

WELCOME BACK!**Semester 2 Commences****Monday 28 July**

We hope you enjoyed your Semester Break and are refreshed and ready to continue in your classes in Semester 2 - or try something new and different.

Here's what's new in Semester 2:

- Android Phone
- iPhone Beginners
- Basic Computer Skills – Beginner
- Online Banking
- Social Media
- Introduction to Email
- Online Shopping
- Cloud Storage
- Cyber Security
- What is a VPN?
- Financial Planning
- French for Absolute Beginners
- Japanese for Absolute Beginners
- Crochet
- Chair Yoga B (additional class)
- Griffith University Lectures:
 - Recycling of Plastics
 - Space Exploration

Would you like to learn to fish next week?

We are running a short course on **Fishing** in collaboration with the Southport Amateur Fishing Club **commencing next Monday 28th July**

through to Friday 15th August. The class includes 3 x 1 hour classroom lessons and a practical beach fishing lesson. Further details on page 3. Enrol now!

Toowoomba Flower Festival – Sat 20 Sept

We have had a fantastic response for the Toowoomba Flower Festival Day Trip. So much so that we have booked another bus so that you don't miss out on the Grand Central Floral Parade that is only on Saturday 20th September. Please feel free to invite a friend to come along with you. Further details on page 4.

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

The office is open this week between 10am – 12pm should you wish to enrol in any classes or renew your membership for Semester 2.



PRESIDENT'S MESSAGE

Trish Darnedde

Dear Members,

As we approach another semester, I would like to extend a heartfelt thank you to all our wonderful members for your continued support, participation, and community spirit.

In particular, I would like to thank *Manelle Brand* and *Mary Walsh*, very valued members of our Committee who have recently resigned due to family and personal commitments. Manelle volunteered regularly on Reception and Mary tutored English Literature Through the Ages. They both also served on our New Premises Sub-Committee and will be sorely missed.

We are now seeking volunteers for the following roles:

- *Additional Committee Members & Receptionists* for just a few hours a week to assist with the day-to-day running of our organisation.
- *An experienced Project Manager for the purchase of new premises*. This role would be critical in planning, executing, and monitoring all aspects of the project - from acquisition to fit-out and relocation.

If you have any experience with the above and are willing to assist, please email me at admin@u3asouthport.au (Attn Trish) for more details.

New Premises

The search continues for new premises in the Southport CBD. If you have any suitable premises for sale or know anyone who does, please email admin@u3asouthport.au (Attn Trish).

On another note, the U3A Southport Committee had the honour of being invited as special guests to attend the *Treasurer's Post-Budget Breakfast, hosted by our local Southport State Member, Rob Molhoek MP*.

This was a valuable opportunity for us to represent our organisation, engage with other community leaders, and remain informed about the future funding landscape and local priorities.



We wrapped up the term with a fantastic *End of Semester Break-Up Function*. It was wonderful to see so many members in attendance, enjoying the chance to socialise and celebrate the term together. A very special thank you to everyone who helped with the catering - your time and effort made the event warm, welcoming, and delicious!

A big thank you also goes to our Sing-Along Group, who delighted us with a few light-hearted tunes. Your performance brought smiles to everyone's faces and was a lovely way to finish the term.

Warm regards,
Trish Darnedde
President, U3A Southport



NEWS FROM CLASS CO-ORDINATOR

Lou Stevens

A warm welcome to all our new tutors and members commencing classes at the beginning of **Semester 2, commencing Monday, 28th July.**

We have scheduled a large number of *IT classes* for Semester 2, including Cloud Storage, Cyber Security, Online Banking, Online Shopping, Social Media, Introduction to Email, Android and iPhone plus Basic Computer Skills. Please check the website or call into the office for days/times and availability.

Ukulele, both beginners and Play Along (Intermediate) have returned and will be held Friday afternoons at Margaret Street.

A second *Chair Yoga* class has been scheduled for Friday mornings and a new class, *Crochet*, will commence at Australia Fair on Thursdays.

