



President's Message

From Janese Lowe

When was the last time you tried something new? After attending the wonderful Glenn Innes Celtic Festival at the beginning of May, I was so inspired that on my return, I joined our Scottish Country Dancing class.

I have really enjoyed the two classes that I have attended so far and also enjoyed meeting up with old and new friends in the process. Members, why not challenge yourself, to learn some new skills and to have some fun? There is so much on offer at U3A Redlands!

It was certainly a new experience for most of the thirty-five people who went along to the Pickle Ball Trial on Sunday May 29. They learned an American game resembling tennis, in which players use short-handled bats to hit a perforated plastic ball over a net. There were new rules and terminology to learn and of course you needed to connect with the ball while doing all that concentrating.

It was a whole lot of fun and we have Debra Barker to thank for organising the trial. Once we know who is keen to make it a regular thing, we will endeavour to organise a U3A time slot with the Pickle Ball group.

Also during May, on a rather inclement Wednesday morning, a small number of enthusiastic Ramblers walked to the Wynnum Mangrove Board Walk and nearby Bird Hide. Being a local, I decided to join them, even if I did arrive a little late. So pleased that I turned up, as I believe Mary Smith was suggesting that perhaps it was too wet for me.

Our small group had plenty of time to socialise while walking and I believe they made it to coffee just before the heavens opened up.

Due to the excessive wet weather conditions, the Celebration of Volunteers at Raby Bay Harbour Park on 14 May was postponed to **Saturday 18 June 2022.**

This news was posted on our U3A website. The organisers say that the new date is shaping up to be fabulous! If you haven't already, please put 18 June in your diary to drop by the U3A Redlands stand to give your support or just to say Hello.



Building Our Future Project

We have a big task ahead of us. So, the Committee and I were extremely heartened with the positive response and support that we received from members at the recent Building Project announcement at the 'Building Our Future' Morning Tea.

Building Project Update: Currently, it is all about the planning and the funding. We are about to submit a grant for the septic tank. Some months for a result and we can't spend until we get the funds.

As soil tests were required for our septic tank installation, we had service locators and a soil test company on the site last week.

Drawing of the RAFFLE.

Thank you to Members for your enthusiasm for our first raffle BOF fundraiser.

The raffle was **drawn at Life Matters on Monday, 6 June.**

And the lucky winners are:

1st Prize: 7 nights at Alex Seaside Resort
Geoff FOX

(Social Dance Assistant Tutor)

2nd Prize: \$100 Ampol Petrol Gift Card
Julia BASS

3rd Prize: 2 x Single U3A Annual M'ships
Katrina CROOK



*Birthday Wishes to all
U3A Redlands members
celebrating a JUNE Birthday*



U3A REDLANDS VACCINATION POLICY CONTINUES

All U3A members and visitors must show proof of either full vaccination or medical exemption **to attend U3A office, classes, activities and venues.**

In response to queries from the public, the Covid Vaccine Policy was discussed again at our June Committee meeting, with another unanimous vote to continue with our existing policy.

Some of our venues are still insisting on this policy and we must comply with these, as well as protecting our membership.

PLEASE NOTE: There will be no further correspondence until our next COVID POLICY review in September 2022.



Flu Vaccinations:

Members are also encouraged to obtain a flu vaccination ASAP, to ensure the best protection at the peak of the season, which is usually between June and September.



Writing for Pleasure

The pen is mightier than the sword.

We did some navel-gazing this month as writers. The challenge for our U3A Writers was to write a piece that included the words "I am a writer".

"I am a Writer." (Nina Davey).

'I am a Writer.' It slips off the tongue quite easily nowadays.

The answer used to be a long explanation of belonging to a writing group, run by U3A, how I write mainly short stories with a couple of unfinished novels.

Now when asked, I just say, 'I am a writer.'

The next question is usually, 'Really? What do you write?', or 'That's nice.'

The question some *really* want answered is what I do with all my time now I'm retired. I find the writer answer usually satisfies their curiosity.

What people don't like to hear is, 'I sit in front of the telly all day,' or 'I am down at the pokies from daylight till dark.' Although the latter would have probably been more profitable than my \$100 income so far, the prize for a short story I wrote.

I don't often explain the joy of sitting, rolling off words in the hope I can put to the page what I have been stewing over for days, or ideas that have just popped into my head.

I am a Writer. Really!



