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Campus Communiqué

Edition No. 624

24 July 2026

Diary dates

10 August: Show Day

5 October: King's Birthday

From the President



Celebrating our volunteers

What a wonderful way to finish the Term 2 break—with our annual Volunteer Appreciation Luncheon.

This special event recognises and celebrates the volunteers who make U3A the thriving organisation it is. Every class, activity and service we provide depends on the generosity of people who willingly give their time, skills and enthusiasm.

A heartfelt thank you goes to Susan Hearfield, Ellie Frawley, June Greenwood and everyone who helped organise the day. The luncheon was beautifully presented, with lovely decorations, delicious food in abundance, lucky door prizes, raffles and wonderful company. It was a professionally organised event that showcased the very best of U3A.

We were delighted to welcome Julie Morrison, representing the Honourable Emma Comer MP, and the Honourable Kerri-Anne Dooley MP, Member for Redcliffe. We also sincerely thank those dignitaries who were unable to attend but generously donated hampers and raffle prizes.

Adding to the enjoyment was a delightful performance by Eunice and her choir. Their familiar songs had everyone singing along, reminding us just how much music can lift our spirits and bring people together.

To every volunteer—thank you. Your commitment, kindness and dedication are the heart of U3A. We hope you enjoyed a well-deserved day of appreciation.

U3A Helps Keep Your Brain Active

Many of us are concerned about maintaining our cognitive health as we age. The encouraging news is that the latest World Health Organization research suggests that up to 45 per cent of dementia cases may be delayed or prevented by addressing modifiable lifestyle risk factors.

The good news? U3A is already helping many of us tick those important boxes.

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Keep physically active

Our exercise classes are among our most popular, providing not only physical activity but also mental engagement. Even walking to and from class contributes to better health.

Look after your heart and blood vessels

Managing blood pressure, cholesterol, diabetes and maintaining a healthy weight all support brain health. Regular exercise and healthy eating—such as a Mediterranean-style diet—play an important role. (We'll quietly overlook the occasional tempting treats at morning tea!)

Stay mentally and socially connected

This is where U3A truly shines. Learning new skills, meeting new people and sharing experiences all help keep our minds active. The WHO also highlights the importance of addressing hearing loss. Wearing hearing aids, when needed, helps keep us connected with others and provides valuable stimulation for the brain.

Other lifestyle choices—such as not smoking, limiting alcohol and avoiding unnecessary vitamin or hormone supplements solely for dementia prevention—are personal decisions. We are also fortunate to enjoy the clean air of the Redcliffe Peninsula.

It's never too late to make small changes that contribute to better health.

Every time you attend a U3A class, learn something new, enjoy a conversation or make a new friend, you're investing in your wellbeing.

Stay active, stay curious, stay connected—and above all, have fun!

Di Pelin

From the Secretary



The July Management Committee meeting was held last Thursday, 16 July. Following are some of the matters that were discussed or resolved at the meeting.

Grant success

The Committee was informed that U3A Redcliffe has been successful in securing an external grant of \$8,395 which basically covers the cost of the recent tinting of our windows. Congratulations and thanks to our Treasurer

Ruth Northcott for both writing our successful grant application and for overseeing the installation of the project.

U3A travel

Following our disappointing cancellation of the Hunter Valley trip we haven't forgotten our members who wish to undertake travel together. We intend to meet again with Trade Travel Group to see what other options we can offer to members, so please keep a lookout for more information.

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Campus technology upgrades

The Committee approved various upgrades to our computers and televisions on campus, including the purchase of a new HiSense TV for Room 5, which will improve the learning experiences for classes using that room and bring all TVs on campus up to standard.

Seniors Concert preparation

The Committee approved arrangements and a budget for the 2026 Seniors Concert, which will be held on Saturday 24 October. This event features a variety of quality musical items from our performance classes, and is always highly anticipated and well attended by members and their families. Keep an eye out for more information and for when tickets go on sale! Congrats to Concert and Entertainment Coordinator Ellie Frawley and her sub-Committee for all the work they have been putting into the organisation of this event.

Volunteers lunch

As you know we depend, absolutely, on our wonderful volunteers to do what we do so well, and the Annual Lunch is our way of thanking them. The 2026 lunch was deemed to be a great success by the Committee, with over 100 volunteers attending. The President thanked everyone involved for organising such an outstanding event.

Latest membership

The Committee approved all 33 new membership applications tabled at the July meeting. This brings our current financial membership to 1,745.

Steve Wilson

From the Course Coordination Team

Term 3 commences

We hope that you all enjoyed coming back to classes during the first two weeks of this new term.

We hope that you are impressed with our new window tinting which certainly brings more light into our classrooms. By removing the ancient venetian blinds, a source of mould has been removed.

