

# U3A TWIN TOWNS CHATTERBOX



Welcome everyone to the new U3A year. To our returning members it's wonderful to see you again. To our new members I would like to extend a big welcome, we hope that your U3A Twin Towns experience is a friendly and positive one.

All new members will have received an invitation to a New Members Welcome to be held at Boyd Street at 4.30PM on 13 February. In past years this function has taken the form of a wine and cheese afternoon. However, this year the committee has decided to hold a barbecue to which new and returning members are invited. Our newbies will get to meet some returning members as well as other new members, the desk volunteers and committee.

For the purposes of catering we need to know numbers. Also, we unfortunately need to limit numbers to 70 due to the constraints of space. Please put your name down as soon as possible on the list at the desk.

This year promises a really interesting program of topics and events. Irene Sachs, Tutor Coordinator, has worked hard to provide a wide variety of subjects and courses to stimulate our minds and increase our knowledge. There is also a program of interesting social events planned – a diary of which you can see in the pages of this edition of *Chatterbox*.

I must make mention of the U3A conference in May. This year the conference will be held in Bundaberg on 16 and 17 of May. I urge you to seriously consider attending the conference as it is a wonderful opportunity to learn new things while taking a break, and to meet like-minded people who could easily become friends. The program is on the conference website – just tap 2019 U3A State Conference into your browser. Registrations opened on 1 February.

I commend the *Chatterbox* to you as a great source of information for members. Make sure too, that you check your email and the board at Boyd St to get the latest in news about classes and events at U3A Twin Towns.

***Yours in Lifelong Learning, Frances Garland, President***

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*Our Guest Speaker at 2.00PM (NSW) on 13 February is Leonie Shrimpton. Leonie is a Naturopath and she has a background in nursing.*

*Leonie's subject will be The Gut Brain Connection.*

*The discussion will focus on what you can do to keep your microbiome in tip-top shape to support a healthy brain.*

*Science has discovered that the digestive microbiome is directly linked to mental health. Research into the microbiome-gut-brain axis has revealed lots of important information regarding interconnectedness.*

*Tea and Talk is held at 2.00PM in the Common Room\* at St Cuthbert's Retirement Village, Keith Compton Drive, Tweed Heads.*

**## On 13th March the subject of the talk will be Retirement Living Options.  
The talk will be delivered by David Pearce, Peer Educator from COTA.**

\*Entry located directly behind the covered bus shelter.

## **COMMITTEE NEWS FEBRUARY 2019**

Your committee held its first meeting of the year on 10 January. A draft of the meeting minutes is available for you to read at the office. You may like to note the following:

### Date for the Annual General Meeting

The date for the 2019 Annual General Meeting (AGM) was set for 5 June at 2.00PM. The important business of the AGM is the presentation of financial statements and the election of office bearers. All positions will be declared vacant.

Please give some thought to standing for one of the elected positions.

### The General Meeting To Be Held Later in the Year

It was agreed that the General Meeting, the purpose of which is to recommend fees and charges for the following year, should be held separate from the AGM in 2019. No date was set but it is likely that the GM will be held in October on a date to be determined.

### Strategic and Financial Planning Workshop

It was agreed that a Strategic and Financial Planning Workshop will be held on 27 April at Boyd Street 9-00AM – 2.30PM. All members are invited to participate.

## DR KAREN KNIGHT-MUDIE TALKS ABOUT HER NEW AUSTRALIAN HISTORY COURSE



Karen describes herself as having a passion for spinning yarns with words and images, sprinkled with the spice of history! The urge to tell stories permeates early Australian history and Karen will continue this tradition in a series of talks through 2019.

She'll start in 1770 when adventurers from Europe happened upon "Terra Australis Incognita", and Captain James Cook hoisted the English flag at Possession Island, and claimed the whole east coast of the land for King George III.

Soon after the gigantic task began of creating a settlement to direct-employ, guard-protect, sustain morally and physically, and entertain the seasoned criminals from the mother country. No mean challenge for the governors where inefficiency and maladministration caused many problems for the fledgling outpost of England. Worse, the remote penal settlement was situated on the other side of the world, in the southern hemisphere on an 'island' nearly ten times the size of the wee island of England.

