



President's Message

From Janese Lowe



What sad news to hear that our local Redland City Bulletin is closing down. It's the old saying, "You don't know what you've got until it is gone."

Never fear, you still have 'The Third Act', our U3A Redlands monthly newsletter. Not that I think we are in the same league as the Bulletin, but we do our best to communicate with members and to be consistent.

A lot goes into delivering news and we really appreciate articles with photos from our many classes/activities. However, full credit must go to our Newsletter Editor, Denise Lee, who weaves her magic each month to deliver a newsy communication that is pleasing to the eye.

Thank you to all those who look forward to receiving and reading our newsletter each month and to some of you that have expressed their thanks to me personally.

Our office will be closed from 3 to 14 April for the Easter School Holidays, as will most of our classes. Continuing classes will enjoy ongoing activities as advised by your individual Tutor/Coordinator. On behalf of the Management Committee, I'd like to wish you all a happy and safe Easter.



Building Project Update

Bringing the vision you have for your project to life can be a long process. It is almost twelve months since our Site Announcement.

Invitations to Quote

Invitations to Quote, together with detailed drawings will be distributed before Easter. The process of comparing quotes; attending site visits; and deciding on a Builder; could take some time, after which we will announce our Builder. We promise there will be a 'sod-turning' ceremony before we officially get the build underway. Check future newsletters for details.

Donations to U3A R Building Fund

Thank you to the generosity of the following U3A Group Activities for their donations:

- \$100 - U3AR Garden Group/Murray Porteous
- \$81.55 - U3AR Patchworking/Sylvia Bridge
- Regular donations - U3AR Mahjong/Rose R.

For those who did not attend the 2022 December AGM, below is the Artistic Impression of our U3A Redlands Centre Building, transposed against a photo of the actual site location. Thanks to member George Chapman for his computer skills.



Artistic Impression



*BirthDay
Wishes to
U3A
Redlands
members*

celebrating a Birthday in April.

GORGEOUS PRINTS FOR SALE

These Prints were donated to our Trash and Treasure last year, but we thought they were worth more than a T'n'T might offer, so here's your chance!

Make us an offer! One or both, whatever you prefer. They are quite large (86cm sq each). Email or phone Jules at the Office: (admin@u3aredlands.com.au; 3821 3888 term times, 9am – 1pm) by the end of April and you might be the lucky person. You can view them at the U3A office - I can deliver!



CPR AWARENESS TRAINING

Thursday 4 May - 4:00–5:30pm

Wednesday 7 June - 4:00–5:30pm

Cost only \$7 per Class

Since July 2022 over 50 U3A Redlands Members have completed the 90min CPR Awareness Training Session.

Did you know 76% of cardiac arrests occur in the home, so the life saving techniques you learn from this session, could help save the life of a loved one.

If you would like to enrol in either of these sessions, please contact: Robyn Tennant 0432 829 947 or robymtennant@hotmail.com

CYCLING - Easy Riders



Ride at Scarborough



University of Queensland at Jacaranda time.



Easy Riders is going strong with 12-20 cyclists each ride. Normally (*but not always*) leaving Raby Bay Harbour, Friday mornings at 7am. Legal e-bikes are welcome for these rides which range between 40 and 55km.

Wendy (*Leader*) and Gavin (*tail-end Charlie*) Becker are indebted to Roy Sherrell for stepping in as leader during their frequent, intermittent travels.



NEW BOOK DISCUSSION GROUP

The Book Discussion Groups within Redlands U3A are extremely popular. To meet our members' needs a decision has been made to establish an additional group, to be held at the **Capalaba Library on the third Friday of every month**. This Book Discussion Group will be free to attend.

Commencing on **Friday 19 May 2023**, our first meeting will be held from 9.30am until 11am. We will be discussing **'Exiles' by Jane Harper**. Our local libraries have multiple copies of this book as well as audio and e-book copies.

On Friday 16 June, **'Lessons in Chemistry' by Bonnie Garmus** will be discussed.

A consensus will then be formed from the members of this new group about the direction/theme of our upcoming books eg. Prize Winners, Australian Authors, Women Authors.

It is anticipated that all the members of this new Group will be able to select a book of their choice and then prepare appropriate introductory material or discussion questions. There will be 11 meetings a year but the Group is capped at 10, so you will only need to make a selection once a year.

Please do not hesitate to contact **Robyn Tennant on 0432 829 947** or robyntennant@hotmail.com, if you have any questions or would like to enrol in this Book Discussion Group.



FUN WITH PUBLIC SPEAKING

A great opportunity to find your public voice. You can be a confident communicator, all you need is practice, persistence and positive people around you.

Participate at your own pace.

Tutor, Pam Tranter will be holding 5 sessions, to be held each fortnight, and starting on Friday, 28 April.

