



Congratulations to our Newly Elected Committee!

- | | |
|---------------------------|-----------------------|
| President: | Wendy Barker |
| Vice President: | Trish Dervedde |
| Treasurer: | Lesley Northey |
| Secretary: | Alison O'Keefe |
| Committee Members: | Robyn Todd |
| | Krystyna Cole |
| | Trish Alomes |
| | Amanda Cowser |

IMPORTANT

Please note there will be
**NO CLASSES on Easter Friday 3 April
and Easter Monday 6 April.**

Thank you to all our members who attended the AGM.

Easter Raffle



Our Easter Raffle tickets are available from Reception for \$2 each and the raffle will be drawn on Thursday 2nd April. Good luck and **Happy Easter** everyone!

Social Trip to Crystal Castle & Shambhala Gardens, Mullumbimby Markets & Historical Museum

**Saturday 16th May.
Cost \$79**



There are only 7 seats left so book soon to secure your seat. **Book and pay at Reception.**

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,

It has been a very busy month once again.

We had a successful and informative AGM meeting on 19th March and finished off the meeting with a sumptuous morning tea. Thank you to everyone that attended. The weather wasn't the best, but it didn't curb the enthusiasm for getting together to celebrate all the accomplishments for this year. Well done everyone for your contribution.

We must thank all the committee members that contributed since our last AGM. They are: Lou Stevens, Kim Carter, Leslie Northey, Robyn Todd, Gloria De Villiers, Manelle Brand, Mary Walsh, Amanda Cowser, Krystyna Cole, Jenny Brown, Alison O'Keefe, Georgia Cooke, Raewyn Mannix, Trish Dervedde, Trish Alomes and Wendy Barker.

A special thanks for the commitment of the present committee that was voted in at the AGM. We appreciate all of you and your contributions. So, thanks to Trish Dervedde, Alison O'Keefe, Lesley Northey, Robyn Todd, Trish Alomes, Krystyna Cole, Amanda Cowser and myself, Wendy Barker.

We have a lot of work ahead of us. Now that U3A Southport is the proud owner of 3 suites at 5 Lawson St, the next stage is in progress. We now have to refit to purpose the suites to suit our requirements. A big thank you once again to Alison O'Keefe, the New Premises Sub-committee Director for spearheading this next stage. We must also give a big thank you to Mike O'Keefe for compiling the fit-out technology brief. What a dynamic duo the O'Keefes are, and U3A Southport is super lucky to have them.

U3A Southport is also indebted to Australia Fair who are letting us stay on at Australia Fair. They have been instrumental in the success of U3A Southport, and we owe them a huge thank you.

Fire Safety Reminder – Protecting Our U3A Community

The safety and wellbeing of all U3A members is our highest priority. As we attend classes and activities across a variety of venues, it is important that everyone is familiar with the fire evacuation procedures specific to each location.

In the event of a fire or emergency, knowing what to do can make a critical difference. We encourage all members to take a few moments at the beginning of each class to:

- Identify the nearest emergency exits
- Take note of evacuation assembly points
- Follow the instructions of your Tutor or venue staff
- Remain calm and assist others where possible



Please remember - evacuation plans may differ between venues, so it is important not to assume the process is the same at every location.

By working together and staying informed, we can ensure a safe and supportive environment for all members. Thank you for your cooperation.

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



NEWS FROM CLASS CO-ORDINATOR

Trish Dervedde

Dear Members,

New Classes

The first *Seniors Simply Stretch* class was a hit this month and received great feedback! Thanks so much to our fantastic tutor KATHLEEN SCHELL



◆ *Italian Cuisine: History & Recipes*

Tutor: MARIO BARCHIESI

This weekly class has now been confirmed commencing Thursday 26 March 9am-11am at the Southport Community Centre.