Reminders

- Please keep in mind that U3A Redcliffe will be closed on Monday 10 August 2026 for the Brisbane Exhibition show holiday.
- At the commencement of week 4 (Monday 3 August) the team will be checking the course attendance sheets. Any member who has not attended on a regular basis will be withdrawn from courses. Members who have informed us of their absence(s) during the first three weeks of the term need not be concerned about possible withdrawal from their course(s).

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Did You Know?

For term 3, U3A Redcliffe is running 127 weekly, fortnightly and monthly courses.

A small peek into the future

Now that term 3 courses are up and running, members of the Course Coordination Team are planning for the final term of 2026. Possible new courses at this stage will be:

- The History of Country Music
- Introduction to Android Phones, and
- Rock 'n Roll Basics.

Direct phone number to the Course Coordination Team

If members or tutors wish to talk to a member of the Course Coordination Team, please call on 0436 845 462. This number will be answered only during campus opening hours when a team member is present. Please leave a message if there is no answer.

Course Coordination Team

Petra Lyons, Russell Hopkins, Steve McGahey, Teresa Dugic, and Cheryl Verdon

From the Membership Team

We have had several emails bounce back to us recently advising that the recipient's inbox was full so our message could not be delivered.

If you have not been receiving emails from U3A Redcliffe, this could be the reason. It might be a good time to clean out your inbox.

Valerie Biggs

Assistant Membership Officer

Jerry's Jests



- I received an email last week that called our generation 'Seen All'**not** 'Senile'.
- Childhood: The time of life when you make funny faces to the mirror Middle age: the time of life when the mirror gets even.
- Now I have turned 70 I reckon I perform like a car....it takes me hours to reach my maximum speed. My fuel rate burns inefficiently but here is the worst of it. Almost every time I sneeze, cough or splutter...either my radiator leaks or my exhaust backfires.

(With sincere thanks to Lenore Woolich whose contributions keep us smiling .)

Annual Volunteers' Luncheon

On 12 July, 104 volunteers from Redcliffe U3A attended the Annual Luncheon provided by the Management Committee. This is a way of thanking those people who give their time and energy into making our organisation what it is. Without them, there would be no classes to attend, in fact no U3A at all!

President Di Pelin welcomed the volunteers, making some interesting comparisons between traditional universities and U3As.

Graham Norman sang and strummed in the initial part of the day. Later a group of five from the *Singing for Pleasure* class entertained with some great songs. Much appreciation goes to these people whose music reminded us so much of our younger days.

As is the custom, our political representatives were invited: The Hon Emma Comer MP, Federal Member for Petrie; the Hon Kerrie-Anne Dooley, State Member for Redcliffe; Councillors Sandra Ruck and Karl Winchester, Divisions 5 and 6 of the City of Moreton Bay. All of these are extremely supportive of U3A Redcliffe. A tutor, Albert Hili, also donated a prize.

The catering was provided by 'Cracklin' Pork' who bring the meal, serve it and clean away. However, there still needs to be a band of members to prepare the Margaret Ball Rooms the day before and to organise the rooms for classes after the lunch. Many, many thanks to those who assisted.

Thank you to all those who have given such positive feedback, telling of how much they enjoyed the luncheon—the entertainment, the food, and the general joyful atmosphere.

Susan Hearfield, Ellie Frawley and June Greenwood

Organisers



Vice-President Pamela Sealy,
Hon Kerrie-Anne Dooley,
President Di Pelin



The group from *Singing for Pleasure*



Trish Yann with her lucky door prize

2026 Census

Did you know the next census is just over three weeks away, on Tuesday 11 August?

The following is taken from information provided by the Australian Bureau of Statistics to the Queensland U3A Network:



‘Every five years the Census counts every person and household in Australia. The Census allows us to understand the cultural, economic and social diversity of our communities. This information helps community groups, not-for-profit organisations, businesses, and governments make important decisions. Census data informs planning for schools, health care, transport, and infrastructure. It is also used to help plan local services for individuals, families, and communities.

‘The next Census will be held on Tuesday 11 August 2026.’

[You can follow this link to download the full range of resources and information sheet](#)

Of particular interest to some members may be the information about how to get a paper form.

There will be a ‘Pop-up Hub’ at Woolworths in Blue Water Square on Saturday 8 August from 10:00 am—6:00 pm, where you will be able to get information, collect a paper form and get help with filling it in.

You can also get help and support over the phone by calling the Census Contact Centre on 1800 181 227.

For those who are happy to fill in the form online, [follow this link for information providing password and technical support](#).

