



President's Message

From Janese Lowe

Autumn is approaching. Autumn in Australia will begin on 20 March, the autumnal equinox, and will end on 20/21 June.

January to March is always one of the busiest quarters for our organisation. The office is busy with membership, the Tutors and Tutor Liaison are organising new and returning classes, and Committee members are busy with planning and settling into their individual roles.

Office Administrator Julie-Anne Morris and her team of office volunteers have happily settled into their temporary office and members have found it convenient to visit. The office team has commented that it has been lovely to reconnect with so many old friends and to meet several new members.

U3A Redlands feels extremely lucky to have the use of the Redland Research Facility State Government premises, until our building is available.

The Research Facility gets lots of visitors and their security regime is for visitors to phone the displayed Facility Manager's mobile number for service and/or entry.

Likewise, U3A Redlands follows the same security regime, except that our visitors must phone the U3A Office on 3821 3888 for entry. You may see us behind the glass partition and be tempted to call out, but please phone us, to respect the other tenants in the building.

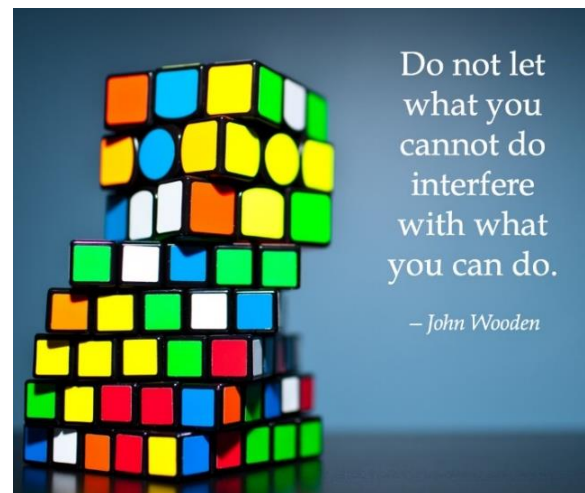


IMPORTANT

U3A Redlands office will be closed from Wednesday, 5 March to Friday, 7 March.

This is in line with a decision by Redlands Research Facility to send most people off-site this afternoon due to the cyclone.

We Continue to Fundraise



Bunnings BBQ

Please support our Bunnings Capalaba Barbecue fundraiser on 9 March 2025 (*weather permitting*).

CONTAINERS FOR CHANGE

This has been a great opportunity for U3A to raise funds. Since March 2024, a total of \$315.90 has been deposited into our Building Fund account from returned empty containers. Thank you!

When returning containers please use **ID:C11396365 U3A Redlands** to add to this tally. (*See Page 2 for full details*).



Another Fundraising Challenge

We can all contribute to this fundraiser - help our planet by reducing landfill and recycle all those drink containers through our Containers for Change membership.

If you can gather up your 10cent recyclable drink containers, take them to any Containers for Change collection centre, they will turn your bottles into cash and help us finish our new U3A Redlands building. Here's what you can do:

- In a convenient spot at your house set aside a big sturdy garbage bag and let your family and friends know – *this is for recyclable drink containers*;
- Save all your plastic and glass bottles from soft drinks, water, flavoured milk, wine, beer and spirits, and your aluminum drink cans & poppers;
- Make sure all containers are completely empty;
- NO lids;
- NO detergent or chemical containers;
- NO plain milk bottles – only flavoured milk bottles allowed;
- You might like to rinse out the containers so nothing gets smelly!
- **If in doubt – check for the 10c logo on the container label.**
- Label your bag with the following points:

SCHEME ID:	C11396365
NAME:	U3A Redlands Inc.
PHONE NUMBER	Your own phone number – only used if they have an issue with Scheme ID
NUMBER OF BAGS	Number of bags in the batch you are leaving

Then take your bag(s) of containers to your nearest drop off location – these can be found at [Where to return | Containers for Change](#)

The Cleveland Centre - Advanced Container Recyclers - at 53 Enterprise Street in Cleveland has easy parking, no queuing, and a special spot for bags for fund-raisers. They can provide labels and some reuseable bags.



U3A Network Queensland State Conference
Bribie Island Qld
6th - 8th May 2025
Hosted by U3A Bribie Island

Conference Theme: 'Connect and Grow'

REGISTRATION IS NOW OPEN FOR THE U3A BRIBIE CONFERENCE

Copy the link below to Register
<https://u3aqld.au/product/network-conference-2025/>

Catch up with friends, listen to interesting speakers and generally enjoy the vibe of the events at a great location.

