



## President's Message

From Janese Lowe

Who would have thought that the day after emailing our March newsletter, the office would need to send another bulk email warning members of Tropical Cyclone Alfred and the impact on the U3A Redlands office and classes.

Members were advised that the office would close for the week and if Tutors had not already cancelled classes, to contact them directly about their individual classes.

TC Alfred affected Southeast Queensland and Northern New South Wales and weakened to a Category 1 system by 4 March. After crossing the coast and bringing heavy rain, it subsequently dissipated.

The cyclone caused severe flooding, beach erosion on Redlands Coast, Bay Islands and the Gold Coast, plus widespread power outages, impacting over 118,000 homes.

To those members who were affected, we sincerely hope that your premises and power/internet supplies have been restored, and that your lives are back to as normal as possible.



## Building Project Update

On March 13, Building Sub-Committee members met with Kerry Stephen, Director of the Department of Families, Seniors and Disability Services.

After touring the building, we discussed deliverables and a payment schedule for the planned works – Completion Stage.

The Director confirmed that the LNP's \$250,000 **commitment** would be released after the June State budget, **likely in July 2025**.

In the meantime, a funding agreement will be prepared for execution to ensure that the project can proceed quickly once funding becomes available.



## Fundraising Update

**Sale Proceeds - 'Shades of Redlands'**  
*Thank you to Tutor Elizabeth Jeffs and her Writing for Pleasure Group.*

For deposits since January 2025:  
 Total Deposits amounted to \$1,860

**Donations since December News**  
*So grateful to the following groups:*

For one-off or regular on-going donations:  
 U3AR Camera Club \$115  
 U3AR Mon Mahjong/Barb Sampson \$345  
 U3AR Thurs Mahjong/Pat Simmons \$175  
 U3AR Ramblers Group \$84

*Apologies for any errors or omissions. Please email [newsletter@u3aredlands.com.au](mailto:newsletter@u3aredlands.com.au) with any corrections.*

## Bunnings BBQ – Rescheduled

Unfortunately, due to Ex-Tropical Cyclone Alfred we had to cancel our Bunnings Capalaba Barbecue fundraiser which was planned for Sunday, 9 March. Bunnings will advise us of our next available date. Watch future newsletters for details.

# Vale Richard Philip (1927-2025)

Sadly, former U3A member, Richard Philip passed away 20 February 2025. Following family arrivals and weather delays, a memorial service was arranged for friends and family to gather at a Raby Bay restaurant on Friday 14 March. At the service, Past President Debra Barker delivered a fitting tribute on behalf of Richard's close U3A Redlands friends. Debra also agreed to share the following story with the U3A Redlands wider community.



*Richard, 97, dapper as ever and enjoying company at Capella Bay, Capalaba.*

Richard moved from Melbourne to the Redlands in 2014, not knowing a single person. However, with his enthusiasm for learning and community, he quickly found his place. Having been an active member of a U3A in his hometown, he naturally sought out the local branch here — and it wasn't long before he became a familiar face in many courses.

He also generously shared his business expertise with a number of U3A Redlands committees as they worked towards establishing a home base. Over the years, Richard became a highly respected and deeply valued member of our organisation, and Cleveland soon felt like home.

I first met Richard in Noel Preston's Ethics course, but that was just the beginning. He was a dedicated participant in Life Matters,

had a passion for Desley Loch's Ancient History, and thoroughly enjoyed Lindsay Shephard's Philosophy, to name just a few of his many interests.

Richard also played a key role in bringing Meditation to U3A Redlands. What started as a small group blossomed into a popular session, with Richard always arriving with his Nepalese singing bowl to set a calming tone at the start and end of each gathering.

At U3A Redlands, we cherish lifelong learning and social engagement - values that Richard embodied wholeheartedly. His thirst for knowledge and his genuine desire to connect with others made him truly special. Richard was a remarkable man, and he will be deeply missed by so many.

Debra Barker



## **JOIN US** VOLUNTEER OPPORTUNITIES

### **Two Office Volunteers**

Can you spare a three-hour shift, once a fortnight, during term times?

We need two additional Office Administration Volunteers, for Monday and Wednesday. Training will be provided.

Our comfortable temporary office is located at Delancey Street, Cleveland with easy off-street parking.

