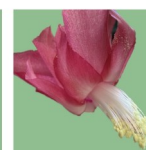
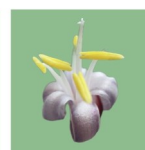
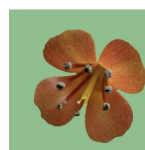




President's Report



Welcome to Spring – my favorite time of year – warmer days, more sunshine, and gardens coming to life. We have a busy few months ahead of us with school holidays, that's busy for some of us, a change in some of our office administration tasks – not the least of these is the introduction of our new membership system, Member Wizard, and quite a few events to prepare for and participate in for Seniors Month. You will see the flyers further in this and future newsletters for the following events :

Thursday 8th October - Seniors Month Event at Cleveland Aquatic Centre 9am-11am

Friday 9th October - Redlands Seniors Network Expo at RPAC for 9am-2pm.

Saturday 17th October – U3A Redlands Seniors Month Performance Arts Variety Concert at RPAC at 10am - RPAC will be advertising this and tickets will be free from their box office. So, keep an eye out for this event.

We are planning to run an event at the Cottage- **Melbourne Cup Afternoon Tea** - to be held **Tuesday 3rd November** from 1pm -3pm. It will cater for limited numbers, members only, so look out for that advertising in the next newsletter and get out your best race-going hat!



We hope our members at U3A Redlands will support these functions and enjoy the opportunity to see all that our region has to offer and to meet more Seniors in the Redlands - and what an amazing bunch we are!

I am taking some time away with family in September and Tauba Naftal, Vice President of U3A Redlands, is taking the reins for the month. If you haven't had the pleasure, let me introduce her to you. I asked Tauba to write a few short words about herself:



While Liz is away on her European adventure, it will be my challenge to fill her presidential shoes.

I've been a member with U3A Redlands for 3 years and have been lucky enough to sit on the committee for 2 of them.

I'm always delighted to meet our tutors and members, so please feel free to reach out to me and I'll do my best to assist.

*My email is vicepresident@u3aredlands.com.au or you can leave a message for me with our office volunteers and I'll get back to you. **Tauba Naftal***

To her credit Tauba is also volunteering in the office reception, is learning all she can about Member Wizard, has been coordinating a U3A class this term on learning to sketch, is featuring in a show with the U3A Theatre Group, and has been writing the grants for some of the wonderful opportunities for funding we have been given this year.

The latest successful grant was from the Redlands Foundation, the Underhill Grant, where U3A Redlands was awarded \$5 500 to purchase a new photocopier. The copier was installed this week. Next thing in the progress of equipping our office to a very functional standard is our new telephone system – but that's another long story!

We all look forward to seeing more members meet up at our Cottage now that Spring has arrived and we have some nice outdoor spaces, and some outdoor furniture to enjoy.

Liz Sanderson



The photos were taken at the presentation of a generous grant from the Redlands Foundation which administers Jeffery and Geraldine Underhill Grants Program.

U3A Redlands was granted \$5500 to purchase a new photocopier for our office.

Pictured is U3A Redlands Vice President, Tauba Naftal, Karen Williams, Chair of the Foundation and President Liz Sanderson at the presentation evening.

The Redlands Foundation is a philanthropic not-for-profit organisation supporting community groups and those in need in Redland City. U3A Redlands would like

to thank the Foundation for its generosity and on-going support to us and to the broader community.



Recipients of Underhill Grants

Redlands Heritage Garden

Nestled behind the Redlands U3A Cottage is the Redlands Heritage Garden established in 2001 to celebrate the Australian Bicentenary. The garden features distinct themes designed to recognize the historical horticultural industries that originally earned the Redlands area its reputation as the "salad bowl" for Brisbane.

Historically, U3A members partnered with local community garden associations to look after and maintain the **vegetable and fruit section**. It served as a hands-on extension of their lifelong learning programs.

