



President's Message

From Janese Lowe

Well spring is upon us. This means it is time for the Brisbane Festival which runs from 5-27 September and Brisbane will be the stage for a wide range of arts, music, theatre and dance, including the popular "Riverfire" fireworks spectacular.

The Brisbane festival is closely followed by October Seniors Month in Queensland. Once again U3A Redlands has a number of events planned to increase social connectivity for older people and their communities.

We urge you to take advantage of these **FREE Seniors Month events** – details on pages 2 and 3 respectively:-

09 Oct – Lively Seniors Celebration at Pool

18 Oct – U3AR Showcase Concert at RPAC

20 Oct – Seniors Month Golf Day, Carbrook

PAID Seniors Month events – pages 3 and 4

02 Oct – Aria Sunset Cruise

21 Oct – High Tea at Parliament House

(If we can get 30 people to book for High Tea by 19 September, we will avoid cancellation.)



Building Project Update

There has been a lot of activity at our building site during August.

The septic tank required for this site has been installed. A slab has been poured, and we are awaiting delivery of a storage shed scheduled for installation in 4-6 weeks.



The building now has a concrete verandah with concrete building apron, plus an access ramp leading from the car par



The painters have been onsite and have now completed the internal and external painting. The building is looking great!



Fundraising Update

Donations since August News

Thank you, members, for depositing your containers.

CONTAINERS FOR CHANGE

- During August \$85.70 has been deposited into our Building Fund account from returned containers.
- Quote **ID:C11396365 U3A Redlands** when returning containers.

Lively Seniors Celebration

**Free
Entry**



Join us for a day of great fun, delicious food and entertainment to celebrate the valuable contribution of Seniors to society.

Bring your family and friends along!

- ★ **9 am Mega Aquaerobics Class & Bath Cap competition**
- ★ **10 am Morning tea**
- ★ **10:30 am U3A Ukulele Band + Petanque Demonstration
Sea Shanties Group Performance**
- ★ **9 - 12 Cancer Council Redlands Branch Stall**



Thu, 9th Oct 2025



9 - 11:30 am



222 Russell St. Cleveland



Redlands City Council is proud to provide funding for the Lively Seniors Celebration as part of the Redlands Coast Seniors Month Grant Program to assist the Redlands community



SAVE THE DATE

Saturday 18 October

RPAC Seniors Month Variety Show

Saturday, 18 October 2025

@ 10.00am *(One Session Only)*

**Auditorium,
Redlands Performing Arts Centre
2/16 Middle St, Cleveland.**

**A great morning of
entertainment featuring:**

U3A Singers



U3A Dancers



U3A Theatre



**Bookings: RPAC Box Office
For FREE Tickets**

**See More Information
In U3A October Newsletter**

U3A Redlands Activities during OCTOBER SENIORS MONTH

GOLF DAY

**Monday, 20 October
2025**



Seniors Month Golf Day will be held at Carbrook Golf Course, 653 Beenleigh Redland Bay Road, Carbrook.

Meet at 11.30am for hamburger lunch with tee off at 12.00 noon for 18 holes in carts. A trophy for best player plus lots of other prizes.

Costs: \$35 for Carbrook club members.
\$60 for Non-members
(Limit of 50 people)

Please RSVP to Randolph Story 38212498 or 0437 237 348.

Email: rand.story@outlook.com



Queensland
Seniors
Month



Celebrations throughout October

From 1-31 October, we're celebrating older Queenslanders and their ongoing contribution to the state, whether as volunteers or in the workforce, community leaders or carers, grandparents or advocates.

Throughout the month community groups and organisations are hosting inclusive events and activities throughout the state.

Seniors Month is all about increasing the connectedness of older people and their communities because we all want to be:

- ✓ Connected to our communities and the important people in our lives.
- ✓ Cared for and supported if care and support are needed.
- ✓ Celebrated as valued community members.

<https://qldseniorsmonth.org.au/>

Sunset Cruise

02 Oct - Aria Sunset Cruise (fully booked)

The original 2-hour Sunset Cruise is fully booked and scheduled for Thursday, 2 October and departing from Raby Bay Marina with check-in at 4.00pm. Those already registered will be reminded closer to the time.

