



## Annual General Meeting

The U3A Southport AGM will be held  
**at 10am on Thursday 19<sup>th</sup> March  
at the Southport Community Centre.**

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

A formal Notice of AGM and Nomination Forms for Election of Officers & Committee Members have been distributed to members and copies are available from Reception.

**All Committee positions will become vacant on 19 March,** and we need dedicated volunteers.

*If you're interested in helping out on the Committee, please complete a Nomination Form and return it to the Secretary by 9am on Thursday, 5 March.* Thank you for your support.

### Current Committee:

**President:** Wendy Barker  
**Vice-President:** Trish Darnedde  
**Treasurer:** Lesley Northey  
**Secretary:** Alison O'Keefe

### Committee Members:

Robyn Todd      Krystyna Cole  
Georgia Cook      Trish Alomes

**The following classes will not be held on Thursday morning prior to 11am, 19 March, to allow members to attend the AGM:**

- *Art Basic Art Skills*
- *Financial Planning*
- *Scrabble*
- *Tap Dancing*

## Welcome to all our New Members

We trust you are making some new friends and enjoying your classes. Any feedback on classes is welcome, just email us at [admin@u3asouthport.au](mailto:admin@u3asouthport.au)

## Member Portal

Thank you to all those members who are using the Member Portal. If you need any assistance, 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](mailto:admin@u3asouthport.au) or call the office on 5591 6671.



We do have a Member Portal tab on the U3A Southport website.

A quick and easy way to **advise absence from class is through your member portal.**

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





## PRESIDENT'S/VICE-PRESIDENT'S MESSAGE

Wendy Barker & Trish Dervedde



Dear Members,

### Super exciting news!

We have done it. **U3A Southport is now the proud owner of 3 offices in the Southport Central Building, 5 Lawson St, Southport.** All offices are on the 4th floor, and close to each other. 2404, 2405 and 2408 respectively. It is envisaged that we will move into them in July 2026 after refurbishment.

We are indebted and thankful to *Rob Molhoek M.P. Member for Southport* for initiating this grant and his ongoing support for U3A Southport. Rob does so much for the Southport community. We are also indebted and thankful to the *Department of Families, Seniors, Disability Services and Child Safety* for the grant that enables U3A Southport to buy a forever home and to refurbish the offices to suit our requirements for offices and classrooms.



Our New Premises Sub-Committee has been instrumental in enabling U3A Southport to secure our new forever home. This achievement marks a significant milestone in the history of U3A Southport and reflects an enormous collective effort. In particular, special thanks must go to our Secretary Extraordinaire, *Alison O'Keefe*, for spearheading the New Premises Sub-Committee. While Alison will be the first to say that this has been a true team effort — and it certainly has — her expertise in government processes, tireless dedication, and meticulous attention to detail were pivotal in bringing this vision to life. Without Alison's leadership and commitment, it is hard to imagine this outcome being achieved. We are deeply grateful for her outstanding contribution

*Photo: Alison getting the keys from the real estate agent for 2408 on Wednesday 25<sup>th</sup> February, a momentous occasion for U3A Southport.*

U3A Southport is nothing without all our volunteers and we are so grateful to have you. You enhance all Members' lifestyle and wellbeing.

Another big thank you goes to *Trish Dervedde* who has taken on the Class Co-Ordinator role alongside being Vice President and is working on getting more tutors and classes.

We welcome *Trish Alomes* onto the Social Trip committee, who together with *Jude Bowie* will organise some wonderful trips to look forward to in 2026.

The U3A team were incredibly proud to participate in the Seniors Expo, hosted by *Kerry Stephen*, Director of Seniors and Disability Services and Child Safety, along with her team which brought together organisations dedicated to supporting and empowering seniors in our community.



*Photo: Kerry Stephen, Alison O'Keefe & Trish Dervedde*

Last, but not least, **we look forward to seeing you at the Annual General Meeting at 10am on 19<sup>th</sup> March at the Southport Community Centre.** Come along to hear all about the plans for U3A going forward. It is an exciting time for our organisation.

