



## Mother's Day Raffle Winners

Congratulations to all our winners:

1<sup>st</sup> Prize: *Sonia Maas (right)*

2<sup>nd</sup> Prize: *Chris Vannucci*

3<sup>rd</sup> Prize: *Bev Leahy*



Thank you to everyone who supported the raffle and helped make it such a wonderful success.



## Single Semester Membership

*Those members who have paid membership for Semester 1 only* – if you would like to continue in your classes in Semester 2, **you will need to pay \$60 for Semester 2** and re-enrol in your classes.

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

You're Invited to our  **END-OF-SEMESTER CELEBRATION** 

**Friday 19th June 3.00pm – 5.30pm**

**at Australia Fair**  
(Venue TBC)

Drinks and nibbles provided

We will be conducting **CPR and Defibrillator training** for all Attendees. This could help you in the event of an emergency.

As the semester comes to an end, let's gather to celebrate our achievements, unwind, and enjoy the company of friends and classmates.

**RSVP by 12th June:** Advise Reception on 5591 6671 or email: [u3agcfrontoffice@gmail.com](mailto:u3agcfrontoffice@gmail.com)

## SEMESTER BREAK: 29 JUNE-24 JULY

There will be **NO CLASSES** from Monday 29 June to Friday 24 July (inclusive).

The Australia Fair Office will be **closed** from **Monday 29 June until Friday 17 July**, and will reopen on Monday 20 July – Friday 24 July between 10am – 12noon.

**Semester 2 will commence on Monday 27 July.** All members registered for classes in Semester 1 will continue in those classes in Semester 2 unless you advise the office otherwise.



# PRESIDENT'S/VICE-PRESIDENT'S MESSAGE

## Wendy Barker & Trish Dervedde



Dear Members,

### U3A Network Conference

The recent U3A Network Conference we attended was both informative and engaging, featuring a variety of lectures and discussions focused on ageing and the ongoing development of lifelong learning opportunities for seniors.

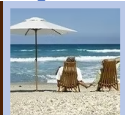
We are pleased to advise that U3A Southport continues to track well in comparison with other U3As in the State. This is a wonderful reflection of the dedication of our Tutors, Volunteers, Committee Members, and of course our valued Members.

Congratulations to U3A Sunshine Coast who hosted the conference on celebrating their 40th Anniversary. We also extend our congratulations to Sunshine Coast President, Mike Loftus, on his election as President of U3A Network Queensland.

### New Premises Update

The plans for the *new premises refit* are nearing completion and will provide a fantastic extension to our current facilities. We look forward to sharing further updates with members as the project progresses.

### Upcoming Seniors Expo



#### Gold Coast Seniors Health & Lifestyle

Free Information and Education for Seniors

We will be participating in the *Gold Coast Seniors Health & Lifestyle Expo* 9am-1pm Thursday 25 June at the Southport Community Centre. Come along to our stall and say "Hi".

It was a beautiful sunny day for our first *croquet* lesson at Southport Croquet Club. We were honoured to have a Queensland Champion taking the class.



We hope to run another short course in Semester 2.

How lucky are some classes! *Mario*, our *Italian Cuisine* Tutor, brought along some crostoli he had made for his class to taste test. Needless to say, they are enjoying their class.

*(Crostoli are thin, crispy Italian pastries, deep-fried and dusted with sugar, traditionally enjoyed during Carnevale and other festive occasions.*



We celebrated *Volunteers Week 18-24 May* and we want to extend our appreciation to every one of our Tutors, Reception Staff, Committee and Volunteers who give their time, energy, and heart to U3A Southport.

Your generosity creates a welcoming place to learn, connect, and thrive. Your patience supports those who are discovering new skills. Your enthusiasm keeps our community vibrant and alive.

*Whether you teach a class, greet members at Reception, are on the Committee, help behind the scenes, or lend a hand wherever it's needed, you make U3A Southport the special community it is. Thank you for everything you do.*



*Just a few of our friendly, welcoming Volunteer Receptionists from left to right, Jude, Robyn, Kym and Trish.*

Finally, we look forward to seeing you at the *End of Semester Function*. Please ensure you RSVP through the Australia Fair office.