For more information on this garden and watch the video check out:-

<https://www.abc.net.au/gardening/how-to/redlands-heritage-garden/9429070>



Sept 07 **LifeFlight Anna CALDWELL**

Introduced by Col SUTCLIFFE OAM

Anna is the Community Engagement Lead at LifeFlight, where she works closely with communities, supporters and partners across South East Queensland to build awareness and understanding of LifeFlight's lifesaving work. Anna focuses on creating engaging experiences and relationships that strengthen awareness of LifeFlight's impact across Queensland and beyond.

Sept 14 ***A Very Disturbing World ... How Do We In Australia Respond?***

Annette BROWNLIE and Ross GWYTHYR

Introduced by Norma FORREST

We look at the current conflicts in the world at present- for example- the war in Ukraine, the ongoing mass killings in Gaza and Lebanon, the destruction in Iran and the Gulf States. The one common thread is the policy of the United States military intervention wherever the US government chooses. We in Australia are being drawn ever more closely into the military orbit of the USA. Is it time to cut these ties?

Where: Events room, Redlands Coast Museum,
Smith St, Cleveland

When: Mondays, 9:30 to 10:30

Cost: \$6 per session



Current Global Affairs



We will discuss wide-ranging global issues in this class. Issues including conflicts, events and trends in a politico economics context. Within this fast-changing world there are many factors contributing to heightened instability, insecurity and uncertainty. The subject is wide-ranging. Whilst attention is paid to core issues, other matters will have a light touch. The approach is non-partisan and there will be some handout notes to support discussion.

The six week session begins in Term 4 on Wednesday 7 October, 9.30 - 11.30 at the Wellington Point Community Hall. It finishes on November 18 as there is a break on Wednesday 4.

If you would like to participate and join this class, can you please send your expression of interest to **murphyd522@gmail.com** or text me **0402 845925** or register online.

Doug Murphy

rpac U3A Redlands Performance Groups **FREE**

Variety Show

Redlands Performance Arts Centre
Saturday 17th Oct. Starts at 10am

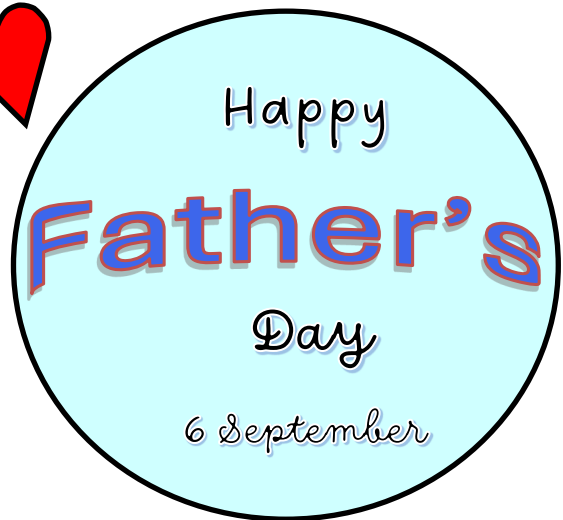
Join us for a fabulous morning of entertainment!

Race for Mayor!

NIFTY NEV **KAREN KEL**

Sponsored by: **Redland CITY COUNCIL**

Watch this space for booking details!



In the years since 1908, Father's Day has become a day to honour fathers and father figures. It's a celebration of fatherhood, paternal bonds, and the influence fathers have on society.

The day is held on various dates across the world, and different regions maintain their own traditions of honouring fatherhood.

The Father's Day Council of Australia was established in 1957 and continues to honour distinguished fathers with an annual Australian Father of the Year Award.



History and the Bible

The Practices and Purposes of Sacrifice throughout Human History

The course will investigate the types and purposes of sacrifice that people have practised since the earliest of times. While there are some similarities in the rituals and beliefs of many societies, there were some barbaric and occult forms. The uniqueness of the Jewish sacrificial system will be considered as well as the profound nature of Christ's sacrificial death.