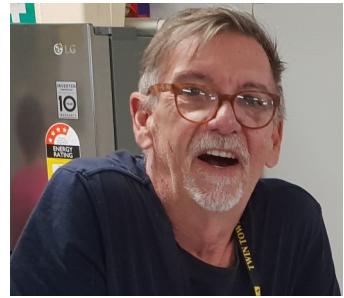
After breaching the Blue Mountains in 1813, the rest of the continent needed to be explored for urgent survival reasons—food, water and shelter—thence followed by economic resource treasures, fame and fortune. Within fifty years, the wool industry was booming, and explorers were busy tracing inland-flowing rivers, ranges and deserts, until an Overland Telegraph Line stretched from Adelaide to Port Darwin in 1872.

However, while communication was getting linked through central Australia, the gold rushes of the 1850s saw the population exploding from 400,000 to over a million by 1860. With the intention of servicing the Victorian goldfields, Cobb and Co. coaches hit the roads in 1853 from Melbourne with parcels, passengers, and gold packed to bursting point, and bushrangers were waiting to transfer that load of wealth to their pockets! Thus some dare-devil players entered the Australian realm of folkloric history from the 1850s, and Karen will highlight exploits of Frederick Wordsworth, known as "Captain Thunderbolt", Ben Hall, Henry Readford called "Captain Starlight", and Patrick and Jimmy Kenniff, brothers of desperado fame in the Mt Moffatt region of western Queensland.

Karen's talks will then continue to probe the impact of gold, depression years, involvement in wars, the emergence of Australian nationalism, unions, and sporting bonds until the course finishes with the Commonwealth Constitution Bill passing through the British Parliament and the official opening of the Australian Commonwealth Parliament in Melbourne on 9 May 1901.

Karen's background of English Literature, the Arts, History and Semiotics, led her into probing language and the arts as a fundamental means of expression. Her PhD studies, using words and images to assist her sleuthing into how, why, when, where, and what of survival, included shadowing the ghosts of the Kenniff boys. During the 1970s she trekked much of "Kenniff Country", west from Injune over the Ranges from Carnarvon Gorge, accumulating hands-on research information that she's written about, and exhibited through images. She's also painted in Kakadu, Flinders Ranges, Carnarvon Gorge, Port Arthur, and other locations in Australia with works now housed in State and private collections. Join Karen on Tuesday mornings, between 8.30 and 10.00am, to discover Australian History through stories and images.

## **EVER WANTED TO CHANGE THE WAY YOU REACT TO A PERSON OR A SITUATION**



Maybe our new class, *Practical Psychology for Relationships*, could give you some insights into how to have better interactions with the people in your life.

Class tutor, Don Gordon, has had a wealth of experience dealing with people from all walks of life. Not only is Don a qualified teacher with a double diploma in Counselling and Case Management but he has worked in a variety of occupations requiring extremely high levels of interpersonal skills. Two of these positions required particular expertise in dealing with people - developmental trainer for the Commonwealth Public Service and Coordinator of Entertainment Services at the Star Casino.

Don's new course is designed to provide an understanding of relationship psychology and provides opportunities to examine some psychological techniques for enhancing relationships. The course considers the ethical foundations of relationships and practice of psychology and looks at some of the personal characteristics and individual needs in order to productively contribute to relationships. The course also considers methods for managing the difficulties and achieving the rewards of relationships. For further information about the class which will be held on Tuesdays at 12.30 - 1.30 pm contact Don by email, [dongordon3011@yahoo.com.au](mailto:dongordon3011@yahoo.com.au).

## **INFORMATION SESSIONS ARE HERE AGAIN!**

As well as all our other wonderful courses we will continue to offer our popular Information Sessions again in 2019. For those of you who haven't attended one of these sessions before, these are short one and a half to two-hour sessions presented on the third Wednesday of the month at 3pm.

We have a wide variety of speakers who talk about many different topics. Previous sessions have included experts from areas as diverse as cyber fraud, companion dogs, music appreciation, financial information services and aged care accommodation.