Kind regards,

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



# NEWS FROM CLASS CO-ORDINATOR

## Trish Dervedde

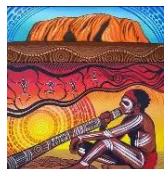
### ONE-OFF CLASSES IN JUNE

**Wed 10<sup>th</sup> June** – Humanities Lecture:

- ◆ *Colonisation of Australia: Convict Life in Tasmania*

**Fri 19<sup>th</sup> June** – Griffith University Lecture:

- ◆ *Pigments, People & Place*



Enrol online or with Reception.

### NEW COURSES/CLASSES

- ◆ *Self-Defence – Semester 2: 5-week course*



Tutor: Bill Wakefield  
**Commencing Friday 31<sup>st</sup> July** 11.30am-12.30pm,  
upstairs at the Margaret St Hall.

- ◆ *Fishing – Semester 2: 3 classes only*

**Commencing Monday 27<sup>th</sup> July – Monday 10<sup>th</sup> August**



at the Southport Amateur Fishing Club.

- ◆ *Generative AI Chatbots: Your New Digital Assistant – 3-week course*

Tutor: Thomas Wong

**Dates: Class A: Tuesdays 4 – 18 Aug**  
**Class B: Tuesdays 1 – 15 Sept**  
**9.30am-11.00am** Venue TBA



Artificial Intelligence (AI) has been ubiquitous in the digital world for years. Generative AI chatbots - such as ChatGPT, Google Gemini, and Microsoft Copilot - are wonderful new tools that are becoming increasingly popular. They can answer your questions quickly, help you write letters, plan your next holiday, summarise long articles, or even suggest recipes based on what's in your fridge.

If you have a smartphone (iPhone or Android) and know its basic operations, such as how to install a new app from the App Store or Play Store, you are ready to jump onto this AI bandwagon!

We are offering two class options (Class A & B). Each class runs for 3 weeks with one 1.5-hour session per week. Over the three weeks, we will cover four key areas:

- The Basics: What is a "Chatbot" and how do you talk to one?
- AI in Action: Fun ways to use AI for hobbies, travel, and creative writing.
- Staying Safe: Crucial tips on using AI securely and recognizing what's real vs. what's "AI-made."
- Hands-on Practice: Plenty of time to explore the apps and ask questions in a supportive environment.

*Come and discover how AI can be your new helping hand in the digital world.* We look forward to seeing you there!

### CLASS CHANGES

We would like to thank *Margaret Karakatsanis*, who has kindly offered to take the *Armchair Travel* class while Richard Cleave is on leave 9 June - 8 September. Note, there will be **no class on 28 July**. Classes in Semester 2 will commence on 4 August.

### EXPRESSIONS OF INTEREST

- ◆ *Tap Dancing Class for Beginners*

Learn tap the fun, easy way with an experienced dancer who'll guide you step by step. This class will boost fitness, balance, coordination, memory, and confidence while you enjoy great music and friendly company. Bring your enthusiasm and start tapping your way to better wellbeing.



**Interested?** Place your name on the Expressions of Interest Notice on the noticeboard at Australia Fair or call the office on 5591 6671 and ask them to add your name.

**Tutors:** *If you are not using the Tutor Portal, it is important that you email your Class Attendance List after your last class at the end of Semester 1 to [admin@u3asouthport.au](mailto:admin@u3asouthport.au). You can request an updated Class Attendance Sheet at any time from the office.*



## SOCIAL TRIPS

Trish Alomes & Jude Bowie

**Meet at  
Helensvale  
Station  
8.10AM**

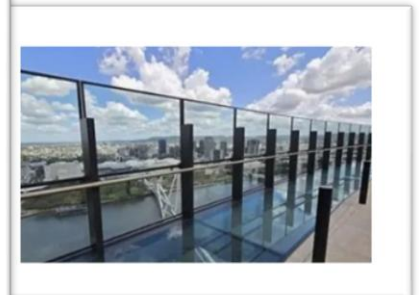
### **River Garden Vistas Walking Tour Thursday 18<sup>th</sup> June**

**COST  
\$5  
CASH**

Back by popular demand, 'Brisbane Greeters' will guide you on another walking tour (over 2 hours).

This time our journey will take to the water and skies.

Don't miss out. Numbers are limited to 18. Public transport & lunch at own expense.



