 2020 when the Committee practised using Zoom video conferencing through holding a fun Easter Hat Party during lockdown. We have learned a lot since then and with the vaccine being distributed, there is a light at the end of the tunnel.



On another positive note, we have all become so flexible, which reminds me of a quote by Roxanne Jones, "Problems disappear when we are willing to become flexible".

It was definitely the flexibility of our volunteers that got us through the last couple of weeks in March.

Jan Shaw and Debra Mitchell did extra shifts to man the U3A Redlands office, while Julie Porteous, Debra Barker and myself made up the panel to recruit a new Office Administrator. Thanks also to Beryl Sutcliffe and Iris Murray for their support. Your combined help was very much appreciated.

Restrictions permitting, our new Office Administrator Jules Coleman will commence Monday 19th April, being the first day of Term 2. Please make her feel welcome, while she learns the intricacies of U3A Redlands.

Looking forward to May, U3A Redlands volunteers will be manning a stall to take part in the "Celebration of Volunteers" organised by Star Community Services and Volunteering Redlands to be held at Raby Bay Harbour Park on Saturday 22 May from 2pm to 7pm. The whole community is invited to live entertainment, food stalls, kids' rides and the announcement of the Volunteer of the Year Awards.

Our volunteers are the heart of what we do. A small contribution can make a big difference in our community, and it's good for you too. Lending a helping hand helps to stay involved in the community, to meet new people, to develop new skills or to keep old ones sharp.

Yes, volunteering can be fun, so if you have a couple of hours to spare, why not give it a go and add your name to the **Friends of the Committee List** by emailing admin@u3aredlands.com.au

U3A Redlands is using the new Check In Qld app to help keep you COVID safe.

The Check In Qld app has been developed to help the Queensland Government with contact tracing in the event of a COVID-19 outbreak.

Download from www.covid19.qld.gov.au/check-in-qld



Check in and you're good to go!

U3A Redlands Office, at Room F5, F Block, Cleveland District State High School, is using the new Check In Qld app to help keep you COVID safe the next time you visit.

All you need to do is:

- ✓ visit www.covid19.qld.gov.au/check-in-qld for links to download the app from Google Play or Apple App stores
- ✓ enter your details once when you first open the app
- ✓ open the app when you next visit us
- ✓ select 'Check in Now' and scan or enter our code

The Check in app is free, easy to use and convenient.

Using this digital check in means your details will be stored securely by the Queensland Government for 56 days to assist with COVID-19 contact tracing (if needed).

The Check In Qld app is safe, secure and private. When you sign up to use the Check In Qld app, the app will remember your details, saving you time in the future and providing easy check-in across other Queensland venues using Check In Qld.

For our members who don't have a smartphone or aren't comfortable downloading apps, we can take your details using another method. Our team will be here to help if you have any issues.

You will not need an app to sign in at classes, but it may also be used at large U3A events.

Thank you. We look forward to seeing you again soon.



Best wishes to all our U3A Redlands members and friends having a birthday in April.

Term 2 - Returning Class Reminders

Armchair Travel

The next presentation will be Thursday May 6 (9.30 – 11.00am) at Cleveland Uniting Church hall, Passage Street Cleveland - "St Petersburg to Moscow" with John Rogers. The "Eastern Europe" presentation planned for April will be rescheduled at a date to be confirmed.

ZOOM BYO Coffee & Discussion Group

BYO Coffee & Discussion group meets each Tuesday at 9.30 am on Zoom and is hosted by Julie Porteous. New members welcome. Please email vicepresident@u3aredlands.com.au for more information.

Tuesday 20 April – On site Excursion - We will be taking a tour of the Sir Samuel Griffith Centre, Griffith University Nathan Campus. The building is a \$40 million world class building and Australia's first off-grid, self-powered teaching and research facility.

Computing - Everything & Anything You Want to Know Class resuming in Term 2

This class, which was temporarily on hold, will recommence on 20 April. Please contact the office on 3821 3888, during term time, if you have any queries.

Life in Australia

19 April Australia Remembers - An ANZAC Reflection - Colin Sutcliffe OAM.



Don't miss Col Sutcliffe's presentation above and remember that the holiday is observed on 25 April, 2021.

10 May Secret Pilots Business - The Weather - James Ayre

17 May Teaching from the Heart - Di Perkins OAM

Rambling in the Redlands

Walking Group - 2nd and 4th Thursdays of each month except during school holidays

Duration: Up to 2 hours - Start Time: 6.30am summer; 7.00am winter

Requirements: Sturdy shoes, water, hat. A hiking pole is encouraged. Insect repellent is useful.

April 22 7.00am Minnipi Parklands, Carina

May 13 7.00am Chelsea Rd to Lota Esplanade.

May 27 7.00am Scribbly Gums Conservation Area

Canasta – Jonola

Looking for new members to join this group - beginners welcome.

Weekly on Thursdays 12-4 pm at Donald Simpson Centre 172 Bloomfield St Cleveland

Enquiries: Marcell Gorman Phone 07 3207 9339

TERM 2 - New Classes

Laughter Yoga - Commencing in Term 2

Venue: St Pauls Anglican Church Hall, 4 Cross St. Cleveland

Day: Every Thursday (except for the 3rd Thursday of the month)

Time: 9am - 10.30am

Please contact the office, during term time, for more details.

ZOOM Cameras and Photography–Tutorials & Discussion

This class will be held via Zoom on Wednesdays from 1.00 – 2.30pm.

A Zoom invitation will be emailed to participants prior to each class. Please note an email address is required to attend this class and some knowledge of how to attend a meeting via Zoom. If you require assistance with Zoom please contact enquiries@u3aredlands.com.au.

