



I am pleased to report that membership numbers are steadily climbing and they are comparative with those at the same time last year. We were sad to lose some long term tutors but I'm pleased to say that our class program this year is rich with learning opportunities. I hope that you have decided to sample a few of the wonderful courses on offer.

Our New Members function was held on 13 February and provided new members with an opportunity to meet others who had just joined, and also members of longer standing and tutors. It was quite a party with lots of happy noise and some great food.

The function to welcome new members is only one of a range of social events planned for the year. Make sure that you keep your eye out for coming events. Those coming up shortly include tickets to *Senior Moments* at QPAC, *The Big Morning Tea* and don't forget the U3A Conference at Bundaberg on 16 and 17 May. The pre-conference event on 15 May is a visit to the famous Bundaberg Rum distillery where, I'm reliably informed, there are samples to be had.

On a more sombre note, I need to bring your attention to the *Code of Conduct* printed on the back page of this issue of *Chatterbox*. The *Code of Conduct* is based on thoughtfulness and common courtesy and it sets out the standards of behaviour expected of all members. I encourage you to familiarise yourself with the Code and to practice it at all times.

Lastly, I would like to recognize the tremendous work done by Paul Bernhardt, the membership team and the desk volunteers for getting the membership data entered, and class sheets and badges printed in time for the start of classes. They managed a massive amount of data entry in a very short time. If you have not picked up your badge yet please check to see if it is in the box waiting for you at Boyd Street.

Frances Garland,

President

Office hours: 9.00 — 12.00pm Monday to Friday 4 Boyd Street, Tugun
Telephone us on (07) 5534 7333 or Email us on u3a1office@gmail.com

News from the Committee

New Website Proposal

On 9 February, committee members attended a presentation by representatives of *Computer Interiors*, a company that specialises in the design of websites and administration systems for other U3As. If you'd like to see a sample of their work, take a look at the U3A North Gold Coast website. At the 20 February committee meeting it was decided to have *Computer Interiors* mock up a website for U3A Twin Towns. We are aiming as a first step to have a website with our own domain name.

Review of Enrolment Procedures

In keeping with our aim of continuously improving services to members, the committee reviewed enrolment procedures in 2019. There will be some fine tuning of the processes in 2019, including the introduction of incentives for early enrolment.

Singing Group Proposal for a Social Afternoon

The committee considered a proposal from the singing group for a social afternoon of singing and dancing. It was agreed that a trial event would be held on 8 March at 5.30 pm. Their proposal sounded like great fun. Look out for details about the event, which will be organised and promoted by members of the singing group.

Change of Nomenclature

At U3A Twin Towns we offer tuition around a diverse group of technology products. The days when we offered only classes for those wanting to learn how to operate their computer have largely been surpassed by enquiries about how to operate a variety of software, communication tools and devices. Consequently, it is really Information Technology (IT) that is being offered and from now on our program will reflect that. So, if you'd like to learn how to get the best from your new device or program, look for reference to Information Technology on the latest class sheet.

Senior Moments at QPAC

Tickets are available for the matinee session of *Senior Moments* on 10 May 2019 at 1.00 pm. This riotous comedy reflects the reality of much of our lives. There are a limited number of tickets available. You can secure your tickets by putting your name down at the front desk. Tickets are \$60 per person. Transport to Robina station will be available for those who'd like to join other members in getting to the train.

Lost Property at Boyd St

A small black lightweight backpack was left at Boyd street office on one of the enrolment days.

Are you receiving emails from our office?

Would you like to be on our mailing list or update your email details?

Would you like to opt out?

Please email your response to u3a1office@gmail.com.





2.00 pm (NSW) on 13 March

Guest speaker at Tea and Talk at 2.00 pm (NSW) on 13 March will be COTAQ peer educator David Peace whose topic is

Right Where You Live.

David's talk will provide information about retirement living options and the contracts governing the various options.

Tea and Talk is held at the Common Room, St Cuthbert's Retirement Village in Keith Compton Drive.

Following David's talk there will be afternoon tea which presents a great opportunity to chat informally with other members and with David.

Art History

Wednesday 10.30 am– 12.30 pm

It's not too late to sign up for our wonderful seven part art history and appreciation series. The first class will be on Wednesday 27 March.

In this class Richard Posener will discuss Claude Monet and other artists from the Impressionist movement.