Class Change of Venue

The following classes have been relocated from the Southport Community Centre back to the Australia Fair Study Room:

Armchair Travel: Tues 9.00am-11.00am

Women in Art, Music & Literature: Tues 1.30-3.30pm

Evolution of the Western Culture: Wed 1.30-3.30pm

One-Off Classes in April

Thurs 2nd Cyber Security

Thurs 9th Cloud Storage

Fri 10th Griffith University Lecture: "Impacts of AI on Education & Society"

Wed 15th Lecture: "The Catalpa Rescue: Ireland's Bold Escape to Freedom"

Wed 15th French Beginners 10-week course

Thurs 16th What is a VPN?

Tues 21st Lecture: "Birds of the Gold Coast"

Italian Language & Culture Workshops



Ready to bring Italy into your week?

Enrol in the *Italian Beginners – Elementary Class* held every Friday,

11.00am–12.30pm at the Southport Community Centre. New learners can jump in any week, no waiting for "the right time". Our friendly group is currently at A1–A2 level [elementary to pre-intermediate], and we follow the Common European Framework of Reference for Languages, so your progress is clear and structured.

Taught by ARMANDO (ANDY) CRISTOFORI AND SILVANA MURPHY, two native, highly qualified Italians, and with all learning material provided at no cost. This is where Italian isn't just learned... it's lived. Italian isn't just words and grammar, it's music, rhythm, and heart. Join us every Friday and start, not only speaking but also understanding *La Dolce Vita*.



Expressions of Interest

◆ *Learn How to Play Croquet*

Venue: SOUTHPORT CROQUET CLUB

4-week introductory course

\$5 per session

All equipment provided



Croquet is a fascinating sport that combines gentle exercise, strategy, skill, and great company. It is sometimes described as "chess on grass" — but far more sociable!

◆ *Cards - Canasta*

Venue:

AUSTRALIA FAIR STUDY ROOM

Wednesdays



Canasta is a classic popular card game, with 2-6 players, who form melds of 7 cards of the same rank - called a "canasta" - and accumulate points. Blending teamwork, clever tactics and a touch of luck.

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



NEWS FROM CLASS CO-ORDINATOR

Trish Dervedde



Griffith University Lectures

Topic: *Impacts of AI on Education and Society*

Date: Friday 10 April 1pm-3.00pm

Venue: G31 (Arts & Education 2 Building) Room 2.07

Speaker: PROFESSOR JASON ZAGAMI

Generative AI is moving fast, and it is already changing how we learn, teach, and make sense of information. In this talk,



Professor Zagami will draw on his own research into AI generated content and "AI agents" to explain what happens when machine made text starts filling gaps in what we know, and how that can quietly reshape future knowledge.

Together, you will look at what this means for education, for students in schools and universities, to lifelong learning, and the new skills we all need to engage with technologies that can automate traditional learning practices while opening new avenues to augment our cognition. You will also explore wider social impacts such as trust in media and institutions, bias, and the challenge of telling what is authentic in an age of convincing synthetic material.

The session is designed for a general audience, with clear examples, time for questions, and practical takeaways for using AI thoughtfully and safely.

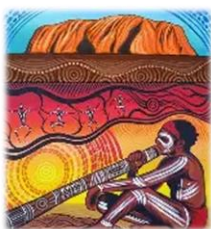
Enrolments for this lecture close Thursday 2 April.

Topic: *Pigments, people and place: A personal journey through the material history of humanity*

Date: Friday 19th June 1pm-3.00pm

Venue: G31 (Arts & Education 2 Building) Room 2.07

Speaker: ASSOC PROFESSOR JILLIAN HUNTLEY



The pigments people use to adorn themselves and mark their places leave a lasting record of their lives, offering archaeologists rare insights into who they were. For Aboriginal and Torres Strait Islander peoples time is not linear. Their continuous cultural practices including the gathering and preparation of pigments to mark themselves and their place as part of expressing who they are, and who they have always been. In this lecture Jillian Huntley will share her personal journey, reflecting on the lessons she has learned through ten years of researching pigment use across the human history of Australasia. The insights she has gained are not only archaeological but have helped her reconcile her place in Australia as a settler colonial nation.

