

Learn, laugh, live!



**Southport**  
UNIVERSITY OF THE THIRD AGE

## NEWSLETTER

April 2023

### Annual General Meeting

Thank you to all those members who attended the AGM on Thursday 16th March 2023.

The achievements from the past 12 months and new Committee are included in the President's Report, and the Minutes of the 2023 AGM are available on the website [u3asouthport.au](http://u3asouthport.au) under the News tab.

### Thank You and Congratulations!

A Big **"Thank You"** from all the members to **Lou Stevens**, who stepped down at the AGM from the role of President to Vice-President. Lou has done an amazing job as President, Class Co-ordinator and Tutor. This was an extremely busy role that entailed long hours and dedication for which we all thank her. She will continue in her role as Class Co-ordinator and Tutor.

**We also congratulate Lou** as she was recently awarded the *Rotary Vocational Excellence Award* for exemplary service to the Community through her role at U3A Southport.

**Acknowledgement:** The U3A Southport Newsletter is kindly printed by the office of **ROB MOLHOEK M.P.** Member for Southport.

### New Class: Rummikub - brings people together!



Learn, laugh, live!

Office: Australia Fair, Level 1, Shop 1074. Open 9am-1pm Mon-Fri.

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[u3asouthport.au](http://u3asouthport.au)

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U3A Gold Coast Inc



## NEWS FROM THE PRESIDENT

### Nigel Hennessy

#### 2023 Committee

**President:** Nigel Hennessy

**Vice-President:** Lou Stevens

**Treasurer:** Wendy Barker

**Secretary:** Amanda Cowser

**Committee Members:**

- Lesley Northey
- Lou Stevens
- Kim Carter
- Margaret Karakatsanis
- Michelle De La Rente

#### Achievements in past 12 months:

- ✓ Rebranded U3A Gold Coast Inc. to U3A Southport.
- ✓ Implemented an electronic membership and class management platform.
- ✓ Implemented new interactive website.
- ✓ Developed and implemented promotional plan with new look newsletter, flyers, posters, U3A TV presentation and advertising in local newsletters. Booked a stall at the Seniors Health & Lifestyle Expo in Southport in April.
- ✓ Expanded social activities and sourced a more economical bus tour company.

At the AGM held on 16 March 2023 I was elected President of U3A Southport. I would like to introduce myself...

I live in Labrador with my wife Hazel, we married in 1972. We have been on the Gold Coast since COVID, prior to that we were from Surry Hills in Sydney. We moved up to Queensland before the borders were shut to be closer to our daughter and family, including three of our grandkids. Our son with his two children live in Adelaide. With borders remaining open except to NSW and Victoria, it made sense to move north so we could visit our grandkids, as wanted.

My interests with U3A stem from my desires to remain cerebrally active. By background, I was born and educated in the UK at Southampton College, the University of Reading and at Dartmouth College before holding a commission in the Royal Navy. I specialised in cybernetics and mathematical modelling and mostly worked in nuclear submarines although also spent a few years working as a weather forecaster in an Aircraft Carrier.

We came to Australia some 40 years ago, more-or-less for an extended holiday, but decided to stay. Although we based ourselves in Sydney, we also lived in Adelaide and Melbourne and even Suva in Fiji during the 1987 Coup. My career has also taken me around the world dozens of times, and I spent an extended period based in California.

After retiring from a successful corporate career, I have continued to be active through being a company director and advisor to several companies in different industries, including defence, agriculture, music and software including artificial intelligence. Over the past 20 years I also studied law, finance and more recently the history of visual arts.

Hopefully with my background I can contribute to U3A and its growth.

Regards

Nigel



## NEWS FROM THE CLASS CO-ORDINATOR

**Lou Stevens**

### ENGAGE! ENRICH! ENJOY!

A reminder that *The Qing Dynasty* class is starting on Thursday 6<sup>th</sup> April 10am at the Community Centre. Space is available in this class.

*Rummikub* has proved a great success and is held every second Friday, 1.30pm–3.30pm in the Australia Fair Study Room. Space is available in this class.

Due to tutor unavailability there will be:

- No Fitness Classes 27 April, 2 and 4 May
- No Dance Fit 4, 11 and 18 April.

Please remember that classes are not held on Public Holidays (Easter and Anzac Day).

### April Technology Classes:

- *Intro to Email*  
4 April: 10am-11am Australia Fair
- *Online Banking and Shopping* (Android)  
20 April: 10am–11am Australia Fair
- *Social Media*  
27 April: 10am -11am Australia Fair

**If you are unable to attend your class,** please advise your tutor or call the office. Do not advise through the website. Three unexplained absences will result in you being cancelled from the course to allow members on the waitlist to participate.

**We are always on the look-out for new tutors.** If you know of anyone who may be interested, please let us know.



## NEW CLASSES - SEMESTER 2

We are currently scheduling the following classes to begin in Semester 2:

- A series of three 90 minute classes on *DNA* held on Thursday - 17 August, 7 September and 28 September.
- A further three classes on *Australian Historical Events* will be held on Thursday – 19 October, 9 November, 30 November.

More class details will be available on the website as soon as location and time can be confirmed.

Further classes planned for Semester 2 are:

- *Wine Appreciation*
- *Understanding Art and Art Appreciation*
- *Artificial Intelligence and Robotics*

Just to name a few.

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## SOCIAL COMMITTEE

Margaret K. & Michelle De La Rente

### Wed 26 April Trip - Marian Valley Abbey



#### Marian Valley Abbey,

Witheren Canungra.