Discussions will be on various topics relating to your camera and photography subjects.

The class is open to all U3A Redlands members. Classes: 5/5, 2/6, 4/8, 1/9, 6/10, 3/11, 1/12

For any enquiries contact the tutor, John Burt on 0423 019 445.

French Conversation Class

START DATE: Tuesday 20 April - Weekly

VENUE: Cleveland District State High School, Room F6

TIME: 3.00pm - 4.15pm

COST: \$10 per term fee

Please contact the Tutor, John Tranter on tranterjohn@hotmail.com to register your interest.

This class is open to all U3A members with an existing knowledge of the French language

Poets Corner

The below original poem, written several years ago by member Ron Howick, is a little reminder to be thankful for the pleasures of life.

Pleasure by Ron Howick

A hug
A thank you
A virgin forest
A mountain stream
A well done when deserved
A glimpse of the ocean on a clear blue sky day
An animal in the wild who trusts you enough to sit by your side
A friend who tells you how it really is when you don't want to know
A partner who is prepared to listen and advise because they want to, through love not obligation
A family who laughs a lot and dreams even more and knows that limitations exist only in the mind
Life!

Poem and Watercolours by Rachel Toll

from public domain on Facebook



Love the skin you're in

Three good friends went for a swim.
The one who was fat wished she was thin.
The one who was curvy wished she was clever.
The one who was clever wished she swam better.
The really great swimmer wished she was witty.
The one who was witty wished she was pretty.
All three friends thought the other two were just fine.
If only they could let their own bright light shine.
So throw on your swimsuit if you're fat or you're thin.
Enjoy fun and friendshiplove the skin that you're in!





Queensland celebrates **May Day** (Labour Day) with a **public holiday** on **Monday 3 May, 2021**.

Labour Day is an annual public holiday that celebrates the eight hour working day, a victory for workers in the mid late 19th century.

The argument for the eight hour day was based on the need for each person to have eight hours labour, eight hours recreation and eight hours rest.

The number eight has often been spotted on many union buildings in Australia to symbolize an eight hour working day. For example the Eight Hour monument featuring a golden globe bearing the 888 symbol was erected in Spring Street in Melbourne in 1903.

Happy Labour Day.

In an EMERGENCY
dial TRIPLE ZERO
(000)



For NON-URGENT
Police contact call
POLICELINK
131 444

Crime Prevention Corner

Tune Into Your Surroundings

Tune into your surroundings is a crime prevention campaign aimed to promote preventative behaviours within the community in a bid to reduce crime opportunities to offenders. Surveying and paying attention to your surroundings can help you with situational awareness, alerting you to potential danger and enabling you to take action to avoid it.

You can reduce these opportunities by:

- Being aware of who and what is going on around you at all times.
- Looking up and keeping your phone down.
- Wearing your bag securely - keeping your valuables safe and out of sight.
- Trusting and acting on your instincts. If you feel unsafe, remove yourself from the situation.
- When using public transport – sit where you feel most safe and comfortable.
- When meeting someone you do not know – meet in a busy public place, preferably during business hours. If possible, take a friend or at least tell someone where you are going and who you are meeting.

[\(https://mypolice.qld.gov.au/news/2021/02/08/tune-in-be-aware-of-your-surroundings/\)](https://mypolice.qld.gov.au/news/2021/02/08/tune-in-be-aware-of-your-surroundings/)



Sharing Stories

The U3A "Life in Australia" group survives on guest speakers and the U3A "Writing for Pleasure" group needs an audience.

So, on a rainy Monday morning in March, these two groups got together and shared their resources: listeners and story-tellers.

There were psychological studies, drug deals, beautiful beach imagery, historical adaptations, animal stories and fables.

Against the constant drizzle outside and despite Covid restrictions, inside you could have heard a pin drop as an attentive audience were transported to Cleveland, Stradbroke Island, Currimundi Beach and Tasmania for an hour of absorbing narrative.

Tutors Glenice Palmer and Liz Jeffs agreed it was a pleasurable, fun morning sharing between U3A groups.

Then, as the weather cleared, all enjoyed morning tea and agreed that this should become a yearly event.



Glenice Palmer hands Madeleine Mionnet a doll for her story "Emmeline".



Helen Goleby takes the audience for a leisurely stroll along Currimundi Beach.



Anita Lazic tells a riveting tale of jet skis and drug deals on Stradbroke Island.

U3A Redlands has become a Be Connected Network Partner

What is Be Connected?

Be Connected is an Australian Government program aimed at increasing the confidence, skills and online safety of older Australians when they use the internet.

U3A Redlands has joined the Be Connected Network and will deliver free personalised face-to-face training and support to help members to embrace digital technology. A small fee may be charged to cover venue costs.

Alongside the network, Be Connected also includes a learning portal, developed by the Office for the eSafety Commission, which includes a range of free courses and resources to help older Australians improve their skills. You can take a look at the website at www.beconnected.esafety.gov.au.

Below are just a few of the topics available:

- Get to know your device
- Get started online with Safety first
- Video Calling - Skype, Zoom
- Internet banking How To
- Online hobbies – eg. Family Tree
- Social media apps – Facebook
- Wi-Fi and mobile networks

You will learn new skills with simple, step-by-step lessons covering everything from the absolute basics of using a device, through to staying safe, informed and entertained online.

If you are keen to learn and be a part of the Be Connected Program, **please contact U3A Redlands** by emailing admin@u3aredlands.com.au

We are also looking for more tutors, so if you think you can help, please contact president@u3aredlands.com.au

U3A Redlands District Inc 2020-2021 Management Committee		
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