

Learn, laugh, live!



Southport
UNIVERSITY OF THE THIRD AGE

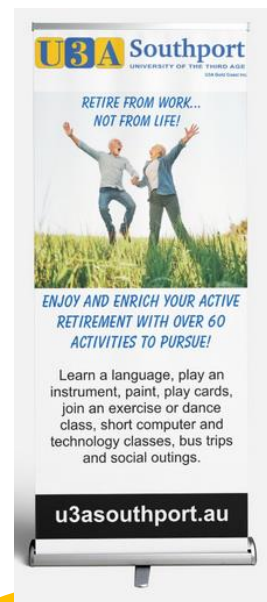
NEWSLETTER

May 2023



Promoting U3A Southport through Seniors Expo

The Committee have been proactive in promoting U3A Southport by having a stall at the Gold Coast Seniors Health & Lifestyle Expo on 20 April. Details later in the newsletter.



Mother's Day Raffle!



We have some lovely items for Mum in our beautiful Mother's Day Hamper Raffle.

Tickets are available from Reception. \$2 each, 3 for \$5 or 7 for \$10 with all proceeds supporting our Not-For-Profit organisation. The raffle will be drawn on 8 May.

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

*Happy
Mother's Day
Sunday 14 May*



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U3A Gold Coast Inc



NEWS FROM THE PRESIDENT

Nigel Hennessy

We had a successful day last week at the Seniors Expo at the Southport Community Centre and expect to have a number of new members join U3A as a result. I managed to join the rest of the team over a couple of hours.

With Seniors month approaching in October we are looking at a grant to help us promote and showcase U3A at Southport. With the office a little tucked away at Australia Fair, we do need greater exposure to capture more members.

I have had a good conversation with Robyn Renneberg and the work she has been doing in grant applications. I was introduced to Adam Tilbrooke, Community Leases Officer from City of Gold Coast, and am arranging a meeting when I get back from my extended leave.

The Margaret Street Hall is being looked at for a level of refurbishment and we now have three quotes to undertake suitable repairs. A meeting has also been set up with the Director of the RDA to see what else we can arrange through our local community.

With me being quite fresh I am taking a look at our Constitution and also our possible charitable status. These will be reviewed in the background over the next few months to see if there are any benefits in making some changes.

I am currently in Perth and return to the Gold Coast for just two days before heading to UK, Egypt and Scandinavia for 6 weeks. My next report will come from the Nile.

Regards

Nigel



NEWS FROM THE CLASS ADMINISTRATOR

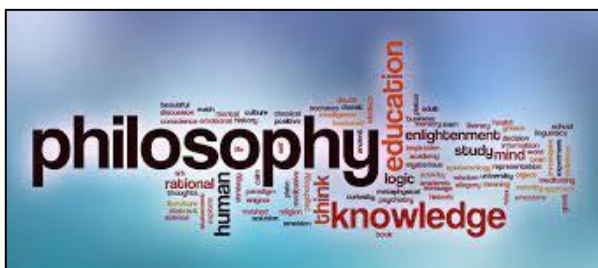
Kim Carter

ENGAGE! ENRICH! ENJOY!

NOTE: THERE WILL BE
NO CLASSES ON MON 1 MAY
(Labour Day Holiday)

May Technology Classes:

- *Introduction to Email*
Thursday 4 May: 10am-11am
Australia Fair Study Room
- *VPN: What is VPN?*
Tuesday 16 May: 1.15pm-2.45pm
Margaret St Hall
- *Cloud Storage*
Tuesday 23 May: 1.15pm-2.45pm
Margaret St Hall
- *Cyber Security*
Tuesday 30 May: 1.15pm-2.45pm
Margaret St Hall



Would you like to learn more about Philosophy? **There are still a few spaces left in our Philosophy Class** that commenced recently.

SEMESTER 2



Upcoming New Environmental Series:

- *Understanding the Weather*
- *Oceanography for Beginners*
- *Sounds of the Sea*
- *Clean Technology & Climate*

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.

Please note Lou Stevens, the Vice-President and Class Co-ordinator, will be unavailable during May. Any queries, please contact the office ph 5591 6671 Mon-Fri 9am-1pm.



SOCIAL TOURS & EVENTS

Margaret K. & Michelle De La Rente

JOIN US ON A CULTURAL TOUR TO BRISBANE

**MT COOTHA LOOKOUT, THE ARTS CENTRE BRISBANE
AND GOMA (Gallery of Modern Art)**

MONDAY 22 MAY

(Rescheduled from 24 April)



COST: \$40 PER PERSON

Includes morning tea. Lunch at Southbank at own expense or BYO.

