



President's Message

From Janese Lowe

You may have noticed that US President Joe Biden celebrated his first 100 days in office on 30 April. It made me think of the parallel, that I also have attained around 100 days in the office of U3A Redlands President.

Perhaps my days have not been quite as busy or important as Joe's, but nonetheless I have had my own challenges and have been very busy in the interests of U3A Redlands and its members. The timing is the only thing that Joe and I have in common, so please don't read anything more than that into my comments.

The following events were made possible by the committee in the last four months and while it may not seem much if you say it quickly, it involved quite a lot of organisation to achieve: *January* "Enrolment Week"; *February* "Fresh Start" Event at Redlands Museum; *March* "Janis Emadian Farewell" and *April* Recruitment and "Welcome to new Office Administrator", Jules Coleman. Many thanks go to all of the committee and other volunteers who helped.

To celebrate National Volunteer Week 2021, U3A Redlands will once again man a stall at Raby Bay Harbour Park Cleveland on 22 May from 2.00 to 7.00pm. You will find the full details of this event, run by STAR Community Services and Volunteering Redlands, later in this newsletter. Come along for the fun and say hello to our volunteers.

I would also like to acknowledge the efforts of Di Colefax, who has been our Newsletter Editor for over 12 months and regrettably has had to resign due to ongoing health issues. Many members commented on the colour, humour and interest that Di injected into the newsletter, during her term. Thank you so much Di for your passion and commitment to the production of our newsletter.

We are very thankful that 2020 member, Denise Lee has now agreed to assist with the production of the newsletter for this month and beyond. The committee extends a big welcome to Denise, who has agreed to volunteer her time and use her creative skills, or in Denise's words "Give the newsletter a try". We are looking forward to your insights.

You will note that this newsletter is earlier this month, because several of the committee are heading off to Stanthorpe for the U3A Network Qld State Conference on 12 and 13 May. Check out the June Newsletter for the conference highlights.

Ian and I went bush for a week in April, to recharge the batteries - no mobiles, no computer and actually read a book. I will leave you with a few photos from our trip to Boondooma Homestead near Proston.





Best wishes to all our U3A Redlands members and friends having a Birthday in May.

Newsletter Contributions:

Cut-off date is the first Monday of each month.

June Newsletter cut-off date is Monday, 7 June 2021

Submissions (article, group news and photos) to:

newsletter@u3aredlands.com.au

An Invitation That Could be Too Good to Miss

On behalf of U3A Network Queensland, U3A Brisbane has agreed to partner with the Heart Foundation to make available a presentation on **Avoiding Heart Disease**.

The session will be presented online at **10.00AM Wednesday, 9 June 2021** and places are limited to 100. Those interested should email admin@u3aredlands.com.au with your Expression of Interest (EOI).

How it works:

- U3A Redlands members email their EOI to admin@u3aredlands.com.au
- A Zoom link will be emailed to the first 100 registered participants, one week before the presentation
- On the day, anyone who has the link will click on it to access the online presentation

If you are keen to join this free Zoom session and you are not familiar with Zoom. Please contact Diane Van on enquiries@u3aredlands.com.au to book in for training, well before 9 June 2021.

Please note that all Queensland U3As have been advised of this offer, so it is imperative that you email your EOI to admin@u3aredlands.com.au as soon as possible, to avoid disappointment.

U3A Redlands has become a Be Connected Network Partner

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.

Build your online skills and learn at your own pace with courses on everything from how to access the internet to making video calls or to setting up your device. [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

If you would like more information or would like to be part of the Be Connected Program, please lodge your expression of interest by emailing admin@u3aredlands.com.au

U3A Redlands will offer training via classes and/or one-on-one help. There are simple, step-by-step lessons so that you can quickly learn new skills.

Thank you to those members who have already volunteered to be tutors. We will be in touch with you soon.

We need more interested participants to be able to launch this wonderful Australian Government initiative. You will need to sign up with U3A Redlands, but in the meantime, check out the website at www.beconnected.esafety.gov.au.

[Class Timetables & enrol online](http://www.u3aredlands.com.au)
www.u3aredlands.com.au

Term 2 - Class Reminders

Armchair Travel:

The next presentation will be Thursday, 3 June (9.30 – 11.00am) at Uniting Church Hall, Passage Street Cleveland.

“Islands of Australia” by Dianna Webster.

ZOOM BYO Coffee & Discussion Group:

Tuesday on Zoom – 09:30am-11:00am.

Hosted by Julie Porteous.

For more information please email

vicepresident@u3aredlands.com.au

11 May: Discussion **CANCELLED**

18 May: Topic "The Death of the Aussie Larrikin" hosted by Col Sutcliffe OAM

25 May: Guest speaker - Associate Professor James St John, CSIRO, Head of Research into Spinal Injury & Nerve Cell Repair.