Grey Medallion Course

The Royal Life Saving Society Grey Medallion is a water safety and lifesaving skills program for older people aiming to reduce drowning rates and encourage healthy, independent and active lifestyles.

The Grey Medallion program has four main components:

- Water Safety Knowledge
- Resuscitation and Emergency Care
- Aquatic Exercise
- Personal Survival and Lifesaving Skills

SPECIAL PRICE for U3A Members is just a **\$2 gold coin donation** (Normally \$40 per head. Course conducted by experienced trainer at Royal Life Saving Queensland. Course length: 8 hours with flexible delivery to suit members. (4 x 2 hour sessions, 2 half day sessions or one Full Day session (approx 8 hours). Pool location either Thornlands or Gumdale and TBC.

This is a great offer, but we need a minimum of 6 people to arrange times during June to September. For Expressions of Interest or for more information, please contact the office Ph 3821 3888.

OPEN TO ALL MEMBERS. The course could help to save a grandchild; yourself, a partner or a friend.



LEARN CPR AT U3A REDLANDS

CPR Awareness Background

Since 2008, local area coordinators (LACs) have been conducting CPR Awareness Training sessions, within their communities, throughout Qld. This program has been endorsed by the Qld Ambulance Service, as the benefit of effective bystander CPR is well known.

In an emergency, every second counts.

You can learn the life-saving steps of CPR, through these Awareness Sessions.

COST: \$7 per person, (incl cost of Handy Hints book, which you get to take home). 76% of cardiac arrests occur at home and the most likely witness is a spouse or family member.

The Cleveland LAC members have been undertaking these CPR Awareness sessions throughout the Redlands, since the beginning of 2010. 100s of Redlanders have been shown the theory of CPR, as well as undertaken compressions on training mannikins, to hopefully make a real difference to help save someone's life.

Classes coming to U3A Redlands in Term 3!

IPHONEOGRAPHY

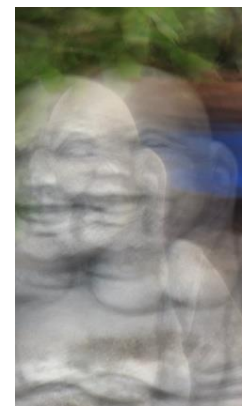
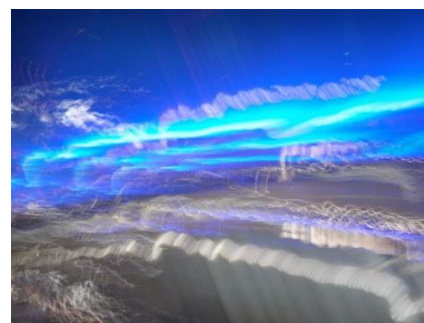


A new beginners' course in iPhoneography will commence in July.

Check the U3A website for more information on the course. Please phone the Tutor Lurline, on 0405 112 656 after enrolling in the course to discuss what device(s) you have.

iPhoneography can be a wonderful hobby. The photos below illustrate what members in the current class have created with the iPhone's camera and apps.

A member in a class last year used it for her scrapbooking and making a book of her daughter's wedding.



Let us Entertain You

U3A Redlands Presents
"Let Us Entertain You"
A showcase of theatre, music, song
and dance

Thornside Community Hall
Thursday 21 July
Shows at 10am and 2pm

Book NOW Limited Seating
Tickets \$10

U3A Redlands Office:
Cleveland High School weekdays 0900-1200
Call 3821 3888

**PLEASE PRE-PURCHASE YOUR
TICKET TO THE VARIETY SHOW
THROUGH THE OFFICE (3821 3888)
SO THAT APPROPRIATE CATERING
CAN BE ARRANGED.**



**Thanks to Margaret and Jean for
being part of our U3A Family.**

With their help: Play Reading will continue
with our new Tutor Margaret Dakin, who also
volunteers in the office.

Our Moreton Shores Mahjong group can cater
for more members with another Mahjong Kit,
donated by Jean Rowntree.

Can you Help?

**COORDINATOR FOR
WATER AEROBICS
NEEDED!**



(to replace retired Coordinator)

Fridays, 1.30pm-2.30pm
Eldridge Swim School, 51 Woodlands Dve, Thornlands
Contact: Mary (Tutor Liaison Officer)

0404 460 251

U3A REDLANDS TRIES PICKLEBALL!



