



President's Message

From Janese Lowe

Welcome to Term Four which is an 11-week term for most of us. Once again, we have a very busy time ahead and it will be Christmas before we know it.

October is Seniors Month and there are plenty of activities for seniors! We are quite excited about our U3A Showcase **at RPAC on Saturday, 12 October**. Enjoy theatre, dance and choral performances, visual art and craft demos, or participate in a dance or singing workshop as we celebrate Seniors Month. There will also be exclusive backstage tours running throughout the day for you to get a behind-the-scenes glimpse of RPAC. Members, please support this day.

Spread the word and obtain your **FREE** tickets from RPAC for this family-friendly day celebrating our amazing community.

On **Sunday, 13 October** why not take part in the RDCOTA's annual Seniors Walk, \$5 entry, includes a light breakfast.

U3A's annual Seniors Month Golf Competition will be held at Carbrook Golf Course on **Monday, 21 October** from 11.15am.

On **Tuesday, 22 October** the Cleveland Aquatic Centre has free entry to their 'Active and Healthy Seniors' morning from 9-11am. Everyone is welcome and bring your swimmers to take part in their FREE Water Aerobics class, followed by breakfast and entertainment. Pages 3 & 4 has more details for all these Seniors Events.



Building Project

As mentioned in our August newsletter, the Steven Miles led State Government held a 'Redlands Community Cabinet' in Victoria Point on 28 August.

This event was attended by U3AR representatives; former committee member,

Dr George Chapman, Past President, Debra Barker and Vice President, Liz Sanderson.

At an arranged meeting with the State Minister for Seniors, Charis Mullen, the team asked why U3A Redlands had not received a reply to our May 2024 application for funding to complete the building.

It was disappointing to hear that the Seniors Department would not be providing capital infrastructure funding, as they only provided operating expenses. Also, this type of Seniors' Funding had already been given to one large organisation in the Redlands District, to the exclusion of all others.



GRANTS UPDATE

Thank You Redlands RSL

Good news! U3A Redlands was recently awarded \$2,913.00 grant funds for the purchase of a 65" Television to be used for presentation and training purposes.

Unlike other grant funders who provide grants in cash, the Redlands RSL has purchased the equipment and has agreed to store our TV until our new building is ready.

A big thank you Redlands RSL.



Redlands RSL President, Rob Wilson & U3AR President, Janese Lowe

Fundraising Update since August Newsletter:

We are so appreciative of the following:

Member Thank you

Thank you to Karen Budge for \$100 donation in August. We also really appreciate your donations to the High Tea Event. Everyone loved your delicious home-made scones, jam and cream.

Group Donations

Thank you to the groups listed below and previous donor groups who decided amongst themselves to put money aside towards our Building Fund.

We are grateful for donations of any size and there has been no obligation for groups to donate. As there is no contest for the largest donated total, we have decided to no longer advertise group totals.

Mon/Fri Mahjong	\$200
Tuesday Mahjong	\$183
Iphoneography	\$200
Ramblers	\$177

Donors will eventually be recognised on a donor board placed in the building for the official opening, sometime next year.

Events Fundraising

Thank you to members who have supported our events. You have been very generous with your raffle purchases and the added benefit of attending events is the joy of socialising with like-minded friends.

High Tea	\$1,376
Car Boot Sale	\$2,637

Since the August newsletter, the Donations total \$760 plus Events total \$4,013 equals an Total Boost of \$4,773 to our fundraising target. We still have a long way to go.

We appreciate your ongoing support.

Donations may be made by:

Direct Deposit:

BOQ BSB:	124 025
Account:	23387501
Ref:	Your name

Credit Card:

<https://u3aredlands.com.au/building-project/>

Phone Office: 3821 3888.

'Help Open Our Doors' Campaign



We are broadening our fundraising with 'Help Open Our Doors' campaign throughout October and beyond. We will be approaching businesses and individuals and asking them to be generous. Please spread the word, and let's open our Doors!



We need to Vacate the U3A Office by 14 December 2024

The Cleveland District State High School has asked us to remove all office furniture, equipment and belongings by 14 December 2024 to allow for floor and ceiling asbestos removal during the school holidays.

This is not the news we wanted to hear, when our building is incomplete, and work cannot restart until we have more funds.

Reduction of office records, except for the last seven years, has commenced with another shredding bin to arrive soon. Later this month a 'cull and clean' is planned for U3A items stored in our school shed.

If you think you can help in any way, please contact the office on 3821 3888. We have lots to do before Christmas!