This year we will start our Information Sessions on Wednesday, 20th February with a presentation from Southern Beaches Community Gardens about vegetable wicking beds. These ingenious beds water plants from below rather than above. They're basically containers with water reservoirs at the base - like a giant self-watering pot. Moisture is drawn up through the soil via a process called capillary action or wicking. This allows moisture to be more evenly distributed through the soil, creating better growing conditions for your lovely fresh vegetables.

On 20 March our speaker will be from Multicultural Interactive Planning Solutions (MIPS) - a company that has been contracted by the Government to create an online resource that will help you ensure that your house is a safe environment as you age. Hayley from MIPS will provide laptops to use on the day and distribute free booklets as she guides you through the interactive MIPS website.

Other speakers during the year will include Shona who will talk about living with Down's Syndrome; Brian who will amaze you with his adventures in environmental conservation programmes in outback Australia and Nina who will talk about the role that women's refuges play in combating domestic violence.

If you have ideas for topics that you would like to have included in our Information Sessions programme we would love to hear them. Please contact our Tutor Coordinator, Irene Sachs, by email: [irene\\_sachs@hotmail.com](mailto:irene_sachs@hotmail.com) or leave a message with the volunteer at the U3A Desk.



# Woody Allan had his 'RADIO DAYS' with your involvement, **U3A Twin Towns could have our 'RADIO PLAYS'**



So what's this all about ? Do you remember the ABC's radio play 'Blue Hills' ?

Would you like the opportunity to relive the past by participating in the production and recording of a re-enactment of an episode of the famous program with you acting the part of one of the famous characters?

## BACKGROUND

In 1974 Richard Vincent St Welch was presenting the ABC's NSW Country Hour. One of Richard's duties was to put to air episodes of Blue Hills and, in fact, he had the dubious honour of putting to air, the final episode.

Richard's interest in radio, the art of listening, and the pleasure derived from imagination has never waned.

"Imagination is more important than knowledge" said Albert Einstein.

## METHODOLOGY

Richard has the authentic equipment - the reel to reel tape recorders and microphones and U3A Twin Towns has access to the perfect studio facility in the Board Room at the Tugun Bowls Club.

Class participants will nominate for or be given a role and a copy of the script so that they can pre read their part. After some practice the 15 minute episode will be recorded, hopefully, in one take. But be reassured, none of us are professionals and some edits may be necessary.

## OUTCOME

We hope to achieve several results. First on the list would be plenty of laughs !!!

Heaps of nostalgia would be a feature as well. ***But the most important achievement would be the pleasure that comes from the acquisition of confidence.***

During Richard's time as a broadcaster of current affairs and rural matters, he interviewed thousands of people, many of whom had never seen a microphone before, let alone have their thoughts recorded for public scrutiny. Richard assures us that most people (including Dame Joan Sutherland) become uneasy when hearing their voices, however, exposure to this experience creates a gradual acceptance through reassurance.

In his early days on air, Richard claims that he was a bundle of nerves until he sought help from James Dibble who assured him that after years of broadcasting, he himself still had to address the problem. There is a trick !!! What you hear of yourself is a distortion and it applies to us all. Unfortunately for you, you will have to participate in the forthcoming Radio Plays class to hear about the technical and physical reasons for this amazing occurrence.

More details about class times and dates will be coming soon!! Please contact Tutor Coordinator, Irene Sachs, ([irene\\_sachs@hotmail.com](mailto:irene_sachs@hotmail.com)) if you would like to express your interest or would like further information.

## WELCOME TO OUR NEW VOLUNTEERS

Welcome to the new front desk and office volunteers , Anne Souter, Laurel Bonser and a returning member Vicky Jamieson. Also welcome to Paul Bernhardt along with Kym Sullivan who updates the membership information to ensure the class lists are prepared for the beginning of our year. If you see one of our new volunteers in the office, please make them welcome. Let us not forget to give a smile and "thank you" to our seven returning office volunteers – on whom we will rely once more in 2019.

## THANK YOU KAY.

We extend a very big thank you to Kay Jacobi who managed the membership information in a most capable fashion for the past 2 years.

### Winners of the Christmas Raffles

Vicky J; John B; Marie A; Pamela G; Laurel B and Dianne H.—Congratulations to all.

## **THE VALUE OF VOLUNTEERING**

Did you know that there are specific identified health benefits from volunteering?

