



### President's Message

From Janese Lowe

Thank you to U3A Bribie Island for hosting a very successful U3A Network

Queensland Conference from 6-8 May.

I had the pleasure of attending on behalf of U3A Redlands, alongside Vice President Liz Sanderson, Past President Julie Porteous, and new member Jenny Casey (not pictured).



These annual U3A Network conferences are always a valuable experience. I come away each time with fresh ideas and renewed inspiration to continue improving what we do. (See page 2 for more photos).

### Thank you to our Volunteers

National Volunteer Week is an annual celebration of volunteering and this year it was held around Australia from 19-25 May 2025. The week highlights the important role of volunteers in our community and invites people who are not currently volunteering to give it a go.

During Volunteer Week, a 'Thank You' with photos of our Office Volunteers and Tutors was posted on our Facebook page:

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

Please visit our page and 'like' our posts or better still 'love' our posts for a higher level of engagement to attract other viewers.

Let's not forget a big thank you for our hardworking 2025 Committee who meet monthly to monitor the day-to-day running of our organisation, review policies, organise events etc. *Well done everyone!*



### Fundraising Update

#### Sale Proceeds since April News

*Thank you to Elizabeth Jeffs and her Writers' - 'Shades of Redlands'*

- For a further deposit of \$100 to the building fund from book sales.

#### Donations since May News

*Thank you to the following group:*

For their regular ongoing donations:

- U3AR Thursday Mahjong/Pat Simmons \$45

#### CONTAINERS FOR CHANGE

- In the last 3 months, \$63 has been deposited into our Building Fund account from returned containers. Totalling \$378.90 since we started collecting in March 2024. Amazing and thank you!
- Quote **ID:C11396365 U3A Redlands** when returning containers.



## U3A Network Queensland State Conference 6-8 May 2025

Delegates from twenty-eight U3As came together for an inspiring and energising U3A State Conference, proudly hosted by U3A Bribie from 6-8 May 2025. Four delegates from U3A Redlands took part in the event, thoroughly enjoying a program filled with knowledgeable speakers who presented fascinating and relevant topics. The conference's social events provided a wonderful opportunity to connect with like-minded members from across Queensland and reconnect with friends made through the years.



State President Rhonda Weston  
with U3A Redlands



State President Rhonda Weston  
with U3A Mackay



U3A Toowoomba



U3A Bribie Island & U3A Brisbane



U3A Dalby, Bundaberg and Beaudesert



U3A Gympie delegates

Mark your calendars to join in the fun at **next year's conference** to be hosted by  
**U3A Sunshine Coast from 12 - 14 May 2026.**



**U3A Redlands presents  
Performance Arts  
Variety Show**



**Thursday, 19 June 2025  
@ 10.00am**

*Join us for a wonderful morning  
of theatre, song and dance  
(One Session Only)*

**Your ticket includes an  
Elizabethan High Tea**

*As the excitement builds, enjoy a  
pre-show Elizabethan High Tea.*

**Thorneside Community Hall,  
Mooroondu Rd, Thorneside**



Show Tickets  
\$15.00 Members  
\$20.00 Non-  
Members

Raffle tickets  
*Available on entry  
and drawn during  
session*

**For bookings  
call the Office  
3821 3888**

**Get in Quick  
Limited Seating**

**MORE VOLUNTEERS NEEDED**

**For Elizabethan High Tea**



*Thank you to the volunteers who have  
already registered with the Office.*

***Calling for more helpers and more  
small Morning Tea treats please***

***Please contact  
our office: 3821 3888***

***Four helpers to plate up morning tea  
and tidy up at the end. (8am to 1pm)  
AND***

***Ten extra trays of small morning tea  
treats, homemade or store bought.  
(to be delivered to the office the day  
before, or at the hall on the Show Day).***

All baking and working volunteers (Door, Catering and Morning Tea) will be contacted a few days before Show Day to discuss either food drop off or roles on Show Day.





