



President's Message

From Janese Lowe

'Together we can do so much'. Helen Keller. This was exemplified during October with many successful events. Thank you to all the amazing volunteers who gave their all to make these events happen!

On 13 October, **'Let Us Entertain You' Variety Show** was well received by packed houses at both the 10am & 2pm sessions staged at the Thorneside Community Hall. I was a little reluctant when the idea was first suggested by Nicole West, as I knew it would involve a lot of work. Full credit to her planning, rallying the groups together; organising a program and co-ordinating meetings and rehearsals. What a fantastic, combined effort from several Tutors and their groups, including the flower arrangers for the table decorations. Liz Sanderson was a natural as compere, and Cheryl Christie organised a memorable finale with the full cast. Not forgetting door helpers; catering ladies for morning/afternoon teas; and stage and sound helpers. Well done everyone!



The U3A Trash and Treasure on 15 October at St Pauls Church Hall, Cleveland was a mammoth effort and a huge success.

Yes, I also said this will be too much work, but organisers Jules Coleman and Sally Roth and their army of helpers went ahead regardless. *'Ever get the feeling that nobody listens to me?'*

THANK YOU TO MEMBERS FOR YOUR OVERWHELMING SUPPORT FOR U3AR TRASH & TREASURE – Storage; Donations; Attendance and Manpower!

This year's **'Come and Try Day'** was held at the Victoria Point Community Hall on 19 October. Tutor Liaisons Liz Jeffs and Mary Smith co-ordinated an action-packed day where members and non-members could try something new; enjoy performances by our singers & dancers and join guided walks by Ramblers and Botany in the Bush groups. A small group of Tutors were on hand to handle enquiries about their classes. Thanks to Robyn Tennant from Cleveland Ambulance for attending to take expressions of interest in CPR classes being run on behalf of U3A. A big thank you to everyone who helped make this day possible: Tutors; Performers; Committee and Catering helpers; Membership assistance (Di Van) and of course all our participants.



Building Project Update

On the Drawing Board

Detailed construction drawings will be finalised soon. Tender documents to be drawn up and Invitations to Tender from suppliers to be generated. Awaiting RCC Large Capital Infrastructure Grant Results, expected late December.

Fundraising News: It is awesome to see U3A Redlands District Community support to our project with these donations:

U3AR Group Weekly Donations

- Meditation Group Members
- Tuesday Mahjong Group Members
- Qi-gong Group Members
- Art/Watercolour

Member Donations

- A Life Matters member made a personal donation of \$1,000 which is very much appreciated.
- Small individual donations were also received with thanks.

COME AND TRY – 2022

Our major event for Senior's Month was our 'Come and Try Day' held this year at the Victoria Point Community Hall on 19 October. The venue was chosen to encourage more visitors from the southern part of Redlands and to showcase the many classes we offer in the area. Thank you to Tutor Liaisons Liz Jeffs and Mary Smith who co-ordinated this action-packed day where members and non-members could try something new.

There were performances by our singers and dancers, while other folk joined guided walks with the Ramblers and Botany in the Bush groups. Tutors handled enquiries about Patchwork, Camera Club, Meditation, Photoshop, CPR awareness, Writing for Pleasure, Paper Quilling, Card-making, and Chess. It was pleasing to see so many people joining in the Qi-gong exercises, talking with Liz Jeffs about her Writing for Pleasure class, and having fun learning and playing Mahjong.

At the end of the day, we were delighted to have welcomed several new members and returning students to classes for next year as well as encourage one or two members to become Tutors in 2023. The vibe in the hall was friendly and one of enjoyment.

A big thank you to everyone who helped make this day possible.



Qi-gong proved to be a popular class, and was led by Tutor Nahn Shimmons' (*not shown*).



Patchwork Tutor Sylvia Bridge was working on a special quilt to be revealed at our Open Day 2023

Tutor Mary Mullins on the right instructed participants keen to try **Jazz Dancing**



Ramblers Walking Group led by George Shield along Eprapah Creek.



Tutor Dr. Lynn Roberts on the right is ready to led a group for a guided **Botany in the Bush** walk.

Photos by: **Karolyn Campbell**



U3A Redlands District Christmas Party for Tutors and Volunteers

DATE: Wednesday 7th December
TIME: 2:00 - 4:30pm
PLACE: Lions Club Hall
123 Shore Street North, Cleveland.

