

As we head into the unknown.....

The Management Committee has been working hard behind the scenes to organise and operate as many classes as possible in these uncertain times. Term 3 with limited classes has been a start on the road to recovery and our hope is that Term 4 will close the year on a more positive note. Unfortunately while social distancing is one of the restrictions many of our classes cannot reopen due to venue size and class numbers.

Social Distancing....Have any other two words had such a negative impact on our lives?

Roget’s Thesaurus tells us the following information about these two words.

Social = Communal, Community, Common, Societal, Public, Shared, Collective, Group.

Distancing = Estrangement, Disaffection, Unfriendliness, Hostility, Isolation, Separation, Division.

Like all of you I look forward to a time when we no longer have to live like this. Not being able to greet friends and family with hugs and handshakes and gestures of love and support is extremely difficult.

While talking about social distancing another casualty is our annual end of year Showtime. This event is eagerly looked forward to by many of our members and hopefully it will be back on the calendar in 2021.

As a result of many classes not able to reopen we will not be renting the permanent room at SDA during term 4 and the few classes usually held there have been temporarily transferred to the Philo for term 4. Please check with your tutor if you are unsure.

On a brighter note we were delighted to see the upgrade and additional parking in Lillian Court, which is directly behind the Philo. As you know this has been a three year debate with Toowoomba Regional Council and we are grateful to all of our committee and members who never gave up on the struggle.

I know you will join me in thanking our wonderful office administrator Trish for her dedication and commitment to U3A. Trish has gone above and beyond to ensure that, not only are our rooms meeting all government requirements in regard to your health and safety during this pandemic but that you enjoy the limited opportunities available.

The Management Committee appreciates your support and understanding in these challenging times.

Rhonda Weston

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WE WELCOMED
34
NEW MEMBERS

<p>DIARY DATES</p> <p>Term 4—October 6 to November 27</p> <p><u>Course Book Closing Date</u></p> <p>2021 Course Book - October 30</p>

Keeping our classes COVID safe

- Direct all to stay at home if they are sick, and to go home immediately if they become unwell. Advise them to be tested for COVID-19 if they have any symptoms of acute respiratory disease (cough, sore throat, shortness of breath) or a fever or history of fever.
- Place signs at entry points to instruct class participants not to enter if they are unwell or have COVID-19 symptoms.
- Implement measures to maximise the distancing between class participants to the extent it is safe and practical.
- Place tables to ensure that persons seated at those tables are 1.5 metres apart and reduce the number of tables and seating capacity in line with public health directions.
- Courses that cannot meet physical distancing or other COVID-19 restrictions will not recommence until the restrictions are revised.
- Provide hand washing facilities – liquid soap/alcohol-based hand sanitiser.
- Class participants **will not** be able to share a social “cuppa” before, during or after classes.
- Use the class attendance record as the contact information document. Tutors must ensure all class attendees, including the tutor, and any guests are recorded.
- Class fees will have to be paid in cash or cheque. Class participants must bring the correct amount to the class. Money must be sealed in an envelope and the envelope clearly state the member’s name and membership number. Change will **NOT BE GIVEN**.
- Consult with tutors on COVID-19 measures in the workplace and provide workers with adequate information and education, including changes to work tasks and practices and appropriate cleaning and disinfection practices at work.
- Do not share equipment and tools in classes where hand tools, brushes etc., are used.
- Clean computer equipment, the keyboard, mouse, monitor etc., after each class.
- Clean frequently touched areas and surfaces after each class. Clean tables and chairs used during a class before restacking them. **BY THE CLASS**.

Rhonda Weston
President

SHOWTIME

It is with regret that we have to announce that Showtime 2020, originally planned for 1 December, will not go ahead this year. We know this will come as a disappointment, not only to the creative exhibitors and participants but also to those members who enjoy the entertainment and the chance to catch up socially with friends.

This is not a decision we have taken lightly but the health and well-being of our members must take precedence. All being well, you can be sure that Showtime will be back in 2021.

PROPOSED NEW CLASSES FOR TERM 4

MINDFUL LIVING: is an eight-week course based on Jon Kabat-Zinn's Mindfulness Based Stress Reduction program. We cover a variety of practices including everyday mindful awareness of the breath, eating, walking, listening and movement. Paying attention, without judgement. Benefits include greater peace of mind, compassion, gratitude, alert senses and appreciation of each moment. Can help with anxiety and depression, ill health and relationships. Contact: Janine Hills 0403 013 049 janine.hills8@bigpond.com

BUILD A SIMPLE WEBSITE: If you can use Microsoft Word or Publisher you can build a first-class website using easy to use and simple online free templates from www.wix.com. No knowledge of code needed. Easy to use menus allow for shops, blogs and forms. You only pay Wix if your website goes live. In other words, you can play and practice all day or night. Bring your laptop or tablet. Contact: Peter Nicol 0417 627 097 manager@prong.com.au

EXPRESSIONS OF INTEREST FOR 2021

ECONOMIC THOUGHT: This course will attempt to distil those characteristics above, beginning with a basic introduction to human nature and economic consequences and quickly move to the contributions of Aristotle, Medieval Europe and Thomas Aquinas, to the Mercantilists then to the Physiocrats, the Classicists, the Utopians, to Karl Marx, then to the Victorian World, to the Institutionalists, to the Macro Economists and Monetarists. Notable contributions by other economists will be added when appropriate. The course will be supplemented by discussion of the newly emerging contribution of Behavioural Economics. Contact: Ian Kennedy 4635 6719 0438 956 714 ibkennedy2003@yahoo.com.au

THE AMERICAN CENTURY (1901-2001): What made the USA great in the twentieth century? So much so, that it was called the "American Century" – the title of a course presented in 2021. The course will also feature some of this century's greatest Presidents, including Wilson, Kennedy and Johnson. Also, such divisive events as the Vietnam War. Overall, this course will run from 1901 to 2001, ending at "9/11". Notes will be distributed along with PowerPoint and lectures presented. Interested? Contact: John Pryce-Davies on 4615 5963.

