



## President's Message

From Janese Lowe

Ian and I have just returned from a 3-week trip to Canada to attend our son's wedding, followed by a short holiday.

**A lot has happened during June**, and I'd like to thank Vice President Liz Sanderson and the U3AR committee, and all the other willing event and office volunteers that made the following events possible.

**19 June** – U3A Redlands Elizabethan High Tea followed by a sell-out Variety Concert featuring U3AR Performance Groups – Jazz and Tap Dancers, Scottish Country Dancers, Singers, Ukulele and Theatre groups. I am told this event was a huge success.

Congratulations to Tutors Nicole West, Heather Heron, Cheryl Christie and Sue Willingham and all performers. Huge thank you to Liz Sanderson for not only organising the High Tea, but actually writing the script for the theatre production, which was accompanied by music written by Tim Vero. Congratulations all.

One of our Committee members commented: *Liz, the event was a great success thanks to your great organisation and preparation, beautiful table settings, well-trained performers and helpers, and an over-abundance of food! You are to be highly congratulated.* (See page 3 for details)

**28 June** – Star Community rescheduled Celebrations included Volunteer of the Year Awards and Afternoon Tea. Congratulations to U3A Redlands member Marj Wallace for being recognised for her volunteering work with Redland Community Centre at Capalaba. We are also grateful to Marj and husband Jamie who regularly volunteer at our monthly Armchair Travel group.

We have also received great feedback for our U3A Redlands Jazz, Tap, Singers and Ukulele groups who performed at the Star Community Celebrations Day. (see page 4).

A big thank you to Nicole West who organised the groups for these performances and has also recently taken on the role of U3AR Publicity Officer. Please remember to check the U3A Redlands District Facebook page for information and photos and 'like' (or love) the posts.

<https://www.facebook.com/www.u3aredlands.com.au>

October Seniors Month will be upon us before we know it. This year we have two interesting member outings on offer – **Aria Sunset Cruise on Thursday, 2 October** and **High Tea at Parliament House on Tuesday, 21 October**. *But you will have to be quick as numbers are limited. See page 2 for details.*



## Building Project Update

This time last year I was excited to report that the U3A building was at true lock-up. Works have since been on hold awaiting further funding.

**It's Official!** We have received advice from Amanda Stoker, Member for Oodgeroo, followed by an official letter from Amanda Camm MP, Minister for Seniors and Disability Services, confirming that the LNP State Government will be providing their commitment of \$250,000 for the completion of our U3A building project.

Once the funding agreement has been signed and funds received, work will recommence. Keep an eye on the build site!

***U3A is so appreciative of this support which will allow us to help seniors stay active, connected and engaged through lifelong learning.***

## Aria Sunset Cruise

### Thursday, 2 October (Seniors Month Outing)



Our Events Co-ordinator Yvonne thanks those who expressed interest following our May newsletter.

We have now booked with Aria Cruises for a **2-hour Sunset Cruise** from Raby Bay on the 13 metre Catamaran Aria.

**4:00pm Check-in**  
(Raby Bay Marina near Hog's Breath, Cleveland)  
**4.30pm Depart**  
**6.30pm Return to Raby Bay Marina**

Whilst on the cruise, you will receive one complimentary drink and be served with olives, cheeses, meats, crackers and sushi.

**Cost: \$65 members**  
**\$70 non-members**



<https://ariacruises.com/activity/sunset-cruise/>

**Only 30 places. Bookings and payment through U3A portal when open in August.**

## High Tea at Parliament House

### Tuesday, 21 October (Seniors Month Outing)



Come along for a fantastic day as we take a bus trip to Parliament House to enjoy high tea and a tour of the grounds. It's a great chance to relax, learn a bit, and share some laughs in an amazing setting.

High tea in style at Parliament House is a treat! You'll enjoy freshly brewed tea/coffee, finger sandwiches, pastries and those classic scones with cream and jam.

We'll travel in a comfy, air-conditioned bus, so you can kick back and enjoy the ride. Seats are limited, so book early to secure your spot.

**Bookings and payment can be made through the U3A Office - 3821 3888**

**Cost: \$90.00 members**  
**\$95.00 non-members**

**9:30am** Bus will depart the U3A Office  
**10:30am** Arrive at Parliament House  
**11:00am** Check-in for seating at 11:30am  
**2:00pm** The tour bus will depart Parliament House  
**3:00pm** Returning to Office

Please advise the U3A Redlands Office if you have any dietary requirements.





