



**IMPORTANT:** There are no classes this Friday 28<sup>th</sup> August - Gold Coast Show Day Holiday.

## Relationships with other Clubs

We have recently collaborated with local clubs in the Southport area to bring you some new and exciting short courses. A big thank you to the *Southport Fishing Club* & *Southport Croquet Club*.

Here are some photos from the recent **Fishing Class**. 6 fish were caught under the Sundale Bridge and everyone had a great time!



## Father's Day Sunday 6 September

### Raffle Tickets only \$2



Support U3A Southport and spoil your Dad (or yourself) with this great prize including a \$30 gift voucher, Cineplex cinema tickets, cooler, books, wine and assorted goodies. **Drawn**

**on Friday 4 September** and the winner notified by phone. *Get your tickets from Reception or a Committee Member for only \$2.*

Thank you to *Cineplex Australia Fair* for donating 4 cinema tickets, *Terry White Chemist*, and to all those members who donated items for the raffle.



## New Email Address

Please note our new Reception email address is **reception@u3asouthport.au**

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

Our most recent talks have been with the *Southport Bowls Club* who have kindly offered:

- ♦ **Learn to Play Bowls Course** (6-8-week course for 1-2 hours).
- ♦ **Barefoot Bowls** \$10 per person
- ♦ **Friday night at the Club:** Bowls, beverages, food at pub prices, free musical entertainment

More details on pages 3 & 4.



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

**Wendy Barker & Trish Darnedde**



Dear Members

They say that all good things must come to an end but they also say that when one door closes, another one opens.

Sadly, *our tenure at Australia Fair will come to an end on 31st December 2026*. We really appreciate all that Australia Fair has done for us over the many years.

Luckily, we now have our new forever home at 5 Lawson St to go to. *The official opening for Lawson St is on the 10th of September and classes will commence at Lawson St after that*. The fit out of our new premises is all but complete. Very exciting for U3A Southport.

- ❖ If your class is at Australia Fair it will continue to be there until the end of Semester 2, 2026.
- ❖ Reception and our Head Office will also continue to be at Australia Fair until the year's end.
- ❖ Some classes currently held at the Southport Community Centre will be transferred to Lawson St. Tutors and members will be advised in due course.
- ❖ Margaret St classes will continue to remain there.

A big thank you to *Krystyna Cole* for her time spent on the Committee. Krys has done an amazing job with the Facebook page and will continue to do so, and has been especially helpful during the purchase of our Lawson St property.

*Valerie Richardson* has recently retired from tutoring our *Basic Drawing Art Class*. On behalf of all members, we would like to take this opportunity to thank Valerie for her valued service as a Volunteer and for sharing her time, expertise, and commitment to teaching art over many years. Best wishes for your retirement, Valerie.



We came across a charity in Labrador called "*Show the Way*". They are a Community food relief organisation. If you or someone you know are finding things a bit tough, please feel free to get in touch with them.

### Community Dinners

Where other services are not readily available after hours, it's our mission to hold our weekly community takeaway dinner; "*MONDAY MEALZ*" is held 5pm-6pm Labrador Community Centre, 57 Billington St and 5.15pm-6pm Loders Creek Boat Ramp Carpark, 174 Marine Parade, Southport. Our team of volunteers assist in handing out hot dinners, dessert, tea/coffee, hygiene packs, bread bags and pantry items to anyone in need 5pm-6pm.

### CONTACT

5 Windmill Street, Southport  
[showthewayinc@yahoo.com](mailto:showthewayinc@yahoo.com)  
Ph. 0432 005 285

### OP SHOP

Coles Labrador Shopping  
Centre, 28/100 Brisbane Rd,  
Labrador

### OPENING HOURS:

MON - FRI 9am - 2:30pm  
SAT 9:30am - 1pm



Kind regards

Wendy & Trish  
President & Vice-President



# NEWS FROM CLASS CO-ORDINATOR & ADMIN

**Trish Dervedde & Kim Carter**

## TUTOR REQUIRED

### *Japanese for Beginners*

Unfortunately, the Japanese Tutor we had organised to take a Japanese Class is no longer available. **If you know anyone that might be interested in Tutoring a Japanese for Beginners class, please contact us**, as we do have a number of members interested.

## CLASS CHANGES

**On Friday 4 September only**, the following classes will be held in our new premises at Southport Central, 5 Lawson St:

- ◆ 9am-11am *World History* – Suite 2405
- ◆ 10.30am-12.30pm *Rummikub* – Suite 2408

## NEW CLASSES

### ◆ *Learn How to Play Croquet*

**4 week introductory Course:  
Thursday 23 Sep–15 Oct 1-3pm**

Venue: SOUTHPORT CROQUET CLUB

\$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! Enrolments open now.