Enrolments for this lecture close Wed 10 June.

VIRTUAL SEMINAR in the comfort of your own

home: *Tweens and teens who Struggle with Reading: How AI, online learning, and big-hearted volunteers help teens level up*

Date: Friday 8th May 1.45pm-3.00pm

Speakers: PROFESSOR BERYL EXLEY AND DR FRANCES HOYTE

In the first part of this session, we'll share an innovative new research project that uses AI, online communication, and volunteer reading partners to support tweens and teens who aren't independent readers... yet. Our data shows that students who engage twice a week for 30-minute sessions over five months make learning gains that exceed expectations. In the second part of the session, we'll all jump into AI together, playing with prompts to craft written and visual texts. Bring your curiosity and we'll have some fun together.



To enrol in the VIRTUAL SEMINAR: Email your interest in attending two weeks prior to the date of the event to Griffith University direct at email: ael-engagement@griffith.edu.au Provide your email address so they can send you a **calendar invitation** that you can **accept** once received.



SOCIAL TRIPS Jude Bowie & Trish Alomes



What a wonderful day out on the water for our last trip on the *Runaway Bay River Cruise!* Perfect weather, great food and great company while cruising along the beautiful Gold Coast canals and admiring the stunning homes and boats.

UPCOMING APRIL TRIP

Spring Hill 3 Hour Guided Walking Tour \$5

Thursday 30th April



Explore Brisbane's oldest suburb on this walk through Spring Hill. Stroll through the beautiful Roma St Parklands; observe Queensland's oldest building, the convict-built Windmill; see 170 year old mansions and workers' cottages; enter into the unique Spring Hill Baths, Queensland's oldest swimming pool; have an oversight of Victoria Park, site of the 2032 Olympic Games Stadium; admire the heritage listed buildings on Brisbane's Doctors' Street, Wickham Terrace, and see the exclusive United Service Club.

This tour will be a 3 hour walk that is quite hilly with quite a few steep inclines - reasonable fitness is required. **Wear your U3A lanyard**, comfortable walking shoes, a hat, and take a water bottle.

We are being responsible and saving fuel by taking the 50c public transport to Brisbane and back. The walk will be followed by lunch at your own cost at a venue yet to be decided.

Limited to 16 people. Book and pay \$5 at Reception.



SATURDAY 16 MAY

Day Trip to Crystal Castle & Shambhala Gardens, Mullumbimby Markets & Historical Museum \$79

Book and pay \$79 at reception

Please remember to wear your U3A Southport lanyard on all social trips



STAYING CONNECTED WITH VISION CHANGES

People living with a vision condition such as macular degeneration, glaucoma, or diabetic eye disease may be adjusting to changes that affect everyday life. Some of these changes are practical, others emotional, and many sit outside what is discussed in a clinic appointment. Having the right support can help ensure these shifts don't quietly lead to disconnection, from activities, confidence, or the people and routines that matter.

As seniors we often spend much of our time caring for others, partners, family, friends, neighbours, communities, and don't always turn that same care toward ourselves. When vision changes are part of life, having space to ask questions, learn new ways of doing things, or talk through the adjustment can make a meaningful difference, both for the person experiencing vision loss and for those close to them.

Sometimes support looks very practical. It might be learning how to adjust the accessibility settings on the phone or tablet you already use, enlarging text, improving contrast, turning on voice features, or simplifying the layout so it feels easier and more comfortable again. Often, small changes like these can make everyday tasks such as reading messages, recognising contacts, or following news feel less effortful.



Support can also be emotional. Adjusting to vision change can bring frustration, uncertainty, or worry. Being able to speak with a qualified counsellor at no cost* (*GP mental health care plan required for no cost counselling), at a time that suits, can provide reassurance and perspective in a way that fits around daily life.