To register your interest please contact:

Pam - 0408 550 435 or

Email: pamtranter46@outlook.com

International students visit U3A Continuing German class.

Recently the Continuing German class (Tuesdays 3-4.30pm) was lucky enough to have two international students from the Cleveland District State High School visit our class. Greta Hecht and Anna Nadler sat down with us to tell us in German about their lives in Germany and their experiences as international students in Australia. The U3A students were able to put their language skills in action in a real-life situation and the success of the afternoon was evident to all.

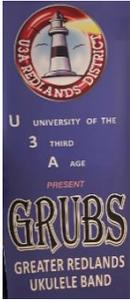
It is an example of the wonderful connection that U3A Redlands has with the Cleveland District school which hosts a number of U3A classes, including the continuing German class, on its campus. Over the past fifteen years, the International Student Program has hosted students from many countries including - China, Germany, Japan, Vietnam, Korea, Italy, France, Austria, Norway, Switzerland, Brazil, Belgium and Mexico just to name a few. We have been lucky enough to have had a number of visits during this time.

There are places in the class if you are interested in rekindling your interest in the German language in a supportive environment.

Contact the Tutor, John Barker on 0439746236 or by email at barkerjd77@gmail.com.



L-R: Charis Burrige, Greta Hecht, Anna Nadler, Margrit Aason, Gordon Siebrecht, Ruth Moorman and Keith Rigby.



Our wonderful GRUBS put smiles on the faces of some Aveo Redland Bay residents.

Thank You



Dennis & Di with an impromptu dance. GRUBS, you worked your magic yet again!

If you have an unused Ukulele in a cupboard or have no Ukulele but would like to try it out, we have a Ukulele for you to trial. Lessons and help are available for you to learn, with confidence to join in our happy, fun-filled weekly ukulele jams and performances.

For more information contact:
Col Grant: 0408 453 787



GRUBS enjoying the weekly Jam session.



Writing for Pleasure

The pen is mightier than the sword.

Our writers were given an opening sentence and told to write a very short piece. We can all identify with this situation.

The Neighbour by Joan Wheeler

I opened the door and he was standing there. It was all I could do not to throw my arms around him.

"Thank God you heard me banging on the ceiling. I know we haven't been introduced but I'm Marli and as you can see, I live below you. I saw you moving in yesterday".

I realised I was babbling and tried to pull myself together.

Looking down, I saw to my horror, I was in my flimsy night dress with face cream lathered all over my face.

If he was surprised, he said simply, "How can I help?".

Opening the bathroom door, I pointed at the tarantula spreadeagled across the taps.



Please note that the U3A Redlands Office will be closed over the Easter School Holidays. Monday, 3 April – Friday, 14 April.

**REOPENS
9:00am Monday, 17 April.**

CHESS GROUP



Chess Tutor, Kathryn Barry (left), with outgoing Tutor, Virginia Ridgley (right)

The U3A Redlands Chess group has been going since the organization's inception 25 years ago. Virginia has been a member of U3A for about 24 years and a constant member of the chess group. She will remain in the group and help to teach new members.

The group meets each Friday morning at 9:30am in the Cleveland library. Prospective members are very welcome to contact Kathryn on 0416 247 571.



U3A Redlands is currently in the process of redesigning our home page. The website address will remain the same, but offer a new look, with easy navigation that will lead you

to all the usual functions provided by our current home page. This new design will include new features, such as a printable term list, a term calendar and much more! The lighthouse motif will be evident across our site, and you will easily locate your member login button.

We hope to introduce members to the new look home page in May, so don't be surprised when you login via your saved U3A Redlands home page address, to see a refreshing new layout. www.u3aredlands.com.au

Community Celebration!

RABY BAY HARBOUR PARK, CLEVELAND
SATURDAY, 13 MAY 2023, 12:00 NOON TO 6:00PM

Let's celebrate our wonderful community

Meet the faces behind your favourite local groups and non profit organisations. Join in to celebrate the amazing volunteers who work tirelessly behind the scenes to make our community better and stronger!
Annual Volunteer Award Ceremony at 15:55pm.

Everyone is welcome

Kids Games, Face-painting, Food Stalls, Animal Farm, Jumping Castle, Chess Challenge and more! Come and be a part of the festivities.

Live Entertainment Laser Show and More!

There is something for everyone. Look out for the program of entertainment in the Redland City Bulletin and on the STAR website closer to the event.

Free Entry

07 3821 6699 www.starcommunityservices.org.au STAR Community Services

CAN YOU HELP ON THE DAY ?

- ✚ We need a couple of men to help with setting up our Marquee at 10:00am and again to take it down at 6:00pm.
- ✚ Also Volunteers to man our stand and sell raffle tickets from 12:00 noon to 6:00pm, in 2 hour shifts.