Team members have regular monthly lunch catch-ups with the other office volunteers.

If you can help, please contact Julie on 3821 3888 or email

[admin@u3aredlands.com.au](mailto:admin@u3aredlands.com.au)

Or Contact Debra via email

[coordinator@u3aredlands.com.au](mailto:coordinator@u3aredlands.com.au)

*We would be so grateful to get back to a full roster again.*



## SAVE THE DATE

Thursday, 19 June

### U3A Redlands presents Performance Arts Variety Show



Join us for a great Show  
and

*Elizabethan High Tea*



Thursday, 19 June  
2025

One 10:00am Session Only  
Limited Seating

Thorneside Community Hall,  
Mooroonda Road, Thorneside

Tickets: \$15.00 Members  
\$20.00 Non-Members

For bookings call the  
Office 3821 3888

*Raffle tickets available on entry  
Winners drawn during session*



Please note that the U3A Redlands  
Office will be closed over the  
Easter School Holidays.  
7 April – 18 April.



RE-OPENS  
9:00am Tuesday, 22 April.

## VOLUNTEERS NEEDED

Thursday 19 June

### Variety Show and Morning Tea Volunteers

You can be a part of this  
memorable social event.

#### The Day Before:

20 volunteers needed to make slices  
and small cakes, also to **deliver to  
Delancey Street Office** on  
Wednesday, 18 June.

#### On the Day:

Thorneside Hall, Mooroonda Road

M/Tea Set-up x 4 - from 8.00am

Door & Tickets x 2 - from 9.00am

Ushers x 2 - from 9.00am

M/Tea Servers x 4 - from 9.00am

*(plus the Theatre Group)*

#### **Watch Variety Show for free!!**

Final Clean-up (Dishes and Hall) until  
1.00pm.

***If you can help?  
Please call 3821 3888***



*Happy Easter*





## Seniors Expo 2025



The Queensland State Government Seniors and Carers Team put on a wonderful 2025 Seniors Expo with interesting speakers at the Cleveland RSL on Friday 28 March. Admission was free and included a delicious morning tea for around 150 attendees.

The Expo gathered government representatives and local organisations so that locals could meet face-to-face to find out about the services and supports for older people in our local community.

U3A Redlands District Inc. represented education services and social activities for locals throughout the Redlands District.

Thank you to our volunteers Rosemary Turner, Liz Sanderson, Janese Lowe and Sally Roth (not pictured) who had an enjoyable morning promoting our classes.



### CPR AWARENESS TRAINING

The next sessions will be held on the following dates and you only need to attend one class:

**DATE #1: Tuesday, 20 May**

**DATE #2: Thursday, 5 June**

**TIME: 4:00–5:30pm**

**VENUE: Cleveland State High School**

For **\$7.00** (paid prior to attending the session) U3A Redlands members can learn the life saving techniques of CPR. This fee can be paid online after enrolment or via EFT to:

**BSB: 124025 ACC: 10545277**

**Reference: Your SURNAME and "CPR"**

Alternatively contact the office on 3821 3888 to pay via credit card.

Please do not hesitate to contact **Robyn Tennant on 0432 829 947** if you have any questions or would like to enrol.



### Community Celebrations at Raby Bay Harbour Park, Cleveland Saturday, 31 May - 2:00pm–6:30pm

Hosted by Star Community Services to celebrate National Volunteer Week 19–25 May.

Volunteer or visit us at our U3A Redlands information stand to show your appreciation for our volunteers and for their dedication to serving our community.

#### Event details:

**DATE: 31 May 2025**

**TIME: 2:00 - 6:30pm**

**LOCATION: Raby Bay Harbour Park, Cleveland**

**ENTRY: FREE - Everyone is welcome.**

#### Get together and enjoy:

- Live entertainment for all ages
- Jumping castle, face painting, petting zoo
- Food trucks, market stalls
- Stunning laser show, and more!

#### NEWS FLASH:

Our very own U3A Redlands Starlight Dancers, U3A Singers and GRUBS Ukulele have joined forces and will be performing on stage at this year's event. Full details to be confirmed.

### ANZAC DAY – 25 April Lest we Forget





## History and the Bible Series returns - Enrol now

The next topic in this series will commence on Tuesday, 29 April. It is called "The Age of the Earth and the Great Flood". It will deal with questions about the origins of life on Earth.