Life in Australia: Monday 9:30 – 11:00am

Donald Simpson Centre: limited to 60 people, on a first come first in basis.

May 10: The Bollon Diaries – Colin Sutcliffe OAM

May 17: Teaching from the Heart – Di Perkins OAM

May 24: 250+1 Anniversary of Ludwig Beethoven's Birth – Dr Graeme Denniss

May 31: Working in the Great Barrier Reef – Capt. Roger Rusling

June 07: Stories of the Dunwich Benevolent Asylum – Artie Rentoul

Rambling in the Redlands:

Walking Group: 2nd & 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.

May 13: 7.00am Chelsea Rd to Lota Esp.

May 27: 7.00am Scribbly Gums Conservation Area

Canasta – Jonola:

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

Each Thursday 12-4pm at Donald Simpson Centre. 172 Bloomfield St, Cleveland

Enquiries: Marcell Gorman Ph: 3207 9339

TERM 2 - New Classes

Laughter Yoga:

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

Times: 9:30 – 10:30am Thursday
(excluding the third Thursday of each month)

Laughter Yoga is a chance to laugh for no reason! Playful laughter exercises incorporating the yoga breath can be an effective way to stimulate the cascade of happy hormones throughout the body, without the need for jokes, leading to natural laughter from the inner joy bubble we all carry from the time we were young children.

Laughter Yoga is practiced throughout the world and is done in a standing or sitting position. (online you can check: laughteryoga.org)

All you need is comfortable clothing and footwear, a personal refreshing drink, and an open mind to enjoy the fun!

We all enjoy a pot of tea/coffee and chat afterwards.

French Conversation Class:

The French Conversation Class advertised in the April Newsletter has been **rescheduled to commence in Term 3.**

START DATE: Tuesday 13 July - Weekly

VENUE: Cleveland High School, Rm F6

TIME: 3.15pm – 4.30pm

COST: \$10 per 10 week term

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

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

Life in Australia

Australia Remembers: An ANZAC Reflection.



The presentation was coordinated by Col Sutcliffe who spoke about:

- May Gibbs' patriotic World War 1 postcards.
- Padre White, the founder of the ANZAC Day Dawn Service & who is buried in a simple grave in Herberton, North Queensland.
- Hilda Rix and her art as a means of mourning her husband, Major Matson Nicholas, DSO.
- Gordon & Susan Chuck who have created a Memorial at Lake Tinaroo, North Queensland in honour of their son Ben and others killed in Afghanistan.



Norma Forrest spoke about and shared white poppies as a symbol of peace.



Wendy Cush recited *The Ode*



Neville Knott shared the poem "In These Boots"



The basis of the presentation was how we respond to the question; ***Will they remember me in Australia?*** asked by a dying soldier of Charles Bean, Official War Historian and founder of the Australian War Memorial.



David Paul shared 'We Recall'

Writing for Pleasure

We of the 3rd Age have lived through many medical and scientific developments and many attitudinal and social changes. Our writers are continually holding a mirror up to us, challenging us and increasing our awareness.

"Jamie" a poetic prose piece does this in under 50 words. It made me smile.

Jamie

By Tricia Ketteringham

*Is it sadness, incomprehension,
or stress, clouding his eyes?
He portrays a troubled young man.*

One day, Jamie disappears.

*Six months later, I see a different Jamie.
Confident, eyes sparkling,
no longer troubled.*

*Jamie is still Jamie
He just wears girls' clothes now.*

Preventing Dementia Online Course

U3A Redlands District members are invited to join, the world-renowned online brain health course that is starting soon.

Cost is FREE.

Recent research suggests that around 40% of dementia cases might be prevented or delayed by modifying risk factors.

The Preventing Dementia MOOC (massive open online course) examines the latest evidence on dementia risk factors and ways to reduce the risk.

This free online course is open to everyone and members of your network may be interested in learning how to reduce their dementia risk. Being part of an online community of participants can also reduce feelings of isolation.

You are never too young or too old to do something about your dementia risk. Enrolments are now open for the next Preventing Dementia MOOC

Course opens: 11th May 2021

Course duration: 4 weeks

Estimated effort: 2 hours per week

Course access: Day or night, on your smart phone, tablet or computer

Course closes: 25th June 2021
(content is accessible across 6 weeks)



Preventing Dementia

May 2021

Participants in the free Preventing Dementia MOOC will learn about the risk factors for dementia from leading world experts. With the ageing of the world's population, dementia is becoming the public health issue of the 21st century. Examine the evidence and reduce your risk.