## Performance Arts Variety Show and Elizabethan High Tea



A very successful social morning was enjoyed by our members who were served a marvellous High Tea and were entertained with a lively show by our Performing Arts group.



The very well-dressed serving volunteers.



Such an event is not possible without the help of our U3A Redlands generous volunteers. So many people who made wonderful food, worked tirelessly in the kitchen and front of house at the door and selling raffle tickets, served our patrons, entertained us, and stayed to clean up the glorious mess. We had generous donations of raffle prizes that helped make the day a little more profitable and a lot more fun - for the winners especially!



We congratulate our performers and their Tutors from the Ukulele Group "GRUBS", Jazz and Tap Dancers "The Starlights", Scottish Country Dancers, U3A Redlands Singers and the U3A Redlands Theatre Group "TATS".

Thank you to everyone who helped in so many ways on and before the day. Your contributions were appreciated and helped make this social event the ultimate team effort.



## JAZZ and TAP Group Birthday Celebrations

The Wednesday Jazz and Tap group, run by Nicole West, enjoyed a combined birthday party celebration for nine ladies. Two of the group were 70, four turned 75 and three celebrated their 80<sup>th</sup> Birthday, and all are still dancing and performing.



**L-R:** Terri Story, Cheri Campbell, Cheryl Banner, Jan Wright, Gemma Close, Anne Wilson, Robyn Schacht, Candace Savage and Heather Kolberg.





## Volunteer of the Year Awards

After the Community Celebration at Raby Bay on 31 May had to be cancelled owing to wet weather, the Volunteer of the Year Awards were announced on Saturday, 28 June at the Redland Performing Arts Centre.

This event is organised by Star Community Services and many deserving volunteers from various groups across the Redlands were announced, following an address by Councillor Paul Bishop, representing Redland City Council. Member for Oodgeroo, Amanda Stoker, was also present to congratulate the nominees.

The 2025 Volunteer of the Year Award went to Tony Christinson from the Donald Simpson Community Centre.

One of our U3A members, Marjorie Wallace, was nominated for her volunteering with the Redland Community Centre at Capalaba.

*Congratulations,  
Marjorie.*

Entertainment for the afternoon was provided by the Mabuhay Dance Group and our U3A Jazz & Tap Dancers, Singers and Ukulele Group (GRUBS), who were highly entertaining and well received by the audience.



Congratulations to those three groups and their leaders.



**U3A Jazz & Tap performers**



**U3A Singers**



**U3A Ukulele players (GRUBS)**



In attendance were U3A Committee members:

Mary Smith, Trevor Simmons,  
Yvonne Medhurst, Liz Sanderson



## CPR AWARENESS TRAINING

Since July 2022 over 150 U3A Redlands members have completed the 90min CPR Awareness Training Session.

Two new CPR Awareness Sessions available:

**Date: Wednesday, 6 August**  
**Date: Tuesday, 2 September**  
**Time: 4:00 – 5:30pm**  
**Venue: Cleveland State High School**  
**Cost: \$7.00**  
**(you only need to attend one session)**

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



## CYCLING - EASY RIDERS



The Easyrider cyclists on a beautiful June morning at Scarborough.

In this instance we all met at Shorncliffe railway station, then rode to Scarborough Park along the north bayside foreshore, with coffee at Sea Salt and Vine. Another important stop was at Redcliffe to appreciate Bee Gees Way.



Our group (usually) leaves from Raby Bay Harbour at 7am on a Friday morning in term-time, with numbers in the range of 10-15+. We normally cycle 40-60km at a very social pace, with a (very important) coffee stop half-way or thereabouts. Leader Wendy sends an email midweek to advise of the next ride, with weekly round trips going through places such as:

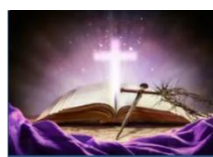
- Victoria Point
- Wynnum Creek
- Talburpin Point/Redland Bay
- Cleveland Point/Wellington Point/Thorneside or Capalaba
- Bulimba Creek bikeway
- City ride (train home from Norman Park)

Legal e-bikes (pedal assist to 25km/hr, no throttle) are welcome, with Gavin normally acting as 'tail-end Charlie'/sheepdog.