Tutors and Volunteers, come along and celebrate another great U3A Redlands year! Drinks and light refreshments. Invitations will be emailed soon, so mark your diaries

RSVP: admin@u3aredlands.com.au
Phone: 3821 3888





*Birthday
Wishes to all
U3A
Redlands
members*

celebrating a Birthday in November



**U3A Redlands
SENIORS DAY
GOLF COMP**

What a great day everyone had. You all played brilliantly, congratulations to a most convivial group of golfers.

Our thanks to the Proshop (*Paul, Tony and Angus*) for their support on the day.

Thirty players contested the Single Stableford event with 13 players playing to par or better.

OUR CHAMPION FOR 2022

HENK DEGEN WHO SCORED 41 SS

RUNNERS UP: Gavin Becker & Albert Hicks - 40SS.

Pro Approach: Russell Dahl 1st Approach
Max Broad had a field day scoring 3 Pro-Approach prizes

Best Accurate Drive: John Lewis

NTP: #2 - John Medhurst

#7 and #14 - Col Green

Thanks go to John Medhurst, Max Broad for their generosity in Donations for the Day. Max as always has backed me in the job of keeping the show rolling so thanks Max. Thanks to the U3A Redlands for providing the trophy and \$100 which went towards the prizes and nibbles.

Rand Story - U3A Golf Coordinator



All Prize Winners
2022 Seniors Golf Day

Annabelle Alexander
our only Female entry.



**Redlands U3A
Trash 'n' Treasure**



Well, the Trash and Treasure was HUGE! We had so many donations that we had to turn some away. The hall and outside were packed to the rafters, we had everything from wedding dresses to soda fountains, and people came and bought and haggled and bought some more. We could not have done this without our wonderful help – you know who you are – and despite some initial thoughts, I would do this again.

Our total at this stage is about \$4K, so thank you, thank you, thank you! *Jules and Sally*



**Share Your
Enthusiasm and
nominate for the
Committee!**

We are looking for positive and enthusiastic volunteer candidates to fill our Committee vacancies. If you are well organised, have good interpersonal and computer skills, perhaps you could help with the below roles?

Publicity Officer is responsible for bringing to the attention of the U3A members and the community, activities and events organised by U3A Redlands.

Management Committee Member

undertake tasks as nominated by the U3A Redlands Committee. (eg. assist other committee members when busy or on leave; attend Senior organisation meetings)

For further information, contact any committee member from list at the end of the newsletter. **Nominations** must be in the hand of our Secretary, Joan Johnstone **by Monday 14 November 2022.**

U3A REDLANDS SHOWCASE CONCERT "Let Us Entertain You"

They promised and they delivered. What an awesome, combined effort from our U3A Redlands community showcasing our Performing Arts groups at the Variety Show on 13 October at the Thorneside Community Hall.

The hall was a hive of activity from early morning setting up tables and chairs and catering needs; floral arrangements for the tables; sound checks and last-minute rehearsals ready for the 10am start and another 2pm session.

Congratulations to the organisers; the choreographers; (*Terri Story and Chris Hammond*), the Master of Ceremonies; performers; sound experts; the back-stage and front of house helpers; catering and floral arranging volunteers.

Thank you to the U3A Redlands Tutors for their ongoing commitment in co-ordinating and tutoring the following Performing Arts Groups:

Jazz and Tap Group – *Nicole West*
U3A Singers and Finale - *Cheryl Christie*
Scottish Country Dancers – *Heather Heron*
Theatre Group – *Sue Willingham*
Grubs Ukulele Group – *represented by Jan Fraser, due to group cancellation*
Floral Arrangements – *Lee-Anne White and helpers. All are graduates from Shahin Master's Floral Arrangement Group.*

Finally, thank you to our very professional Master of Ceremonies Liz Sanderson for promoting U3A Redlands and these wonderful groups.



Photos by: **Mary Smith**

Guided Tour of Redlands Research Facility and U3A Redlands Garden



Back by popular demand, U3A Redlands organised a guided morning tour of the Redlands Research Facility in Cleveland, hosted by Shane Holborn, Facility Manager.

