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Campus Communiqué

Edition No. 628

18 September 2026

Diary dates

21 September—1 October: Online enrolments for Term 4 open via Member Portal

22 & 23 September: On campus enrolments open 9:00 am—12:00 noon

23 September: Trivia

30 September: Community Connection Day

5 October: King's Birthday (public holiday)

6 October: Start of Term 4

24 October: Seniors Concert

11 December: End of Term 4

From the President



After just returning from a much-anticipated trip overseas, the return to 'reality' and daily life can be a little bit of a letdown. Coming to the end of term and facing two weeks without our classes can also leave a space in our lives. I was reminded of a piece of advice my financial advisor gave us many years ago, when one event or trip is over, start planning the next one. In actual fact, what she was talking about is the positive power of anticipation.

There is something rather special about having something to look forward to.

Anticipation can lift our spirits, give us something to smile about and add a little excitement to everyday life. Sometimes the enjoyment begins well before the actual event!

It has benefits on the brain and body. Thinking about a future reward triggers your brain to release dopamine, which drives motivation and excitement. It also encourages the release of mood-lifting chemicals like serotonin and endorphins (our happy chemicals) and reduces our stress hormones.

Anticipation also has emotional and mental benefits such as bringing greater joy, helping us through a hard day and giving us a sense of purpose and a brighter outlook.

At U3A, we have plenty to look forward to. Perhaps it's enrolling in a new class, returning to a favourite course, learning something completely different, catching up with friends or discovering what activities are coming up next.

And then there are the bigger things on the horizon – special events such as our Concert in October, celebrations, excursions, our Christmas preparations and all those occasions that give us a reason to mark the calendar and say, 'I'm really looking forward to that!'

As we get older, having things to anticipate can be particularly valuable. It encourages us to stay connected, curious and engaged. It gives us goals, however small, and reminds us that there is always something new around the corner.

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So, rather than wishing the days away, let's enjoy the anticipation as well as the event itself. Check the calendar, look through the upcoming classes in the new Course Handbook, make a few plans and give yourself something to look forward to.

After all, at U3A, the next adventure may be only a class, a conversation or a celebration away! Have a wonderful break and we look forward to seeing you all return in the new term.

Di Pelin

From the Secretary



There was a management committee meeting held this week on 17 September, and reports of those discussions will come to you shortly. Remember, the approved minutes following each of the Committee meetings can be read in a folder just inside the door of our borrowing library.

In the meantime I'd just like to update you on a few things that will occur in October.

Our Seniors Concert

The time is nearing—our Seniors Concert is on Saturday 24 October. It is always a great occasion to watch and listen to our performance groups 'strutting their stuff' on the stage; the depth of talent and creativity we have here at U3A is amazing. So, don't miss it! Tickets are available at the office counter.

Membership awards

More about this in the next Communiqué, but did you know that there is a variety of awards we can offer to our volunteers for their great efforts and outstanding service? Recipients for any of these awards can be suggested by members, and they are:

- a Motion of Thanks from the Committee (usually communicated by letter)
- a Certificate of Appreciation, and
- Life Membership to a volunteer for 'sustained and outstanding service' over a significant period.

Nominations for these awards will be open from 1 October, and I'll go more into the details about how to nominate in the next Communiqué. You can access the details about each of these awards from our [Member Recognition Policy](#).

Membership renewals

U3A Redcliffe Membership renewals for 2027 can be processed at any time through your account at our [Member Portal](#). If you wish to renew across the office counter, renewals are likely to be open from the beginning of Week 3 next term.

You will then have until the end of Week 10, Term 4 (11 December) to renew across the counter, after which the campus is closed for the Christmas break, or until 31 December to renew online through Member Portal. Remember, if you pay after 31 December you will be a new member, not a renewing member.

Steve Wilson

From the Course Coordination Team

Prepayment for Term 4 courses

Thank you to those members who have already prepaid for term 4 courses at the campus office. Remember that enrolment and prepayment sessions for term 4 courses will be held on Tuesday 22 September and Wednesday 23 September from 9:00 am until 12:00 noon.

Course Handbook Term 4

The Course Handbook for Term 4 was emailed to all members on Tuesday 15 September. Printed copies are available from the campus office.

Online enrolments

Online enrolments will commence on Monday 21 September at 2:00 pm and will remain open until Thursday 1 October.

New and/or Returning Courses

- Remembering Facts
- The Hidden History of the Military
- The History of Country Music
- Dungeons and Dragons
- Introduction to Android Phones
- Rock 'N' Roll Dance Basics
- Beyond the Manuscript
- Photography Beginners
- Intermediate Computer
- Cryptic Crosswords—ABC for All
- You be the Judge: Justice on Trial.

Term 4

Term 4 commences on Tuesday 6 October and concludes after ten weeks, on Friday 11 December.