When: Tuesdays from 13 October for six weeks. **Enrollment now open**

Venue: Capalaba Library
(Art Space MeetingRoom)

Enquiries: Rob Kitzelman (Tutor)
0499 114 291

THE ROTARY CLUB OF WELLINGTON POINT

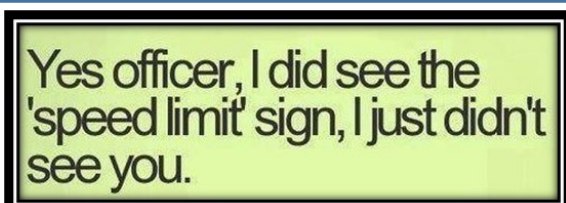
Rotary Raffle

Support this annual Redlands U3A fundraiser by purchasing tickets - \$2 each at the Office or take a book of 10 to sell to friends.

Great Prizes!

- Accommodation on Stradbroke Is plus SEALINK return car ferry - \$1750
- Bunnings Voucher - \$1000
- Redlands Sporting Club Dining - \$500
- Birkdale Optical Sunglasses - \$250

Drawn after 18 November; winners notified 25 November



Ed



The Butterflies

Back Row - left to right: Sue Dwyer, Michele Wilkinson, Bev Gilbert-Bailey, Graham Dauth and Fred Hudson.

Front Row - left to right - Chris Moss, Kay Zivkovic

The Butterflies are a group of ukulele players who perform at Aged Care Facilities, singing songs from the 20s, 30s, 40s and 50s that people with dementia may remember from their childhood. They are named The Butterflies because they developed out of the GRUBs (Greater Redlands Ukulele Band).

Bev Gilbert-Bailey (coordinator)

Bunnings BBQ Induction

For any of our U3A members who hope to help us run Sausage Sizzles in the future, Bunnings Victoria Point has sent through the following information about its next training session.

The next BBQ induction is September 13 at 11.30am in the DIY Centre Victoria Point.

This is for all groups, and those who haven't done it yet or those who need a refresher.

This can be booked online here: [Event Registration](#)

*****Please note:** We will be receiving a New Community BBQ in the next couple of months. Once we receive this, we request at least one member of each group to come in and receive information on how the new BBQ operates.

I will let you know when that will be, and most likely it will be a late afternoon, early evening induction.

Kind Regards,

Linda Hair
Activities Organiser



Victoria Point Warehouse

Use ctrl click (cmd Apple)
to access all links in this
newsletter.





Armchair Travel And Tourism

Welcome to another meeting where there has been a change of presenters for this month with Stuart Barker showing us around Turkey. He will be showing us sights around Istanbul, the many Mosques, the Aya Sofia, Library of Ephesus and maybe dance with the whirling Dervishes.



October's presentation will be a slide show by Marj and Jamie Wallace of their European Rail Journey.

I hope you all enjoyed being 'On Safari' with me in the wilds of Africa at last month's meeting.

Where: Uniting Church Hall
Passage St Cleveland

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

Contact: John Kolcze
0427 244 301

Cost: \$5

Photoshop/Calendar Creation

(New course **Enroll Now**)

This three-week class will give you a step-by-step outline of how to create a book or calendar of lasting memories with photos from your holidays, special events or family moments. Having it printed is optional.

Dates: 16, 23, 30 October

Time: 9.30-11.30am

Venue: U3A Office, Gate 2, 26-40
Delancey St, Cleveland

Writing for Pleasure



The Pen is mightier than the Sword...

It's Spring! The season of renewal and growth. The season the old Romantics loved to write about. Here writer Maureen Maxwell fills us with the colour and warmth of Spring.

It rained. I planted. Glorious Nature.

The weeks of rain had been excessive. My staghorns and elkhorns thrived and were a luminous green.

I divided and replanted my orchids and they blossomed.

The soil was so well prepared I bought a collection of seedlings and planted.

Blue salvias mixed with orange marigolds give a beautiful colourful display.

Violas of many colours mixed with small flowering shrubs are vibrant and joyous.

My herb garden provides fragrant and delicious flavourings for my cooking.

Basil and mint, rosemary and thyme, chives and sage to be used in different ways.

Glorious Nature!



Spring

At the spring equinox (September 21) days and nights are approximately twelve hours long, with daytime length increasing and nighttime length decreasing as the season progresses until the summer solstice.

Spring often represents new life, rebirth, and active animal behaviours.



