

The Third Act

Newsletter of U3A Redlands

Vol 1 No 10, November 2019



MESSAGE FROM DEBRA BARKER, PRESIDENT

Words of Wisdom

Noel Preston, who addressed Life in Australia on 16 September on the topic of International Day of Peace, spoke about the difference between Peace MAKING and Peace KEEPING. His stance as an ethicist and as a scholarly thinker reminds us of the role we can play here and now.

Noel talked about the 2019 Theme: *Climate Change Action for Peace* and asked us to consider how we, as Australians, can contribute to the needs both of poorer nations and to our future generations.

"If we ignore the warnings of science, we are, in effect, at war with future generations and a peaceful planet."

Noel asked the audience to challenge the practices which threaten peace. He implored us to see ourselves as global citizens and to recognise that peacelessness causes great damage to the Earth and all creatures who inhabit it. He finished with Eleanor Roosevelt's quote: -

"Better to Light a Candle Than to Curse the Darkness"



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

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

HAPPY BIRTHDAY

Annual General Meeting - U3A Redlands District Inc

Members are invited to attend our 21st Annual General Meeting

being held on Monday 2 December 2019

at the Donald Simpson Community Centre,

Bloomfield Street, Cleveland.

The meeting will start at 9.30 am

The cut-off date for the December newsletter is **Monday, 2nd December, 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



DATE	EVENT	LOCATION
Monday 2 December 2019	Annual General Meeting	Donald Simpson Centre
Friday 6 December 2019	Christmas Party: 4.00-6.00 pm Tutors & Volunteers	Lions Club Hall, Cleveland
Friday 6 December 2019	U3A Singers Christmas Concert Starting at 7.30 pm	St Pauls Anglican Church, Cleveland
Friday 17 January 2020	Enrolment Day/Tutor Forum	RPAC
Tues 2 - Wed 3 June 2020	U3A 2020 Conference	RPAC
Saturday 27 June 2020	U3A Singers Annual Concert	TBA



Shine a Light on Learning
2020 U3A STATE CONFERENCE

The Organising Committee is continuing to work toward providing a stimulating and friendly conference. We acknowledge and thank the Redland City Council for its ongoing support.

The Conference will be held on Tuesday and Wednesday 2-3 June 2020 - it's going to be a great two days. But wait, there's more! It will actually be three days!

There's a Pre-Conference activity on Monday 1 June – a full day trip to North Stradbroke Island including morning tea and lunch, a Quandamooka Cultural Talk and a guided walk at North Gorge.

DON'T MISS IT!!

COURSE UPDATES INFORMATION

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

www.u3aredlands.com.au

Armchair Travel	5 December	Diana Webster	Great Ocean Road Victoria
Breakfast Club	24 November	Sandra Ladbrooke	Lighthouse Café
Camera Club	20 November 18 December	Elaine & Phil Bevis	Field Trip – Wellington Point sunset Christmas breakup lunch
Caravan and Camping	December	Pauline Moore	Christmas Lunch
Dead Poets Society	26 November 10 December	George Chapman & Anne McBurnie	Dorothea Mackellar, Rupert Brooke and Rudyard Kipling Banjo Patterson and a mystery work from a local poet
Life in Australia	18 November 25 November	Team Leader: Glenice Palmer 4 th Term Leader: Norma Forrest	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	28 November 12 December	Alex Shrubsole	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
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
French -Street French – Basic Knowledge	Change of Course Name	2.30pm to 4.30pm Cleveland Library
Fun with Flowers		Cancelled and will not be running in 2020
iPhoneography	Lurline Slater	From 2020 - Change of days now 2 nd and 4 th Monday of the month at 9.30 to 11.30am – Capalaba Library Meeting Room
Redlands 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
Spanish – For Students with a Basic Knowledge	Beverley Ross	From 2020 - Victoria Point Library – change of time to Monday 1.00 to 2.30pm; Friday 11.00am to 12.30pm and Friday 1.00 to 2.30pm

Spanish for Beginners		No longer 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
Writers Group	Elizabeth Jeffs	Venue the same but note change of Tutor, from Robyn Bree, as Robyn is retiring

NOTE: Term 4 commences on Tuesday, 8 October and concludes on Friday, 13 December. Term 1 for 2020 commences on Tuesday 28 January.