PAYMENT IN FULL AT TIME OF BOOKING AT U3A RECEPTION

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THE NEXT "GET-TOGETHER" LUNCH

Organiser: Pat Jones

will be held at

THE ANGLERS ARMS HOTEL

50 Queen St, Southport



SATURDAY 27TH MAY

Approx. 11.30am / 12.00pm

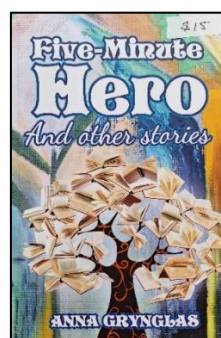


Come along to one of our
Monthly "**Get-Together Lunches**"
on the last Saturday of the month.
Try some different venues on the
Gold Coast and meet new friends.
Details are on the noticeboard or call
the office for more information.



Congratulations

To one of our members, **Anna Grynglas**, who has just published her first book after attending U3A Southport writing classes.



Limited copies of her book are available for sale at the U3A Office.

Five-Minute Hero and Other Stories is a collection of intense and tender short stories about love, marriage, acceptance, and the nature of commitment and happiness.

Anna turns our eyes upon times of war, immigration, and the problems of modern families. Her stories glitter with love for people who find themselves in difficult times of war and emigration, and attempt to find their place in new circumstances; children from separate incidents in life who learn to develop their skills and character, and begin their life from scratch; and people who get up where they have fallen and try to keep going.

This collection of impressive and entertaining stories forces us to question our expectations, our desires, and the way we live. Each story ends on a powerful note of optimism and energy, and will resonate in your mind long after the book is finished.

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PROMOTING U3A SOUTHPORT

At The Gold Coast Seniors Health & Lifestyle Expo

What a wonderful event – **The Gold Coast Seniors Health & Lifestyle Expo** held in the Southport Community Centre on Thursday 20 April 2023. **Thanks to all our volunteers who helped put this display stall together and spread the word about U3A Southport to the locals.** There were many enquiries and we are sure we will get some new members and volunteers as a result.



*Helping out on the Seniors Expo stall – from left to right:
Ashley Tasker, Amanda Cowser, Michelle De La Rente and Robyn Todd*

If you would like to help promote U3A Southport, please pick up a flyer or brochure from reception for your apartment noticeboard or to leave with your doctor, dentist, hairdresser or local club.



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Queensland Pensioners Rail Entitlements & Discounts

Take the train on a coastal getaway to Queensland's favourite coastal cities, from the Fraser Coast and Southern Great Barrier Reef to the Whitsundays, Townsville and Cairns.

Trek west for a Queensland outback experience in Emerald, Barcaldine, Longreach, Roma, Charleville, Charters Towers or Mount Isa.

Did you know that the following Concession Card holders are eligible to four (4) rail entitlements each calendar year to travel long-distance across Queensland.

• Queensland Pensioner Card

• **Australian Government DVA Health Card** endorsed as WAR WIDOW/WIDOWER (Queensland residents only)

• **Spouse/partner of a Totally and Permanently Incapacitated (TPI) or Extreme Disability Adjustment (EDA) Veteran travel pass holder** with a confirmation letter stating they are a Queensland resident.

A Carer, when accompanying a customer who requires assistance using rail entitlements, can travel free of charge on long-distance services.

Rail entitlements can be for rail travel and RailBus Connections.

Examples of the fares when using entitlements.

- **Economy Seat:** One-way journey using one entitlement, the cost is \$25 per person (non-refundable administration fee)
- **Business Seat:** One-way journey using two entitlements, the cost is \$50 per person (non-refundable administration fee)

- **RailBed and Sleeper:** One-way journey using two entitlements for each trip. The cost varies depending on the journey with a cost of an administration fee and mandatory berth and meal charges.

Fare examples:

Tilt Train

Total cost – one-way per person

Economy Seat	One (1) entitlement	\$25.00*
Business Seat	Two (2) entitlements	\$50.00*

To start using your entitlements, you must register your details before booking online for the first time. Please contact Queensland Rail to set up your profile and validate your concession card details by either:

- Phoning 1800 872 467
- Presenting your concession card at a Travel Centre, Ticketing Station or a rail accredited Travel Agent
- Emailing reservations@qr.com.au with a scanned or photographed copy of the concession card (front and back) with your name clearly visible.

For more information visit:

<https://www.queenslandrailtravel.com.au>



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JUST FOR FUN!

Do you like doing Jigsaw Puzzles?



How about trying free jigsaws online. You can try lots of different sizes and ability levels and even create your own puzzle at <https://www.jigsawplanet.com/>



Laugh Out Loud – Mother's Day

Daughter: Mum, what's it like to have the greatest daughter in the world?

Mum: I don't know dear, you'd have to ask Grandma.

Bought my Mum a mug which says, "Happy Mother's Day from the World's Worst Son".

I forgot to mail it but I think she knows.

Sunday school teacher: Tell me, Johnny. Do you say prayers before eating?

Johnny: No, miss, I don't have to. My Mum's a good cook.

Why don't they have Mother's Day sales? Because Mothers are priceless!

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks: "Why are some of your hairs white, Mum?"

Her mother replied: "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then asked: "Mum, how come all of grandma's hairs are white?"



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