What fun we had, with a healthy splash of
exercise thrown in,
then a cheap and cheerful lunch at the
Alex Hills Hotel!

If you'd like to play again on a Sunday.
Get your name on the EOI list, by contacting
Jules in the office
(3821 3888 / admin@u3aredlands.com.au)

EXPRESSIONS OF INTEREST



CALLIGRAPHY

Graham Robbins has offered to share his expertise and run an afternoon Calligraphy (or Penmanship) Course for interested members, once we have numbers and a suitable venue and day. Please phone the office on 3821 3888 to register.

If you would like to see Graham in action, drop down to see his demonstrations from **2.00 to 4.00 pm at the U3A Redlands stand** at **Celebration of Volunteers Expo** at Raby Bay Park on **18 June**. Say hello and take away a souvenir card with your name.



Monday at 9.00 for 9.30 am
Donald Simpson Community Centre
172 Bloomfield St, Cleveland

13 June: Neville Knott, Canon at St John's Anglican Cathedral, Brisbane, and member of our Life Matters group.

TOPIC: *Biography of Jerusalem*

20 June: Phil Castle,
Journalist & Historian

TOPIC: *Burke and Wills, Explorers*

**Please note COVID Vaccination
DSC and U3AR Policies.**

**Per Donald Simpson Centre and U3A
Redlands Vaccination Policies, you must
be fully vaccinated to attend.
Please show proof of vaccination or
medical exemption on entry.**

NEW DATE 18 JUNE 2022 12-5:30PM
Celebration of Volunteers
Raby Bay Harbour Park

VOLUNTEERING AWARDS
MEET LOCAL COMMUNITY GROUPS
LIVE ENTERTAINMENT
FOOD STALLS
LASER DISPLAY AND MORE!

CELEBRATE OUR LOCAL
Heroes

COME AND JOIN THE FUN!

Volunteering
Redland City Council
Redland City Bulletin
Blue Harbour
hub.68
STAR Community Services
Oldmac Toyota
ALEX & GOW
MDL
walker

UPDATE: Due to the recent wet weather conditions, the Celebration of Volunteers was postponed to the **new date of Saturday, 18 June, 2022.**

Don't forget to drop by to the U3A Redlands stand. Remember Graham Robbins has agreed to a Calligraphy Demonstration between 2.00pm to 4.00pm. Say hello and take away a souvenir card with your name. We'd love to see you there.

Program:

- | | |
|---------|--|
| 12 noon | Redland Sporting Club Pipe Band |
| 12.30pm | Welcome to Country
– Shannon Ruska |
| 12.45pm | Redlands Modern Country Music |
| 1.15pm | Volunteer Awards |
| 1.45pm | Redland City Ukes |
| 2pm-4pm | Calligraphy Demo by
Graham Robbins at U3A Stand |
| 2.05pm | SHAKE Creative Movement |
| 2.25pm | Karen Lee Roberts |
| 2.40pm | Folk singing |
| 3.00pm | SisterMISTER Band |
| 4.00pm | Broncos presentation |
| 4.15pm | SisterMISTER Band |
| 5.00pm | Top 3 films - Short Film Comp
Winners Announced |
| 5.15pm | Mr Fireworks - Laser Display |



10 Years Photography & Photoshop Tutor

Roy Evans

Recently Roy Evans (88 years young) was among our volunteers who received an Appreciation Certificate for valued service as a Tutor in Redlands U3A. Roy has some interesting stories and thoughts to share with our members which hopefully may inspire others to take on a Tutor or mentoring role in U3A.

Christine Fletcher, Publicity Officer recently shared this conversation with Roy.

What is your current volunteer role?

I lead two small groups of students, Photography on a Monday and Photoshop on Tuesdays.

How did you first acquire your knowledge and experience in the field of photography?

My interest began 1955 in Egypt while in the Royal Air Force. I became the station photographer whilst I was employed as an electrical fitter. After I left the Air Force in 1957 my interest in photography continued even though I returned to my trade.

In 1963 I emigrated to Queensland and continued my work as an electrical inspector. At weekends I enjoyed my photography as a means to supplement my income. In 1977 I had a brief foray into Photography as a business owner and I specialised in weddings, portraiture, industrial photography and general colour printing. After again returning to my trade for some years I was able to use my photography skills as a Training Officer. I retired in 1996, however, later went back to work and retired again in 2004.

