



Annual General Meeting

The U3A Southport AGM will be held
**at 10am on Thursday 21st March 2024
at the Southport Community Centre.**

All Members and Tutors are warmly encouraged to attend this important meeting.

There will be no classes prior to 11am that day.

A formal Notice of AGM and Nomination Forms for Election of Officers & Committee Members have been included with this Newsletter and copies are available from Reception.

Nominations close at 3pm on Thursday 7 March.

All Committee positions become vacant on 21 March. Current Committee Members must stand down and put themselves forward for re-election if they wish.

Current Committee:

President: Lou Stevens
Vice-President: Amanda de Fina
Treasurer: Wendy Barker
Secretary: Amanda Cowser

Committee Members:

Lesley Northey Kim Carter Robyn Todd
Michelle De La Rente Trish Darnedde Penny Lawson

A big Thank You to Trish Alomes who has recently resigned from the Social Committee.

Additional Committee Members are required to support our growing member numbers, please consider volunteering for a role.

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

Code of Conduct

U3A Southport is an inclusive organisation where everyone experiences a sense of belonging.

We embrace people from various backgrounds, including different cultures, religions, genders, and those living with disabilities, injuries, or health conditions. *It's a place where individuals should feel respected, valued, and seen for who they are.*

All members, tutors, volunteers and the Committee are to be treated with the utmost respect and dignity.



U3A Southport is entirely run by volunteers who do an amazing job bringing you over 65 classes to enjoy.



NEWS FROM THE PRESIDENT & CLASS CO-ORDINATOR

Lou Stevens



interest in U3A Southport and we wish her all the best in the election.

Samantha Delmege – Local Council candidate for Southport in the upcoming elections (16th March) has visited 5 of our classes over the last couple of weeks. It is very pleasing to see that she has taken such an

IMPORTANT: The following classes will not be held on Thursday 21 March to allow members to attend the AGM:

- *Art Basic Drawing No. 2*
- *Art Mixed Medium*
- *Dance for Fitness & Fun*
- *German Advanced*
- *Tap Dancing*

There will be **no classes on the Easter Public Holidays - Friday 29 March and Monday 1 April.**

CLASS ENROLMENTS

To assist us with class room limits, we ask that *members please enrol in classes before attending.*

APOLOGIES

Please note that you must advise the office (ph. 5591 6671 or email u3agcfrontoffice@gmail.com) or your tutor if you will be absent from a class; or if you no longer want to attend the class.

It is disappointing that no shows/no apologies for classes over the last three weeks have been numbering around the 25% mark. This is of particular concern for classes that have had full enrolments for a couple of months and have waiting lists.

If you do not attend your class 3 times in a row without explanation you will be removed from the class to make room for another member on the waiting list.

NEW CLASSES

Drumming in the Park

Weekly on a Monday 2-3pm in Appel Park, 10 Ferny Ave, Surfers Paradise.



A fun social gathering of beginner drummers - there is no official tutor. BYO drum if you have one (we have a limited supply) and a cushion or fold-up chair/stool to sit on.

Cards – Bridge for Beginners

Weekly on a Tuesday 9am-10.30am upstairs at the Margaret St Hall. This is an absolute beginners' class with a highly qualified tutor – come along and learn to play.

Cards – Key Wild

Weekly on a Friday 10am-12pm downstairs at the Margaret St Hall. Key Wild is a form of Hand and Foot/Canasta. It is easier to understand if a person has card playing experience as it is fairly complex. It is a stimulating game and fun to play.

Embark on a journey into the heart of Italy!

Weekly on a Monday 2.45pm-4.15pm in the Australia Fair Study Room. Dive deep into our immersive **Italian conversation** class. Some knowledge of Italian helps but is not required - everyone is welcome. Seize this chance to live la Dolce Vita, practicing and perfecting your Italian in an inviting and friendly environment, with a real Italian. Don't just dream it - live it.

You can find further details on all classes on our website: [CLASSES \(u3asouthport.au\)](http://CLASSES(u3asouthport.au))

CLASS CHANGES

IT Classes (Cyber Security, VPN, Cloud Storage, Introduction to Email) – will now be held in the **Australia Fair Study Room from 11.15am-12.15pm**. There are no changes to the dates.

Rummikub - This class will be held on **Fridays 11.15am-1.15pm in the Australia Fair Study Room.**



NEWS FROM THE PRESIDENT & CLASS CO-ORDINATOR

Lou Stevens

CLASS CHANGES Continued...

Italian Beginners - Due to Tutor availability this class will now be held on **Mondays 10.30am-11.30am at the Southport Community Centre.**

Memoirs – **Diana Todd-Banks**, an International award-winning writer, has replaced Kieth Hales as Tutor. Diana has written 14 books and brings with her a wealth of experience.