### **The River Garden Vista Tour includes:**

- A City-Cat and Cross River Ferry to Kangaroo Point.
- An opportunity to explore Kangaroo Point and learn about its history.
- A walk across the new Kangaroo Point Bridge.
- Lunch (at your own cost) at the Brisbane Botanical Gardens.
- An opportunity to see amazing city views from SkyDeck.
- Return to South Bank via the Neville Bonner Bridge or Goodwill Bridge (if the group has already been to SkyDeck).
- Also, there is a possibility to visit the Convict Museum.

***Remember to wear your Lanyard, comfortable clothing and footwear, sunscreen (even on cloudy days), a hat, and bring a bottle of water.***

**BOOK NOW at reception.**



# SOCIAL TRIPS

## Trish Alomes & Jude Bowie



### DAY TRIP TO NAMBOUR FOR QUEENSLAND GARDEN SHOW

Cost \$89.00

**BOOKINGS CLOSE 19 JUNE**



- More than 360 stallholders including dozens of nurseries
- 60,000 plants for sale daily
- Landscaping in Action - Live Showcase and Demonstrations
- Giant kitchen garden
- Free talks and demos each day on 4 live stages
- Free advice from leading gardening experts at the plant clinic
- Heaps of free workshops
- Huge poultry display and competition
- Food courts and entertainment
- Floral design competition and more!

Pick up/Drop off at SOPO and Helensvale Railway Station  
Times to be confirmed (around 8am)

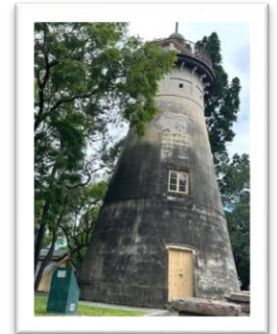
**Interested?**  
Book and pay \$89 at Reception  
by Friday 19 June.



### PREVIOUS TRIPS

Despite the threat of sudden showers and the unplanned rail disruptions enroute to Brisbane, the **Spring Hill Walking Tour** was a great success.

*Brisbane Greeters* provided a fascinating, fun day exploring the history of the area, and providing a free walking workout as a bonus!



What a wonderful day out exploring the beautiful **Crystal Castle & Shambhala Gardens**, the vibrant Mullumbimby Markets and the fascinating Mullumbimby Museum.



The visit to Crystal Castle was a truly tranquil experience, with peaceful meditation areas, rainforest walks, the

labyrinth, giant crystals and inspiring World Peace Stupa creating a calm and relaxing atmosphere.

A lovely social day filled with friendship, laughter, discovery and beautiful scenery.



Following a \$7.9 billion investment from the Australian Government, bulk billing is now becoming more accessible for all Australians. This funding is part of a broader commitment to strengthen Medicare and improve access to affordable health care.

## About bulk billing

Bulk billing means you don't pay anything when you see a GP, because Medicare covers the full cost of the service. This allows Medicare-eligible patients to access free health care, making it easier to get the care you need, when you need it.

Not all GPs bulk bill all the time. It's up to your doctor to decide whether they bulk bill a service. However, at Medicare Bulk Billing Practices, all Medicare-eligible patients can access bulk billed appointments. This could save you and your family hundreds of dollars a year in out-of-pocket costs.

Before you see a GP, it's a good idea to check if they are a Bulk Billing Practice, or ask if they will bulk bill you or if there will be any out-of-pocket costs.

## What if my doctor does not offer bulk billed services?

If you attend a private or mixed-billing clinic, you may not be bulk billed. This means you will have to pay the full fee upfront at the time of your appointment. If a Medicare benefit applies to the services, you can claim a refund from Medicare.

For more information about getting Medicare benefits, visit the [Services Australia website](https://www.servicesaustralia.gov.au/medicare) (<https://www.servicesaustralia.gov.au/medicare>).

## How to access bulk billing

Step 1: Check if your GP offers bulk billing. Find a bulk billing clinic near you by visiting [health.gov.au/bulkbilling](https://www.health.gov.au/bulkbilling) (<https://www.health.gov.au/bulkbilling>). Medicare Bulk Billing Practices will also display bulk billing signage at the clinic.

Step 2: Visit your GP. Remember to take your Medicare card to your appointment.