## Community Celebrations Raby Bay Harbour Park, Cleveland

**Saturday, 31 May from 2:00pm – 6.30pm.**  
Entry is FREE for all! Everyone is welcome

Hosted by Star Community Services.

### Get together and enjoy:

- Live entertainment for all ages
- Jumping castle, face painting, petting zoo
- Food trucks, market stalls,
- Stunning laser show, and more!

## NEWS FLASH

Star Community Services has advised that due to the ongoing rain and unfavourable weather conditions, this event has been:

**CANCELLED**

## Awards Rescheduled

Star will be inviting organisations to an afternoon tea on **28 June at RPAC** to thank everyone and to present the amazing Volunteer of the Year Awards and will confirm the details over the next week.



We feel for Star Community Services having to make the decision to cancel when so much planning and preparation goes into these events.

Along with many other organisations' representatives, our U3A Redlands singers took part in the Promo shot.

When we zoom in you will see Kay Zivkovic, Terry Coman, and Cheryl Christie.



U3A Redlands District preparations included a set-up/pack-down team – thanks Trevor Simmons. A team of office volunteers for our information stall - thanks Debra Mitchell. Producing class information handouts - thanks Julie-Anne Morris.

Plus, many rehearsals by our performance teams – Thanks to Nicole West and the U3A dancers, Cheryl Christie and the U3A singers plus members of the U3A GRUBS Ukulele group.





## NEW CLASSES TO START SOON



### PLANT LOVERS GROUP

This new group is another opportunity for home gardeners to get close with nature. It will provide an opportunity for all, regardless of experience, to come together with like-minded people, to learn, to share, and to make new friends.

Full details can be found in the May newsletter.

**STARTING:** Wednesday, 4 June  
**DATES:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays  
**TIME:** 10:00am – 11:30am  
**VENUE:** Alexandra Hills Community Hall  
Access via Windermere Road  
Alexandra Hills

**ENROL NOW:** For further information, please contact **Bruce on 0417 704 212** or email [bruceg.hawk@gmail.com](mailto:bruceg.hawk@gmail.com)



### UNDERSTANDING THE HOUSING CRISIS

**STARTING:** Wednesday, 9 July  
**TIME:** 9:30am – 11:00am  
**VENUE:** Wellington Point Recreation Hall  
347-371 Birkdale Rd. Wellington Pt.  
**COST:** \$40 for the eight weeks  
**TUTOR:** Doug Murphy

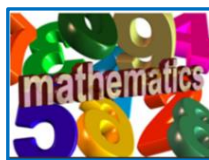
People are concerned about the housing 'crisis' which is a severe shortage of dwellings (for purchase or rent) in housing markets. Our approach will look at demand (demographics and economics), then supply (town planning, infrastructure, manpower and construction), with discussions especially on housing futures. Relevant theory and practice will be brought together in an understandable way.

This course is not suited to periodic attendance, so a one-off payment of \$40 is payable on day one. Enrol now as places are limited.

Enquiries can be directed to Doug Murphy by:

**EMAIL:** [murphyd522@gmail.com](mailto:murphyd522@gmail.com)  
**TEXT:** 0402 845 925

## EXPRESSIONS OF INTEREST



### MATHEMATICS

Did you do Maths in high school and enjoyed it, but never "got it" properly. This class is for people who feel like that. It will be a very hands-on type of Maths that will interest most people. Topics will include Fermat's Last Theorem, the meaning of exponential growth and the Mathematics of chance.

If there is sufficient interest, the class will be extended beyond three weeks. If you are handy (and happy) with numbers, that is a good enough qualification to attend. Requirements - paper and pencil.

The class will be held in Cleveland on Monday mornings from 9:30am-11:00am, beginning on 23 June. Enquiries can be directed to **Peter Brigg on 0448 850 876.**

### THREE SHEETS IN THE WIND (SEA SHANTIES)



This group is for people who like singing Sea Shanties. (Both men and women are welcome to join.)