Cribbage - This class will be held on **Fridays 11.15am–1.15pm in the Australia Fair U3A Shop near the Cinema.**

Spanish Beginners - Due to Tutor availability this class will now be held on **Mondays 9.00am-10.00am at the Southport Community Centre.**

CLASS CANCELLATIONS

Unfortunately, some of our classes have been cancelled by the tutors. Please be assured we are making every effort to obtain replacement tutors. If you could take these classes or know someone that could, please let the office know.

Meditation & Mindfulness

Thank you to Paulina, who is no longer able to take these classes. We appreciate the time she has given U3A and are sure her class will miss her.

French Beginners & French Intermediate

Classes have been cancelled for 4th & 11th March and the tutor will no longer be available after her class on 25th March. We thank Aurelia for her time, we know her class members all enjoyed her classes.

EXPRESSIONS OF INTEREST:

If you are interested in any of the following classes please note your name on the "Expression of Interest" Notices on the Noticeboard at Reception.

Community Gardening / Group Jigsaw Puzzles / Fishing / Italian Conversation.



We would like to welcome our new Tutors and thank them for volunteering their time and expertise:

- *Cards – Key Wild* - Judith Carling-Sacharias and Georgia Cook
- *Cards – Bridge Beginners* – Sheryl Gardner
- *Memoirs* – Diana Todd-Banks

NEW CLASSES FOR SEMESTER 2

Financial Planning – **Thursdays 10.30am-12.00pm at the Southport Community Centre.** Our Tutor is a qualified and registered Financial Advisor and will cover topics including: Setting Financial & Lifestyle Objectives, Investment Planning Fundamentals, Strategies in Financial Planning and Constructing a Financial Plan.

Psychology - **Wednesdays 10.30am-12.00pm at the Southport Community Centre.** Topics covered will include the history of psychology, personality theories, learning, child development and intelligence, psychobiology, abnormal psychology and social psychology.

Community Garden – There is a possibility of a Community Garden.



With a large number of our members moving from homes with gardens into apartments, we believe this activity will be very popular. Community gardening activities may improve wellbeing through increased social contact. They are also associated with health gains for their users, irrespective of age, being an affordable and efficient way of promoting physical and mental health and well-being. These benefits are exactly what U3A Southport strives to achieve. Details will be advertised once finalised.

Griffith University & U3A

Griffith University and the Arts, Education and Law Group are delighted to collaborate with the U3A chapters of the Gold Coast region. Griffith University experts look forward to presenting a series of topics of interest to U3A members in the Engagement Series.

We welcome you to the campus to engage in the conversation and room location information will be provided as each event is approaching to ensure everyone interested to attend can be accommodated.

The format is light refreshments commencing at 1pm with presentations from 1.30pm, allowing ample time for questions before concluding at 3pm, when we farewell our guests.

The first in this series is:

Artificial Intelligence (AI)



Friday 5 April 2024
1.00pm – 3.00pm

To register: Enrol with U3A Southport online or write your name on the Noticeboard at Reception. **Registration closes Wednesday 20 March.**

The following topics will also be covered later in the year and will be available for registration closer to the time.

DATE	TOPIC	TIME
Friday 21 June	<i>Space Exploration</i>	1.00 pm - 3.00 pm
Friday 16 August	<i>China's Future</i>	1.00 pm - 3.00 pm
Friday 18 October	<i>Demographic Trends & their implication</i>	1.00 pm - 3.00 pm

For further information: Please contact Andrew Bode via email: andrewbode@tpg.com.au



SOCIAL EVENTS

THE NEXT "GET-TOGETHER" LUNCH

SATURDAY 23rd MARCH

*(not the last Saturday in March
as 30th March is Easter)*

Approx. 11.30am / 12.00pm

will be held at

KOKONUT WILLYS

Grand Hotel, Labrador



Place your name on the Lunch Notice on the Noticeboard at Reception, or give us a call, if you are interested.

Organiser: Pat Jones ph. 5528 0837



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.

TEN PIN BOWLING



FRIDAY 8TH MARCH 1.15PM

**ZONE BOWLING,
SURFERS PARADISE**

*(upstairs beside Timezone in the Paradise
Centre, Cavill Ave)*

Cost: \$16.90 incl. ball and shoes

Place your name on the Noticeboard at Reception, or give us a call, if you are interested.

Organiser: Margaret K. ph. 5572 6050



Easter Raffle

Our Easter Raffle tickets will go on sale \$2 each at Reception from **Monday 11 March** and the raffle will be drawn on Wednesday 27 March. Good luck and **Happy Easter** everyone!



U3A Southport Shirts

Join in the team spirit and order your shirt now. Men's and women's styles available.

Order and pay \$30 at reception.