U3A Seniors Showcase at RPAC

Saturday 12 October
10.00am-2.30pm



Join us at RPAC Auditorium and Events Hall for a full day celebrating community. Try your hand at something new or sit back and be entertained. Enjoy theatre, dance and choral performances, visual art and craft demonstrations, or participate in a dance or singing workshop.

There will also be exclusive backstage tours running throughout the day. Come and enjoy a day of activity for the whole family! Bookings for this FREE event are on the RPAC webpage <https://www.rpac.com.au/what-s-on/all-events/rpac-seniors-celebration-ft-u3a-redlands/>

NOTE: Collect your FREE TICKETS direct from the RPAC Box office or the U3A Office, to avoid a \$6 online fee. Don't miss this exciting event of FREE entertainment and workshops!

U3A Redlands Activities during OCTOBER SENIORS MONTH



U3A Redlands GOLF DAY

Monday, 21 October 2024

U3A Redlands Seniors Month Golf Day at Carbrook Golf Course, 653 Beenleigh Redland Bay Road, Carbrook.

Meet at 11.15am for hamburger lunch with Tee-off at 12.00 noon for 18 holes in carts (*no walkers*).

A trophy for best player plus lots of other prizes. Nibbles supplied at presentation.

COST: \$35 for Carbrook Club Members
\$55 for Non-members

Please RSVP to Randolph Story

3821 2498 or 0437 237 348

Email: rand.story@outlook.com

SENIORS WALK 2024

Promoting physical activity amongst seniors

Join us for a fun morning getting our steps in while staying social! We will be starting and finishing our walk at Donald Simpson Park. Tag along to our warm up activity run by Cr Peter Mitchell prior to the walk commencing.

Marshalls will be located along the route and an emergency vehicle available for anyone who may exceed their stamina level and need to be collected and transported back to the start location.

- Walk at your own pace and turn around at any time
- 10km route with 2,3,5,7.5 km turn around points
- A lite breakfast provided and a multi prize raffle!
- Register at RDCOTA office or email seniors@rdcota.org.au

Register
FOR ONLY
\$5 now!



Sunday 13th
OCTOBER
Starting 7am

Seniors
Month



Principal sponsor



Principal sponsor



Contact Redland District Committee on the Ageing on 3488 0680 for further details.

infin8care.com.au | 1800 463 468 | admissions@infin8care.com.au

ACTIVE & HEALTHY SENIORS Celebration

Free Entry



22 / 10 / 24



9 - 11



222 Russell St. Cleveland

Join us for a day of great fun, delicious food and top entertainment to celebrate the valuable contribution of Seniors to society.

Bring your family and friends along!

- ★ 9 AM Mega Aquaerobics Class & Bath Cap competition
- ★ 10 AM Healthy Breakfast
- ★ 10:30 AM Sing Sing Sing Dementia Choir performance



www.clevelandac.com.au



cindyp@belgravialeisure.com.au



Redlands City Council is proud to provide funding for the Active & Healthy Seniors Celebration as part of the Redlands Coast Seniors Month Grant Program to assist the Redlands community





HISTORY THROUGH THE AGES

Members of the U3A Redlands – **History Through the Ages** group were thoroughly entertained last term by a thought-provoking presentation by Kay Zivkovic at the Victoria Point Library on an **Introduction to Greek Mythology**.

Kay has agreed to deliver further presentations on Greek Mythology in Term 4.

Presentations by Kay will include:

- Homer’s Travels
- Greek Odyssey
- Archiles.

The History Through the Ages group meet from 2.30 pm to 4.00 pm on the 1st & 3rd Friday of the month at the Victoria Point Library. For further information ring Terry Coman on **0422 455 266**.



LOOKING FOR A NEW TUTOR PLAY READING GROUP



This group currently meets at the Cleveland Library every first and third Tuesday of the month.

Each participant adopts the role of a character in a play. No public performances.

The Play Reading Group is looking for someone to take on the role of Tutor to coordinate the group.

If you are interested and would like to talk with the current Tutor, Margaret Dakin, please give her a call on 0481 188 800.



WINE FOR FUN



This group enjoys exploring the world of wine in a social and educational style. Wines are within everyday budget and easily sourced from local retailers.

For further information you are welcome to contact **Michele on 0439 231 923** or email thecozzis@gmail.com



Monday 9.00 for 9.30am
Donald Simpson Centre
172 Bloomfield St, Cleveland
COST: \$5 includes Tea & Biscuit

OCTOBER 14: **STRANGE FOODS** – **Fungi and Sweet Potatoes**

Presenter: *Paul Oates, Author and Speaker.*
Come along and learn about these two very different food sources.

