



President's Report

Welcome to the real winter - and more than half the year is over!

I wanted to start this Newsletter by sharing some good news that may not have reached everyone in U3A Redlands yet. You will read a story on the following pages of a member some of you will have known before she passed - Nancy Prouse.

I did not have the good fortune to know this lady, but she has provided U3A Redlands with a very generous bequest. We are sincerely grateful for her kindness.

While the funds Nancy promised arrived after the completion of our new building, this thoughtful gift will enable us to restore the financial reserves that were drawn upon to bring the building project to fruition. It will also provide some finishing touches to our new home, with additional furnishings and necessary educational equipment. This lasting legacy strengthens U3A Redlands' future and will help ensure we can continue providing lifelong learning, friendship, and opportunities for our members for many years to come.

One of Nancy's beautiful quilling artworks will hang in the reception area at the Cottage for all to admire. Read her story to know a little more about this remarkable lady.

Stay tuned for updates on a new short course - one of our new tutors, Danny De Vries, will be offering the opportunity for U3A Redlands members to "**Be Connected**". This is an Australian Government funded program designed to help build digital skills, confidence and safety online. This means for those of us with limited computing skills, we can learn the basics of emails, protection from scams, web searches, and create links to services. Danny is currently coordinating this course and mentoring members of the Redland Bay Mens' Shed. For U3A Redlands members this can be done in very small groups at our own Delancey Street classrooms in the near future.

Please don't forget **Bendigo Bank Tokens of Appreciation Program.** in the Community Bank Victoria Point branch of Bendigo Bank - 127 Colburn Avenue, Victoria Point. Every person entering the branch until Monday 31 August can take a 'token' that is on the shelf near the token jars and place it in the U3A Redlands jar to help us claim a share of the \$10,000 on offer to be shared amongst five volunteer organisations.



I will keep updating all members as the year goes on about the membership program called **Member Wizard** that U3A Redlands has decided to adopt. No action is needed by members yet - our current system, our website and all the usual links remain active. As we have noted in previous Newsletters, U3A Redlands will need to move from our current MyU3A membership system as we know it will not be available beyond next year. A membership system is a very important tool that keeps records of members and their history with U3A Redlands, and of the classes we run. We have a team working on implementing the new Member Wizard system, and when anything changes, we will let everyone know.

Looking forward to seeing more members meet up at our Cottage when the weather turns to spring and we have some nice outdoor spaces to enjoy.

Liz Sanderson

Nancy Prouse

Nancy Prouse was born near Chicago, USA in 1940. She was educated in America and travelled extensively within America.

She was a world class figure skater in her youth and an accomplished violin soloist. She came to Australia to set up the first Ice Skating centre in this country. She fell in love with Australia and stayed. She was married for a short period of time. She had a great love of dogs, in particular, Shih tzu dogs. She was a well-respected breeder and was recognized and loved in the Dog community and the Dog Show circuit.

In her later years she settled in the Redlands in her much loved Treehouse.

Nancy joined U3A Redlands in 2014 and set up a quilling group, joined the aqua aerobics groups and then she became one of our many Mahjong players.

She was well known for her hats, her wicked sense of humour, her sense of fun and flare for dressing. She had an outgoing personality and loved meeting new people and loved having her friends around her.

I knew Nancy during her final illness and one of her wishes was to help U3A Redlands in establishing their own club rooms. One statement that she often made in her final months was "Every club needs a Home" and this resulted in her bequest of part of her estate to U3A Redlands.

It was a privilege and a pleasure to have known Nancy and many of her close friends still talk about many of things that she did. She has left an indelible memory of a fun-loving, vivacious person who was a patriotic American but loved Australia, who only wanted to live and enjoy her life and help others.

Information provided by Anne Odgers (former tutor at U3A Redlands)

QUILLING Group:



L to R Carla Bay—Betty Tarlinton—Nancy Prouse—Marilyn Tucker—Lee-Anne White



Life Matters

always interesting - always worthwhile

Aug 10 No presentation owing to Redlands Show Holiday

Aug 17 ***Migratory Shorebirds* Frank BURCH**

Frank is a wildlife photographer, Redlands local and a member of Birds Queensland. He will share his incredible images and take us on a deep dive into the journeys, habits and vital habitats of Australian migratory shorebirds... and how you can spot them.