Any U3A members wishing to add this activity to their portfolio, just contact Wendy Becker:

Mobile: 0412 089 767

Email: [wendy\\_becker84@hotmail.com](mailto:wendy_becker84@hotmail.com)



## History and the Bible

The next series will deal with Pain, Suffering and Death. It will cover the various cultural and religious views about pain, death and the afterlife.

The arguments, which use suffering as proof that the Christian God of love does not exist, will be examined. The Biblical explanations for pain and death will be considered. In addition, we will examine any clinical evidence concerning after death experiences.

**TUTOR:** Rob Kitelman  
**DAY & TIME:** Tuesdays at 1:30pm  
**COURSE DATES:** 26 August  
2 September  
9 September  
16 September  
**LOCATION:** Capalaba Library

Please enrol after 14th July by phoning the Office on 3821 3888.

## WINE for FUN





## News from the iPhoneography Group



The iPhoneography group finished off their course with a field trip to Raby Bay Harbour to photograph the sunset. They were not to be disappointed, as the sunset put on a brilliant display.

Earlier they practised taking photos of the bubbler outside council offices to give it a dreamy look, taking vertical panoramas and floating bubbles. It was rounded off taking light trails of the moving traffic. The group has now finished the ten-lesson course, to be followed by a new group commencing on 9 July.



*These photos are the product of members using their newly learned techniques to achieve great results.*



*Light trails*

## CLASS OPENINGS



### INTERESTED IN JOINING A GERMAN SPEAKING CLASS

If you are a beginner in the German language, you are very welcome to attend one of three classes in *German for Beginners* held in private homes on a Thursday, 9.30-11.00am or 2.00-3.30pm. For more information, contact either:

**Helen Neate 3286 1418**

**Ronald Dullaway 0401 704 704**



Have you learnt German before, spent time in a German speaking country, or have some background in the German language and wish to brush up on your language skills in a relaxed and supportive setting? *Continuing German* may be for you.

Contact the Tutor, John Barker (0439 746 236 or [john.barker702@gmail.com](mailto:john.barker702@gmail.com)) if you would like to know more. We meet on Tuesday afternoon in the Cleveland Library.



**John Barker (Tutor), Gordon Siebrecht, Keith Rigby, Debra Barker, Kay Long**

Members of the U3A Redlands continuing German class hit the red carpet again at this year's German Film Festival in Brisbane.

The chosen film, "Zwei zu Eins", takes a factual event, the exchange of East German for West German currency at the time of German unification in 1990, and turns it into a light-hearted drama. A group of East Germans find a stash of East German marks in an abandoned mine and exchange it for the hard currency of the West. Only when officials notice the exchange of notes that were never in circulation, was their attention raised. It was a good fun, feel good film that was a hit when released in Germany. To this day no one knows just how many Ostmark were illegally exchanged, but it didn't happen the humorous way depicted in the film.



## Computers – Tom's Help Desk

Tom will commence his Semester 2 class on Monday, 21 July, in the Cleveland Library from 2.30-4.30pm (if there are sufficient numbers). Tom will answer any queries about computers, including programmes, password retrieval, virus protection, transferring and converting files, formatting in Microsoft Word. Call **Tom on 0403 772 723** to confirm your place or find out more details.



## UNDERSTANDING THE HOUSING CRISIS

*An update:* for this informative and apolitical presentation, students may now enrol even if they can't attend every session. Cost is \$5 per session.

This subject concentrates on demand and supply in housing markets, including: new, established, purchase and rent.

Markets determine prices and other signals. The subject is wide-ranging. It brings theory and practice together and is a mix of lectures and discussion.

The presenter, Doug Murphy, was a lecturer at QIT and UQ, a consultant and subsequently a businessman in the property industries.

The course commences on Wednesday, 16 July, for eight weeks, 9.30-11.00am, at Wellington Point Community Hall.

For more information, please text Doug on 0402 845 925.



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

## **JULY 14: HOME INSTEAD (DOVIDA)**

PRESENTED BY: *Allison Brawn*

Allison is the Business Development Manager at Dovidia. Allison will speak about navigating the Aged Care System, and the new Support at Home Packages introduced on 1 July.