Our current committee members must stand down and be nominated for re-election. If you have any experience, qualifications or knowledge that may be of assistance, especially during our upcoming relocation phase, please consider nominating for the committee. **All nominations must be in by 5<sup>th</sup> March 2026.**

**See you on the 19<sup>th</sup> of March.**

**Wendy & Trish  
President & Vice-President**



## NEWS FROM CLASS CO-ORDINATOR

Trish Dervedde

Dear Members,

As you may be aware, Lou Stevens resigned from her role as Class Coordinator last month. I would like to sincerely acknowledge Lou's contribution and dedication to U3A Southport during her time in the role.

In addition to my role as Vice President, I have now taken on the position of Class Coordinator to ensure continuity and stability for our members and volunteer tutors.

As Class Coordinator, my priority is to support our volunteer tutors, review and strengthen our class processes where needed, and ensure we continue offering programs that reflect the interests and needs of our members. Stepping into this role is both a responsibility and a privilege, and I look forward to working closely with everyone as we move forward together.

### New Classes

#### ◆ *S.S.S. (Seniors Simply Stretch)*

Tutor: KATHLEEN SCHELL

**9am-10am Wednesdays** at the Southport Community Centre, **Commencing 11 March**



Seniors Simply Stretch goes alongside Pilates or Yoga. The tutor, Kathleen Schell, is qualified in both those disciplines but feels there's a need for

STRETCHING.

You will feel more alive, your mind will be rejuvenated, and your body will have more agility, strength and tone. When you become more flexible, supple and nimble, your heart rate slows down and blood pressure lowers.

With controlled breathing, whilst stretching, you can move a body part through a range of movements. Stretching also elongates the muscles hence you can develop muscles that produce a longer and leaner body plus helps quieten the nervous system. Stretching allows you to strengthen and become more energetic.

#### ◆ *Lecture: Birds of the Gold Coast*

Tutor: JOHN HUDSON

**9.30-11.00am**

**Tuesday 21 April** in

the Australia Fair

Study Room



An informative and colourful presentation of the beauty of the Gold Coast's diverse array of birds. John will briefly talk about birding and share with you some of the many species that can be found in our suburbs, local wetlands, rainforests, woodlands and our annual migratory birds. You will be amazed at the beauty of our local bird life!

### Expressions of Interest

#### ◆ *Italian Cuisine: History & Recipes*

Tutor: MARIO BARCHIESI

UNESCO has recently added: "Italian Cuisine" to its Intangible Cultural Heritage List, recognizing the entire culinary tradition as a social practice focused on rituals, family, community, sustainability and intergenerational knowledge transfer. The designation highlights food as love, identity and a way to connect, fostering social inclusion and preserving cultural roots. Each 2-hour class would be divided into two parts:



1. History of Italian Cuisine from the time of the Romans: De Res Coquinaria by the Roman Chef Apicio and from Bartolomeo Scappi – 1500/1577, the Literate Cook and the Chef of 8 of the Vatican Popes and many important others, Chefs from the different cultural Italian Periods such as: Renaissance, Baroque, Rococo, Classicism, Romanticism and modern times.

2. How to prepare the most interesting and tasty Italian recipes, including ingredients, preparation, procedure, presentation and service.

Interested? Please call the U3A office on 5591 6671 and ask them to add your name to the Expressions of Interest List on the Noticeboard.



## NEWS FROM CLASS CO-ORDINATOR

Trish Darnedde

### We welcome more participants in the following classes:

#### ◆ *Card-making*

Tutor: PATRICIA SANDRY  
**1.30-3.00pm Mondays** in the Australia Fair Study Room



Allow your creativity to run wild as you learn an inexpensive and economical way to produce original, unique greeting cards for every occasion.

#### ◆ *Scrabble*

Tutor: GRAHAM BRADLEY  
**9.00-11.30am Thursdays**, downstairs in the Margaret St Hall.



Join us for a fun game of scrabble. This class aims to help build your scrabble skills and strategies, and increase your enjoyment of scrabble. All levels of scrabble-playing experience

and skills are welcome, although some knowledge of the basics of the game will be assumed.

**Welcome** to our Tutor, JOHN SWADLING and his *Art – Introduction to Acrylic Painting – Australian Seascapes & Landscapes Class.*



This class was so popular it filled the day it was announced and there is now a waiting list.