Step 3: Your GP submits a claim directly to Medicare for the service provided. To allow for this, you give your consent by signing an Assignment of Benefit form.

Step 4: Medicare pays your doctor directly, so you don't need to pay anything.

## GP services that are commonly bulk billed

- Consultations, including telehealth services
- GP chronic condition management plans and reviews
- Mental health treatment plans
- Health assessments.

## Find a bulk billing practice near you

To find a bulk billing GP near you visit [health.gov.au/bulkbilling](https://www.health.gov.au/bulkbilling)



# NATURE CONNECTION RESEARCH PROJECT

Storytelling is a powerful tool for understanding how people make meaning of the world around them.

Unlike factual information, stories can help us think more critically and sensitively about the impact of our lived experiences. With this in mind, the Nature Connection Storytelling Project will gather stories from diverse communities as a way of researching and understanding varied experiences of nature connection.

We know that connecting with nature has positive impacts on our health and wellbeing, social connections and on pro-environmental behaviours. However, there are some gaps in our understanding. It is unclear how our varied experiences of nature create these benefits what types of barriers get in the way of the benefits how relationships between humans and nature vary across sites and communities.

This project began with story collection in Tasmania and is now expanding across Australia. Written, oral and visual narratives will be shared on a national interactive website. Researchers will then explore these stories for meaning and significance, and from them develop a suite of tools for evaluating, qualifying and translating nature connection experiences, barriers and impacts. The tools will be useful for individuals and organisations connecting people with nature for health and wellbeing, as well as policy makers in environmental and health sectors.

*If you would like to be involved in this project, please contact:*

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The Nature Connection Project is collecting stories about spending time in nature

Write a story, or tell a story using photos or poetry – create art or make a video!

Your story will be published on the Nature Connection Story website and will help researchers understand how nature connection benefits people and the planet.

[thenatureconnectionproject.com.au](http://thenatureconnectionproject.com.au)  
[nature.connection@utas.edu.au](mailto:nature.connection@utas.edu.au)



By helping us improve our understanding of how people connect with nature, we can develop strategies and policies to generate positive environmental change



# JUST FOR FUN!

How about trying some easy, healthy and economical recipes:



## Banana Pancakes

These fluffy pancakes are made with only three ingredients, making for a quick and easy breakfast that's perfect for busy mornings.

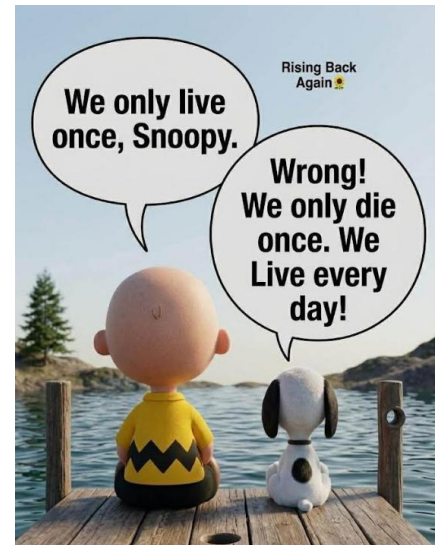
### Ingredients

4 servings

- 1 banana
- 2 eggs
- ¼ teaspoon cinnamon
- maple syrup, or honey, to serve

### Preparation

1. In a bowl, mash the banana with a fork.
2. Add eggs and cinnamon. Mix until combined.
3. Heat a nonstick skillet over medium heat. Add a spoonful of batter and cook for 3-4 minutes, then flip and cook for an additional 3-4 minutes.
4. Serve with maple syrup or honey.



## Cauliflower Soup

This soup is so quick and easy to make with only two ingredients (or 3 if you wish).

### Ingredients

4 servings

- 1 whole cauliflower
- 1 litre Campbells Chicken Stock
- A few mushrooms (optional)

### Preparation

1. Chop the cauliflower into chunks.
2. Add Chicken Stock (or other stock) to a large saucepan and add the cauliflower.
3. Bring to the boil and simmer until the cauliflower is cooked.
4. Use a stick blender, food processor or a potato masher to blend into a consistency you like.
5. (Optional: Fry sliced mushrooms in butter and sprinkle on top of the soup, to serve.)