 Wicking Dementia Centre

 **Starts 11th May 2021**

 **Duration: 4 Weeks**

 **Location: Online Course**

 **Completion Certificate: Yes**

 **Cost: FREE**

From a Redlands U3A Member:

"I have a friend who has completed both this first 4 week course, and the following 8 week course, and fully endorses the program. He doesn't have dementia, but learned a lot."



U3A Redlands Theatre Group Presents



The Happy Go-Lucky Aces

Join the “studio audience” for a 1940’s radio play starring radio’s original comedy couple, John and Jane Ace. Once again, Jane faces life’s little challenges in her unique style while all those around her have to face the challenge of Jane.

Act 1 sees Jane juggling jury duty, upsetting the “court” and everyone in attendance. In Act 2 Jane has her eye on a mink coat, a must-have for every woman, but John has to plan some tricky business deals for Jane to get her wish.

Studio audiences will be entertained by guest artists and *The Starlight Dances*.

Sessions: 2.00pm Saturday 12th and 19th June 2021

Admission: \$10 Adult/\$5 Children (includes tea/coffee and biscuits)

Thorneside Community Hall, 200-204 Mooroondu Rd, Thorneside

Tickets available at U3A Redlands office from 26 May 2021 or at the Door



STAR Community Services
presents a



Free
Entry

Celebration of Volunteers

Raby Bay Harbour Park Cleveland

Saturday, 22 May 2021 - 2:00pm to 7:00pm

Bring the family and join in the fun



2020/21 has proven that volunteers
play a vital role in our community.
Join us to say Thank You!

Program

- 2.00pm Open
- 2:30pm Quandamooka Welcome to Country
& Official Opening
- 3:00pm Volunteer of the Year Awards
- 3:30pm Cleveland State Primary School Choir
- 3.50pm Redland City Ukuleles
- 4.20pm Rokit Productions
- 4.45pm Melly and the Madmen (1920-1940s songs)
- 6.45pm Laser Display (by Mr Fireworks)

To meet COVID safety requirements, capacity will be restricted.
Event attendees will need to scan in and out
of the event using the dedicated event QR code.
If required, we will assist you with this.

Proudly supported by



Community Bank
Victoria Point and
Wynnum Manly



STAR Community Services / fundraising@starct.org.au / 07 3821 6699 /
152 Shore St West, Cleveland 4163 / ABN 26 729 619 090 / CP4386

In an EMERGENCY
dial TRIPLE ZERO
(000)



For NON-URGENT
Police contact call
POLICELINK
131 444

Crime Prevention Corner

Car Security Begins at Home

Most of us rely heavily on our vehicles for daily activities. Having a vehicle, such as a car stolen can be stressful, inconvenient and costly. Most thefts are opportunistic including theft of vehicles.

In Australia a total of **16,322** cars, motorcycles and trucks were stolen across Queensland last financial year (2018/2019). This equates to 44.7 per day; almost two per cent per hour (1.96).

(<https://mypolice.qld.gov.au>)

- Half of all cars stolen are taken from the home.
- Another 25% are stolen from a garage or the street outside the owner's home.

Top 5 Strategies to Protect Your Vehicle

1. Always keep your vehicle locked and secured – even if only leaving it for a moment.
2. Keep the keys to your vehicle in a hidden location – NOT on the kitchen bench or visible key rack.
3. Remove ALL valuables from your vehicle.
4. Consider installing a steering wheel lock, car alarm or immobiliser.
5. Consider installing a GPS tracking device with live monitoring.

Download a free security assessment guide from: www.carsecuritybeginsathome.com

U3A Redlands District Inc 2020-2021 Management Committee

President	Janese Lowe	president@u3aredlands.com.au
Vice President	Julie Porteous	vicepresident@u3aredlands.com.au
Secretary	Joan Johnstone	secretary@u3aredlands.com.au
Minutes Secretary	Suzanne Kelly	projects@u3aredlands.com.au
Treasurer	Charles De Wet	treasurer@u3aredlands.com.au
Tutor Liaison Leisure	Karen Buhmann	tutorliaisonleisure@u3aredlands.com.au
Tutor Liaison Academic	Nahn Shimmons	tutorliaisonacademic@u3aredlands.com.au
Office Co-ordinator	Jan Shaw	coordinator@u3aredlands.com.au
Newsletter	Denise Lee	newsletter@u3aredlands.com.au
Publicity Officer	Beryl Sutcliffe	publicity@u3aredlands.com.au
	3821 3888	 PO Box 1231, Cleveland QLD 4163
	admin@u3aredlands.com.au	 www.u3aredlands.com.au