Aug 24 ***Play It Forward and other Choirs* - Jonathan WELCH AM**

Jonathan is a multi- award-winning singer, conductor, teacher, songwriter and recording artist with a career spanning over 30 years. He established the 'Choir of Hard Knocks' and 'Play It Forward' in 2018. For his outstanding commitment to the music industry, Jonathan was awarded an Order of Australia in 2009. He now calls the Redlands Coast home.

Aug 31 ***Some Interesting Cities* Julie PORTEOUS**

Julie will tell us about some old cities and why they are so historically important. Come along and hear about some lesser known ancient cities ... Chur in Switzerland, Sete in France, Alberobella in Italy.

**U3A Redlands District Life Matters is held in the
Events Room, Redlands Coast Museum, Smith
Street, Cleveland.**

**Come along and bring your friends, family and
neighbours to be challenged, informed, entertained and
enlightened by a range of Guest Speakers and
Presentations.**

... cost \$6.00 per session ...

NAME CHANGE

There is always an expectation for a progressive development in any learning environment, and progressive development has certainly been the case for "Three Sheets In The Wind" ever since it's inception last year.

Like any class there has been a natural evolution which has resulted in us becoming a confident singing cohort exploring genres of songs that had previously been unknown to some.

Due to our progression, we are changing our name from "**Three Sheets in the Wind**" to "**The U3A Shanty Singers**" to better reflect who we are in the newer environment.

So, what do we sing? Shanties for one. These were working songs in the days of sail. They were sung in a call and response manner. We also sing 'songs of the sea', many of which became familiar in the folk scene of the 50s-70s. They often expressed the fantasies, the dreams and fears of sailors on board ship, as well as on shore. Our expanding repertoire also includes folk songs.

We have successfully performed under the U3A banner in the past and will consider future public performances. Our class listing is at capacity, but we do have a waiting list in place.

Contact Vic on **0438 753 566** for any questions or inquiries about performances or about joining our class.





Photobook – Short Course

For those of us wanting to record some adventure or experience in a Photobook, this short course has been ideal. At the U3A classroom, Caroline led us through the use of the software, explained the menus and gave us so many helpful tips on preparing and creating our own photobook.

Once that was done, the finesse and editing details have been added to our new skill set. Now we await the printing of our own Photobooks.

Caroline will be running more courses in Term 4. Stay tuned for details!

Photo: Caroline, Sue and Mary.

For more details contact Caroline.

carolinevella27@outlook.com

Social Cycling Group – July Ride

On Saturday 11 July, the social cycling group enjoyed wonderful weather for their monthly ride. The group stopped for morning coffee and a chat at The Captain's Parrot Café at Wynnum Manly Yacht Club, Manly before their return trip to Cleveland.

As Coordinator Cliff Hislop was unwell, Trevor Simmons led the ride this month. The entire group extends "Get Well Soon" wishes to Cliff and hopes to see him back on deck soon.



The 25 Year Quilt Update

Many of you who have attended classes in the large meeting room in the Redlands U3A building would have seen two quilts hanging on the wall. The below quilt was made for the 25th anniversary of Redlands U3A.

It was made primarily by Sylvia Bridge (on right, Patchwork and Quilting tutor for 18 years) and the embroidery on the quilt was sewn by Julianne Whitehead (on left).

The other quilt was made by June Busfield who was president from 2003-08. She wanted to brighten up the office at the time, so made the colourful quilt.



Current Global

This subject looks at global conflicts, threats, events and trends within a politico economics approach. With the fast -changing world (eg the breakdown of the post WW2 political order, new weapons, 'weaponised' trade, AI and bubbles) all contribute to heightened insecurity and instability.

The subject is wide ranging; whilst attention is paid to core issues, other matters would have a light touch. The approach is non partisan and there will be some handout notes to support discussion.

If you would like to participate and join this class of **six weekly sessions**, please send your expression of interest to:-

murphyd522@gmail.com or text-

Presented by:- Doug Murphy

When:-Term 4, Wednesday 6 October
9:30—11:30

Where:-Wellington Point Community Hall



Armchair Travel And Tourism

Welcome to another month of sitting back for an exploration of this wonderful world.