The theories of people like Sutton (Uniformitarianism), Darwin (Evolution) and others will be analysed alongside the Biblical accounts of Creation and the Great Flood.

What is the evidence for the different views? It will explore how beliefs about our origins influence our beliefs about our humanity, our purpose and our destiny.

The course will run for seven weeks, and will be held in the Capalaba Library (*now located in the Capalaba Central Shopping Centre*).

**STARTING:** Tuesday, 29 April  
**TIME:** 10.00-11.00am  
**VENUE:** Capalaba Library  
**CONTACT:** Tutor, Rob Kitzelman  
**MOBILE:** 0499 114 291  
**EMAIL:** [robkitzelman@outlook.com](mailto:robkitzelman@outlook.com)

## AN INTRODUCTION TO POLITICAL ECONOMY WITH CASE STUDIES OF CURRENT GLOBAL AFFAIRS

This was a new class which ran for 12 hours over 8 weeks. It covered a wide range of topics especially the interaction of political organization (like democracy and autocracy) with mixed economic systems.

We covered the role of history and stabilization policies (how government manages the economy). We put a lot of emphasis on Mr Trump's tariff policies and their consequences.

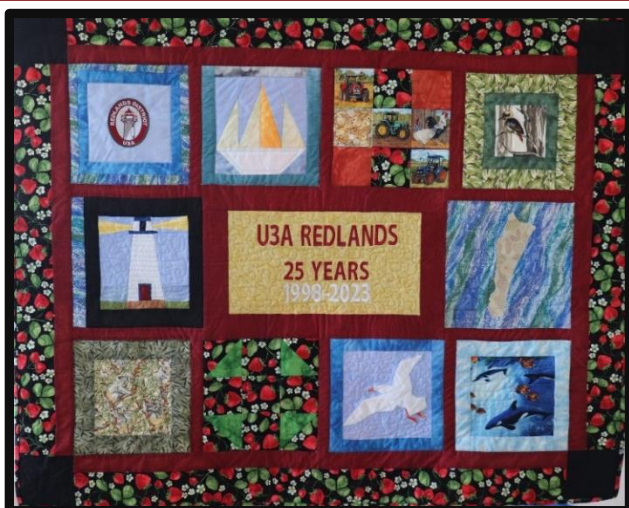
To cover the wide range of topics and to ensure students had a complete understanding of topics, notes were emailed to them before each class. A lot of these notes were especially prepared. Students were engaged and were asking questions as we went along.

Week 1 started with 19 students and ended with 17; during the term, some left and some new faces arrived.

Later this year, I'll present a different program, this one on:  
***Understanding the Housing Industries.***

Inputs will include demographics, economics and town planning.

*Doug Murphy (Tutor)*



*Looking back at our 25 years Quilt that was created by one of our longest serving Tutors, Sylvia Bridge.*

*See the article about Sylvia on Page 8 and 9.*

## Electrical Energy Usage in the Kitchen: Analysis and Tips for Energy Conservation

The kitchen is one of the highest energy-consuming areas in a home. Modern appliances make daily tasks easier but also increase electricity consumption, leading to higher energy bills and a larger carbon footprint. This article evaluates the energy consumption of key kitchen appliances and provides energy-saving tips to optimize efficiency.

### Energy Consumption of Kitchen Appliances:

1. **Refrigerators:** Refrigerators are among the most energy-hungry appliances as they run continuously. Newer models are more energy-efficient due to better insulation and advanced cooling systems. Key factors influencing energy consumption include the fridge's size, age, and temperature settings.

#### Energy Conservation Tips:

- Set the refrigerator to 3°C and the freezer to -18°C.
- Keep the fridge away from heat sources.
- Clean the coils and seals regularly to maintain efficiency.

2. **Stoves:** Both electric and gas stoves consume significant energy, with electric models typically using more. Induction cooktops are a more efficient option as they heat cookware directly.

#### Energy Conservation Tips:

- Use induction or glass-ceramic cooktops for faster cooking.
- Match pot size to burner size.
- Use lids to retain heat and reduce cooking time.

3. **Kettles:** Electric kettles are more energy-efficient than boiling water on a stove, but their energy usage can be high if large amounts of water are boiled unnecessarily.