23 Oct – Aria Sunset Cruise (CANCELLED)

The second Sunset Cruise on 23 October has been cancelled due to lack of numbers. We may reschedule this for a later date.



Urgent ACTION required!

Our bus trip to **Parliament House**, with a tour of the grounds, and a delicious **High Tea is in danger of being cancelled**, due to insufficient numbers.

Don't miss this special excursion. Invite a friend and treat yourselves to a wonderful day!

Contact Office with your bookings by Closing Date Thursday, 19 September.

This will help us to honour commitments to the Venue and the Bus company, both of whom have been very accommodating with feedback and assistance.

Prompt action is encouraged to avoid last-minute cancellation.

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-member**

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.



Ed

"THIS COMPUTER IS EQUIPPED WITH AN AIRBAG IN CASE YOU FALL ASLEEP"





PLANT LOVERS GROUP

Note Changes

It has turned out that the first Wednesday of the month clashes with a number of similar or popular activities, and so the date of our meetings has now been changed to the second Wednesday of the month. The venue has also changed, and we will no longer be meeting at the Alexandra Hills Community Hall. Instead, the meetings will now be at a private residence.

This month we begin to examine what it means to 'Garden with Nature', by looking into all the confusion about what is and what isn't organic gardening and organic produce. New Members are welcome.

DATES: 2nd Wednesday of the month
TIME: 10:00am – 11:30am
VENUE: Contact **Bruce** on **0417 704 212**
or email bruceg.hawk@gmail.com

Writing for Pleasure



*The pen is mightier
than the sword.*



This month the writers were asked to write up to 100 words involving colours. Here Tricia gives us one interpretation we can possibly all identify with.

The Colour of Love

It shows in the way we walk, loose limbed, with new confidence.

The special lilt in our speech when we mention his name.

It is in the smile that creases our sparkling eyes.

And the blush that flushes our cheeks is

The Colour of Love.

by Tricia Ketteringham



WOULD YOU LIKE TO LEARN TO MAKE COILED POTS?

This craft will be taught in Term 4 at the Capalaba Library on Friday mornings from 9.30 to 11.30am, beginning 10 October.

Materials will be provided at a cost of \$20, or bring your own for no charge.
For more information, contact Brenda on 0481 342 448.



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

SEPTEMBER 8: VETERANS

PRESENTED BY: Peter HOWARD AM

The definition of Veteran is a person who has had long experience in a particular field.

SEPTEMBER 15: RADIO STATION 4MBS "SILVER MEMORIES"

PRESENTED BY: Mark SMITH

A broadcast designed to address social isolation and depression in Age Care through Reminiscence Music Therapy.



Wine for Fun **Celebrates 12 Months**

A big thank you to Co-ordinator Michele Cozzi (second on right) who, around this time last year, suggested to the Tutor Liaison the idea of starting a *Wine for Fun* group. Having successfully led similar groups at U3As in the UK, Michele proposed a practical once-a-month format, limited to 14 members to ensure an enjoyable experience and the responsible service of alcohol.

Michele, together with her assistant Peter Howard (not pictured), bring a wealth of wine knowledge from their background in the hospitality industry, which they generously share with the group. Each month, members take turns presenting, with Peter helping to make sure every presenter's contribution is heard and valued.

We are also grateful to Liz Sanderson (first on the right) for suggesting and hosting a special *Long Lunch* to celebrate the group's first anniversary. Everyone brought along a plate of delicious, healthy food and a favourite beverage, and the occasion gave us the perfect opportunity to socialise beyond our usual class setting.

Looking ahead, the *Wine for Fun* group will continue in 2026. If there is enough interest on the waiting list, we may even start a second group on a different day, just as Michele saw happen in the UK. If you'd like to be part of it, please check the class details on our website or contact the office.



Happy **Father's Day** **7 September**

Father's Day is celebrated to honour fathers and father figures for their unique role in families and society.

The first official Father's Day was held in Spokane, Washington, USA on June 19, 1910.

In Australia, it was celebrated in small ways in the 1920s, and by the 1930s, it had reached some level of mainstream recognition. At this time, the majority of Father's Day celebrations were held in churches. After the Australian government officially recognised Father's Day in 1958, it started to become more mainstream, especially in the Sixties. Gradually, families developed traditions, and by the 2000s, it was widely celebrated in schools, churches and other institutions.

