



**NO CLASSES THIS
FRIDAY 29 AUGUST
GOLD COAST SHOW DAY.**



Celebrating 118 years of making memories, Gold Coast Show is back for three jam-packed days and will again be free to attend at Broadwater Parklands 8am-9pm Friday 29th August – Sunday 31st August.

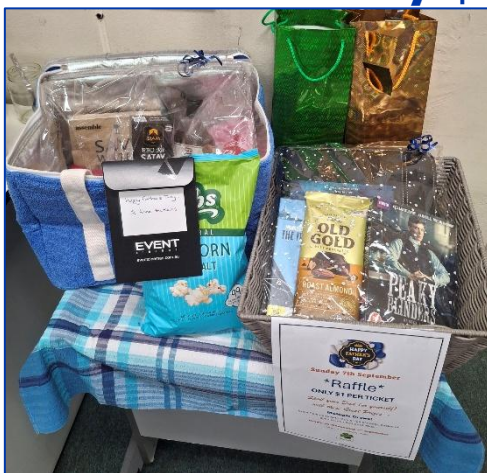
There is so much to see and do, including the largest and most spectacular side-show alley ever assembled, the gigantic Show Bag Lawn, incredible show food, Dagwood Dogs, and the beloved Fireworks Spectacular at 6:45pm on Friday and Saturday nights.

The entertainment stage will feature live music, dance and entertainment across all three days and Farmland returns with pony rides, a baby animal nursery, and camel rides on the beach.

Explore the Art Pavilion, Homecrafts Marque and Lego Displays, watch the thrilling Woodchop Program on Saturday, and the always popular Dog Show on Sunday. Farmer Dave's adrenaline-fuelled Dock Dogs are back with four shows a day, alongside the Snake and Reptile Show, which continues to delight and educate audiences of all ages.

For more info <https://goldcoastshow.com.au/show/whats-on/>

**Father's Day 7 September
Raffle Tickets only \$1**



Support U3A Southport and spoil your Dad (or yourself) with these great prizes. Multiple draws of Event cinema tickets, cooler full of treats, basket of goodies and bottles of wine. **Drawn on Wednesday 3 September** and all winners notified by phone. *Get your tickets from Reception or a Committee Member for only \$1 each.*

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



PRESIDENT'S MESSAGE

Trish Darnedde

Dear Members,

As we move into the last quarter of the year, it's a wonderful time to pause and reflect on the achievements of our U3A Southport community so far in 2025. One highlight has been the popularity of our new *AI classes*, which have sparked so much interest and curiosity among our members. It is inspiring to see our community embracing new technologies with such enthusiasm, proving that learning never stops at any age. *Thomas Wong* has shared his knowledge and encourages all members to listen and learn about AI. See his article on pages 6 and 7 of this newsletter.



On Friday 15th August nine members of the *"Sing For Fun"* group led by *Faye Cooper* stepped out of their comfort zone, and performed a "mini Flash-Mob" at the Pacific Hotel Cafe. While not many patrons were there, those that watched showed their appreciation. Some came up and thanked them personally. The Group sang "A White Sport Coat" and also "The Carnival is Over". Their future gigs include visits to nursing homes in the area.



Looking forward

The search for a new property is the most significant step we are undertaking as an organisation. Securing a permanent home for U3A Southport will be a milestone in our history, but the process is also drawing on the full resources and energy of our committee. The transition to new premises is a major undertaking, and while we are committed to the challenge, we need your help.

If you have experience in property transitions, relocations, or would simply like to take on a special task to support us during this time, we warmly invite you to reach out to myself or any member of the committee team. Together, we can make this move smooth and successful, ensuring U3A Southport continues to thrive for years to come.

* * * * *

Vale

We regret to inform you of the passing of *Diane Newbould* after a long illness. Diane was the wife of Matthew Newbould who takes our Cribbage Class, and a long-term member of U3A Southport. She was a very good artist and used to lead the walking group. On behalf of all U3A Southport members, we extend our condolences to Matthew and his family and friends.



Some of our long-term members may remember *Barbara Piper*, who was President of U3A Southport back in the 1990s for 13 years. She also ran a discussion group and enjoyed our social outings. She was very well liked and respected. Sadly, Barbara passed away peacefully in her sleep on 10 August. On behalf of all U3A Southport members, we also extend our condolences to Barbara's family and friends.

Warm regards,
Trish Darnedde
President, U3A Southport



NEWS FROM CLASS CO-ORDINATOR

Lou Stevens

Class News

There are no classes this Friday 29th August - Gold Coast Show Day.