These are songs that used to be sung on sailing ships as a means of organising the sailors when raising sails, the anchor, etc. needing timing and co-ordination. The songs then became popular and have featured in some modern films. These songs are still sung today in seaside fishing villages like those in coastal Cornwall, UK.

If you can hold a note and are genuinely interested in having fun and fellowship, please contact **Paul on 0412 752 000.**

Weekly gatherings will be held on Thursday mornings at a local hall (*yet to be confirmed*), beginning on **26 June**. Attendance fee is \$5 per session.

Tutors, you are welcome to send news and photo contributions about your group to the newsletter editor before the monthly cut-off. We are always happy to showcase your group activities.  
Email contact at the end of this newsletter.



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

**JUNE 09: SOME MAJOR RCC ISSUES**

Presented by: Julie Talty

*Councillor and Deputy Mayor*

**JUNE 16: LET THE PUNISHMENT FIT THE CRIME**

Presented by: Neville Knott

**JUNE 23: DSC NOT AVAILABLE**

**PRESENTATION POSTPONED UNTIL THIRD TERM**

Resuming again on 14 July after school break.



**Writing for Pleasure**

*The pen is mightier  
than the sword*



*During these times of confusion and insecurity,  
Helen tells us very succinctly how to simplify our  
day. This is what we writers do.*

We writers of the U3A  
Can't help but write throughout each day.  
We must seize our pen  
For we can't stop when  
Creative thoughts will have their say.

*Helen Goleby*

*"I have only made this letter longer because I have  
not had the time to make it shorter."*

*Blaise Pascal.*

***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***

**Congratulations on Your  
Community Service**

Tutor Liaison Mary Smith and I had the pleasure of attending the Rotary Club of Capalaba's Community Service Volunteers evening on Monday, 2 June.

We were especially proud to see U3A's very own Elizabeth Jeffs as the Guest Speaker for the evening. Elizabeth delivered an engaging and warmly received presentation that highlighted her passion for storytelling and the arts.



On the night, Elizabeth was honoured with the Capalaba Rotary Club's (Bev Allsop) Green Frog Award for 'Transforming Lives Through Literacy'. In addition, she received Rotary's highest honour — recognition as a Paul Harris Fellow — for her outstanding contribution to the community.

Many of you will know Elizabeth as the Tutor of the U3A Redlands District 'Writing for Pleasure' group. She inspires her members to regularly present their original work at 'Life Matters' and other U3A Redlands events. The group recently published *Shades of Redlands*, an anthology of Fact, Fiction, and Fantasy.

**Congratulations, Elizabeth, on these well-deserved awards. We're incredibly proud to have you as a valued member of U3A Redlands.**

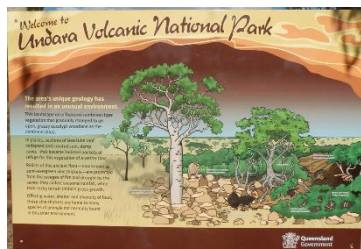
*Janese Lowe*



## 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](mailto:jkolcze@bigpond.com).

## FREE PIANO

THALBERG, 88 key, recently tuned piano would like a new home. Perhaps suitable for a grandchild who would love and enjoy this piano. No longer needed.

Pick-up at own expense from Cleveland on a ground floor.  
 (Height 106cm; Depth 62cm; Keyboard 131cm)



Details and contact number available from U3A Office – 3821 3888.

