



## President's Message

From Janese Lowe

Happy New Year to U3A members and friends! I hope you enjoyed a wonderful break spending memorable moments with your family and friends. Our Lowes' party of five for Christmas Day was special and a first for the family to celebrate together at our unit at the Sunshine Coast.

It was great to have a bit of down time after such a busy year which culminated in moving out of our office at the Cleveland High School on Monday 9 December.

All office contents, except for those items needed for Open Day and for our temporary office, are now safely stored in our shed at the CDSH School. A big thank you to Julie-Anne and Murray Morris plus Debra Mitchell for their hard work on moving day, and on such a hot day.

This year's programme of events will kick off with our **Open Day** to be held on **Friday, 17 January 2025** from **9am to 12 noon** at **Birkdale Sports Club, Holt Lane (off Randall Road) Birkdale**. Please note the change to an air-conditioned venue this year.

This FREE entry event is open to the general public. We ask that you kindly spread the word to members, family and friends. It will be the perfect opportunity to socialise with your friends and to catch up with Tutors to learn more about our wide range of existing and new classes for 2025. **Perhaps your New Year's resolution is to try a new class this year?**

Existing members are encouraged to renew and pay their membership online at home. However, should you need assistance, there

will be help available on the day. (*Help us by bringing your member number & password.*) Also remember to bring some cash for our multi-draw raffle.

Last year was an exceptionally busy year for events. Although our event schedule for 2025 may be a bit lighter, it will undoubtedly be a landmark year with the completion of our new building, expected by the end of Term One.

In the meantime, U3A Redlands will operate from a **temporary office** at the Department of Primary Industries Administration block, Redlands Research Facility, Delancey Street, Cleveland. Follow the reception sign. Our office will be operational **from Tuesday, 28 January 2025**.

Once our new premises are operational, we will face new challenges that will require updated processes and rosters. The scheduling of academic and smaller classes at Delancey Street is still being finalized.

We kindly ask interested groups to email [admin@u3aredlands.com.au](mailto:admin@u3aredlands.com.au) to register your interest, along with your preferred day and time slots. We will do our best to accommodate as many requests as possible. Afternoon, evening, and weekend time slot options will also be considered.



## Building Project Update

In December 2024 we emailed Ms Amanda Camm, Minister for Families, Seniors and Disability Services, asking for timely release of \$250k LNP commitment. Once we receive details of the allocation process and timelines, we will work with our builder, Liona Constructions, to coordinate the necessary trades and resume construction as soon as possible.



# U3A Open Day 2025

**DATE:** Friday, 17 January 2025  
**TIME:** 9.00am - 12.00 noon  
**VENUE:** Birkdale Sports Club,  
Holt Lane (Off Randall Rd)  
Birkdale.

**(NOTE NEW AIR-CONDITIONED VENUE)**

## All welcome Bring your friends



Meet the Tutors – So many classes -  
**Try these new classes:**

- Spanish for Beginners
- Intro to Global Current Affairs
- History through the Ages
- Wine for Fun



**Food and Refreshments available for purchase.**

**Bring CASH for great Raffle Prizes.**

**Save time – enrol and pay online at home. Need help to renew? Bring your Member Number & Password**

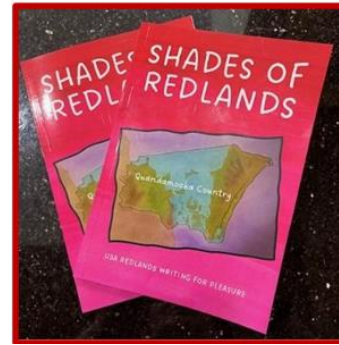
### TUTOR FORUM:

Tutors will stay on for a complimentary lunch, followed by the Tutor Forum from 1.00pm to approximately 3:00pm.

**Enquiries please email:**

[tutorliaisonleisure@u3aredlands.com.au](mailto:tutorliaisonleisure@u3aredlands.com.au) OR  
M: 0404 460 251

## Open Day Book Launch



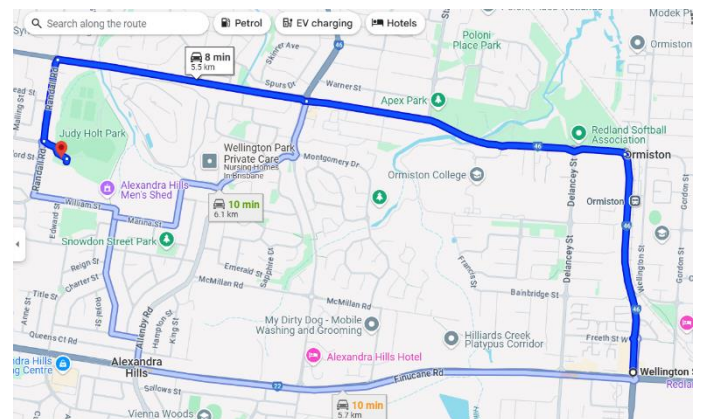
*Congratulations and thank-you to Elizabeth Jeffs and her talented Writing for Pleasure group for publishing a book of short stories, "Shades of Redlands".*