Long Term Absences During Term 4

Long term absences for term 4 should be noted in the Member Portal by Wednesday 30 September. Instructions for doing this are included in the *Procedures Handbook*.

For members not wishing to note absences through the Member Portal, they can do so by coming to campus and giving the relevant information to a Course Coordination Team member at the sign-on desk.

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.

We hope that you love U3A, love learning and love being together with like-minded people.

Course Coordination Team

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

Warning!

We have been made aware recently of thefts from cars parked in the rear car park behind the campus building.

Please, make sure you do not leave valuables of any kind open to view inside your car when parking there.

Technology news

Be Connected has two free presentations coming up soon, which members may find interesting.

22 September: Protect yourself against scams

A scam is a term used to describe any fraudulent business or scheme that takes personal information, money or other goods from an unsuspecting person. With the world becoming more connected through the internet, online scams have increased. It therefore pays to be cautious and follow a few simple steps.

Join *Be Connected*'s one-hour presentation to discover:

- how to protect your personal information from scammers
- how to safely make friends online
- how to spot investment scams
- where to go for help.



Date: Tuesday 22 September at 10:00 am

Follow the link to register: attendee.gotowebinar.com/rt/6625550867681421657

24 September: All you need to know about data and public Wi-Fi

Whether you're using the internet at home or on your mobile, everything you do online uses data. Knowing how and when to use your mobile data or Wi-Fi can help you stay safer online and save money.



Join our one-hour presentation to discover:

- how to get the best value for money from your mobile data plan
- tips on managing your data allowance
- how to keep your data costs down while out and about
- how to use public Wi-Fi safely.

Date: Thursday 24 September at 3:00 pm

Follow the link to register: attendee.gotowebinar.com/rt/503906634541856604

Ruth Northcott

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Watch out for tax-related scams

At this time of year when so many of us are lodging tax returns, [iD Care](#) has some excellent advice to help you avoid tax scams.

Behind the mask: The guide to new and trending scams

It's not uncommon to see an increase in tax related scams during the Australian tax season. Criminals take advantage of this period, knowing that more people will be anticipating a message from myGov or the Australian Taxation Office (ATO).

myGov and ATO impersonation scams are most commonly delivered through email and SMS phishing messages. These scams replicate similar messaging to legitimate myGOV and ATO communications and are designed to entice recipients to engage with the message and provide login details and other valuable credentials.

As expected, tax file numbers (TFN) and myGov login details are two of the most compromised credentials in these scams, with Medicare card details and driver licence information also often requested. Criminals use these credentials to gain access to myGov accounts, where they will then amend bank account details and lodge false claims.

Our tips:

- Be cautious of links requesting personal information.
- Do your own research when provided with contact details to ensure you are engaging the legitimate organisation. Ensure you are using the official government site and/or apps to login.
- Be cautious of urgent language, or messaging indicating you need to take immediate action, this is often a common scam tactic.

If you think you have been targeted by this scam, report the incident to the legitimate organisation and contact IDCARE if you have concerns about your personal information or identity documents.

Jennifer Booth

Jerry's Jests

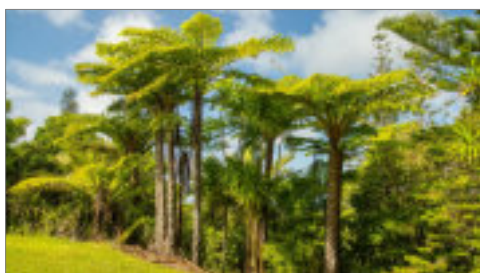


- On a main highway there were two bodies: a Kangaroo and a politician. What's the difference? There were skid marks before the kangaroo.
- My grandson told me I was being over dramatic so I just changed the Wi-fi password and in about five minutes we will see who is over dramatic!!!
- I want my children to have all the things I couldn't afford. Then I want to move in with them.

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

Pack your bags: Discover Norfolk Island

On Saturday 17 October, Greg and Andy from Trade Travel will join us at the U3A campus to present a beautifully curated escorted holiday to Norfolk Island — a destination known for its



breathtaking scenery, rich history, and relaxed island charm.

This tour is open to all U3A members, their families, and friends, making it a wonderful opportunity to share a memorable experience together.

Just over two hours from Brisbane, Norfolk Island offers an easy escape to a world that feels delightfully different

yet comfortably familiar. Your holiday package includes return airfares, quality accommodation, most meals, and a selection of guided excursions designed to showcase the very best of the island. And because Norfolk Island is part of Australia, you can enjoy your getaway without the hassle of currency exchange.

Greg and Andy will walk you through the itinerary, highlight the experiences awaiting you, and answer any questions — giving you a clear picture of what this exceptional holiday has in store.