### ◆ *Master your Mobile Phone & Laptop One-on-One 1-hour Sessions*

Tutor: Jason Potter

**Mondays for one hour, either 11.15am-12.15pm or 12.15pm-1.15pm from 19 Oct – 16 Nov**

Venue: SUITE 2408, SOUTHPORT CENTRAL BUILDING

You must bring your own device - please make sure it is charged and you have your list of questions ready.

**Bookings by appointment only at Reception.**

### ◆ *Online Banking & Security* Tutor: Gordon Cowser **Monday 9 November 1.30pm-2.45pm**

Venue: SUITE 2408, SOUTHPORT CENTRAL BUILDING

### ◆ *Online Shopping* Tutor: Gordon Cowser **Monday 16 November 1.15pm-2.30pm**

Venue: SUITE 2408, SOUTHPORT CENTRAL BUILDING

### ◆ *Griffith University Lecture: Aged Care*

**Friday 30<sup>th</sup> October 1pm-3pm**

Venue: GRIFFITH UNIVERSITY

Speakers: Sue Cooke, CEO

at Anglicare Southern

Queensland & Karne

Crouch, CEO at Feros Care.



## EXPRESSIONS OF INTEREST

### ◆ **Learn to Play Bowls**



In collaboration with the *Southport Bowls Club*, we are offering a short 6-8-week course for 1-2 hours - in the late afternoon - so you can enjoy some refreshments

and get to know some of the members.

At the end of the course you should be comfortable with having an actual game of bowls at the Club during one of their normal activities.

This free course to U3A members includes the provision of bowls, and all instruction. Any refreshments would be at your own cost.

### ◆ **Your Life in a Book**

Your Life in a Book is a 3-session course (11.15am-12.15pm

Tuesdays 13, 20 & 27 October)

that shows you how to use ChatGPT to create a short book based on the highlights and memories of your life - or the life of someone you know well.



You will need a computer with internet access at home; a basic working knowledge of Microsoft Word or a similar program; and an understanding of what ChatGPT is and how to find it on your computer. (You do not need to have a ChatGPT account before the course.) If you have a laptop, you are welcome to bring it to class.

Interested in any of these classes? 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 & ADMIN

**Trish Darnedde & Kim Carter**

### PHOTOS FROM RECENT CLASSES



*Armchair Travel* welcomed the Queensland representatives from **Avalon Cruises** for a virtual journey through some wonderful cruise destinations across Asia, Europe and South America. A great opportunity to discover new places and dream about future adventures.

*Seniors Simply Stretch Class*  
*Happy birthday* to **Val Cameron** who recently turned 95! The class sang and wished Val continued good health as she once again showed her amazing agility – putting women 30 years' younger to shame! Val is such an inspiration to everyone at U3A Southport.



### *Self Defence*

Thanks to **Bill Wakefield** for teaching practical self-defence skills to our members to improve their confidence and help them to stay active and healthy in a friendly and supportive environment.





## SOCIAL TRIPS

Trish Alomes & Jude Bowie



- COST: \$69 for the bus
- PICK UP: Sopo 7am  
Helensvale 7.15am



- Morning tea provided together with breathtaking views @ 'Picnic Point lookout'
- Bring your own packed lunch or purchase your own food & drink on the day.
- Visit "Queen's" and "Laurel Bank" Parks
- Floral displays & information at both parks.
  - Botanical gardens are at Queens Park
  - Visit Japanese Garden, Ju Raku En
- Visit some of the Garden Competition winners



## 1. FRIDAY EVENINGS AT THE SOUTHPORT BOWLS CLUB

Enjoy bowls, beverages, food at pub prices, and free musical entertainment.

## 2. BAREFOOT BOWLS



Barefoot Bowls \$10 per person (flat shoes or bare feet)

Date to be advised once there is sufficient interest to book a group.

**If you are interested in either of these activities**, please call the U3A office on 5591 6671 and ask them to **add your name to the Expressions of Interest Lists on the Noticeboard**. We can then make a group booking.



# SCAMS AWARENESS WEEK

## Scams Awareness Week 24-28 August – Be Careful!

Here are the astounding statistics from The Government's ScamWatch website - just for people aged over 65, living in Queensland, for 2026.

| Reported losses | Reported scams | Top scams by loss                                                                                                                                                                                                                                                                                                                                                                                   | Top contact methods                                                                                                                                                                                                                                                                                                                                                       |
|-----------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| \$17,621,581.11 | 5,531          | <div><div><br/>Investment<br/>\$13,039,437</div><div><br/>Relationship<br/>\$2,308,580</div><div><br/>Buying and ...<br/>\$674,432</div></div> | <div><div><br/>Email<br/>3,145</div><div><br/>Phone call<br/>875</div><div><br/>Text message<br/>762</div></div> |



Scams are everywhere, targeting people from all walks of life and costing Australians billions of dollars each year. Whether it's fake emails, unexpected phone calls or online schemes, scammers always find new ways to gain your trust and steal your money or personal information. But 3 small steps can help keep us all safe from scammers. Learn more at [scamwatch.gov.au](https://scamwatch.gov.au).