A paper by Dr Martin Bridgstock, a retired Brisbane academic who reviewed 90 research papers on the value of U3A, points to the physical and psychological benefits of volunteering.

The physical benefits include reduced risk of hypertension, a key risk factor for age-related chronic diseases and premature death; better self-reported health and fewer functional limitations; a reduction in chronic pain intensity; and decreased levels of disability. There is an extensive body of evidence that volunteering contributes to happiness, health and longevity among older people. Psychological benefits of volunteering have been found to include higher reported levels of wellbeing; increased life satisfaction; improved mental health, including decreased depression; and, an increase sense of purpose.

## **TUGUN THEATRE COMPANY PRESENTS THE ODD COUPLE**

The Odd Couple, Tugun Theatre Company 's next show, will run from the 7th to the 23rd February 2019 on Thursday, Friday and Saturday nights at 7.30pm and Saturday 9th and 16th at 2pm (Qld) .

U3A Twin Towns have arranged a theatre party on Saturday 9th February , 2pm. If you would like to book tickets please ring the U3A Twin Towns office (07 )5534 7333 during office hours and provide name, contact details and number of seats you require, no payment required. Please pay on the day at the theatre and let the theatre volunteers know you are with the U3A Twin Towns table.

## **NSW SENIORS FESTIVAL 2019**

Wednesday 13th February— Tweed Seniors Festival *Opening Ceremony* is to be held at Banora Point Community Centre, Crn Leisure and Woodland Drive, Banora Point. This is a free event from 10am to 12 noon (bookings preferred) Join in the celebrations with the opening of Seniors Festival 2019. Presentation of Seniors Local Achievement Awards, entertainment and light refreshments. Event bookings preferred for catering purposes phone (07) 5569 3110

Friday 15th February—Laughter Yoga Demonstration with U3A Twin Towns will be held at Tweed Heads Library, Crn Brett and Wharf Street, Tweed Heads. Laughter Yoga is a new twist on an ancient practice. Not only does it increase happiness, but it also strengthens the immune system, reduces pain and reduces stress.. This event is free and starts at 11am . Disability Parking is available in the car park at the rear of Tweed Heads Library. Access to the program is via Tweed Shire Council- webpage: <https://www.tweed.nsw.gov.au> . All welcome.

## **MANY HANDS MAKE LIGHT WORK**

The Management Committee is looking for some help with our Social Activities. We are not asking you to sign up to a full year commitment, although you would be welcome to do so. You will see Diary Dates at the end of this *Chatterbox*. Please nominate which event/s you could offer to assist us and how you would help. Please contact the desk (07) 5534 7333 and register your name against the event/s.

## EARLY BIRD DRAW 2019 -

1st- First ticket to be drawn out went to Verena K., winner of first prize of a full refund of her membership fees.

2nd- Congratulations to Debbie F. second prize winner , Debbie received a refund of up to \$30 of her class fees. All members who paid their fees by noon on the 29th January were in the draw. Thank you to Gail, Valerie and Paul and many of our volunteers who contributed to the Early Bird Draw.



GAIL AND VALERIE



### BETTY'S WISE WORDS

Please heed a little suggestion from Betty— a valued member of U3A Twin Towns – start in January to save for U3A Twin Towns membership by placing your loose coins in a jar or money box. When it comes time to pay your annual fees, it will be easy on your pocket or purse., Thank you Betty, wise words indeed.

## GRANTS FOR SOLAR PANELS

U3A Twin Towns has been successful in obtaining a grant from the Gambling Community Benefit Fund for the installation of solar panels. We are delighted to have received the full amount of \$9.504. Work will commence on Saturday 9th February. Brad Dwyer, Enlightened Automation and Electrical has been engaged to carry out the work. It is anticipated that the work will be carried out over a weekend. The solar panels should further reduce the cost of electricity consumption.

Many improvements to the building and grounds and the purchase of equipment have been made possible through grants from various sources. In the past couple of years grants have funded:

New chairs and trolleys, purchase and installation of new air-conditioners; new computers; photocopy machine; a data projector and screen; materials for the vegetable garden and the plants for revamp of the general garden; free community concerts held in Qld. Seniors Week; also free barbecue held in Qld. Seniors Week 2018; 50% of the cost of the reticulation system; and replacement of the perimeter fence and replacement of the change of surface tiles at the foot of the ramp.