#### Energy Conservation Tips:

- Boil only the water you need.
- Choose a kettle with an automatic shut-off feature.

4. **Dishwashers:** Modern dishwashers are more energy-efficient than hand washing. However, energy use depends on the cycle settings and load size.

#### Energy Conservation Tips:

- Use "eco" settings to minimize energy use.
- Run the dishwasher only with full loads.
- Skip the heated drying cycle and air dry dishes instead.

5. **Ovens:** Ovens, both gas and electric, require significant energy to heat. Conventional ovens use more energy than convection ovens, which circulate heat more efficiently.

#### Energy Conservation Tips:

- Use a convection oven for better heat distribution.
- Minimise door opening to prevent heat loss.
- Consider using a toaster oven or air fryer.

6. **Microwave Ovens:** Microwave ovens are energy-efficient for reheating and cooking small portions as they directly heat food, reducing cooking times.

#### Energy Conservation Tips:

- Use the microwave for small portions or reheating.
- Cover food to reduce cooking time.
- Defrost food ahead of time to minimise energy use.

Kitchen appliances are a major source of household energy consumption. By adopting energy-saving practices such as using efficient appliances, optimising settings, and adjusting cooking habits, consumers can reduce energy consumption, lower costs, and contribute to sustainability. Proper appliance maintenance and making informed energy choices, can lead to substantial savings in the long term. **Like to be part of a group information session to learn more?** – Email Ian Lowe (Volunteer Energy Champion) at [ianlowe007@gmail.com](mailto:ianlowe007@gmail.com)





**Monday 9.00 for 9.30am**  
**Donald Simpson Centre**  
**172 Bloomfield St, Cleveland**  
**COST: \$5.00 Includes**  
**Morning Tea**

**APRIL 21: EASTER MONDAY**

**APRIL 28: THE GIRL FROM EAST BERLIN**

Presented by: *Verena McGowan*

Verena's autobiography, first published in 2018, tells the story of a young Verena and her family as they escaped from Communist controlled East Berlin; her experiences living and working in Victoria, New South Wales, and Queensland; and eventually ending up in Redland Bay.

**MAY 5: LABOUR DAY**

**MAY 12: MATRON GRACE WILSON**

Presented by: *Rhonda Lynch*

Rhonda was instrumental in obtaining donations from U3A Life in Australia (*our earlier name*) to provide for a scholarship at Somerville House in memory of Matron Wilson. We will hear about Matron Wilson and her involvement in World War I.



**Writing for Pleasure**

*The pen is mightier than the sword...*



*This month the writers were asked to write 100 words or less on The Red Door. The reader responds to the atmosphere and feeling that Ann develops.*

**The Red Door**  
*by Ann Cureton*

Ruby red. Such a beautiful colour to paint a front door she thought as she approached, both relieved and excited, but mostly relieved, for she knew that one of the meanings of a red door was hospitality. She also knew that on the other side awaited a sanctuary for the night, and that after a long hot day of walking she would be welcomed with open arms. Somewhere to lay down her pack, bathe her blistered feet, be served a simple but delicious meal and rest her weary body. For this was one of numerous hostels, that were to be found on this famous pilgrimage.

*Don't forget your copy of "Shades of Redlands" (\$20) either through the office or contact Liz on 0427 646 377.*

**ARMCHAIR TRAVEL**



**Time:** 9:30-11:00am  
**Cost:** \$5.00  
**Venue:** *Uniting Church Hall, Passage Street, Cleveland*

**DATE:** **3 April**  
**TOPIC:** *Kanchonaburri War Cemetery, Hellfire Pass, Thailand*  
**PRESENTER:** *Col Sutcliffe*



**DATE:** **1 May**  
**TOPIC:** *A travel journey including London, Birdsville to Uluru and Western USA*  
**PRESENTER:** *Scott Hendry*





## Sylvia Bridge

### 18 Years of Tutoring

Sylvia Bridge has been one of our longest-serving tutors, having taught "Patchwork and Quilting" to many students over the past eighteen years. She joined U3A Redlands in 2006 after retiring from work. She joined in order to attend the Candlewicking class, which had been going for about seven years. (*Candlewicking is a type of embroidery using knots and stitches to make raised, textured designs.*) When the Candlewicking tutor retired a year later, Sylvia was asked to take over the class, but declined owing to lack of experience. Instead, in 2007, she decided to start a Patchwork and Quilting class.