SeeWay – an initiative of Guide Dogs is a free national service designed to support people living with changes in their vision, as well as their loved ones and carers. It's a practical platform to compliment the clinical care of an eyecare professional. It offers everyday lifestyle guidance and personalised digital skills support, alongside access to counselling and clear, trusted information.

If you or someone close to you is navigating vision changes, gentle guidance and practical ideas are available at your own pace. Support is valid, appropriate and deserved, even when impacts on daily life feel small or inconsistent.

You can explore articles, digital skills support, counselling and practical ideas at: www.seeway.com.au

Phone: 1800 733 929

Email: info@seeway.com.au





ANZAC DAY - SATURDAY 25 APRIL

ANZAC Day: Remembering Service, Sacrifice, and the Spirit That Unites Us

ANZAC Day holds a special place in the hearts of Australians and New Zealanders. Each year on 25 April, we pause to honour the men and women who have served in our defence forces—those who fought at Gallipoli in 1915, and all who have served in conflicts, peacekeeping missions, and humanitarian operations since.

The ANZAC legacy is built on courage, resilience, and mateship. These qualities were forged under unimaginable hardship and have become part of the character of both nations. From the trenches of the First World War to modern deployments around the world, our servicemen and servicewomen have shown extraordinary dedication and strength.

ANZAC Day is a time to reflect on the cost of peace and the freedoms we enjoy today. It is also a moment to acknowledge the families who have supported their loved ones through service—the quiet strength behind every uniform.

With Gratitude

To all Australian and New Zealand servicemen and servicewomen, past and present, we offer our sincere thanks.

- ♥ Thank you for your bravery.
- ♥ Thank you for your sacrifice.
- ♥ Thank you for your unwavering commitment to protecting our communities and upholding our shared values.

Your service will never be forgotten.



Anzac Day Ceremony – Broadwater Parklands

SATURDAY 25 APR 2026 | 05:00 AM-10:00 AM

ANZAC PARK – SOUTHERN END OF THE BROADWATER PARKLANDS



Where we gather to pay our respects to the courageous fallen servicemen and women who sacrificed their lives for the greater good.

Saturday 25 April is Anzac Day, one of our country's most pivotal national holidays where we gather to pay our respects.

Taking place at Anzac Park, on the southern end of the Broadwater Parklands, we will gather for two services to honour and remember them.

Service Times

5am Dawn Service

9am Citizen Service

Come together with your community to pay tribute to our heroes and express gratitude for their unwavering dedication and bravery.





Mother's Day Sun 10 May



How about doing something nice on Mother's Day with your family. Here are some suggestions:

Easy, Heartfelt Gestures

- A relaxed breakfast with fresh fruit, pastries, and good coffee.
- A handwritten note sharing a favourite memory or appreciation.
- A gentle walk somewhere pretty, paired with a coffee or ice cream.

At-Home Experiences

- DIY spa afternoon with a foot soak, face mask, and calming tea.
- High-tea at home with finger sandwiches, mini scones, and strawberries.
- A cosy movie afternoon with her favourite snacks.
- A beautiful grazing platter featuring fruit, veggies, dips, and cheeses.

Out-and-About Ideas

- Brunch at a café she loves or has wanted to try.
- A scenic drive to a lookout or coastal spot.
- A wander through local markets for flowers or handmade treats.
- A picnic with a simple, fresh menu and a comfy setup.

Creative or Memory-Making Activities

- A casual photo session to capture special moments.
- A craft or cooking activity done together.
- Creating a memory box to add to each year.

Something Special

- A surprise lunch or dinner with a beautifully set table.
- A personalised gift such as framed photos or custom keepsakes.
- A weekend away or a voucher for a future getaway.

U3A Southport are now gratefully accepting donations for our Mother's Day Raffle at Reception.
Tickets will be on sale mid-April for \$2 each.