If you are able to help, please email Debra Mitchell: coordinator@u3aredlands.com.au

2023 Tutor Forum

The annual gathering of Tutors and Co-ordinators will take place on Friday morning, 28 April, at Victoria Point Community Hall.

You are reminded to RSVP to one of the Tutor Liaison Officers by 17 April.

iSupport for Carers of People Living with Dementia

Bolton Clarke are currently involved in a national research project involving the carers of people living with dementia. We are in the recruitment phase, targeting the wellbeing of both the carer and the person living with dementia, and are looking for participants who are aged over 18 years and provide care for someone with mild to moderate dementia who may be interested in participating.

What we currently know:

Informal (family) carers are the cornerstone of supporting people living with dementia to remain living at home for as long as possible. Caring can be stressful, tiring and often lonely for the carers and they may often be under-prepared for the role.

What we currently don't know:

Is there an opportunity for carers to be supported through the iSupport program targeting an improved quality of life and health for both people?
Can this improve dementia services, and is it possible to reduce hospital transfers for people living with dementia?

Why am I being informed about iSupport?

We are looking for 46 carers of people living with dementia to take part in this 12-month project.

If you, or someone you know, are a family/informal carer, aged over 18 years and provide care for someone with mild to moderate dementia, you may be interested in participating.

I'm interested! What do I do?

Please contact Dr Claudia Meyer, Senior Research Fellow, Bolton Clarke Research Institute.

Email: cmeyer@boltonclarke.com.au
M: 0427 894 458

Heather Williams, iSupport Lead
Email: hwilliams2@boltonclarke.com.au
M: 0458 751 667



5 Reasons to Consider Participation

1. Participation is completely voluntary and consent to participate can be withdrawn any time
2. **An opportunity to learn approaches to help support you through the journey**
3. Quality of health and life may improve for you and the person you care for
4. There is an opportunity to contribute to the future wellbeing of carers
5. There are no costs involved. You will be monetarily compensated monthly in appreciation of your participation.



Future Fundraising Events

Our next proposed event will be a Trivia Night on **Saturday 15 July** (Time & Venue TBC).

Put the Fun back into Fundraising and join our Fundraising team.

Or can you help us on the night?

Tickets and tables will be booked and paid in advance. Can you help with:

- set up and set down;
- checking off names at the door;
- sellers for raffle tickets and 'Heads and Tails'

Email your name, mobile and your role of choice to admin@u3aredlands.com.au and someone will get back to you.

Remember - Many hands make light work!



Celebrating 25 Years of U3A Redlands

“What U3A Means to Me”

Name:

Contact Phone or Email:

Please tick one or more of the following that applies to you:

- I am a Current Member
- I am a Past Member - (*What year?*)
- I am a Volunteer - (*Details*)
- I am a Volunteer Tutor or Co-ordinator

Please answer the following:

How long have you been a member?.....*months or years*

How many different classes do you attend?

In no more than 50 words, please tell us “What U3A Redlands Means to Me”

I agree for this (or an extract) to be published on U3A material or website. Yes No

Please submit your completed entry by either:

- Email to: admin@u3aredlands.com.au
- Post to: U3A Redlands. PO Box 1231, Cleveland. QLD 4163
- Deliver to: U3A Redlands Office Room F5, CDSHS
- Or Phone details to the Office on 3821 3888.

We would love to hear your thoughts!

Entries received by 30 April will go into the draw for \$20 Coffee and Cake Voucher for Two from Merlo Coffee, Victoria Point.

In an EMERGENCY
dial TRIPLE ZERO
(000)



For NON-URGENT
Police contact call
POLICELINK
131 444

Crime Prevention Corner

Volunteers in Policing (ViPs)

The Bayside District Crime Prevention Coordinators (DCPC) manage a team of Volunteers in Policing (ViP) and there are currently several vacancies.

The Bayside ViP team consists of up to 20 volunteers, who are divided into smaller groups working from the four main Bayside Patrol Group police stations: Capalaba, Cleveland, Redland Bay and Wynnum.

They work Mondays & Tuesdays from 8am to 12pm, however other events are also catered for on a case-by-case basis. Taskings complement, rather than compete with roles of paid police officers, including:

- Delivering security alerts to communities
- Providing support and assistance to victims of crime
- Assisting with home and business security assessments
- Participating in prevention initiatives / information
- Delivering presentations regarding crime prevention related subject matter to audiences

Further information can be found at <https://www.police.qld.gov.au/careers-with-the-qps/volunteers-in-policing>. Enquiries can be sent to DCPC.Bayside@police.qld.gov.au. Applications close March 31, 2023.

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

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