Fishing – Short Course



In collaboration with the *Southport Amateur Fishing Club*, we are offering a short course on fishing with

classes as follows:

The formal classes will be held upstairs at our Margaret Street Premises at the following times:

3 x 1hr Classes

Monday July 28th 11.00am – 12.00pm

Monday August 4th 11.00am – 12.00pm

Monday August 11th 11.00am – 12.00pm

Fishing dates (Beach fish Broadwater or Surf)

Below dates for fishing would depend on weather as would the location and all participants would be advised of the location at the last classroom session and emailed on the day by 12.00pm of any changes.

Thursday August 14th 3.30pm - 6:00pm

Or

Friday August 15th 3.30pm - 6:00pm

(weather and participant dependent)

Participants will need to provide their own fishing rods and tackle for the beach fishing session.

Chair Yoga B



Due to popular demand, **we now have an additional Chair Yoga Class on Fridays 9.30am – 10.30am at the Community Centre.**

We welcome *Natalie Humphrey* as your Tutor. Natalie has been covering Jackie's Chair Yoga class recently whilst she was on holidays.

We still have a large waiting list for Jackie's class on Tuesdays so if you would like to come off the waiting list and attend Natalie's class on Fridays 9.30am-10.30am, please let the office know.

Chair yoga is a great way for older adults to get all the health benefits of yoga. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.

Japanese Beginners and Intermediate

Our Japanese Beginner students have progressed so much this year, their class has been retitled Japanese Intermediate Class, which is still held on Mondays 9.00am-10.00am at the Southport Community Centre. A weekly *Japanese Absolute Beginners* Class will also commence on Monday 28 July 10am-11.00am at the Southport Community Centre.

We were fortunate to be successful in our application for a grant to replace our old cumbersome trestle tables and plastic chairs with *easy-to-use flip tables and ergonomic chairs*. As these items cost around \$30,000, we ask that you *please follow instructions on their use and storage*.

We already have had a number of tables broken by misuse. Also please follow the guidelines for stacking of the chairs – a member has been badly hurt by falling chairs stacked 8 high just inside a doorway. This is not acceptable and we are very lucky that the injury was not more serious.



SOCIAL TRIPS

Bev Leahy, Jude Bowie & Wendy Barker

NEXT TRIP:

TOOWOOMBA CARNIVAL OF FLOWERS



SATURDAY 20 SEPTEMBER

COST: \$55 PER PERSON

As we now have an extra bus, you may invite a friend to come along with you.

INCLUDES:

Celebrate Spring with our full day bus trip to Toowoomba by chartered coach, with morning tea at Picnic Point.

See The Grand Central Floral Parade.

Visit the floral displays at Queen's Park Gardens, Laurel Banks Park and the Japanese Gardens.



The Botanical Gardens are at Queens Park and a Farmers Market is just across the road – if time permits.

You can either BYO lunch or purchase lunch from one of the food vendor vans in Queen's or Laurel Bank Parks, at your own expense.

PICK UP TIMES:

1. 7.15am SOPO, Scarborough St, Southport
2. 7.30am Helensvale

Book and pay \$55 at Reception

LATER IN THE YEAR....

CHRISTMAS MARKETS - HARRISVILLE, SCENIC RIM



SATURDAY 1ST NOVEMBER

MARKETS / FOOD & BAR / LIVE MUSIC / KIDS' FUN / CAMEL RIDES

Experience the best of a boutique country market! Come and support local Scenic Rim producers and businesses, as well as others from around Southeast Qld. Eat, shop, have a great time with friends, enjoy the stunning views from Summer Land Camels, and relax to the sounds of a local entertainer while you browse through the stalls.



Watch this space... Cost and more details to be advised closer to the time.



Getting Out & About

Seniors Expo

Thursday 24 July, 9am-1pm, Southport Community Centre



U3A Southport will be exhibiting at the *Seniors Health & Lifestyle Expo*.