This excellent compilation will be available for purchase or order at just \$20 (cash or card) at Open Day on 17 January. It will also be presented at our first 'Life Matters' group for the year at the Donald Simpson Centre on Monday, 3 February.

All sale proceeds go to the U3A Redlands Building Fund. A big thank you to the group for already depositing \$1,000 into our building fund account to date.

### DIRECTIONS FOR OPEN DAY

**Birkdale Sports Club  
Holt Lane (off Randall Road), Birkdale**



Cleveland to Birkdale Sports Club takes around 8-10 mins by car. From the Shore Street West (Finucane Rd)/Wellington Street Roundabout, follow State Route 46 past Ormiston College and continue on until road changes to State Route 55. Next turn left onto Randall Road, then turn left at Holt Lane roundabout and proceed to the parking area.



## Garden Group Christmas Party



Our Garden Group held their 'bring-a-plate' 2024 Christmas party in style at the Redlands Research Facility's meeting room.

This long-running U3A Redlands group, co-ordinated by Murray Porteous, has experienced hands-on gardening, growing vegetables, fruit trees and some flowers for around fifteen years. You will find these gardeners busy tending their U3A garden plots at the Redlands Research Facility, Delancey Street, Cleveland on Mondays and Wednesdays from 7.30am. If you are keen and fit and interested in becoming a new member, please enquire at Open Day or contact Murray on 0412 198 722 for details.

## MAHJONG Tuesday Thorneside Group enjoying a Christmas break-up lunch



## RAMBLERS Group last walk for 2024



## Belated Seasons Greetings Wine for Fun Group



Thank you to Michelle Cozzi for introducing and co-ordinating a new group during 2024 and for hosting our inaugural Wine for Fun Group Christmas Party. Photos are by Judy Couttie, who will be our WFF Co-ordinator in 2025.

Monthly meetings concentrated on tasting, but at the party everyone enjoyed the chance to socialise and to discover what interesting characters we have in our group.

In 2025, WFF will continue to meet on the 2<sup>nd</sup> Thursday of the month starting 13 February.

There are a couple of spots available for first term, so please register at Open Day or online. We may start a second group later in the year, if there is enough interest.



## MAHJONG on a MONDAY



Morning Tea for our Christmas break-up for the Monday Mahjong Group.

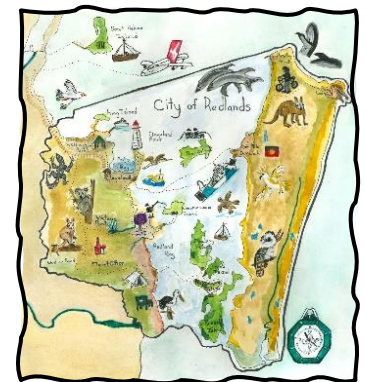
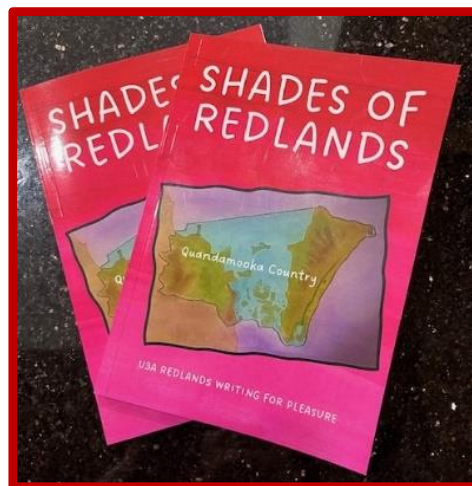
# SHADES OF REDLANDS

*Look at the water and feel the sky – Let your soul and spirit fly*

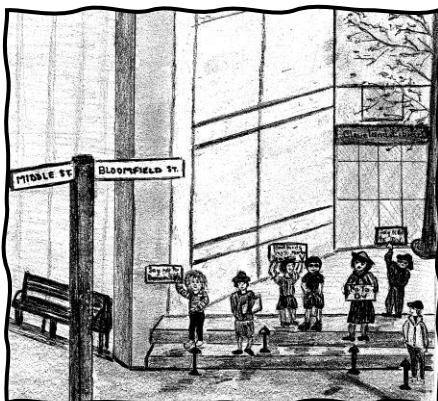
*I am happy to call the Redlands my home.  
I believe it has everything that I need.*

*Shades of Redlands* is now available, created by the dreamers and thinkers of our Writing for Pleasure group. It accommodates fact, fantasy, fiction, all set within the picturesque Redlands, the place where we live.

