



President's Message

From Janese Lowe

First term school holidays commenced Saturday 5 April and ended on Easter Monday 21 April. Our U3A Office reopened for Term 2 on Tuesday 22 April and then closed again for Anzac Day on Friday 25 April.

On Wednesday 23 April I was delighted to attend the Cleveland District State High School's annual Anzac Day Ceremony. Close to 2,500 staff, students and guests filled the Paul Bancroft Centre to reflect on the commitment and sacrifice of our military service men and women.

As U3A Redlands President, I presented a book to the School Library as part of the ceremony. This is a tradition that was started by Past President Julie Porteous, who once again accompanied me at this year's ceremony.



For the May long weekend, my husband Ian and I decided to head to the picturesque Scenic Rim Region to attend the Kalbar 3-day Sunflower Festival.

The farm's slogan is **We Grow Happiness** and that is exactly what you experience when you are surrounded by a million sunflowers. All proceeds from the festival aid cancer care for all.

While at the festival we enjoyed the markets, activities, and a delicious 3-course gourmet lunch at the marquee. It was a wonderful way to celebrate our 50th Wedding Anniversary.

Kalbar is just a short drive from Brisbane, and we think it is a lovely place to visit any time of the year, but why not put May 2026 long weekend in the calendar, so that you can experience the Sunflower Festival. We highly recommend it.



FUNDRAISING UPDATE

Donations since April News

So grateful to the following groups:

for one-off or regular ongoing donations:

- U3AR Thurs Mahjong/Pat Simmons \$140
- U3AR Ramblers Group \$136 (Term 1)

CONTAINERS FOR CHANGE

Since the March 2025 newsletter, we have had \$26.70 deposited into our Building Fund account from returned empty containers. Thank you!

If you would like to donate your empties, please use **ID: C11396365 U3A Redlands** when returning containers.

Apologies for any errors or omissions. Please email newsletter@u3aredlands.com.au with any corrections.

Anzac Day Ceremony Cleveland State High School

Cleveland District State High School held their Anzac Day Ceremony on Wednesday, 23 April at the Paul Bancroft Centre. Official guests included service men and women, politicians and representatives from many local organisations, including U3A Redlands District.



President Janese Lowe and Past President Julie Porteous were honoured to attend the ceremony which was very poignant and beautifully run.



The school community watched respectfully while the disciplined student cadets performed admirably. **Lest we Forget**



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!

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.



Happy 90th Birthday Sylvia Laycock

One of the original members of U3A Redlands in 1998, Sylvia Laycock (member no. 47) enjoyed a special morning tea on 2 May with her Friday Mahjong group as they celebrated her 90th birthday (30 April). A special cake was cut and Sylvia was presented with a card signed by her fellow Mahjong players.

During the morning, a special presentation was made by Vice-President, Liz Sanderson, to welcome Sylvia into that special group holding Life Membership of U3A Redlands. Needless to say, Sylvia was thrilled with the unexpected accolade.



Prior to U3A Redlands forming, Sylvia had been a member of U3A Brisbane for ten years. She was on our first Management Committee and was the Newsletter Editor for five years. Sylvia was also the first Co-ordinator of U3A's Rambling in the Redlands and is still a member of that group. Along with State President, Rhonda Weston, Sylvia was given the honour of unveiling the plaque at our 25th Anniversary exhibition at the Redlands Museum in 2023.



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Life Member Sylvia Laycock

Vice President Liz Sanderson presented Sylvia with her Life Membership badge, a special certificate, the Life Membership Honour Board, as well as a 90th birthday card.



Other Life Members passing on their best wishes to Sylvia at her celebratory morning tea were Laraine Gon Chee, Iris Murray and Julie Porteous



Laraine Gon Chee – Sylvia – Iris Murray

President Janese Lowe was unable to attend but sent her best wishes. She advised that the nomination of Sylvia Laycock as Life Member was unanimously approved by the U3AR Management Committee at Management Committee Meeting on Thursday 9 April 2025.



Friday Mahjong Group

NEW CLASS



PLANT LOVERS GROUP

Home Gardeners, here is another opportunity to get close with nature.

For some of us, being a gardener is so much more than growing plants and mowing the lawn. It's a means of self-expression, an opportunity to commune with nature, and it's our happy place. Gardening is enjoyed by creative types, problem solvers, artists, and is best done on our own. The limited opportunities for sociable interactions with like-minded people, is perhaps its greatest downside.