Sylvia had been doing patchwork and quilting herself since 1993 after attending an exhibition in Toowoomba and then buying fabric from Pauline's Fabric and Quilts store. She became passionate about this craft and taught herself from a book. She became very engrossed in her project and worked on it every night after work – 10:00pm being her deadline. She regularly visited Toowoomba on weekends to attend quilting classes. She did this over a 12-year period, taking her husband and children with her. While they may have done other things during the day, they would also help Sylvia prepare her work for the next day's class, where other students were in awe of her progress.

During this 12-year period, the quilting group in Toowoomba would sometimes make special quilts to donate to drought victims in the west. They would work together on the project and finish up to six quilts in one weekend. Fabric had been donated from the United States to support people in the outback.

When Sylvia started her U3A classes, initially there was a morning and an afternoon class and these continued for many years. When she returned to work for a few years, the afternoon class was still able to continue, and then she started an evening class when a few girls from her work wanted to learn. For the last 15 years, Sylvia ran morning, afternoon

and evening classes every Thursday. About five students had been with her for the full 18 years. When asked what she enjoyed most about taking these classes, Sylvia said, "*seeing the students progress and their high standard; students doing what they never thought they could achieve and being really excited by their finished product.*"

When asked if she had a favourite quilt of her own, Sylvia said she had a few; they're "different" quilts. She also mentioned the small quilts she makes for patients in the Spinal Unit at the PA Hospital. She started doing this after she was a patient there for a month in 2020 (having fallen from her bike and fracturing two vertebrae). She observed how cold some patients were as they moved around during the day, so she, along with some of her students, started making quilts for these patients, and Sylvia continues this special project today. The patients are most appreciative.

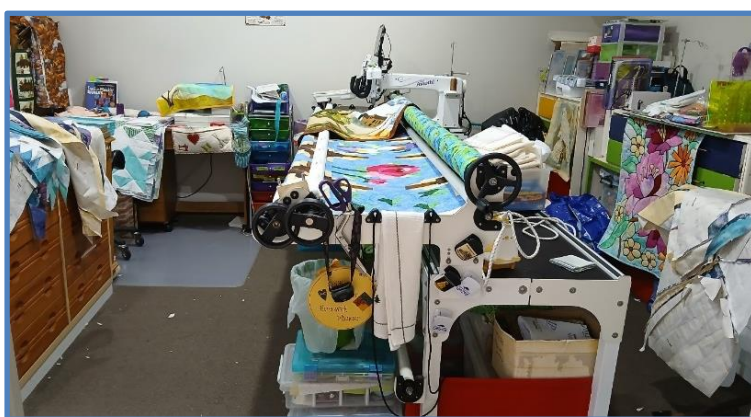
Sylvia has always lived in Brisbane, having grown up on a dairy farm at Strathpine. Later, she and her husband, Rod, ran a chicken farm at Jimboomba. They moved to Cleveland over 35 years ago and then to Thornlands where their new home has a large room to hold Sylvia's quilting machine and associated equipment and materials (*Sylvia's Woman Cave*). Sylvia and Rod have three children and four grandchildren. Their 12 year-old granddaughter has always been interested in her Grandma's craft and has already made a beautiful queen bed quilt of which she's very proud.

Now that she's retired from U3A tutoring, Sylvia is looking forward to much more travel. She is currently recuperating from a shoulder operation and contemplating where she and Rod will next travel in their new motorhome. They have always been travellers, transitioning from a tent, to camper trailer, caravan and now the motorhome.

Sylvia is still a member of U3A Redlands and participates in Meditation and Qigong when she has time.

Many would be aware of the special quilt Sylvia produced for our U3A Redlands 25<sup>th</sup> Anniversary in 2023, and when our new building is completed, the quilt will hang there in pride of place.





*Sylvia was interviewed by Mary Smith – Tutor Liaison Officer. Mary was in awe of the number of quilts Sylvia has made, and of the extremely intricate and clever patterns.*



<b>U3A Redlands District Inc. 2025 Management Committee</b>		
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