Brochures will be available at the Office counter from the beginning of Term 4.

Presentation Details

Where: U3A Campus

When: Saturday 17 October 2026

Time: 9:30 am for a 10:00 am start.

Class news

Knit a Chook

Meet *Omletta*, the latest 'emotional support' chicken to fly off the needles and make herself at home.

There is certainly something warm and comforting when you cuddle these lovely birds.

From Term 4, the class will continue as a general knitting group. Anyone who wants to learn to knit (English style), brush up their skills, or just enjoy company and conversation while knitting, is welcome.



Botanical Art

This month my class has been looking at the native flowers in this region. We have recently had Xanthostemons and Banksias flowering and have taken advantage of drawing these live specimens. A couple of ring-in drawings that we have also been looking at include a flowering eucalyptus and the seed pods from a Hankerchief Tree (a beautiful and fascinating tree).

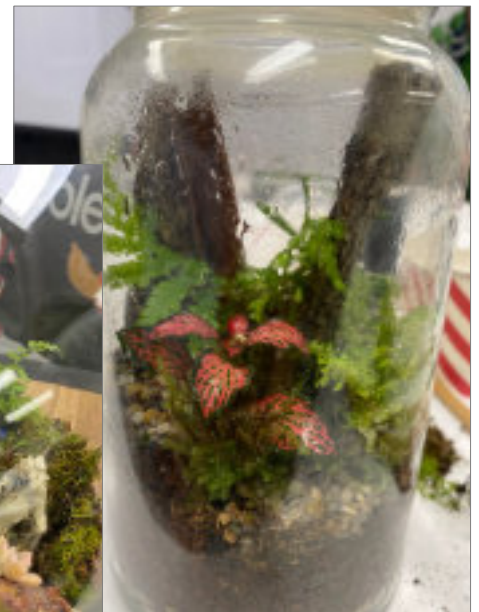
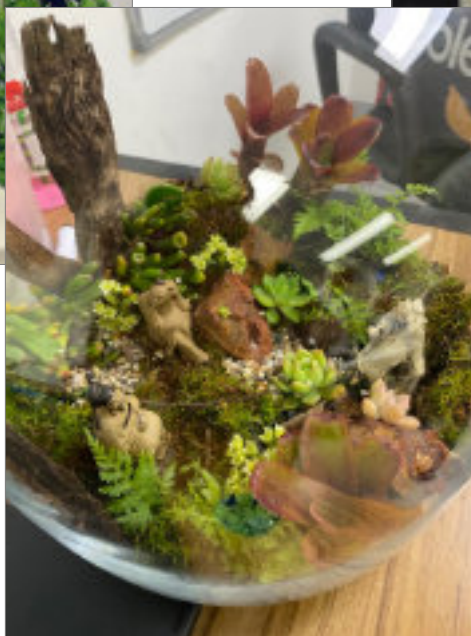
As usual the work produced has been beautiful and I'd especially like to thank Cheryl Sanderson, Diane Betts, Wendy Forsythe and Samshul Nair for their sensitive renditions of these plants.

Ann Philips



Floristry

The Floristry class has learned how to make these beautiful terrariums.



Community Connection Day and Morning Tea

Free event

Wednesday 30 September 2026

Topics and Presenters

• Dementia: Risks, symptoms and support

Age related memory changes: Early signs and symptoms of dementia
modifying risk and supporting a person living with dementia

Presenters

Sue Radecker

47 years nursing with focus on aged care, education and specialised dementia support

Linda Porter

Over 30 years working as a nurse specialising in dementia support, care and education

• Planning ahead: an act of care

Enduring Power of Attorney and Advance Health Directive

A simple step now can make a difficult time easier later

Presenter

Nieve Evans

Principal Lawyer, N.E Legal, Margate Beach

• Exercise physiology

Using education and individualized exercise to prevent and manage a broad range of
illness and injury

Presenter

Robbie Brokenshire

Exercise Physiologist, Prohealth, Dolphins Fitness and Aquatics. Kippa Ring

U3A Redcliffe

Doors Open 8:30am

9:00am—1:00pm

Registration is essential for this free event

(Registrations close 3:00pm, Friday 18 September)

Please register at the office,

or by phone 3284 2687

or email including your name and phone number u3a@u3aredcliffe.org.au

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.

SENIORS CONCERT

**October
24th**

"SAVE THE DATE"

**NEW ACTS to
share their
musical talents
and some of our
favourites back
to entertain you
all**





Watch out for Magpies

It's nesting season and magpies have built nests in the trees around the car parks. Council has put up notices in affected areas. Noisy Miners can also swoop when they have nests to protect.

Remember to use an umbrella or wear a hat to ensure you make it safely to and from your car. Injuries caused from swooping birds can be nasty.

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.

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.