Thank you Dave and Paul for last month's presentation of travels to Austria and Germany.

This coming month of August, I will be taking you all on a Photographic African Safari to Kenya, Tanzania and Zambia.



with Julie Geldard AAPS AFIAP.

We will visit Nairobi, Arusha and Livingston, seeing the Big 5, Masai villages, an orphanage, the Serengeti, Migration, Mt Kilimanjaro and take a helicopter ride over the Victoria Falls (The Smoke That Thunders).



Coming up in September, Jenifer and Peter Brew will take us on their sailing adventures.

Where: Uniting Church Hall
Passage St Cleveland

When: First Thursday of the month,
commencing at 9:30

Contact: John Kolcze 0427 244 301



Ed

Writing for Pleasure



The Pen is mightier than the Sword...

The battle between preservation and modernisation is ever present. This month writer Tony Maher remonstrates in verse.



The Demolition.

The roar was unique
In our settled street.
The truck straddled the road
As the trailer creaked under its load.

The backhoe reached to the skies.
The locals came out to gawk, and
then, cried.
Rolling off the trailer with certainty,
The driver sits with calm dignity.

This house is there for the taking.
Sounds of backhoe scraping.
Roof tiles flitter to the ground,
Timber trusses tumble down.

Debris clawed into grotesque piles.
Carted away in demolition style.
A stark concrete pad remains.
Bleak memory to past lives claims.

Keyboard Player Wanted

The **Redlands U3A Singers** are looking for a keyboard player to join their group of happy singers.

They meet at the U3A Cottage on Saturdays from 9.30 to 11.30am, and will occasionally perform at other venues.

Please call Russell on **0435 266 309**.

Note:- The only requirement is to play the keyboard as an accompaniment, not as an instructor.

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ARE YOU A GYM-GOER IN YOUR 60s OR 70s?

We'd love to hear from you.

- Participate in an interview to share your insights and contribute to a research project about the experience of Baby Boomers in gyms and fitness centres.
- You can take part if you're: a) aged 62 to 75 years and b) a current user of fitness services OR a previous user of fitness services.
- All participation is voluntary and this study has been approved by the ACU Human Research Ethics Committee.

To get involved or learn more, email PhD Candidate Aimee Defries: aimee.defries@myacu.edu.au



ACU Human Research Ethics
Committee Approval No: 2026-4905E

Australian Catholic University (ACU) researchers are looking for volunteers for a research study about how age shapes the experiences that people have when interacting with others in a gym or fitness setting.

We would be grateful if you are able to share this opportunity with your members. To be eligible to participate in this study, you will need to meet the following criteria: You are able to take part if:

- You are aged 62 to 75 years
- You are a current user of fitness services, such as a member of a gym or fitness centre OR
- You have previously engaged with a fitness service (for example, you have enquired at a local gym or attended some gym sessions) but have since stopped.

You will not be able to take part if you have never had any experience engaging with a gym or fitness service provider.

If you agree to participate, you will be asked to complete the following:

An Interview (face to face, in Brisbane) that will take approximately 2 hours to complete.

For further information and a full description about the study, please see the attached Participant Information Letter and Consent form. As a thank you for your participation and time, you will be provided with a gift voucher.

The ethical aspects of this study have been approved by the ACU Human Research Ethics Committee, and the ethics number is: 2026-4905E.

To register your interest in taking part in the research study, please contact Aimee Defries who is the Student Researcher via aimee.defries@myacu.edu.au.



WANTED please.....Horse shoes. Any condition. Any/Large quantity, or information leading to a contact.

Thank you.

Yvonnemedhurst@gmail.com



Playreading

Do you remember the days of the radio serials? Blue Hills, Dad and Dave, Mutiny on the Bounty?

A visit to, or joining the Playreading group will take you back in time to this era.

Their leader, Margaret (Marg) Dakin has been taking this class almost since the inception of Redlands U3A.



Margaret

With a swathe of printed play copies collected over the years, Marg selects a play where the number of characters within, match the class member number of the day – not always possible.

The character names, each on a slip of paper, are placed on the table, so that each member takes one for the character whose part they will play during the reading.

New Members are most welcome!

Where: Cleveland Library

When: Third Tuesday of the month.

Contact: Margaret 0481 188 800



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