Come along and join us for free information and advice. Free eyesight and hearing checks, travel advice, residential aged care providers, mobility aids, financial planners, Centrelink, legal advice, over 50's resort-style living, in-home care and much more. See you there!

Botanical Bazaar

Sat 2 & Sun 3 August

Nerang Country Paradise Parklands

Let's celebrate nature, sustainability, and community together! 🌿

🎫 **Tickets** are selling fast! Grab yours here: <https://www.ticketebo.com.au/botanical-bazaar/botanical-bazaar-2025>

The Botanical Bazaar are very much in need of volunteers this year. Can you help out? [2025 Botanical Bazaar Volunteer registration link:](https://www.trybooking.com/DCZFI)

<https://www.trybooking.com/DCZFI>

This year Rotary's fundraising will go directly to Flood Recovery in Western QLD as well as to local charities which assist with victims of Domestic Violence and those suffering homelessness.

Rotary Gold Coast

Botanical Bazaar

Where nature lovers connect

SAT 2 & SUN 3 AUGUST 2025

NERANG COUNTRY PARADISE PARKLANDS

ECO-LIVING & GARDEN FESTIVAL

- Celebrity Speaking Program
- Demonstrations & Workshops
- Guided Walks in Community & Urban Food Gardens
- Plant Market Place
- Eco Market
- Kid's Hub
- Botanical Art
- Live Music
- Food Trucks

FULL DETAILS ON OUR WEBSITE
www.botanicalbazaargc.com.au

BOOK HERE



START YOUR DAY ON A POSITIVE NOTE

We all have those days where no matter how positive and motivated we are when we wake up, we're just not feeling it. Some people call it getting out the wrong side of the bed. Some of us sadly just dread the day ahead. The dawning of every new day presents you with another fresh chance to make the most of unexplored potential and opportunities.

But how can we ensure that we start our day on a positive note, avoid anxiety and depression, and have positivity echoed throughout the day? As the great Philosopher Jim Rohn used to say, *"Either you run the day or the day runs you"* and how you start is a really important part of that.

Below are 14 habits (in no particular order) that will help you start your mornings on a more positive footing.



1. DRINK A GLASS OF WATER WHEN YOU GET UP

Keep a glass of water by your bedside table for when you wake up. No matter how much water you drank the day before you will always wake up dehydrated to some degree. Water fires up the metabolism helping your body flush out toxins and gives your brain fuel.

2. CHANGE YOUR ALARM CLOCK

Put a nice melodic tune on your alarm that begins soft and gets increasingly louder. You might find this brings you into the day more peacefully, waking up to a lovely sound.

3. KEEP A REMINDER BY YOUR BEDSIDE OR BREAKFAST AREA

Some say a successful day starts before you head to sleep. Prevent foggy thoughts and restlessness by dedicating 15 minutes each night to write down your goals and thoughts for the following day. The next morning you'll find those notes to be a useful blueprint of the day's focus and give your day greater purpose.

4. CONSIDER WHAT MAKES YOU HAPPY

Thoughts create emotions. Happy thoughts create happy emotions. It's super simple but it's so true – think about the things you love to do that make you happy. Just visualising doing something that makes you happy is bound to make you actually feel happier in return.



5. GO SLOW, TAKE YOUR TIME

When you start the day slowly and keep doing things at a slow pace then it becomes easier to keep the stress away. It becomes easier to focus on what you are doing and keep the day's priorities in mind.

Avoid getting into things in a rush. Slow your pace so that you allow yourself to focus and be in tune with what you are doing. It will help you avoid stress when you encounter some challenges.

6. GIVE ONE GENUINE COMPLIMENT



Give a genuine compliment to your spouse, friend, family member, workmate or coffee barista that you see in the morning. This will help lift their day and your day as a result. This may help you go about your activities feeling happier and with brighter spirits.



START YOUR DAY ON A POSITIVE NOTE

7. POSITIVE NOURISHMENT DURING BREAKFAST

If you like to start the day with the news, just be mindful that most mornings you'll be starting the day reading or hearing about things that are depressing, evoking anger and negativity. Instead, settle for what will inspire you or start you bouncing in to the day. Catch up on the news later.