My photography teaching experience started in 2012 teaching Photoshop for U3A at Victoria Point High School and Cleveland High School and then RSL Retirement Village and now my lounge room since 2017.

What preparation is involved for your role in U3A as a photography Tutor?

I investigate various venues and keep alert to any potential photographic subjects such as scenic spots or interesting character filled faces. I have used my television screen and calico backdrops to convert my loungeroom into a classroom for my students. I have gained valuable Photoshop knowledge from my son and I also read extensively to keep up with the evolving photographic techniques.

What do you enjoy most about your role as Tutor in U3A?

It is keeping me alive. My wife sadly passed away 4 years ago and us oldies need to keep going.



Do you have an example of a particularly rewarding instance of being a Tutor?

There have been several but in recent times it has been most rewarding to have received awards from entering online photographic competitions. The object is to turn ordinary photographs into very pleasing visual ones. You receive valuable positive and negative comments. A student once asked me, "How do you know the worth of a photograph?" My answer was, "If you can accept and be pleased with your photograph after a period of time then it is ok".

What do you feel about the importance of volunteering in U3A Redlands?

To live well what you have left of life. Looking after others at this stage of life is important, as is developing friendships and trust. I encourage my students to enjoy the beauties of life such as sunsets.

Take a chance!





Queen Elizabeth Platinum Jubilee



On 6th February, 2022 Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom, the Realms and the Commonwealth. You don't have to be a monarchist to recognise the selfless devotion and service of a 70 year commitment. What an amazing achievement!

At age 96, the Queen does have some health and mobility issues, but it would seem that she is enjoying the celebrations that she has been able to attend. There was genuine pleasure on her face when she attended the horse show at Windsor Castle recently and also her viewing of the Chelsea Flower Show via a golf cart.

Nobody does pomp and ceremony quite like the British and the Platinum Jubilee celebrations have been spectacular. The heartfelt message from UK to the Queen was "Thank You Ma'am".



In an EMERGENCY
dial TRIPLE ZERO
(000)



For NON-URGENT
Police contact call
POLICELINK
131 444

Crime Prevention Corner

Anti hooning laws

Hooning is the common word for anti-social behaviour in a motor vehicle (car, van or motorbike), such as speeding, street racing, burnouts and playing loud music from a car stereo.

You can make complaints online or by contacting Hoon Hotline on 134 666 or Policelink on 131 444 about other traffic related incidents such as: Dangerous driving; Careless driving; Driving without reasonable consideration for other people; Driving in a way that makes unnecessary noise or smoke; Racing or conducting speed trials on a public road.





Fines for Hooning – penalties vary for different hooning offences. For example,

- Driving in a way that makes unnecessary noise or smoke carries a maximum fine of 20 penalty units (**\$2,757**).
- Careless driving – also known as driving without due care and attention – or street racing carry a maximum fine of penalty units (**\$5,514**) or 6 months in jail.

In addition to the penalties for any traffic offences committed, a 2002 amendment to the *Police Powers and Responsibilities Act 2000* gave Queensland Police the power to impound vehicles, immobilise and confiscate vehicles involved in hooning offences.

Bayside DCPC – ph 07 33088180 – email DCPC.Wynnum@police.qld.gov.au – blog www.mypolice.qld.gov.au/wynnum

U3A Redlands District Inc. 2022 Management Committee

President	Janese Lowe	president@u3aredlands.com.au
Vice President	Julie Porteous	vicepresident@u3aredlands.com.au
Secretary	Joan Johnstone	secretary@u3aredlands.com.au
Treasurer	Charles De Wet	treasurer@u3aredlands.com.au
Tutor Liaison Leisure	Mary Smith	tutorliaisonleisure@u3aredlands.com.au
Tutor Liaison Academic	Elizabeth (Liz) Jeffs	tutorliaisonacademic@u3aredlands.com.au
Office Co-ordinator	Sally Roth	coordinator@u3aredlands.com.au
Publicity Officer	Christine Fletcher	publicity@u3aredlands.com.au
Events Catering	Edwina Potter	events@u3aredlands.com.au
 3821 3888	 PO Box 1231, Cleveland QLD 4163	
 admin@u3aredlands.com.au	 www.u3aredlands.com.au	

Newsletter Contributions	Next Cut off: Monday, 4 July	newsletter@u3aredlands.com.au
Newsletter Editor	Denise Lee	newsletter@u3aredlands.com.au