### Check your Emails before Class

Please remember to *check your emails* before leaving for your class in case there is a last-minute change.

If you have tried a class and it is not for you, please cancel out of the class so that someone else has the opportunity to attend.

### Absence from Class

As some classes have a waiting list, *members are kindly requested to advise if they no longer wish to attend a class.* 3 consecutive unexplained absences (2 for art classes) will result in deletion from the class. Apologies can be made directly to your tutor, online through the member portal, emailing [u3agcfrontoffice@gmail.com](mailto:u3agcfrontoffice@gmail.com) or calling the office on 5591 6671.

### Classroom Set up and Pack Up



Can I please ask that members assist their Tutor in setting up chairs and tables, and replacing them when the class is finished. This makes it so much easier for the following class. Thank you.

### Vacancy for Assistant Class Co-ordinator

With the increase in classes and members, we are seeking a Volunteer Assistant Class Co-ordinator for a **few hours a week.**

**The role:** involves recruiting and supporting tutors, maintaining class schedules and resources, ensuring accurate member and class data, and promoting a positive and organised learning environment for all members.

**The person:** would be required to have excellent communication skills, proficiency with databases and general computer applications, attention to detail and ability to manage multiple tasks.

**If you are interested** please contact Trish Darnedde ph. 5591 6671 or email [admin@u3asouthport.au](mailto:admin@u3asouthport.au)

### **FIRE & EVACUATION PROCEDURES**

A reminder for all to please read - and make yourself familiar with - the ***Fire & Evacuation Procedures*** on display on the noticeboards at Australia Fair Study Room and Margaret St Hall. You never know when an emergency might occur.



## SOCIAL TRIPS

### Jude Bowie & Trish Alomes

SATURDAY  
MAY 16TH

CRYSTAL CASTLE & SHAMBHALA  
GARDENS with Mullumbimby Markets &  
Historical Museum

COST  
SENIORS  
\$79



Mullumbimby Community  
Markets and Historical  
Museum

First stop of the day, for morning tea compliments of Rob our bus driver, is Mullumbimby Market. With a range of stalls selling artisan clothing, jewellery, home wares, plants, up-cycled and retro items, eco-products, healing crystals, and more, there should be something for everyone.

Entry to Museum \$1 - \$2

[Brunswick Valley Historical Society Museum](#) sits at the heart of the market with a treasure trove of local history, plenty of 'old school' machinery on hand and displays about how the Valley developed.

SATURDAY MAY 16<sup>TH</sup>

PICK UP times

SOPO: 7.00am

HELENSVALE: 7.15am

Please arrive 10 minutes prior to departure time.

Lunch at your own expense. No food to be taken into Crystal Castle & Shambhala Gardens. Click [HERE](#) for Lotus Café Menu.

If you're looking for an escape from the hustle & bustle of Gold Coast life, join us for a breath of fresh air on our next day trip to the Byron Bay Hinterland...

Whether you're familiar with the purported powers of crystals, sound healing & other alternative beliefs, or if you just appreciate nature & beautiful scenery, it should be a rejuvenating experience for all.

(Rainbow umbrellas will be provided for our use if raining on the day)

BOOK NOW AT  
RECEPTION \$79



CRYSTAL CASTLE & SHAMBHALA GARDENS welcome you to the Byron Bay Hinterland, home of the largest and most beautiful crystals in the world. Wander through serene botanic gardens, journey the labyrinth, and connect with ancient crystals. Discover tranquil spaces for relaxation, meditation, and a deeper connection with nature

INCLUDED IN YOUR VISIT

[Shambhala Gardens](#)  
[Crystal Labyrinth](#)  
[Dragon Egg](#)  
[Crystal Meditation](#)  
[Crystal Singing Bowls](#)  
[Guided Tour](#)  
[Crystal Guardians](#)  
[Enchanted Cave](#)  
[Fountain of Peace](#)  
[Wings to Eternity](#)  
[World Peace Stupa](#)  
[Giant Treasure Chest](#)  
[Buddha Walk](#)  
[Rainforest Walk](#)  
[Love Garden](#)  
[Damanhur Spiral](#)  
[Reflexology Path](#)  
[Fossil Garden](#)

Please wear your U3A Southport lanyard on social trips



## SOCIAL TRIPS

### Jude Bowie & Trish Alomes

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## POTENTIAL SOCIAL OUTINGS 2026

Thank you to everyone who has contributed over the past year to the success of our social outings. Not only is your enthusiastic participation appreciated, but also the feedback and many suggestions that have been made for future trips.