Australia celebrates Father's Day in September, a convenient time for retail and outdoor activities.

WANTED!

Players For Chess

The U3A Chess Group meets every Friday morning at the Cleveland Library from 9.30am to 12 noon. If you enjoy playing chess or would like to learn, come along and join this friendly group. There is a mix of abilities, so any new member is very welcome. For more information, and before you attend, contact Kathryn on 0416 247 571.



Facts About Smart Meters

Smart meters can offer significant benefits for consumers and energy providers. Queensland's push to install them in all homes by 2030 aims to create a smarter more sustainable energy system for everyone.

1. Myth: Smart meters are only for large or commercial properties.

Fact: Smart meters are for all residential properties. They allow households to track energy use in real-time, provide more accurate billing, and help utilities manage energy distribution effectively.

2. Myth: Smart meters can spy on your personal activities.

Fact: Smart meters only measure energy consumption, not the specific devices being used or activities in the home. They track when and how much energy is consumed but don't gather any personal information.

3. Myth: Smart meters increase your energy bill.

Fact: Smart meters don't increase bills. They can help reduce them by giving consumers more control over their energy usage. Some providers also offer dynamic pricing, enabling savings during off-peak hours.

4. Myth: Smart meters are not secure and can be hacked.

Fact: Smart meters use secure communication channels and encryption. While no system is entirely risk-free, they adhere to strict standards to protect consumer data, making hacking highly unlikely.

5. Myth: Smart meters emit dangerous levels of radiation.

Fact: The low-frequency electromagnetic radiation (EMR) emitted by smart meters is far below the safety limits set by health organizations. It's much lower than what's emitted by phones and microwaves.

6. Myth: Smart meters make power outages worse.

Fact: Smart meters can help reduce the frequency and duration of outages by providing real-time grid monitoring, allowing utilities to detect and address issues more quickly.

7. Myth: You'll lose control over your energy use.

Fact: Smart meters give consumers more control by offering real-time data on energy usage. This allows for adjustments to save money, and many utilities offer apps or portals to track consumption.

8. Myth: You can't opt out of having a smart meter installed.

Fact: While most homes in Queensland will need a smart meter by 2030, some exceptions may apply. It's best to check with your energy provider for opt-out options if available.

9. Myth: Smart meters can automatically shut off your power if you don't pay your bill.

Fact: Smart meters cannot cut off power without prior notification. Service disconnection still follows standard procedures and requires notice from the utility company.

10. Myth: Smart meters will only benefit the energy companies.

Fact: While energy companies benefit from better grid management, consumers also gain access to real-time data, enabling smarter, more cost-effective energy choices, including savings from time-of-use pricing.

11. Myth: Smart meters are complicated to use and understand.

Fact: Smart meters are simple devices, with user-friendly apps or platforms provided by energy companies for easy monitoring of energy consumption.

12. Myth: Smart meters will cause more interference with other electronic devices.

Fact: The signals from smart meters are designed not to interfere with other electronics. They operate at a frequency and power level that is compatible with household devices like Wi-Fi routers and microwaves.



Do you have a passion for lifelong learning and enjoy connecting with like-minded people?

U3A Redlands District committee Needs you!

In accordance with the U3A Redlands District Constitution, all current committee members will step down at the Annual General Meeting on **Monday, 8 December 2025**.

While many will re-nominate for the 2026 Committee, there will be vacancies, and we are now inviting nominations for the following positions:

- Secretary
- Treasurer
- Tutor Liaison
- Committee Member
- Catering Co-ordinator



The Committee's role is to guide and oversee the administration, property, and funds of the Association.

Our committee consists of 10 dedicated volunteer members and meets at **12:30pm on the second Wednesday of each month**.

If you think you have the skills or want to learn more, request a role description, by emailing secretary@u3aredlands.com.au

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
Publicity Officer	Nicole West	
Committee Member	Lorraine Coutts	
Committee Member	Taubna Naftal	
Committee Member	Trish Winter	
Newsletter Editor	Lurline Slater	newsletter@u3aredlands.com.au
Newsletter article cut-off	1 October 2025	
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🏠 Redlands Research Facility, Delancey Street, Cleveland		📘 U3A Redlands District