Read one or a couple of new posts from positive, funny or uplifting blogs or websites, listen to a podcast that boosts your motivation, read a chapter from a book that inspires or makes you laugh, or even put on some good music.



8. FIND TIME TO EXERCISE

If you can, squeeze in some workout sessions in your morning. Try walking to the shop or cafe, or even a quick 15- minute workout before getting ready and taking your breakfast. If you're short on time, something as simple as morning stretches or an impromptu dance session will do the trick. But it is important to exercise properly at least 3 times a week. It will give you energy, good for your mental and physical health and wellbeing amongst many other positive outcomes.

9. SMILE REGARDLESS OF HOW YOU MIGHT FEEL AT FIRST

Look at yourself in the mirror and smile at yourself. Many swear by the simple action of smiling for a minute or two in the mirror in the morning changes their whole mood and outlook for the entire day.

10. STAY OFF SOCIAL MEDIA EARLY MORNING AND LATE AT NIGHT

If you check your social media or emails as soon as you wake up – stop that now! You will be surprised how much this subconsciously affects you (often negatively). Each morning spent away from social media is so much more relaxed, peaceful, and joyful.



11. DON'T CHECK YOUR PHONE UNTIL LATER IN THE MORNING

Refrain from checking your phone until later in the morning. Obviously check the screen to ensure there is nothing urgent, but if your screen notifications are just standard app messages and general chats – leave it until later.

12. GIVE GRATITUDE

Gratitude is an important practice for many people that seek positivity. When you spend some time in the morning to list 2-3 things you are grateful for, it shifts your whole mindset and your day becomes brighter.

13. WAKE UP TO A CLEAN ROOM

The messier your room is, the more cluttered your mind can feel. In order to get your mind organised and focussed, you should first have your space organised. Clean up your room and you'll notice how much the energy in the room becomes more peaceful and welcoming.



14. PLAY WITH YOUR PET(S) (IF YOU HAVE ANY)

Why not start your morning playing with your pet(s)? Before or during breakfast, stretch out and play before heading off to work or whatever your day has planned. It will help you connect with your pet, feel happier, and start the day off on a joyful note. And of course, your pet will love every minute of it.

Article Courtesy of 60+ Club



CELEBRATING OUR MEMBERS

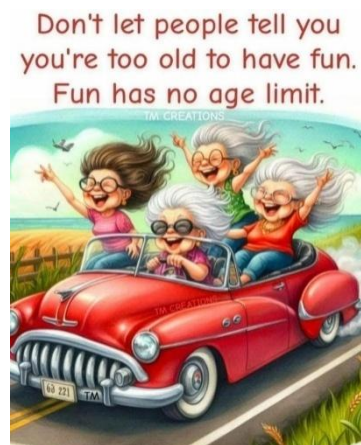
One of the greatest joys of U3A Southport is the inspiring stories shared by our long-standing members - and none more delightful than that of **June Basset**.



June has been with U3A for many years and continues to be a vibrant part of our community. Her journey began with one of our most memorable groups "*The Revellers*" - a dynamic dance group that brought rhythm, fun, and friendship to life. "*Oh, what fun we had!*" June recalls fondly, her face lighting up as she describes rehearsals and performances that are still remembered fondly by many.

From those energetic early days, June continued to explore everything U3A had to offer. She's joined countless classes over the years and never lost her enthusiasm for learning, laughter, and connection. Her presence in our U3A community is a true gift. June's commitment to staying active and engaged reminds us what U3A is all about - friendship, learning, and growing together. We extend our heartfelt thanks to June for her ongoing contributions and the joy she brings to so many.

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My new Fitness Trainer asked me  
"What kind of squats do you  
usually do?" I said "Diddly".



Behind every crafter is a huge pile  
of craft supplies they're definitely  
going to use. Someday.....