Put your scam sense to the test. Give the 8 questions a go and find out how you can better protect yourself against scams. Take the quiz at [scamwatch.gov.au/scam-quiz](https://scamwatch.gov.au/scam-quiz).



If you come across a scam, help protect us all by reporting it to Scamwatch. Your report helps to:

- Take down scam websites, scam ads and contact details
- Warn the community
- Stop scammers in their tracks.

Report at [scamwatch.gov.au/report-a-scam](https://scamwatch.gov.au/report-a-scam).



Help protect your friends and family by sharing our advice on how to spot and avoid scams. The Little Book of Scams is a simple guide on how to spot, avoid and protect yourself from scammers.

Translated versions are also available for you to share with your community. Download the Little Book of Scams at [scamwatch.gov.au/little-book-of-scams](https://scamwatch.gov.au/little-book-of-scams).



# Reduce your dementia risk

## Up to 45% of dementia cases could be prevented.

Here are the risk factors for developing dementia and what you can do today to protect your brain and reduce your dementia risk.

|                                                                                     |                                                                                                                     |                                                                                     |                                                                                                           |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
|    | <b>EDUCATION</b><br>Keep learning throughout your life and support kids' education.                                 |    | <b>SMOKING</b><br>Stop smoking. Talk to Quit or your doctor.                                              |
|    | <b>HEARING LOSS</b><br>Take care of your hearing, talk to your doctor.                                              |    | <b>HIGH BLOOD PRESSURE</b><br>Eat a healthy diet, get your blood pressure checked and treated.            |
|   | <b>BAD CHOLESTEROL (LDL)</b><br>Get your cholesterol checked and change to a low-LDL diet.                          |   | <b>EXCESSIVE ALCOHOL</b><br>Drink less. Any reduction helps. Talk to your doctor if you're concerned.     |
|  | <b>DEPRESSION</b><br>Depression is treatable: talk to your doctor.                                                  |  | <b>SOCIAL ISOLATION</b><br>Explore new ways to connect socially with other people.                        |
|  | <b>TRAUMATIC BRAIN INJURY</b><br>Protect your head, avoid repeated knocks, talk to your doctor if you're concerned. |  | <b>AIR POLLUTION</b><br>Clear your air: search the web for "Australian Government indoor air quality."    |
|  | <b>PHYSICAL INACTIVITY</b><br>Get active! Even a small increase makes a big difference.                             |  | <b>UNTREATED VISION LOSS</b><br>Take care of your eyes, get tests, talk to an optometrist or your doctor. |
|  | <b>DIABETES</b><br>Talk to your doctor about your diabetes risk or managing diabetes.                               |  | <b>WEIGHT</b><br>Eat well, be physically active and keep your weight in a healthy range.                  |

Find out more with Dementia Australia: [dementia.org.au/brain-health](https://dementia.org.au/brain-health) ➔

Source: Livingston, Gill et al. Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission, The Lancet, 404(10452), 572–628.

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For more information visit [Home](#) | [Dementia Australia](#) or free call ph. 1800 500 100.



## JUST FOR FUN

### 3 ingredient Baked Cheddar Cauliflower Bites

*Healthy baked cauliflower bites are made with just 3 ingredients and a few herbs and spices to make the perfect low-carb appetizer or snack (can be frozen too).*

Servings: 4 Total    Prep time: 10 mins    Cook time: 12 mins

#### Ingredients

- 2 cups cauliflower florets frozen or fresh
- 1 cup cheddar cheese
- 1 egg
- 1/4 tsp oregano optional
- 1/4 tsp garlic powder optional
- salt and pepper to taste



#### Instructions

1. Pre-heat oven to 190°C. Grease a 24 cup mini-muffin tin or 12 cup standard muffin tin, with oil and set aside.
2. Place cauliflower florets in a microwave safe bowl and cover with plastic wrap. Microwave for 7-8 minutes or until tender or blanch cauliflower in hot water for 5 minutes. Be sure to drain well.
3. Place cauliflower in a food processor and pulse for a few seconds or until the cauliflower resembles rice. Place in a clean cloth and squeeze as much water as you can out of the cauliflower.
4. In a large bowl, add cauliflower, egg, cheddar cheese, herbs, and salt & pepper. Mix until fully combined. Scoop a tablespoon of the mixture into each muffin tin.
5. Bake for 12-15 minutes or until the edges are golden and the middle is no longer soft. Remove from oven and cool for a few minutes before removing from pan. Serve with your favorite dipping sauce.

**Have a Laugh! It's good for you.**

