

**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

**DIARY DATES**  
**Term 4—October 6 to November 27**  
**Course Book Closing Date**  
**2021 Course Book - October 30**

## 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](http://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; Lassetter'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.

<b>MONDAY</b>	
<b>APPLE IPAD REFRESHER</b>	
<b>APPLE IPHONE REFRESHER</b>	
<b>COMPUTER WORKSHOP</b>	
CRYPTIC CROSSWORDS - ADVANCED	
<b>DISCUSSION GROUP</b>	
FAMILY HISTORY FORUM	
<b>GUITARS FOR FUN</b>	
LINE DANCING	
<b>PSYCHOLOGY</b>	
ROUND TABLE DISCUSSION GROUP	
<b>TABLE TENNIS</b>	
<b>TAI CHI</b>	
TENNIS - AFTERNOON	
TENNIS - MORNING	
WEAVING FAMILY HISTORY TAPESTRY	
<b>TUESDAY</b>	
<b>ANCIENT BELIEF</b>	
<b>AQUATIC EXERCISE GROUP</b>	
<b>BOOK DISCUSSION GROUP</b>	
BOTANICAL ART	
CREATIVE WRITING	
DRAWING ABC - GROUP 1	
FOOD NUTRITION & HEALTH	

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

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

## WEDNESDAY Cont'd

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

## THURSDAY

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

## FRIDAY

ANDROID PHONES & TABLETS	
<b>AQUATIC EXERCISE GROUP</b>	
DRAWING ABC - GROUP 2	
FRENCH INTERMEDIATE	

<b>FRIDAY Cont'd</b>	
<b>GERMAN LANGUAGE &amp; CULTURE</b>	
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	
<b>SOCIAL DANCING</b>	
<b>TABLE TENNIS - ADVANCED</b>	
WINDOWS 10	

### PITTSWORTH CLASSES

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

### CROWS NEST CLASSES

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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