At the cost of \$20, all proceeds go to the U3A Redlands building fund. It has already raised over \$1000 towards that fund. Only 100 books have been printed, so come and get your copy at Open Day. Or come to a book reading at Life Matters on Monday, 3<sup>rd</sup> February at 9:30am.



*'I live in a house with a picturesque native garden at the front, and a subtropical garden at the back. It is in a small cul-de-sac across the road from a park, bordered by a creek. It is also a koala corridor.'*





## ARMCHAIR TRAVEL

**Time:** 9:30-11:00am  
**Cost:** \$5.00

**Venue:** Uniting Church Hall,  
Passage St. Cleveland

**DATE:** 6 February  
**TOPIC:** Four Queens and Cunard Cruises  
**PRESENTER:** *Catherine Bishop*

**DATE:** 6 March  
**TOPIC:** Overland Track, Tasmania  
**PRESENTER:** *John Kolcze*

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



**Monday 9.00 for 9.30am**  
**Donald Simpson Centre**  
**172 Bloomfield Street,**  
**Cleveland**

**COST: \$5.00 Includes**  
**Morning Tea**

**February 03:**  
**SHADES OF REDLANDS—U3A REDLANDS WRITERS**  
Presented by: *Liz Jeffs*

**February 10:**  
**BIRDING AROUND AFRICA AND ASIA**  
Presented by: *Dr George Chapman*

**February 17:**  
**SOME EARLY SUCCESSFUL NEW SOUTH WALES**  
**CONVICTS**  
Presented by: *Brian Hedges,*  
*Educator and Historian.*

**February 24:**  
**LOVE, LIES, LAUGHTER**  
Presented by: *Anne McBurnie, Francis Gosling*  
*and Guest Performer, Oscar Neisler.*

**March 03:**  
**A LAP OF AUSTRALIA FOR BEGINNERS**  
Presented by: *May B Wild, Traveller & Author*

**March 10:**  
**WHY WAS A TOP SECRET WWII FACILITY**  
**SITUATED IN CAPALABA/BIRKDALE?**  
Presented by: *Paul Bishop, Councillor, Actor,*  
*Oral Local Historian and Innovator.*



## Temporary Office OPENS Tuesday, 28 January 2025

U3A Redlands will operate from our temporary office located at Redlands Research Facility, Main building reception, 26-40 Delancey Street, Cleveland. This will be open to the public from Tuesday, 28 January 2025. Park in the car park and follow the path and sign to Reception.

**OFFICE HOURS:** 9am-12noon Monday to Friday.  
Office Contacts remain unchanged:

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

**PHONE:** 3821 3888

*(Phone for entry if required)*



## CPR AWARENESS TRAINING

Did you know that 76% of cardiac arrests occur in the home, and the most likely witness is a family member? In an emergency, every second counts.

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.

In Term 1 2025, there are two separate sessions available. *You only need to attend one class.*

**Tuesday, 4 February - 4:00–5:30pm**

**Thursday, 20 March - 4:00–5:30pm**

**VENUE:** Cleveland District State High School.

Please do not hesitate to contact **Robyn Tennant on 0432 829947** if you have any questions or would like to enrol.



**Rotary Raffle**  
**Drawn 27 November 2024**  
**Thank-you for supporting the**  
**Rotary Raffle for 2024**

**Prize-winners are :-**

- 1st prize - Handmade jewellery by Sarah Horstra - James Westerman

- 2nd prize - Anchorage on Straddie accommodation and return car ferry.  
- Sharni Holden
- 3rd prize - Bunnings voucher.  
- Jo Byster-Bowles
- 4th prize - Birkdale Optical sunglasses.  
- Sienna Harris

This is a wonderful annual service offered by Wellington Point Rotary who source the raffle prizes, print the tickets, and distribute them to local groups to assist them with their fundraising efforts, with a portion going to Rotary for their efforts.

Thank you to all those U3A members who supported the 2024 Rotary Raffle, which raised \$450 towards our U3A Building Fund.