You'll never know the fun, if you never go.



CPR AWARENESS TRAINING

The next sessions will be held on the following dates and you only need to attend one class:

DATE: Tuesday, 20 May
TIME: 4:00-5:30pm
VENUE: Cleveland State High School

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.

Celebrating 100 Years of Croquet



Last weekend, the Wynnum Croquet Club celebrated its 100th Anniversary with a morning tea for members and special guests. Wynnum-Manly Councillor, Alex Givney was asked to cut the cake with long-time member Phyllis Pledger, who will celebrate her own centenary in August this year.

Phyllis is listed on the U3A Redlands database as member number 8, and was a current member up until about three years ago. Some of our older members would remember Phyllis as an active member for many years with the U3A Rambling in the Redlands group.

The Croquet Club is always looking for new members, so why not come down and have a game. Their Come and Try Day is on Saturday, 8th of March.

There was a display of the rich history that made the Wynnum Croquet Club such a special part of the community celebrating friendship, sport and tradition.

Temporary Office OPENS

U3A Redlands temporary office located at:
Redlands Research Facility
Main building Reception
26-40 Delancey Street, Cleveland

OFFICE HOURS: 9am-12noon Monday-Friday
EMAIL: admin@u3aredlands.com.au
PHONE: 3821 3888 for ENTRY

Parking is available on-site, then follow the path and signs to Reception.

Local Flavour Spotlight



Since last August our Wine for Fun Group (WFF) members have met on the second Thursday of the month at **Viet's Roll, Vietnamese Restaurant, Shop 75/91 Middle St, Cleveland QLD.**

A heartfelt thank you to the proprietors of Viet's Roll who kindly agreed to accommodate our WFF Group at no charge, when many other local restaurants had refused.

The Group shows its appreciation by purchasing tasting plates to share with our wine tastings. Also, most members stay on for a quick meal and a chat after the group session.



Members Tim and Catherine Vero at Viet's Roll for a recent WFF tasting.

We always have an enjoyable evening, and we all agree that the food at Viet's Roll is delicious. Please support this local business and why not pop in for a meal when you are next in Cleveland.

ARMCHAIR TRAVEL

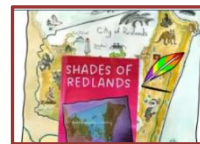


Time: 9:30-11:00am
Cost: \$5.00
Venue: Uniting Church Hall,
Passage Street, Cleveland

DATE: ~~6 March~~
CANCELLED due to Cyclone Alfred
PRESENTER: *Scott Hendry*

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

DATE: **1 May - RESCHEDULED**
TOPIC: A travel journey including
London, Birdsville to Uluru and
Western USA
PRESENTER: *Scott Hendry*



Writing for Pleasure

*The pen is
mightier than the
sword...*



Something to think about this month:

To Be or Not **By Tony Maher**

You're no more alive than me, a rock.
Not long ago, I wasn't paper.
I had bark and leaves and swayed in the breeze.
Some time ago, I swayed and danced in the water.
I have a longer pedigree.
Should we get a third opinion?
Know anyone intelligent?





Are You Free on Monday Mornings?

I have been wanting to join Life Matters for a long time, but owing to other commitments, this was difficult. This year I made it happen. I have attended the first five weeks of talks, and what a wonderful experience it has been.



We have listened to the talented members of the Writing for Pleasure group read part of their stories which have been published in "Shades of Redlands" (available for purchase at the U3A Office).

We've viewed fascinating photos of many different birds sighted by Dr George Chapman on his trips to Africa and Asia.

We've learnt, from Brian Hedges, about some of the people who made significant contributions to life in the early settlement of New South Wales after being sent from Britain as punishment.

We were very entertained by Anne McBurnie, along with contributions from Oscar Neisler, with poetry, stories and photos on the topic of Love, Lies, Laughter.

And in this first week in March, we did a lap around Australia with May B Wild, who enthralled us with her experiences (and tips) of travel with her husband and dog in their "Golden Goose" (*motor home*).



What a great variety of entertainment and education we have been privileged to experience.

Next time we are going to hear about the involvement of Birkdale and Capalaba in World War II.



There is plenty of room for more attendees at **Life Matters**. Come along to the **Donald Simpson Centre** on **Mondays from 9.00am for a 9.30 start**, and afterwards morning tea is provided.

You can enrol online to join up or just come along the first time to see if you'd like to continue.

Cost is \$5 payable at the door. You might also have some suggestions for guest speakers, which you can give to Col Sutcliffe, the Co-ordinator of this group.