CALCIUM AND BONE HEALTH

Why is calcium important?

Calcium is essential for building and maintaining healthy bones throughout life. Calcium combines with other minerals to form hard crystals giving bones strength and structure. Almost 99% of the body's calcium is found in the bones.

A small amount of calcium is absorbed into the blood and used for the healthy functioning of the heart, muscles, blood and nerves. Bones act like a calcium bank. If there is not enough calcium in your diet, the body will take what is needed from your bones for use in other parts of the body. If this happens, your bone density (bone strength) will gradually decline, and you may be at risk of developing osteoporosis.

How much calcium is recommended?

Age	Recommended Intake	Guidance
Adults 19 years +	1,000 mg per day	Adequate calcium intake maintains bone strength.
Women 50 years + And Men 70 years +	1,300 mg per day	The daily recommendation increases as calcium is less effectively absorbed from the intestine, and more can be lost through the kidneys.

Do we absorb all the calcium we eat?



Not all the calcium we consume is absorbed. A small amount of calcium will be lost and excreted from the normal body. This is factored into the recommended intake for your age. *Other factors can impact calcium absorption and should be discussed with your doctor, for example:*

- Low vitamin D levels
- Excessive caffeine and alcohol intake
- Certain medical conditions (for example, coeliac disease, kidney disease)

Calcium-rich foods examples

Food type	Examples	Calcium range (mg per serve)
Dairy	Milk, cheese, yoghurt	150 – 305 mg per serve
Seafood	Trout, snapper, mussels, oysters, prawns, canned sardines or salmon	35 – 300 mg per serve
Vegetables	Cucumber, kale, silverbeet, Chinese cabbage, broccoli rocket, watercress, bok choy, leeks	59 – 250 mg per serve
Nuts & seeds	Almonds, brazil nuts, hazelnuts, walnuts, sesame seeds, tahini paste	28 – 75 mg per serve
Fruits	Orange, strawberries, figs, kiwi fruit, dates	16 – 95 mg per serve
Other	Eggs, calcium-set tofu, canned chickpeas or soybean	21 – 105 mg per serve
Meat	Pork chop, chicken	21 – 105 mg per serve

For more information please go to <https://healthybonesaustralia.org.au> or call 1800 242 141.



TIPS TO REDUCE AIR CONDITIONER COSTS THIS SUMMER

1. Switch to dry mode

The most effective strategy is one of the most widely overlooked. Instead of automatically turning on the air conditioner to cool mode and letting the cold air breeze out, you can try using *dry mode*. You will find this setting on the remote of some – not all – air conditioners, with a symbol of a water droplet, while the cool mode is generally depicted with a snowflake.



Unlike cool mode which blows out refreshingly cold air, *dry mode works by reducing the temperature in a room by lowering the humidity*. As air in the room passes through the aircon, the water vapour condenses on the evaporator, acting like a dehumidifier. While it's not actively cooling the area, the reduction in humidity will make the room feel colder.



2. Don't overdo it on the temperature

Your air conditioner temperature should be *set between 25 and 27 degrees* for cooling in summer. Every degree of cooling increases your costs by around 10 per cent.

3. Clean the air conditioner regularly

It sounds like a tedious task, but cleaning out the air conditioner filter regularly will help it to pump out the cool air. Dirt and dust can get clogged in the device, and prevent it from doing its job properly.

4. Switch off appliances and time your cooking carefully

While keeping all of your electronics plugged in and switched on makes things easier when you return home after a busy day out, you could unintentionally be making your house warmer than it needs to be. Electronic devices such as televisions and computers use plenty of power and often become very warm.

Cooking up a storm in the kitchen on a hot summer's day is probably not the best idea. Ovens and stove tops let off a lot of heat, which can quickly spread throughout the house. While you shouldn't completely avoid using these items, try and limit your usage or turn them on at times of the day that are the coolest, like early in the morning or late at night.

5. Turn it off when you're out

While seemingly obvious, a surprisingly large number of Australians ignore this advice. Research shows that around 2.3 million households across the country are leaving their air conditioner on when nobody's home, for an average of one hour per day - just because they want it cooler when they return home.

6. Keep the curtains and blinds closed

It's probably something your parents told you to do as a child before heading off to school on a hot summer's day, but *keeping all the curtains and blinds closed will definitely keep the temperature down*. Hanging them close to the window will prevent the sun from streaming through, while lighter coloured curtains and blinds will reflect the bright rays the most.





JUST FOR FUN!



Good on you ladies for dressing up for your Valentine's Day Line Dancing Class on 14 February – you all looked lovely!



Come in and Browse our Library



We have books, jigsaw puzzles and DVDs you can borrow from our library – check out the selection at Reception.

If you have any photos of your class you would like to share, please email them to admin@u3asouthport.au