**Three Stages of Life**  
**- as described by Louis Putz CSC (1909-1998)**

The concept of the three ages - Learning, Earning, Returning - represents distinct yet interconnected phases of life. Each phase focuses on specific priorities and activities that shape personal growth and societal contribution:

1. **Learning Age:** The first phase, spanning childhood to early adulthood, is dedicated to acquiring knowledge, skills and life experiences. It emphasises formal education, personal development, experimentation and mentorship from role models. Key questions in this phase revolve around discovering passions and preparing for future opportunities.
2. **Earning Age:** The second phase, typically occupying much of adulthood, involves applying the knowledge and skills gained earlier to build a career, generate income and achieve professional goals. This phase focuses on career development, wealth creation, family building and accumulating assets. It also reflects on aligning work with personal values and creating impact through professional achievements.
3. **Returning Age:** marks a meaningful phase of life where individuals focus on giving back to society and sharing their accumulated wisdom. Typically beginning in the later stages of one's career or retirement, this age emphasises contribution, legacy and societal impact. Key activities include mentoring younger generations, sharing knowledge through teaching or writing, engaging in philanthropy, building a lasting legacy and participating in community service.

Crucial questions during this phase centre on leveraging one's skills and resources for the benefit of others and considering the legacy to leave behind. It represents a time to reflect on life's achievements while fostering positive change for future generations.

The Returning Age underscores a balance between personal fulfilment and societal progress. By embracing this phase, individuals can achieve a profound sense of purpose and help shape a better future. Reflecting on these interconnected ages allows for intentional living that harmonizes growth, contribution and legacy.

The three ages, though presented as distinct, often overlap and evolve. They provide a framework for leading a purposeful life, emphasizing continuous growth, balance and intentional contribution at every stage.

***Thank you to Member John Barker for sharing this article.***



## Tutors Needed for Interesting Class Ideas

*We've had our ear to the ground and members are wanting something new.*

**Auslan** – Do you know someone from the Australian Deaf community willing to teach Sign Language?

**Weight Watchers** – Do you know a consultant who could co-ordinate WW workshops for U3A Redlands members?

**Beginners Photoshop** – Would you be willing to share your Photoshop skills with other members or know of someone with these talents?

**Line Dancing** – Do you know any boot-scooting members or non-members who would be willing to lead a group of interested members?

**Belly Dancing** – Calling hip vibrating dancers to teach this fun and low impact weight bearing exercise.

*If you can help or know someone, please email [admin@u3aredlands.com.au](mailto:admin@u3aredlands.com.au)*

**Caravan, Camping and Cabins Group** – Calling singles or couples willing to put up their hands to co-ordinate this previously popular group? Group members could share the load by taking turns leading 2-3 day monthly or quarterly outings. Or consider longer 'tagalong' tours with an interesting program a couple of times a year, or a combination of both.

Register your name, preferences and contact details by emailing [admin@u3aredlands.com.au](mailto:admin@u3aredlands.com.au)

*This is your organisation. Help make it a fun filled experience!*

U3A Redlands District Inc. 2025 Management Committee		
President	Janese Lowe	<a href="mailto:president@u3aredlands.com.au">president@u3aredlands.com.au</a>
Vice President	Liz Sanderson	<a href="mailto:vicepresident@u3aredlands.com.au">vicepresident@u3aredlands.com.au</a>
Secretary	Trevor Simmons	<a href="mailto:secretary@u3aredlands.com.au">secretary@u3aredlands.com.au</a>
Treasurer	Charles De Wet	<a href="mailto:treasurer@u3aredlands.com.au">treasurer@u3aredlands.com.au</a>
Tutor Liaison Officer	Mary Smith	<a href="mailto:tutorliaisonleisure@u3aredlands.com.au">tutorliaisonleisure@u3aredlands.com.au</a>
Office Co-ordinator	Debra Mitchell	<a href="mailto:coordinator@u3aredlands.com.au">coordinator@u3aredlands.com.au</a>
Events Co-ordinator	Yvonne Medhurst	<a href="mailto:events@u3aredlands.com.au">events@u3aredlands.com.au</a>
Committee Member	Lorraine Coutts	
Committee Member	Tauba Naftal	
Committee Member	Trish Winter	
Newsletter	Denise Lee	<a href="mailto:newsletter@u3aredlands.com.au">newsletter@u3aredlands.com.au</a>
Newsletter article cut-off	4 February 2025	
☎ 3821 3888 Julie-Anne Morris		✉ PO Box 1231, Cleveland QLD 4163
@ <a href="mailto:admin@u3aredlands.com.au">admin@u3aredlands.com.au</a>		f <a href="http://www.u3aredlands.com.au">www.u3aredlands.com.au</a>