Shane informed and entertained us with stories about the many facets of research being undertaken at DAF (*Dept of Agriculture & Fisheries*). He discussed lawn trials being conducted for Wimbledon and the US Tennis Association; environmentally controlled glasshouses; hydroponics for plants and vegetables using nutrient rich solution and water; rows of sorghum to test resistance to bugs and pests; pilot hydrogen refuelling station, and Pongamia trees trial to measure their oilseeds for processing as high value biofuel and other protein nutrient products for cattle.

The morning was rounded off with a walk through the U3A Redlands Garden, an enjoyable morning tea in the Heritage Garden, followed by an inspection of our U3A Redlands Centre site and an update on progress by Janese Lowe, President. It was, unfortunately, a very hot day and a few of us "wilted" a little. This is definitely the downside of outdoor activities for Seniors Month in October, however, it was a very educational and social morning.

Thank you to Shane Holborn and his team.



Facility Manager
Shane Holborn

Shane explains the research using the Hydroponic system.

Photos by: **Mary Smith**



PAPER QUILLING

Quilled heart created by Susan Gibson-Lake.

The Paper Quilling group meet fortnightly on a Friday and new members are welcome.

PLACE: Capalaba Library Art Space
14 Noeleen Street, Capalaba

TIME: 1:00 – 4:00pm

DATES: 11 November
25 November

COST: Small cost towards supplies

CONTACT: Susan M: 0409 276 513

Paper Quilling is a versatile craft that requires minimal equipment. Paper strips are rolled, shaped, looped, twisted or curled then made into designs that are limited only by your imagination. Quilling can be used to make jewellery, greeting and gift cards, pictures, 3D figures, mobiles, and much more.

This class is suitable as an introduction to Paper Quilling and also for advanced paper quillers.

The class promotes friendships and time to pursue your craft with like-minded friends.

We hope to see you at our next meeting.



Invitation

To U3A Redlands District 24th Annual General Meeting

All financial members are invited to the U3A Redlands AGM to be held on Monday, **28 November 2022 at 9.30am** at the Donald Simpson Community Centre, Bloomfield Street, Cleveland.

In accordance with our Constitution all 2022 Committee members will stand down and a new committee will be elected. **Attendee numbers are not restricted this year!**

Come along and show your appreciation for the outgoing committee and encouragement for incoming committee members.

PLEASE RSVP BY FRIDAY, 18 NOVEMBER to admin@u3aredlands.com.au or Phone: 3821 3888.

DATE CLAIMER Open Day 2023



DATE: Friday, 20 January, 2023
TIME: 9.00am - 12.00 noon
VENUE: To be confirmed

Whatever happened to our Enrolment Day or Open Day?

Unfortunately, both the 2021 and the 2022 attempts were hampered by Covid restrictions.

- **The 2021 version** was held at our U3A office and the two adjacent classrooms. U3A provided assistance to renewing members, while remaining socially distanced. There were no Tutors that year, a small band of committee and office volunteers and very few attendees. Thanks to online membership, the bulk of our members could enrol from the comfort of their own home.
- **The 2022 version** was to be held at the Smith Street Assembly Hall. We had a Plan A with all the Tutors or a Plan B with reduced Tutor numbers depending on the Covid rules at the time. Unfortunately, we had to go to Plan C and cancel at the last moment, due to a Covid scare on the day.

THE 2023 VERSION:

The Management Committee is busy planning the return of the U3A Open Day complete with Tutors. We want to go back to what was a very popular and social event, where the Tutors could make themselves available to chat with returning and new members about a particular activity. Old friends could enjoy a catch up and non-members could experience the buzz of an Open Day with the U3A Redlands community.

Please mark this date in your diary and ask your friends to come along and learn just how much we have on offer at very reasonable prices. Advise any past members you know of, that may have ceased because of Covid and tell them that they are welcome to re-join.

Membership fees remain unchanged since 2019 at Singles \$30 and Couples \$55.

For more information Check the website
www.u3aredlands.com.au
U3A Redlands Office: Phone 3821 3888



Life
matters

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

07 November: Colin Sutcliffe OAM
Come and sit for a yarn: Some extra ordinary feats by ordinary men.

14 November: Penelope Woods, Audiologist
TOPIC: A Better Ear. The research link between Hearing, Dementia and Social Isolation.

21 November: Neville Knott
TOPIC: Advance Australia Where?

Writing for Pleasure

The pen is mightier than the sword.