### The following is a list of potential outings that may or may not eventuate in 2026.

- *July 10th – 12th 2026. Abbey Medieval Festival at Abbeystowe.* <https://www.abbeymedievalfestival.com/#> Take a trip back in time to the Middle Ages with music, dance, costumes, stalls, jousting, archery and cannon fire displays and more. Cost of tickets and bus not determined yet.
- Visit *'The Farm', at Byron Bay.* <https://thefarm.com.au> With free entry and Animal feeding at 10am, come back to nature on The Farm. There's a restaurant, a florist shop, a bakery and gelato shop on site. See how things grow at the farm. Cost undetermined.
- *Tweed Regional Gallery and Margaret Ollie Art Centre* Near Murwillumbah <https://gallery.tweed.nsw.gov.au/Home> Free admission. Bus extra. Minjungbal Aboriginal Cultural Centre and Museum, located in Kirkwood Rd Tweed Heads. <https://minjungbalmuseum.com.au/visitor-information/> Seniors \$5 admission plus bus cost.
- *Byron Bay Solar Train* and lunch. <https://byronbaytrain.com.au/> Ride the solar train and enjoy lunch at North Byron Hotel. <https://northbyronhotel.com.au> Cost for lunch and solar train \$35. Bus to Byron costs extra.
- Repeat of *Toowoomba Carnival of Flowers.* <https://tcof.com.au> Cost undetermined.
- *Picnic at Mt Cootha Botanical Gardens* ONLY (no planetarium) <https://www.brisbane.qld.gov.au/parks-and-recreation/botanic-gardens/brisbane-botanic-gardens-mt-coot-tha>
- Repeat of *Mt Tamborine and winery tour.*
- Trip to *Gallery of Modern Art Brisbane.* <https://www.gagoma.qld.gov.au/> by public transport.
- Visit *Currumbin Sanctuary* by public transport. <https://currumbinsanctuary.com.au> Cost \$55 senior.
- *Gold Coast Historical Centre and Museum.* 8 Elliot Street. <https://gcmuseum.com.au> Cost \$5 plus public transport. Could possibly bus to Gold Coast Tavern for a late lunch after visiting museum, before returning to Southport by another bus.

We would value any expressions of interest or feedback.



## TRAVELLING OVERSEAS THIS YEAR?

### Travel Insurance Options for Australians Over 80



One of the most important steps in planning a safe and enjoyable trip is choosing the right **travel insurance**, especially as coverage needs become more specific with age. Several reputable insurers offer policies tailored for travellers aged 80 and above, including options with no upper age limit and coverage for many pre-existing medical conditions.

#### Trusted insurers offering cover for travellers over 80:

➤ [AllClear Travel Insurance](#)

AllClear specialises in covering older travellers and those with medical conditions. With **no upper age limit** and cover for over 1,300 conditions, it's a strong option for peace of mind.

➤ [Australian Seniors](#) (underwritten by Allianz Global Assistance)

Australian Seniors offers policies built around the needs of older Australians, with straightforward coverage for medical emergencies, cancellations, and lost luggage.

➤ [Boomers Travel Insurance](#)

Boomers focuses on travellers aged 50+, with options extending well into the 80s. Their policies are easy to understand and tailored to common senior travel needs.

➤ [PassportCard Australia](#)

PassportCard offers a unique approach: approved claims can be paid instantly using their prepaid card, avoiding out-of-pocket stress.

#### ⚙️ What to look for when choosing a policy

- ✓ **Medical coverage limits** — Unlimited cover is ideal for international travel.
- ✓ **Pre-existing condition rules** — Some insurers require assessments; others cover automatically.
- ✓ **Age-based excess** — Some policies increase excess for travellers over 80.
- ✓ **Destination restrictions** — Especially important for cruises and high-risk regions.
- ✓ **Ease of claims** — A key factor when travelling far from home.