Financial Planning 10-week course commences this Thursday 28 August 10.30am-12noon at the Community Centre. There are still a few places left.

Self Defence 5-week course with *Bill Wakefield* is back due to popular demand. It commences on Friday 5 September 11.30am-12.30pm at the Margaret St Hall, upper level. Enrolments are now open.

Welcome to our new Tutor – *Morganz Spowart* who teaches our *Crochet Class* on a Thursday at Australia Fair.



Bridge – Absolute Beginners & Beginners Improvers Classes have been **cancelled** due to low enrolments and attendance in the Absolute Beginners Class. The Beginners Improvers have now progressed to external Bridge Clubs. A big thank you to *Sheryl Gardner* for taking these classes.



Pilates – May be returning!! Keep tuned.

Member Portal

If you need any assistance with the Member Portal you can click on this video "[The Member Portal - What is it and how do I use it?](#)" or feel free to contact admin@u3asouthport.au or call the office on 5591 6671.



Korean and Mandarin Classes have been **cancelled** due to our Tutor no longer being available. We thank Jessica for her time and wish her well for the future. If you know anyone that would like to continue taking these classes, please let us know.

We have a number of tutors who have advised they are not able to continue volunteering in 2026:

Italian – Isabella, a long-term tutor of Italian for up to 3 classes a week, is traveling to Italy next year to continue her study of the Italian language. Isabella is a much loved and respected tutor and will be sadly missed by all at U3A Southport. We wish her well.

If you, or you know someone, who could take her place teaching Italian Beginners, we would be very happy to hear from you.

Dance for Fitness – Maria's classes have been very popular but her circumstances have changed with her now having more days of work. Currently, she is teaching one class per week but will not be able to do this next year. We will be sorry to lose her but with a young family, earning a living must come first. Once again, if you have dance experience, we would love to hear from you.

If you, or anyone you know, might be interested in a rewarding and fulfilling volunteer tutor role with U3A Southport, please let us know. We are currently seeking tutors for next year for the following classes:

- Art
- Line Dancing
- Dance for Fitness
- Tap Dancing
- Basic Computing
- Italian
- Korean
- Mandarin, and ?????





SOCIAL TRIPS

Bev Leahy, Jude Bowie & Wendy Barker

JOIN US FOR A DAY TRIP TO

THE CHRISTMAS MARKETS AT HARRISVILLE, LAKE MOOGERAH & BOONAH, SCENIC RIM



SATURDAY 1ST NOVEMBER

COST \$50 (includes bus trip and morning tea)

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. The Christmas Markets at Harrisville are from 8.30am until about 2.00pm. The bus trip also includes Lake Moogerah and Boonah.



Optional Extras available on the day at an additional cost:

- ❖ **LUNCH/FOOD/DRINKS.** The Homestead Cafe will be open and there will be multiple food trucks offering a variety of different food and drink options to choose from.
- ❖ **CAMEL FEEDING** is available throughout the day for \$3 per bag.
- ❖ **CAMEL RIDES** can be booked at the information tent by the Homestead Cafe for \$35 per adult (closed in shoes need to be worn to ride and there is a weight limit of 100kgs per person)
- ❖ **FARM TOURS** \$25 per person at 10am or 12pm. These can be booked online or on the day.



PICK UP/DROP OFF

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

Book and pay \$50 at Reception





Seniors' Concert

FREE TICKET

Enjoy classics by Michael Bublé, The Beach Boys, The Righteous Brothers, and The Bee Gees. Headlining is internationally acclaimed entertainer Thomas Armstrong-Robley, joined by renowned Australian vocalist Ashleigh Denning and award-winning pianist Matt Rofe. Their exceptional artistry brings these beloved songs to life.

More than a performance, this show is a nostalgic journey through golden musical eras, filled with charm, humor, and heartfelt storytelling. Don't miss this unforgettable celebration of song and talent!

Light refreshments, tea, and coffee will be available, with proceeds going to Parkwood Rotary.

GATHER YOUR FRIENDS AND BOOK IN EARLY TO AVOID MISSING OUT. SAY YOU ARE FROM U3A SOUTHPORT AND GET A SPECIAL GROUP BOOKING PRICE OF \$30.00 PER PERSON IF A TABLE OF 8 IS BOOKED. SEE FLYER FOR BOOKING DETAILS.