AMERICAN WARS: Did you realise that there were at least three wars fought on US soil? These included: The American War of Independence of 1776-1783; the least known War of 1812-15; and The Civil War of 1861-65. In the last of these, over 600,000 soldiers were killed. Yet, in spite of the tragedy of these wars, America recovered to become a world power in the next century! They also gained a national anthem: "The Star-Spangled Banner". Notes will be distributed along with PowerPoint and lectures presented. Want to know more? Contact: John Pryce-Davies on 4615 5963.

AUSTRALIA...THE UNKNOWN?: Eight lectures covering some of the unexplained events surrounding our early explorers and present day discoveries: The Search to the Inland Sea; Lasseter's Last Ride; What happened to Ludwig Leichhardt's 1848 expedition?; Australian Big Foot 'The Yowie'- Is he a huge hoax?; Recent archaeological dig at Burke and Wills' Camp 46 and much more. The Tutor will use the latest scientific and archaeological evidence to investigate each case. Just bring your magnifying glass! Contact: Bruce Arthur 0408 935 764 brucearthur01@outlook.com

CLASSES AVAILABLE FOR 4th TERM

Due to COVID-19 restrictions, class arrangements have been modified to fall in line with social distancing. Many classes unfortunately will be unable to restart. Please refer to your 2020 Course Book in conjunction with this newsletter.

**Highlighted classes are NOW RETURNING for Term 4
or have a CHANGE OF VENUE.**

*Refer to Page 3 of this Newsletter for class descriptions.
Ask your Tutor for specific requirements.

APPLE IPAD REFRESHER**APPLE IPHONE REFRESHER****COMPUTER WORKSHOP**

CRYPTIC CROSSWORDS – ADVANCED

DISCUSSION GROUP

FAMILY HISTORY FORUM

GUITARS FOR FUN

LINE DANCING

PSYCHOLOGY

ROUND TABLE DISCUSSION GROUP

TABLE TENNIS**TAI CHI**

TENNIS – AFTERNOON

TENNIS – MORNING

WEAVING FAMILY HISTORY TAPESTRY

ANCIENT BELIEF**AQUATIC EXERCISE GROUP****BOOK DISCUSSION GROUP**

BOTANICAL ART

CREATIVE WRITING

DRAWING ABC – GROUP 1

FOOD NUTRITION & HEALTH

FRENCH CONVERSATIONAL
GATEBALL
ITALIAN CONVERSATION
LAWN BOWLS – VICTORIA ST
LUNCH GROUP
MINDFUL LIVING *
REGAIN YOUR BRAIN
SHIBASHI QIGONG
SING....SING A SONG
SINGING FOR FUN
SPANISH BEGINNERS
SPANISH – CLASS 1
SPANISH – CLASS 2
TRAVEL
UKULELE

APPLE IPAD BEGINNER
AUSTRALIA... THE UNKNOWN? *
BUILD A SIMPLE WEBSITE*
CHINA'S MAGNIFICENT HISTORY
CROQUET RICOCHET
GOLF CROQUET
ITALIAN – ONGOING STUDY
ORIGIN OF THE BIBLE
OUR CHANGING WORLD
PASTEL DRAWING
SEWING CIRCLE
SING-A-LONG SINGERS

TEN PIN BOWLING
WANDERERS WALKING GROUP
WONDERS OF WATERCOLOUR
WRITERS AT WORK

ARCHERY
BADMINTON
CHINESE – MANDARIN
CHRISTIANITY & FEMINISM
CIRCLE DANCING
DINKY DI BUSH BAND
ENJOYING MATHEMATICS - BASIC
ENJOYING MATHEMATICS – INTERMEDIATE
FAMILY HISTORY - BEGINNER via email
GUITAR FOR BEGINNERS
ITALIAN FOR BEGINNERS
LAWN BOWLS - LINDSAY ST
LEADLIGHTING
LUNCH GROUP
OIL PAINTING
SOCIAL MEDIA
WALKING GROUP

ANDROID PHONES & TABLETS
AQUATIC EXERCISE GROUP
DRAWING ABC - GROUP 2
FRENCH INTERMEDIATE

GERMAN LANGUAGE & CULTURE
GUITAR JAM SESSION
LUNCH GROUP D
LUNCH GROUP E
MOVIE CLUB
MULTI MEDIA
PERSIA UNVEILED
PORTRAITURE
RAINBOW WRITERS
RAMBLING WRITERS
SING....SING A SONG OF SIXPENCE
SOCIAL DANCING
TABLE TENNIS - ADVANCED
WINDOWS 10

CRYPTIC CROSSWORDS - ELEMENTARY
IMPROVE YOUR PHOTOGRAPHY
LINE DANCING
LUNCH GROUP
UKULELE
WRITING FOR PLEASURE

BIRDING
GERMAN ELEMENTARY
SYMPHONIC SOUNDS
UKULELE - ADVANCED
WRITE YOUR WAY TO SUCCESS

TOOWOOMBA



THE UNIVERSITY OF THE THIRD AGE

New Interests—New Friends

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Registered Australia Post
Print Post Approved
100018628

POSTAGE PAID

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