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

2020 COURSE INFORMATION

Hand Embroidery	Tuesdays	9.30am to 12pm	Venue to be advised Tutor is Silvia Bridge
Feldenkrais Awareness Through Movement	Will not run in 2020		
Sheila Giles will be retiring at the end of Term 4. Sheila is happy to supply information to anyone interested via phone. Sheila's phone number can be obtained from the U3A Office.			
Tai Chi	Level 1 – Tuesday Level 2 – Tuesday Level 3 – Wednesday	8.00 to 9.00am 9.00 to 10.00am 5.45 to 6.45pm	Thornlands Dance Palais Thornlands Dance Palais Wellington Point High School

The Noticeboard

AGM U3A REDLANDS The U3A Redlands AGM is on Monday, 2 December at Donald Simpson Centre starting at 9:30 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.

CARAVAN AND CAMPING Enquiries for any trips for 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 "Archbishop's Emergency Relief Fund".

U3A SINGERS The 2020 Annual Concert date has been decided. Please note this date in your diary - Saturday, 27th June, 2020. A guest soloist has been booked to perform for us at this Concert.



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 admin@u3aredlands.com.au

Payments can be made direct to U3A Redlands Account at BOQ BSB 124025 Account No 10545277, Reference Name Carols.

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

Easy Riders cycling (Wendy Becker – Leader, Friday mornings at 7am).



Wendy in Brisbane to Gold Coast 2019
(David Sayers and Gavin Becker also took part)



Coopers in Manly –a favourite mid-ride coffee spot-



The Sands



Wall Art on a Bulimba Creek ride Wynnum

Christmas wind-up booked for The Sands 1130-1430hrs Friday 13 December 2019

U3A Quilling class explores the 16th century art form of "quilling" – essentially the skill of shaping rolled paper strips of various colours, textures and widths into a variety of shapes, then skilfully making them into designs.

Most of us may be familiar with paper quilled greeting cards. Not many know that the quilling technique can be used to make jewellery, pictures, three dimensional figures, mobiles etc. With only about 30 basic shapes to learn, these can then be rolled, looped, curled and combined to create all sorts of items.

Each of our existing class members have a diversity of skills and experience in this 3-dimensional craft. One member entered 2 quilled pieces in Redfest and came away with first place for both.

Come join us for an introduction or to further your quilling skills, Friday 1pm to 4pm at Capalaba Library.



Ladies Friendship Group enjoyed a Melbourne Cup theme at their meeting on Saturday 9 November 2019. After a morning tea and lots of chatter they raced horses and had a hat competition during the morning. It was a day of fun and fellowship for the group of ladies in attendance.



In an **EMERGENCY**
dial **TRIPLE ZERO**
(000)



For **NON-URGENT**
Police contact call
POLICELINK
131 444

Crime Prevention Corner

Peer Pressure

What does peer pressure mean?

This is when someone around your age (a peer), pressures you to do something – that you may or may not feel ok about doing.

Our friends and the people around us at school influence us both positively and negatively.

So, the question is how to deal with peer pressure and remain cool as a cucumber?

There are 3 important things to consider:

1. Stop – how does it make you feel? Do you feel safe, comfortable or certain about the request?
2. Think – what are your options? What are the consequences of these options?
3. Go – make the choice which makes you feel safest, happiest and calmest.

If you're in a situation where you feel threatened, are being hurt, or feel pressured into doing something that makes you feel uncomfortable, you need to get help. Tell a family member, a friend from outside the situation, a teacher, counsellor or someone you trust.

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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Tutor Liaison Officers		
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The U3A Office is open during School term: 9.00 am – 12 noon
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