## **JULY 21: NIGHT NINJAS**

PRESENTED BY: *Pam Tranter OAM*

Night Ninjas is a not-for-profit organisation founded in 2015. Volunteers are focussed on helping people who are experiencing homelessness, and others living below, or close to the poverty line.

## **JULY 28: SWINGS AND ROUNDABOUTS OF A REMARKABLE AND FULFILLING LIFE**

PRESENTED BY: *Louise Philip*

Australia's first TV Actor with a physical disability. Louise has held many working positions including, Advisory Council, Policy Development, Standards, Human Rights, Marketing and Communication roles.

## **AUGUST 4: MY TRIATHLON JOURNEY**

PRESENTED BY: *Caroline Baird*

As a vision impaired athlete, Caroline will tell us about her journey from her introduction to triathlon, to representing Australia on the world stage, how she trains and things that she's learnt along the way.

## **AUGUST 11: NO CLASS**

**EXHIBITION PUBLIC HOLIDAY**



**Col Sutcliffe, Brian Hedges, Norma Forrest,  
Liz Jeffs, Gail Schurer**

The team of *Life Matters* volunteers (above) are seen here at their quarterly meeting to confirm the program for Term 3 and to prepare possible guest speakers for Term 4.

An exceptionally diverse group of speakers has already been heard this year, and that doesn't look like changing for the remainder of the year. Check the monthly newsletter for upcoming topics, or pick up a schedule from the Life Matters desk.

**If you have any suggestions for a guest speaker, or would like to be part of the organising team, please contact Co-ordinator, Col Sutcliffe, on 0499 425 011.**





## Writing for Pleasure

*The pen is mightier  
than the sword*



*This month the writers were asked to write the first sentence of their life's story. They produced an interesting array of first lines that made me want to read more. See what you think;*

I may stumble, but I never stay down for long.  
(Anita)

It is 1957, I am four years old, and we are now living in a four-berth caravan on a block of land in Clontarf; Mum and Dad sleeping "on the table" at one end, my sister and I in our single beds at the other. (Ann)

The air raid siren wailed for minutes; flashes could be seen through the blackout curtains.  
(Geoff)

Life is what you make it, although generally it makes you!  
(Helen)

It was a beautiful December night, full of light and promise.  
(Maureen)

The fatigued proud first-time father lovingly held his newborn daughter after a tiring prolonged, risky labour. (Kathy)

It's not as if, in that particular moment, I had thought I might one day be the Pope but then, what's the point in hanging around on the start line?  
(Tony)

Complacently, for over twenty years, I lived my uncomplicated life until that night when the unthinkable changed my life forever.  
(Tricia)

***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:** 7 August  
**TOPIC:** PART 1. CHIANG MAI AND  
PHUKET, THAILAND  
**PRESENTER:** John Kolcze

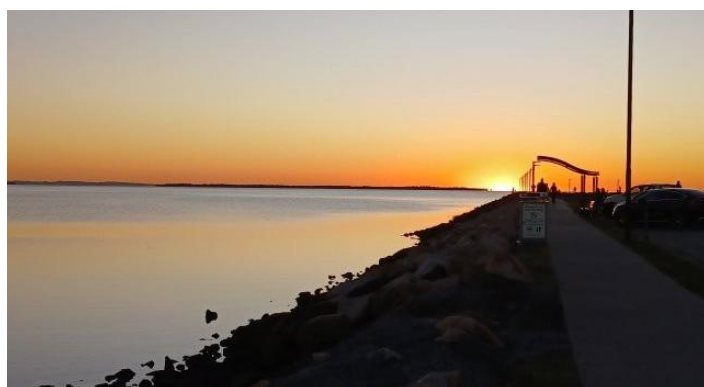
**DATE:** 4 September  
**TOPIC:** PART 2. CHIANG MAI AND  
PHUKET, THAILAND  
**PRESENTER:** John Kolcze

*If any U3AR members would like to present a travel experience, please contact John Kolcze. 0427 244 301 or [jkolcze@bigpond.com](mailto:jkolcze@bigpond.com).*

## RAMBLING in the REDLANDS



The Ramblers group enjoying a beautiful walk along the Manly foreshore on a crisp June morning.







**Please note that the U3A Redlands Office  
will RE-OPEN for Term 3  
9:00am - Monday, 14 July 2025**

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