In September, for our short piece, with Spring in the Air, we in the Writing group used a picture of dancing balloons as stimulus. I liked the variety and fun that came from the group so much, I had them all printed out. The result was an uplifting symphony of style, tone and spirit. This November, enjoy Anita Lazic's response to this stimulus.



A BALLOON'S LIFE

Anita Lazic

One minute we were at a children's party, the next we were in the air, at least fifty of us, floating free and high.

It started at a party for a six year old called Mindy. Her parents decorated the back yard with her favourite toy, balloons of all colours. They spent most of the previous night inflating us, carefully, so we wouldn't burst.

The following day the guests arrived as planned. We, the balloons, performed well. The children tried to burst us occasionally. Luckily we floated out of their reach.

Suddenly, a strong gust of wind set us free of our moorings. The children chased us, screaming. We were too far up in the air by now. Exhilarated to be floating without restraint, free at last, relishing each second, knowing that at any moment we would burst. Seeing each other in our reflections, we acknowledged our fate - any second now would be our last.

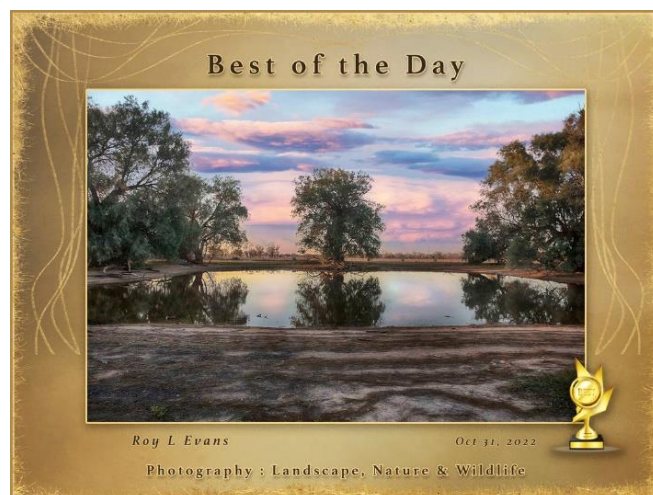
I heard the first pop, the second, the third, and so on. Our moment of glory was short lived. This was the highlight of being in a box all those years, then brought to life...Worth every second...Now it is my turn...Pop.

REASONS FOR PREDICTION

Quentin Turner-Smith.
24/10/2022



The weather bureau predicts rain and gloom
They have become prophets of doom
We expect storms rain and hail
Protect your homes before the assail
Never before have we had this bad news
But now it begins to amuse
For days on end
We will have to contend
With rain and storms no sun
Floods and storms for everyone
Yet it is sunny and bright today
Not predicted in any way
any day alive is a good day they say
where has the predicted bad weather all gone
could it be that sometimes they are wrong
have to predict bad weather in case
it happens, then with sunny days they lose face?
Insurance companies unhappy again
If sunshine predicted, but hail storm and rain.



Tutor Roy Evans was awarded "Best of the Day" for his online photo submission in the category of Landscape, Nature & Wildlife.

This is Roy's 10th 'Best of the Day' Photography Award during 2022.

Roy is a Tutor in Camera Confidence and Photoshop.

In an EMERGENCY
dial TRIPLE ZERO
(000)



For NON-URGENT
Police contact call
POLICELINK
131 444

Crime Prevention Corner





Exercise Safety Using Social Media

Social media platforms have become an integral part of our 'online' lives. Social media is a great way to stay connected with people; however, be careful how much personal information you share.

Here are some tips to help protect you when using social media.

- Privacy and security settings help you control who sees what you post - check your settings often.
- Keep personal information personal – the more information you share, the easier it is for someone to use that information or steal your identity.
- If you are uncomfortable with something a friend posts about you, let them know.
- Know what action to take – if someone harasses or threatens you, take a screen shot, block them and report them to the site administrator and/or police.
- Update security software often – it is the best defence against viruses, malware or online threats.
- Own your online presence – only share your information with people you trust.
- Unique account, unique password – separate your work and personal accounts.
- When in doubt, throw it out – if something looks suspicious, do not open it and delete it.
- The golden rule also applies online - post only about others as you want them to post about you.

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 |

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| Newsletter Contributions | Next Cut off: Tuesday, 6 December | newsletter@u3aredlands.com.au |
| Newsletter Editor | Denise Lee | newsletter@u3aredlands.com.au |