Tour includes the history of the Abbey, tea and coffee, followed by lunch (own cost) at Canungra RSL.

**Wednesday 26 April 2023**

**Cost: \$60**

*Register your interest on the noticeboard or call the office.*



Come along to one of our Monthly **"Get-Together Lunches"** on the last Saturday of the month. Try some different venues on the Gold Coast and meet new friends. Details are on the noticeboard or call the office for more information.

#### Next "Get-Together Lunch"

Pat Jones

#### NORTHCLIFFE SURF LIFE SAVING CLUB

**SATURDAY 29TH APRIL**

Approx. 11.30am / 12.00pm

Great views of our lovely beach, as you eat, and talk-talk-talk.



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**Margaret K. & Michelle De La Rente**

**Upcoming Trip:** Join us on a Cultural Tour



**Arts Centre, Brisbane, GOMA (Gallery of Modern Art)  
& Art Gallery  
and the Plough Inn for Lunch**

Date and cost to be confirmed.



*Register your interest by writing your name on the noticeboard  
or call the office.*

**If you have any other ideas, we would love to hear from you.**

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## **FREE GOLD COAST SENIORS HEALTH & LIFESTYLE EXPO**

**Come along with your friends  
and say Hi, we'd love to see you  
at our U3A Southport Stall**

### **FREE INFORMATION AND EDUCATION FOR SENIORS**



**THURSDAY 20 APRIL 9am-1pm**  
**Southport Community Centre**  
Lawson Street, Southport

#### **EVERYTHING FOR BABY BOOMERS AND SENIORS**

- Free eyesight and hearing checks
- Residential aged care providers
- Agents specialising in seniors' travel
- Vision and mobility aids
- Financial planners
- Seniors insurance
- Advice from Centrelink and City of Gold Coast
- Legal advice
- Funeral services
- 50's resort style living
- In-home care and much more
- Justice of the Peace available

**Enquiries Warren Elwell 0409 277 430 | [www.gcseniorsexpos.com.au](http://www.gcseniorsexpos.com.au)**

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## FREE BUS TRAVEL For Seniors & Veterans

**Eligible seniors and veterans can now travel for free within the Gold Coast on TransLink Surfside buses from 8.30am to 3.30pm, Monday to Friday (including public holidays) and all-day on weekends.**

To be eligible you must:

- ❖ hold a TransLink go card
- ❖ hold a seniors card or a Department of Veterans' Affairs (DVA) gold or white card
- ❖ be a Gold Coast resident
- ❖ apply for a sticker pass.

Once your application is approved you will be sent a sticker to affix to your go card. When boarding the bus, simply show your go card with the sticker to the driver without 'touching on'.



### FOR MORE INFORMATION

P 1300 GOLDCOAST (1300 465 326)

W [cityofgoldcoast.com.au/freebustravel](http://cityofgoldcoast.com.au/freebustravel)

## How to apply

You can submit an online application form at [cityofgoldcoast.com.au/freebustravel](http://cityofgoldcoast.com.au/freebustravel), or you can obtain a hard copy application form by:

- ❖ downloading a copy from [cityofgoldcoast.com.au/freebustravel](http://cityofgoldcoast.com.au/freebustravel)
- ❖ collecting a copy from a City Customer Service Centre
- ❖ phoning 1300 GOLDCOAST (1300 465 326) and have one posted to you.

The following documentation must be submitted with your application for free bus travel:

- ❖ a copy of your proof of residency on the Gold Coast (e.g. rates notice, utilities bill, car registration).
- ❖ A copy of your TransLink go card (both sides). Whichever card is relevant:
- ❖ a copy of your Seniors card or,
- ❖ a copy of your Department of Veterans' Affairs (DVA) gold or white card.

Submit all documents:

- ❖ via email to [freebustravel@goldcoast.qld.gov.au](mailto:freebustravel@goldcoast.qld.gov.au)
- ❖ or in person at any City Customer Service Centre
- ❖ or by post to: Free Bus Travel, PO Box 5042, GCMC QLD 9726

### *What happens after I apply?*

Please allow up to 10 business days for your application to be processed. Once approved, you will be sent a sticker to affix to your TransLink go card.

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**JUST FOR FUN!**

## Did you know you could play bridge online?

Join the largest community of bridge players.

Play with your real life partner, or find a partner online.

Relax and kibitz world class players.

Chat, hang out and meet bridge players from all over the world.

Free, unlimited bridge. Social play. ACBL Games. Tournaments. Solitaire. **Go to [Bridge Base Online - Play Online Bridge](#)**



## Laugh Out Loud!

*When a class of 8 year olds were asked to describe grandparents, they replied:*

- When they take us for walks, they slow down past things like pretty leaves and caterpillars.
- They show us and talk to us about the colour of flowers and also why we shouldn't step on cracks.
- They don't say "Hurry up!"
- Usually grandmothers are fat, but not too fat to tie your shoe laces.
- They wear glasses and funny underwear.
- They can take their teeth AND THEIR GUMS out!

- Grandparents don't have to be smart.
- When they read to us, they don't skip. They don't mind if we ask for the same story over and over again.
- Everybody should try to have a grandmother, especially if you don't have a tv, because they are the only grown-ups who like to spend time with us.
- When asked where Nana and Grandad lived, the reply was "Oh, they live at the airport and when we want them we just go and pick them up and then when we're done having them, we take them back to the airport".
- They kiss and hug us, even when we've been bad.



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