**Paradise Point Community Centre
Friday 24 October**

Bublé, Broadway & Beyond is a captivating daytime concert blending storytelling with timeless music.

vavachi
ENTERTAINMENT
PRESENTS

SONGS & SOIRÉE
2025 SENIORS MONTH CONCERT

FEATURING HEADLINE PERFORMANCE

BUBLE, BROADWAY & BEYOND

PARADISE POINT COMMUNITY CENTRE | FRIDAY, OCTOBER 24

This uniquely intimate concert features world-class vocals, stunning piano arrangements and hits from Michael Bublé, The Bee Gees, Billy Joel, The Righteous Brothers, Edith Piaf, The Phantom of the Opera, The Wizard of Oz and more.

Starring Thomas Armstrong-Robley who hits the stage direct from shows in over 40 countries alongside acclaimed entertainer Ashleigh Denning and award-winning classical pianist Matt Rofe, it is a simply unmissable show filled to the brim with heartfelt stories and classic songs.

Light refreshments, tea, and coffee will be available with all proceeds going to Parkwood Rotary Club

TICKETS: \$35.00
GROUP BOOKINGS AVAILABLE
<https://www.trybooking.com/CYXXY>

Enquiries: 0414725097
DOORS: 1:30PM
SHOW: 2:00PM

Proudly supported by
CITY OF GOLDCOAST

Queensland
Seniors Month

Parkwood
Rotary Club

Community Bank
Paradise Point
Bendigo Bank

**We have ONE FREE TICKET to give away.
Contact reception on 5591 6671
and put your name in the draw to win.**



ARTIFICIAL INTELLIGENCE - A FRIENDLY GUIDE FOR EVERYDAY LIFE

1. What is AI?

Artificial Intelligence, or **AI**, is a way of making computers behave a bit like people. It can answer questions, learn from experience, and even create new things such as stories, music, or pictures.

You may also hear the term **Artificial General Intelligence (AGI)**. This refers to a future type of AI that would be as smart and flexible as humans. But at the moment, nobody really knows how to build it, so the definition is still changing. For now, the AI we use is very good at helping with specific tasks, like answering questions, writing emails, or planning holidays.

2. The Evolution of AI

AI has come a long way in the last 80 years. Here are the key stages in simple terms:

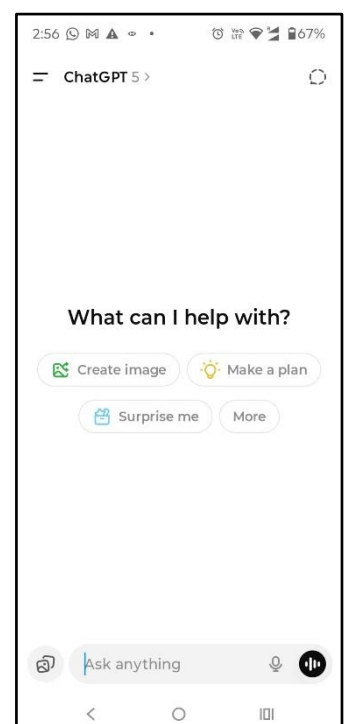
- **Foundations and Early Ideas (1940s–1950s):** The idea of machines “thinking” started after World War II. A famous test, called the *Turing Test*, asked whether a computer could have a conversation so natural that you couldn’t tell it was a machine. The official birth of AI happened at the Dartmouth Conference in 1956.
- **Symbolic AI (1950s–1970s):** This early type of AI followed strict rules and symbols, like solving puzzles or playing chess. It’s still used today in some areas, such as computer games or search engines.
- **Expert Systems (1970s–1980s):** These were programs built with the knowledge of human experts, such as doctors or engineers. They could give advice but were limited because they could not learn new things easily.
- **Machine Learning and Neural Networks (1980s onwards):** This was a big step forward. Computers began to learn from data (like photos, voices, and text). Deep Learning, which uses “neural networks” inspired by the human brain, helped AI recognise speech, translate languages, and more.
- **Generative AI (2022 onwards):** The latest era began in November 2022 when OpenAI released ChatGPT 3.5 for free. Suddenly, millions of people discovered they could have natural conversations with AI. Since then, AI has improved quickly, with smarter versions like ChatGPT 4 and 5 now available.

3. Introducing AI Chatbots

One of the easiest ways to try AI is through **AI chatbots**. These are computer programs you can talk to in everyday language, either by typing or speaking.

Popular chatbots include **OpenAI’s ChatGPT**, **Google’s Gemini**, **Microsoft’s Copilot**, **Anthropic’s Claude**, **Elon Musk’s Grok**, and **Perplexity**. Many of them have free and paid versions, and you can use them through a website or by downloading a mobile app.