From a 'Happy Attendee'

March 10:

WHY WAS A TOP SECRET WW2 FACILITY SITUATED IN CAPALABA/BIRKDALE?

Presented by: Paul BISHOP, Councillor, Actor, Oral Local Historian and Innovator.

March 17:

GETTING TO KNOW YOUR FELLOW CLASSMATES.

Presented by: Facilitated by various leaders.

What do you know about your fellow classmates at U3A Redlands District *Life Matters*?

March 24:

CHARLES DICKENS AND THE OLD CURIOSITY SHOP.

Presented by: Col Sutcliffe OAM, Educator and Historian.

March 31:

HAVE YOU BEEN TO THIS CITY AND KNOW ABOUT IT?

Presented by: Julie Porteous, U3A Member and World Traveller

Are you getting all your energy savings?

The Council on the Ageing Queensland offers the Energy4Seniors program, which aims to increase awareness of available concessions, rebates, and support, enhance energy literacy by improving understanding of energy bills and usage and boosting confidence in seniors' capacity to make wise energy choices.

The program utilises volunteer 'Energy Champions' to engage with seniors providing valuable information and practical tips on energy usage through group information sessions.

In Queensland, seniors have access to various energy support programs designed to alleviate the financial burden of utility expenses. These initiatives include rebates, concessions, and assistance schemes tailored to meet the needs of older residents.

In addition, participants will learn about available financial assistance, including concessions, rebates, and hardship programs, along with services of the Energy and Water Ombudsman and be empowered to take action in their own homes with some simple steps to increase energy efficiency without compromising on comfort, health, or wellbeing.

Some ongoing Queensland Government concessions and rebates are:

Eligible Queensland seniors can benefit from the following annual rebates:

- **Electricity Rebate:** \$372.20 (GST inclusive)
- **Reticulated Natural Gas Rebate:** \$89.70 (GST inclusive)

Applicants must be the account holder for their electricity or gas service and hold a Queensland Seniors Card or Seniors Card+go. For more information visit www.queenslandsavers.qld.gov.au or phone 13 74 68.

Energy efficiency tip, keeping cool.

Air conditioners use a lot of electricity, but there are ways to save energy while still keeping cool.

Set the temperature: In summer, set your air-conditioner between 24C and 26C. Every degree below this adds 10 per cent to your cooling costs. Use fans: Use ceiling or pedestal fans where possible. Close off rooms: Only cool the rooms that are being used and keep doors and windows closed.

It is essential for seniors to review specific eligibility criteria and application procedures for each program to ensure they receive the support they are entitled to.

Would you like to know more? Organise a group information session today!

Email Ian Lowe (Volunteer Energy Champion) at ianlowe007@gmail.com

Volunteer Role



Audio-Visual Technician – For Meetings and Events

We need an Audio-Visual (AV) Technician to be responsible for setting up, operating, and maintaining the audio-visual equipment at meetings and events.







Key Responsibilities:

- Set up, test and operate AV (microphones, projectors, sound systems) for events and presentations.
- Troubleshoot technical issues during events or presentations.
- Perform maintenance, cleaning and repair of AV equipment.
- On-site technical support, adjusting sound and video levels as needed for events and performances.

Please contact the office on 3821 3888 or admin@u3aredlands.com.au if you have technical knowledge and problem-solving skills and can help us with our AV equipment. We would love your assistance.

U3A Redlands District Inc. 2025 Management Committee

President	Janese Lowe	president@u3aredlands.com.au
Vice President	Liz Sanderson	vicepresident@u3aredlands.com.au
Secretary	Trevor Simmons	secretary@u3aredlands.com.au
Treasurer	Charles De Wet	treasurer@u3aredlands.com.au
Tutor Liaison Officer	Mary Smith	tutorliaisonleisure@u3aredlands.com.au
Office Co-ordinator	Debra Mitchell	coordinator@u3aredlands.com.au
Events Co-ordinator	Yvonne Medhurst	events@u3aredlands.com.au
Committee Member	Lorraine Coutts	
Committee Member	Taubna Naftal	
Committee Member	Trish Winter	
Newsletter Editor	Denise Lee	newsletter@u3aredlands.com.au
Newsletter article cut-off	4 April 2025	

 3821 3888 Julie-Anne Morris	 PO Box 1231, Cleveland QLD 4163
 admin@u3aredlands.com.au	 www.u3aredlands.com.au
 Redlands Research Facility, Delancey Street, Cleveland	 U3A Redlands District