### Vale Coral Harris



CORAL HARRIS

Passed away suddenly on Friday 7th December, 2018.

This is in memory of Coral who made U3A Twin Towns a brighter and better place for all who knew her. Coral attended numerous exercise classes over the years and was always seen at social events. She will be missed Now at Peace.

**4 Boyd Street, Tugun**

**Cash or credit card available at the office.**

4th February

## **U3A TWIN TOWNS DIARY DATES**

DURING DAYLIGHT SAVINGS, NSW CLASSES ARE IN NSW TIME AND QLD CLASSES ARE IN QLD TIME

**Bank Detail: direct deposit or online-**

**BOQ BSB: 124063 Acc:10258072**

**Use your name as Reference.**

4th February

Most classes resume from 4th February.

ALL VENUES

Theatre Party , The Odd Couple,

9th February, 2pm.(Qld).

Tugun Theatre Company production of *The Odd Couple*, at 414 Coolangatta Road, Tugun. (near U3A Twin Towns), Tickets \$15 pp. Let the volunteers know you are with U3A.

Please call (07) 5534 7333 to register name number of seats and contact details, pay at the theatre on the day of performance.

New Members Welcome

13th February 4.30pm (Qld).

All tutors, new members and returning members are invited to our New Members' Welcome at 4 Boyd Street, Tugun to be held at 4.30PM on 13 February.

Bookings essential (for space and catering purposes) Limit 70 people call 07 5534 7333 email u3a1office@gmail.com

The Gut Brain Connection

13th February— 2pm (NSW).

Our guest speaker at Tea and Talk on 13 February will be Leonie Shrimpton. Her topic will be The Gut Brain Connection. The discussion will focus on what you can do to keep your microbiome in tip-top shape to support a healthy brain.

The Common Room, St Cuthbert's Retirement Village Keith Compton's Drive, Tweed Heads. (entry behind the bus shelter).

Retirement Living Options- 2pm (NSW)

13th March.

The subject of the talk will be Retirement Living Options, delivered by David Pearce, Peer Educator from COTAQ.

The Common Room, St Cuthbert's Retirement Village Keith Compton's Drive, Tweed Heads. (entry behind the bus shelter).

Strategic and Financial Planning Workshop

27th April 2019.

U3A Twin Towns Strategic and Financial Planning Workshop will be held on 27 April at Boyd Street 9-00AM – 2.30PM. All members are invited to participate.

All members are invited, please register your attendance with the office on (07) 5534 7333.

U3A Queensland Network State Conference

16th 17th May .

This year the conference will be held in Bundaberg on 16 and 17 of May. Conference Registrations open from 1st February 2019.

Conference Registrations now open.

Big Morning Tea— 10.30am (Qld).

24th May— entry \$5.00

Big Morning Tea raising funds for cancer research, funds raised go to Queensland Cancer Foundation.

4 Boyd Street, Tugun. please register your attendance with the office (07) 5534 7333

2019 Annual General Meeting (AGM)

5 June at 2.00PM, 2019.

2019 Annual General Meeting (AGM) 5 June at 2.00PM. The important business of the AGM is the presentation of financial statements and the election of office bearers. All positions will be declared vacant.

Please consider standing for a position.

Christmas in July,

26th July,2019.

Venue to be confirmed.

Details to follow.

Trivia Afternoon

Trivia Afternoon, Part of Queensland Seniors Week Event.

Details to follow.

23rd August 2019.

Melbourne Cup

Melbourne Cup– Spit Roast \$25 ph. Lunch and drink.

Details to follow.

5th November, 2019.

River Cruise and Art Gallery Visit September.

River Cruise and Art Gallery Visit, previously a winner our members.

Details to follow.

Christmas Lunch

15 December, 2019.

Christmas Lunch

Details to follow.

Ongoing Events

U3A Twin Towns General Meeting will be held on a date to be determined and will include a guest speaker.

Tickets to Tugun Theatre productions and QPAC shows will be arranged in season