Choosing a policy that matches your health needs, destination, and comfort level ensures you can enjoy every moment of your trip with confidence.

### Summary of New Rules for British & Irish Citizens



From February 25 UK and Irish dual citizens will be prevented from entering the UK using solely a passport from a different country, such as an Australian passport.

They will need to use a valid UK or Irish passport or another valid passport containing a certificate of entitlement (COE).

At the discretion of airlines and other carriers, passengers may now be permitted to travel with an expired UK or Irish passport along with a second valid passport.

This means dual citizens who do not have a valid or expired British passport will have to choose whether to pay for a new British passport, the COE, or renounce their British citizenship.

#### Costs for each option are:

- A UK passport costs about \$190
- A certificate of entitlement costs \$1,100
- Renouncing UK citizenship costs \$968

Please be aware that the above information was valid on 25 February and needs to be monitored for any further changes.

(Source: ABC News 25 Feb 2026)



Have you tried the free to play Cardscapes Jigsaw Puzzle App from the Google Play Store or Apple Store? It's a lot of fun!



**Cardscapes** is a unique jigsaw puzzle experience where every move brings you closer to a masterpiece. Forget about messy piles of pieces — here, you swap elements on the board to complete the picture. It is the perfect mix of solitaire organisation and jigsaw puzzle fun.

Key aspects of the Cardscapes app include:

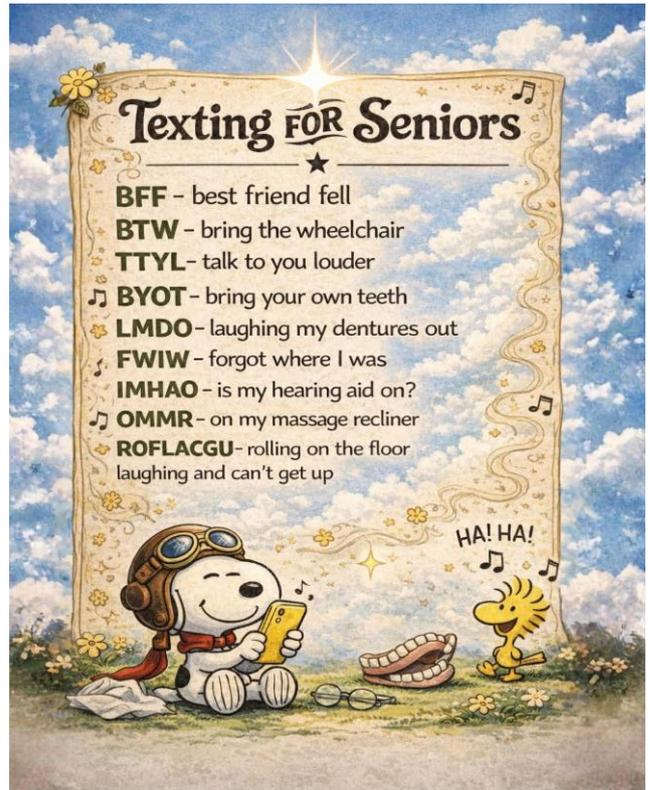
- **Gameplay Mechanics:** Players swap puzzle pieces on a grid, with pieces snapping together when matched to form completed images.
- **"Zen" Experience:** Designed for stress relief, the game offers no, or low-pressure, move limits, allowing for a calm, self-paced, and offline-compatible, puzzle experience.
- **Art Style:** Features a diverse gallery of high-definition images including landscapes, animals, and paintings.
- **Brain Training:** Focuses on spatial reasoning and logic for adults and seniors.



Support the locals - show your [U3A Membership Badge](#) and receive 15% Discount at **Espresso Lane Café** downstairs at Australia Fair.



At our age, friends with benefits means having a friend that can drive at night.



Oh honey, I'm not old! I'm in in the prime of my life...some-where between the young and the restless and the old and the senseless!



I took the shell off my racing snail, thinking it would make him faster. If anything, it made him more sluggish.



ARTICLES FOR UPCOMING NEWSLETTERS OR FEEDBACK ADDRESSED TO THE EDITOR ARE MOST WELCOME.