OCTOBER 21: **DYING WITH DIGNITY**

Presenter: *Colin Hylton*
Voluntary Assisted Dying has been a legal choice in Queensland since January 2023. Colin will attempt to dispel the myths and help you understand the process, alongside other health services such as palliative care.

OCTOBER 28: **MY TIME IN COUNCIL and what led me to stand.**

Presenter: *Joe Ross, former Councillor and Deputy Mayor, Redland City Council*

NOVEMBER 4: **U3A REDLANDS WRITING FOR PLEASURE**

Presenter: *Liz Jeffs, Tutor*



Enjoy the fun of learning
Stay for a cuppa (10.30-11.00)



Writing for Pleasure

The pen is mightier than the sword.



This month our writers observed the following quote: *It's Spring! Nature at its best. One writer describes carefree leaves in the breeze. But maybe all is not what it seems.*

FLIGHT of FANCY **By Helen Goleby**

I cling to my branch as the wind whips through the trees and buffets my home. But I can't hold on any longer and my friends, the other leaves, look at me sadly as I waft to the ground.

Perhaps some of them will join me, but they seem safe in their lofty positions.

"Goodbye", they call, "take care".

"Humph!" Turning my back on them I flutter down the hill.

I begin to enjoy the adventure and look around me with interest at the beautiful flowers growing on the shrubs, and a very pretty pond with a statue in its centre. I can see water spraying from its fountain.

"How elegant", I think. "This is much more fun than just hanging around on a tree." I smile at other leaves near me, ready to have fun with them. But a big machine is making a sucking sound nearby and they disappear.

What's going on?



Water Aerobics **Instructor**

A long-term Water Aerobics Tutor will soon be retiring. If you love the water and like to keep fit and healthy, why not volunteer as a Water Aerobics Instructor?

What we need:

- Attend a one hour class weekly
- Look after the attendance
- Lead the participants through the routines (*with help from others*)
- Communicate relevant U3A messages to members.

CONTACT: Tutor Liaison, Mary Smith
0404 460 251 to discuss the role, tuition and mentoring.

NEW CLASSES FOR 2025



We have a wonderful array of classes — but we need more classes and more Tutors. Remember, if you are interested in a topic or have some expertise in one, then please come and share it with a group of like-minded people as a Tutor or a facilitator. Being a Tutor at U3A is a wonderful experience.

The class can be as little as four sessions spread over eight weeks – you will be most welcome and will be provided with a tutor handbook and guidance as necessary.

Just make contact initially with our office on 3821 3888 or contact our Tutor Liaison Officer, Mary Smith.

tutorliaisonleisure@u3aredlands.com.au

We are currently planning programs for next year, and would love to be able to offer something new.

NEW COURSES ON OFFER FOR 2025

SPANISH FOR BEGINNERS

Commencing in February 2025.

- Weekly sessions of 1.5 hours.
- Basic conversation and grammar.



AN INTRODUCTION TO POLITICAL ECONOMY IN GLOBAL CURRENT AFFAIRS

Weekly sessions in Term 1 on a Wednesday.

Classes will discuss political organization (like democracy, autocracy) and how they manage and control their economic systems.

Politics and economics are interdependent and there will be numerous case study examples of countries around the world. We look at their structures, operation and problems. We will pay particular attention to Australia, its political structure, operation of the economy and our particular strengths, opportunities and vulnerabilities.

We will touch on: climate change, demographics, globalization, culture, contagion and economic planning. The approach will be analytical and apolitical.

For more information, contact Tutor Liaison (Mary) on 0404 460 251.



Christmas BBQ at the Building

Friday, 22 November 2024

For Something
a little different this year

Let's chill out with friends
at a Christmas BBQ at the
unfinished U3A Building,
Delancey Street, Cleveland

After a busy year of events,
we want to thank

Tutors and Volunteers

Plus

All Members are welcome to join us.

For Catering purposes
Please RSVP by Monday, 18 November
admin@u3aredands.com.au
or Ph: 3821 3888

More details will be provided soon.



University of the Third Age Redlands District Inc

26th Annual General Meeting

Members are invited to the U3A Redlands
AGM on **Monday, 2 December 2024**
at 9.30am

Please note the **new venue**
for this year will be:

Conference Room,
Redlands Research Facility,
26-40 Delancey Street, Cleveland.
(A short walk to our new building)

Please save the date:

Come along and show your appreciation for
our retiring and incoming Committee
members.

Hear an overview of the year's activities and
our 2025 plans.

See November news for more details.

U3A Redlands District Inc. 2024 Management Committee

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