Of course the Census is just the sort of activity scammers love, so it pays to keep your wits about you as it can be hard to tell when something is fake. Suspicious activity related to the Census could be:

- a web address that's pretending to be official, but is not www.abs.gov.au, www.census.abs.gov.au or info.census.abs.gov.au
- a suspicious email or SMS impersonating the ABS asking for your personal information or bank account details
- an unsolicited phone call from someone claiming to be from the Census and asking for personal or financial information
- a QR code asking you to scan and provide personal details.

Care and Concern

At times there is notification that a member has not been enjoying the best of health, perhaps with a hospital stay. On some occasions this has not been known until much later. If you know of a member who is not well, can you please contact the Care and Concern Coordinator, Jean Hunt, on 0432 107 261 and she will arrange for a card to be sent from U3A.

Fake purchase callback scams

Scamwatch has issued an alert about 'fake purchase callback' scams.

What's happening

Scammers are sending fake messages that say you bought something you didn't buy and tells you to call a phone number to stop or reverse the payment.

You might get the message by text, email, app notification, calendar invitation or another way. It might even include your details such as your name, email, phone number or address.

The fake purchase is often between \$300 and \$2,000 and might be for items such as a phone, security software, plane or event tickets, or cryptocurrency.

The message may mention a payment service you know, such as PayPal. It may also mention an account you closed or an account you have never used.

Scammers try to make you feel rushed by claiming you only have a short time to call the number before the money is taken from your account.

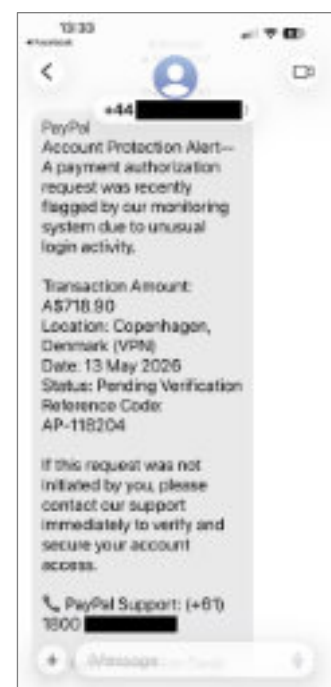
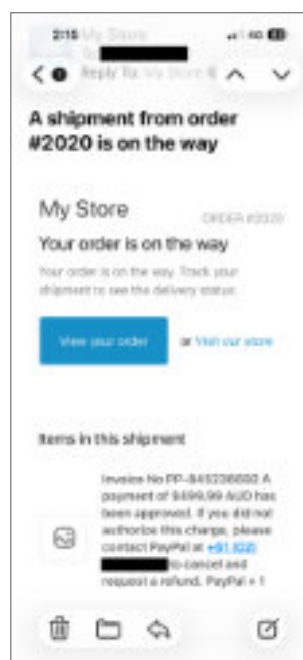
Who's at risk

Anyone can be targeted by this scam. You may feel pressured to act urgently if your details are included in the message, or if you use the apps or payment service named in the message. It's important to check, even if it looks real at first glance.

What this may look like

These scams can look like messages from well-known companies and services, including:

- Shop App order receipts
- Google Meet invitations
- Apple iMessage texts
- PayPal email invoices or text messages
- Norton / McAfee software renewal emails, and
- Microsoft annual subscription emails. Warning signs to look out for



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Warning signs to look out for

- A message about a payment or purchase you don't recognise.
- A phone number shown clearly with instructions to call if you didn't make the purchase.
- A high-cost purchase, often \$300 or more, to make you worry and call the number.
- Pressure to act quickly before the money is taken from your account.
- If you call the number, the scammer may:
 - ask for your bank or card details to give you a refund
 - say they paid you too much and ask you to send money back
 - get you to install software so they can control your device and access your accounts
 - ask you to help catch the scammers by buying gift cards sending photos of them.

Protect yourself from fake purchase callback scams



STOP. Don't rush. Don't call the number in the message or share financial information, passwords, one-time codes or gift card numbers.



CHECK. Log in to your account by using the official app or website to check whether the payment is real. Use the official website to find the real phone number.



PROTECT. If you sent money or shared personal information, act quickly. Visit Scamwatch to find out what to do if you have been scammed.



Class news

La Fete Nationale, (Bastille Day) 14 July

Our French classes celebrated *La Fête National* on 14 July by wearing red, white and blue.



French Beginners



French Beginners Plus A

What is happening in your classes?

With so many classes and so many members, you can help others understand what you do at U3A Redcliffe.

Please send a brief story and some pictures to

editor@u3aredcliffe.org.au.



Campus Communiqué Editor: Jennifer Booth (editor@u3aredcliffe.org.au)

The editor reserves the right to publish articles in any form.

The *Campus Communiqué* is published with the full approval of the Management Committee of U3A Redcliffe Inc.