FREE ACTIVITIES FOR SENIORS \ NO BOOKINGS REQUIRED



Thu, 8th Oct 2026



9 - 11:00 am



222 Russell St. Cleveland



9 AM

MEGA AQUA CLASS & BATH CAP
COMPETITION



10 AM

MORNING TEA



10 AM

REDLANDS COAST UKES
PERFORMANCE



Redland City Council is proud to provide funding for Belgravia Foundation Pty Ltd to host Splash, Sip & Celebrate! as part of the Redlands Coast Seniors Month Funding Program to assist the Redlands community



Event Details:

- **Date:** Thursday, 8th October
- **Time:** 9:00 AM – 11:00 AM
- **Location:** 222 Russell Street,
Cleveland QLD 4163



Thanks to the support of Arts Queensland through its Regional Community Arts Program, Sing Sing Sing, Queensland's first dementia choir, is excited to offer our **Come & Try Sing Sing Sing** series. And, in even better news, we now have free places available for interested participants!!

People living with dementia and their carers, friends and family members are invited to join us for an introduction to Sing Sing Sing and the opportunity to discover the joy of singing, friendship and belonging as we sing together and connect with our choir family over a delicious morning tea. The series, which started 17 August includes 2 workshops, participation in 5 rehearsals and the opportunity to join us for our showcase performance on Saturday 24 October.

To find out more and register, use this link: [Come & Try Sing Sing Sing](#)

Please share [Come & Try Sing Sing Sing](#) with anyone who may be interested. And we'd really love it if you could spread the word on your "socials".

Please don't hesitate to get in touch if you would like us to provide you with more information or if you'd like someone from Sing Sing Sing to speak to your team/group.



Curious about a dementia choir?

Discover the joy of singing, friendship and belonging in Sing Sing Sing, Queensland's first dementia choir



and then...Celebrate Together

... by being part of something extraordinary as you join your new choir family in Sing Sing Sing's showcase concert

Sing Sing Sing is supported by the Queensland Government through Arts Queensland, part of the Department of Education.

Redland Performing Arts Centre is proud to support Sing Sing Sing as a Company in Residence as part of the Redland Arts Partnership Program (RAPP).



REDLANDS SENIORS EXPO 2026



FRIDAY, 9 OCTOBER 2026
9 AM - 2 PM



REDLANDS PERFORMING ARTS CENTRE
2-16 MIDDLE STREET, CLEVELAND

FREE Entry

Save the date

JOIN US AT REDLANDS SENIORS EXPO 2026

Come along for a day of information, connection and community.

● Giveaways ● Light refreshments ● Entertainment ● Demonstrations

- ✓ Meet local service providers, businesses and organisations
- ✓ Gather valuable information to support your senior years
- ✓ Bring a friend and have a great day out!

For more information, please email expo@redlandsseniorsnetwork.org

Organised by



Proudly supported by



Redland City Council is proud to provide funding for the Redlands Seniors Expo as part of the Community Grants Program to assist the Redlands Coast community.



Spotlight On Cryptic Crosswords

Tutor: Diana Kateley
Where: Cleveland Library
Time: 2:00 – 3:30 third
 Thursday of the month

Being cryptic means speaking or writing in a way that is hard to understand. It means you use hidden meanings, short hints, or puzzles instead of clear facts.

Meeting once a month at the Cleveland library is the Redlands U3A Cryptic Crossword group tutored by Diana Kateley.

Diana emails four crosswords, mostly gleaned from the Sydney Morning Herald, The Age, or various online sources, to members who then try to solve them prior to class.

During the class, information is shared on how the clues were solved applying a method used for solving Cryptic Crosswords.

To find out how it works, check the link below using ctrl (cmd Apple) click.

<https://www.theguardian.com/lifeandstyle/2010/may/03/how-to-solve-cryptic-crossword>

Use your knowledge to solve some Quick Cryptics:-

<https://www.theguardian.com/crosswords/series/quick-cryptic>



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Vice President	Taubha Naftal	vicepresident@u3aredlands.com.au
Secretary	Teresa Meyer	secretary@u3aredlands.com.au
Treasurer	Charles De Wet	treasurer@u3aredlands.com.au
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