This new group provides an opportunity for all home gardeners, regardless of experience, to come together to learn, to share and to make new friends.

While input on activities will certainly be sought from all members of the group, here are some ideas for consideration.

- Monthly Meetings – Activity Reports, Speakers, Plant Swaps, etc.
- Educational talks
- Plant Talks – by members
- Open Gardens – by those prepared to open their homes
- Garden Visits:
Mt Coot-tha, Roma Street, etc.
- Garden Shows:
Nambour, Ginger Factory, etc.
- Gardening Trips:
Toowoomba, Canberra, Melbourne, etc.
- Plant Sales – propagate at home and sell at U3A events, and perhaps Bookfest
- Specialty Plant Groups:
Orchids, Bromeliads etc.
- Landscaping/Features/Art
- Helping Hands
- Cut Flower arrangements and Plant Loans for Nursing Homes
- Produce donations to Food Bank etc
- Miscellaneous Interest Groups

We're going to start with fortnightly meetings to allow everyone to socialize and have input into what we do.

STARTING: Wednesday, 4 June
DATES: 1st and 3rd Wednesdays
TIME: 10.00am–11.30am
VENUE: Alexandra Hills Hall
Windemere Road

Enrol now. For further information, please contact Bruce on **0417 704 212** or email bruceg.hawk@gmail.com



CLASS INFORMATION



Computers Tom's Help Desk

This class has concluded for Semester 1, however, it will run again in Semester 2, so check June's newsletter for the July start date. Classes are held at the Cleveland Library on a Monday afternoon. Queries can be directed to: **Tom on 0403 772 723**



Rummy Tiles and So Much More

Looking for something to do on Saturday afternoons? Come to the Cleveland Library at 1.30 to have some fun with Rummy Tiles, (as well as Qwirkle, Bananagrams and various card games).

New participants are always welcome.

Enquiries can be directed to:
Jan on 0477 755 748

EXPRESSIONS OF INTEREST

September Cruise – Morning or Sunset?

Our Events Co-ordinator Yvonne is negotiating with two cruise operators, Aria Midweek Cruises (Aria) and Brisbane Yacht Charters (Aristocat).

They both operate locally and offer similar bay cruises which include either morning tea or sunset drinks (priced around \$75-\$85pp).

We are looking for around 25 people who may be interested in a 2 to 4 hour cruise on one of these 13 metre large catamarans during September 2025.



Which Cruise?

Are you interested? Both operators have good reviews, and we thought you might like something different.

Please Advise us by 24 May – then we can finalise arrangements

Please choose from 1 to 3 and let us know your thoughts.

1. Morning Cruise
2. Sunset Cruise
3. Either is fine?

Please email admin@u3aredlands.com.au
with your preferences and comments **by 24 May.**

**Tickets now available for
Thursday 19 June**

**U3A Redlands presents
Performance Arts
Variety Show**



Our performance groups are hard at work creating an exciting programme of theatre, song and dance that promises to be even better than you have seen before. Your ticket price includes an exclusive Elizabethan High Tea and over an hour of wonderful entertainment

**Join us for a great show
Your ticket includes an
Elizabethan High Tea**



**Thursday, 19 June 2025
One 10:00am Session Only
Limited Seating**

Thorneside Community Hall,
Mooroondu Road, Thorneside

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



*Raffle tickets available on entry
Winners drawn during session.*

**For bookings call the
Office 3821 3888**

VOLUNTEERS NEEDED

**For Elizabethan High Tea
at the
Performance Arts
Variety Show**



***Thank you so much to the
4 helpers and 4 bakers for offering
your services since last newsletter!***

Help us by baking before or setting up or serving on the day and get to
Watch Variety Show for free!!

We still need by 18 June:

16 volunteers to make slices and small cakes for delivery to **Office at Delancey Street** on Wednesday, 18 June.

PLUS – Helpers on Show Day

Thorneside Hall, Mooroondu Road.

M/Tea Set Up x 4 - from 8.00am

M/Tea Servers x 4 - from 9.00am

(And Final Clean Up – until 1.00pm)



***If you can help please
chat to our office***

Phone: 3821 3888



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

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.