For example, **ChatGPT 5**, the newest version, is available as a free app. You just type or speak your question, and it replies immediately. It can help you write letters, find information, translate, or simply have a friendly chat. (A screenshot of ChatGPT 5’s mobile app is shown on the right for reference.)





ARTIFICIAL INTELLIGENCE - A FRIENDLY GUIDE FOR EVERYDAY LIFE

4. How to Write a Good Prompt

When you talk to an AI chatbot, your question or instruction is called a **prompt**. Sometimes a short prompt works fine – like asking “What’s the weather tomorrow?” But for more detailed answers, a better prompt gives you better results.

A **good prompt** usually includes:

- What you want
- Any special details
- The style or tone you prefer



For example:

- **Bad prompt:** “Plan a holiday in Japan.”
- **Good prompt:** “Plan a 10-day holiday in Japan for two people in April, including a mix of cultural sightseeing and relaxing hot springs. Please suggest an itinerary with transport details.”

The second prompt is clearer, so the AI can give a much better answer. You can even ask the chatbot to suggest prompts for you.

One important reminder: **never share personal or private information** such as bank details, passwords, or medical records directly with AI.

5. Five Practical Uses for Seniors

AI chatbots are not just for young people or tech experts. They can be very useful in everyday life. Here are five simple examples:

1. **Recipe Ideas:** Take a photo of your groceries in the supermarket and ask AI, “What meal can I make with these ingredients?”
2. **Easy Explanations:** If you don’t understand something, ask AI to “Explain it in simple words, like you are talking to a friend.”
3. **Summarising Documents:** Upload a letter, article, or report, and ask the chatbot to summarise it or answer questions about it.
4. **Health Support:** Share a general health report (not personal details!) and ask the chatbot, “What questions should I ask my doctor about this?”
5. **Travel Helper:** Use voice mode to ask the chatbot to translate English into another language while travelling overseas.

Final Thoughts

AI may sound like science fiction, but it’s already here, making life easier in small but powerful ways. You don’t need to be a computer expert – just curious enough to try.



If you’d like to see how ChatGPT works, watch this short introduction video:

Android - <https://www.youtube.com/watch?v=oNIPqzL28vQ>

iPhone - <https://www.youtube.com/watch?v=Y5zpxZJlPc>

We encourage you to download the free **ChatGPT app** and explore it for yourself. Who knows? You may discover a helpful new companion in your daily life!

For your information this article was generated by AI.

Courtesy of Thomas Wong, Tutor



CELEBRATING OUR TUTORS

We are so pleased to share some recent feedback from our members about our wonderful volunteer Tutors and classes:

28 July 2025

Dance for Fitness & Fun

"I just wanted to tell you how uplifted I was after my dance class with Maria today. I started the day feeling a bit down and by jingo what a difference an hour of fun can do to your mood and energy. I finished the class laughing and feeling really positive. Thank you so much and thanks to the wonderful Maria."

Suki



18 August 2025

Fishing Course



"Unfortunately, I didn't catch anything but did have my bait half-eaten. I want to thank John Skinner and Peter, the President of the Southport Amateur Fishing Club, for a wonderful course and a lovely reception from all of the club members. What a great wonderful accepting group. Three of us have become members and I will be following the activities and continue to learn to fish. There are many females in the club (about 30%). Please join gals, and all of the men and women are wonderful and helpful. I would highly recommend this course. Happy fishing."

Louise

U3A Southport Shirts



Stay smart and show your U3A spirit! Men's and Ladies' styles available. Perfect for events, classes or everyday wear.

\$30 Short Sleeve Shirt | \$32 Long Sleeve Shirt

Order and pay at Reception.

Time-Tested Beauty Tips

- ♥ For attractive lips, speak words of kindness.
- ♥ For lovely eyes, seek out the good in people.
- ♥ For a slim figure, share your food with the hungry.
- ♥ For beautiful hair, let a child run his fingers through it once a day.
- ♥ For poise, walk with the knowledge you'll never walk alone.
- ♥ We leave you a tradition with a future.
- ♥ The tender loving care of human beings will never become obsolete.
- ♥ People even more than things have to be restored, renewed, revived, reclaimed, and redeemed and redeemed and redeemed.
- ♥ Never throw out anybody.
- ♥ Remember, if you ever need a helping hand, you'll find one at the end of your arm.
- ♥ As you grow older, you will discover that you have two hands: one for helping yourself, the other for helping others.
- ♥ Your "good old days" are still ahead of you. May you have many of them.



Author: Sam Levenson