### U3A Redlands District Inc. 2025 Management Committee

<b>President</b>	Janese Lowe	<a href="mailto:president@u3aredlands.com.au">president@u3aredlands.com.au</a>
<b>Vice President</b>	Liz Sanderson	<a href="mailto:vicepresident@u3aredlands.com.au">vicepresident@u3aredlands.com.au</a>
<b>Secretary</b>	Trevor Simmons	<a href="mailto:secretary@u3aredlands.com.au">secretary@u3aredlands.com.au</a>
<b>Treasurer</b>	Charles De Wet	<a href="mailto:treasurer@u3aredlands.com.au">treasurer@u3aredlands.com.au</a>
<b>Tutor Liaison Officer</b>	Mary Smith	<a href="mailto:tutorliaisonleisure@u3aredlands.com.au">tutorliaisonleisure@u3aredlands.com.au</a>
<b>Office Co-ordinator</b>	Debra Mitchell	<a href="mailto:coordinator@u3aredlands.com.au">coordinator@u3aredlands.com.au</a>
<b>Events Co-ordinator</b>	Yvonne Medhurst	<a href="mailto:events@u3aredlands.com.au">events@u3aredlands.com.au</a>
<b>Committee Member</b>	Lorraine Coutts	
<b>Committee Member</b>	Taubas Naftal	
<b>Committee Member</b>	Trish Winter	
<b>Newsletter Editor</b>	Denise Lee	<a href="mailto:newsletter@u3aredlands.com.au">newsletter@u3aredlands.com.au</a>
<b>Newsletter article cut-off</b>	2 July 2025	
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🏠 Redlands Research Facility, Delancey Street, Cleveland		📘 U3A Redlands District



## Where is most of the power consumed in the Australian home?

The biggest energy users in a typical Australian household – and the best opportunities for saving money – depend on climate, appliance efficiency, and household habits. However, across most homes, the largest contributors to energy bills are:

**Heating and Cooling (~40%)** *Reverse cycle air-conditioners*, electric heaters, and ducted systems can consume large amounts of electricity.

- In cooler states (Victoria, Tasmania) in winter, and hotter areas (Qld, WA) in summer.

### Hot Water Systems (~25%)

- If electric storage tanks are used (These are less efficient than gas or solar).
- Long showers or outdated systems drive up costs.

### Appliances and Electronics (~15%)

- Fridges/freezers (run 24/7), washing machines, dryers, TVs, computers, and game consoles.
- Older or non-energy-efficient appliances use significantly more power.

### Lighting (~7–10%)

- Notable in homes with halogen or incandescent bulbs. Replace all halogens with LEDs.

### Cooking (~5–10%)

- Electric ovens, stovetops, and microwaves use less energy, but inefficient cooking habits (e.g. preheating for too long) can add up.

## Top Ways to Save Money on Energy Bills

### Switch to Solar

- A **rooftop solar system** can significantly cut your electricity bills (especially if you use appliances during the day).
- Government rebates are available via the **Small-scale Renewable Energy Scheme (SRES)**.

### Upgrade to Energy-Efficient Appliances

- Look for appliances with high **Energy Star Ratings**.
- Focus first on **fridges, washing machines, and air conditioning units**.

### Improve Insulation and Sealing

- **Seal drafts and insulate ceilings and walls** to reduce heating/cooling needs.
- Close blinds and curtains during hot/chilly days.

### Hot Water Efficiency

- Reduce shower time, use low-flow showerheads, and switch to **heat pump or solar HWS** systems.

### Use Smart Thermostats and Timers

- Set **heating/cooling** to reasonable temperatures (e.g., 18–20°C in winter, 24–26°C in summer).
- Use **timers** on water heaters and pool pumps to avoid peak rates.

### Off-Peak Tariffs and Time-of-Use Plans

- Shift high-energy activities (like laundry or dishwasher use) to **off-peak hours or day use utilising your own solar output**.
- Check with your provider if you can benefit from a **time-of-use electricity plan**.

### LED Lighting and Smart Power Boards

- Use **smart power boards** to reduce standby power waste from TVs and consoles.

For more information, contact [ianlowe007@gmail.com](mailto:ianlowe007@gmail.com) - **Ian Lowe** (Volunteer Energy Champion)