**MAY 19: DR LUDWIG LEICHHARDT,
A GREAT EXPLORER OR JUST LUCKY?**

Presented by: Philip Castle

Dr. Ludwig Leichhardt undertook three major expeditions in the Australian colonies. In 1848 he intended to cross the continent from Queensland to Western Australia. He and his party "disappeared". Philip will examine his leadership and the other party members who joined him.

MAY 26: SOME QANTAS STORIES

Presented by: Fredelle Briggs

**JUNE 02: STEAM TUG 'FORCEFUL'
- ITS LIFE AND TIMES**

Presented by: Keith Boulton OAM

JUNE 09: SOME MAJOR RCC ISSUES

Presented by: Julie Talty
Councillor and Deputy Mayor



**VOLUNTEER
OPPORTUNITY**

Newsletter Editor

If you would like to join the Team of U3A volunteers, have computer skills and are prepared to spend a few hours each month to get the Newsletter out to all our members, then please contact Denise for more details. 0448 311 844 or email

newsletter@u3aredlands.com.au



Writing for Pleasure

*The pen is mightier
than the sword..*



This month the writers were asked to write a short conversation of 50 to 100 words between two inanimate objects. Geoff Hillier's inspiration seems to have come from The Big Green Shed.

Screwed!

by Geoff Hillier

He selected me up and then pushed me through this hole. Is that you on the other side?

Yes, a small voice replied. He has me held tight and is now turning me. I think it is you I can now feel.

Yes, I can feel something turning, and it is getting faster. Are you OK?

No, I am getting giddy and spinning around. Oh, you've just come out of the other side of me.

Suddenly everything went very tight. Then I felt a large spanner grip my head.

If you'd like to read more from our U3A writers and support the building project, get 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 St, Cleveland

DATE: 5 June

TOPIC: UNDARA LAVA TUBES AND
COBBOLD GORGE, NORTH QLD

PRESENTER: Jennifer Brew

DATE: 3 July

TOPIC: GALAPAGOS ISLANDS

PRESENTER: Anne McBurnie

If any U3AR members would like to present a travel experience, please contact John Kolcze. 0427 244 301 or jkolcze@bigpond.com.

Help can be provided for a presentation.

Are you looking to save on your electricity bills? Below are some simple tips you can use to increase your homes energy efficiency when it comes to laundry, without breaking the bank!

Reducing Laundry Costs: A Guide to Energy-Efficient Laundry Practices

Washing machines, dryers, and irons contribute notably to utility bills . Understanding their operating costs and adopting cost-saving practices can lead to both financial and environmental benefits.

1. Operating Costs of Laundry Appliances

Washing Machines

- **Energy Use:** Varies from 0.3 to 2.5 kWh per load, depending on model and cycle.
- **Water Use:** High-efficiency models use less water, lowering water bills.
- **Other Costs:** Include detergent and maintenance like cleaning filters.

Dryers

- **Energy Use:** 2.0 to 6.0 kWh per load.
- **Efficiency Factors:** Load size, cycle type, ambient humidity, and drying time all affect consumption.

Irons

- **Energy Use:** 1–2 kWh per hour.
- Though less intensive, frequent or prolonged use adds up.

2. Cost-Saving Tips

For Washing Machines:

- **Cold Water Washes:** Saves energy used to heat water.
- **Full Loads:** Increases efficiency.
- **Energy-Efficient Models:** Look for Energy Star ratings.
- **Regular Maintenance:** Clean filters, inspect parts for better performance.

For Dryers:

- **Air Drying:** Zero energy use.
- **Dry Full Loads:** More efficient than multiple small loads.
- **Lower Heat Settings:** Reduces energy use.
- **Clean Lint Trap:** Improves airflow and efficiency.
- **Efficient Dryers:** Modern models consume less energy per load.

For Irons:

- **Batch Ironing:** Save energy by ironing multiple items in one go.
- **Use Steam:** Speeds up the process.
- **Turn Off When Idle:** Avoid energy waste.
- **Energy-Saving Irons:** Look for quick heat-up and auto shut-off features.

Conclusion

Laundry appliances are significant energy users in the home. Smart usage like washing with cold water, drying full loads, air drying, and using efficient appliances can cut costs and reduce environmental impact. With simple behavioural shifts and smart appliance choices, households can enjoy cleaner clothes, lower bills, and greener living.

For more information, contact ianlowe007@gmail.com - Ian Lowe (Volunteer Energy Champion)



CPR AWARENESS TRAINING

There are still places available for the CPR training session in June.

DATE: 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.



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