Other sessions in the series will be:

10 April - Vincent van Gogh

8 May - Toulouse Lautrec

12 June - Edgar Degas

10 July - Marc Chagall

14 August - Eugene Delacroix

11 September - Albert Namatjira



Tech News

If technology is your passion, then we have some exciting things lined up for you over the coming months. As you can see from the following sessions, there has never been a better time to get online and no excuse!

Tech Tips

Have you ever wondered what an App is? Where you get an App and how you download it? If you answered, "yes" to any of the questions then wonder no more because at 10.00 a.m. on 27 March our popular tutor, Jiri Arnost, will present a Tech Tips session entitled *All About Apps*. Jiri will tell you about Apps, help you download an App and answer all of your questions.

Webinars

As part of the Australian Government's Be Connected initiative, the Office of the eSafety Commissioner is hosting free webinars to help Australians stay safe online.

A webinar is a presentation held over the internet where a host can share information with an audience.

We will be presenting the following webinars:

- **Can you spot a scam? Tax Time edition**
1.00 p.m. Thursday 14 March
Learn how to recognise and protect yourself from common scams and where to go for help when you need it.
- **Staying safe on Facebook**
1.00 p.m. Thursday 28 March
Learn how to protect your privacy on Facebook and enjoy connecting with others online safely.
- **Using Data and Public Wi-Fi**
1.00 p.m. Thursday 4 April
Learn how and when to use your mobile data or Wi-Fi. Using the correct one can help you stay safer online and save money.

Be Connected

Be Connected is a free Australian Government initiative to encourage Australians to get online. There are a variety of courses available that you can complete online in the comfort of your own home or, if you prefer in the classroom with a tutor.

Individual Information Technology (IT) Classes

If you have specific IT needs, for example, help with that new device you got for Christmas, how to fill in an online form, write emails, we offer one-on-one classes.

If you want to book any of the above sessions, please contact the U3A desk in person, telephone us on 07 5534 7333 or email us at u3a1office@gmail.com. Bookings are essential and places are limited, so make your booking now.

Walk & Discover Group Learns About Native Bees.



Our new Walk & Discover Group had its first outing on Friday, 15 February to the Gold Coast Regional Botanic Gardens at Benowa. The weather was perfect and members either drove directly to the gardens or met at U3A and car pooled from Boyd Street.

The event started with an introduction to the Australian stingless native bees, their life style and habitat. We were also shown the different types of bee hives that can be used in home gardens.

The group was then taken on a walk to look at the various hives that are in the botanic gardens. Our guide, Gareth, was extremely knowledgeable and enthusiastic and we were all inspired to find out more about this very beneficial native pollinator.

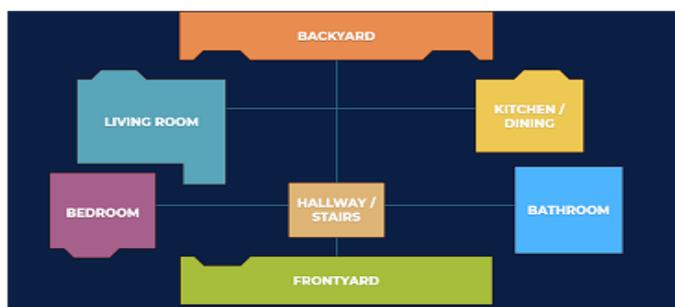
Our walk concluded at the Gardens Café where we all enjoyed coffee, cake and ice cream!

INFORMATION SESSIONS

Held on the third Wednesday of each month at 3.00-4.30pm

On **20 March** join Hayley Williamson to learn how you can use the new MIPS website to make your home safe and comfortable as you get older

The Multicultural Interactive Planning Solutions (MIPS) website provides information on how to plan and create a safer and more comfortable environment for you as you get older. Using the interactive map you can navigate around the house clicking on circled objects for practical safety tips.



Members: Free
Visitors: \$5

Laptops and booklets will be provided for use during the Information Session

Organic Gardening at Southern Beach

Community Gardens

Our first Information Session for the year was a really practical experience. We visited the Southern Beaches Community Garden and were shown how to construct a Hugelkultur garden mound and a wicking bed.



Hugelkultur is a German word meaning mound/hill culture and this gardening method has been practised in Eastern Europe for hundreds of years. It is an effective way to economically and ecologically dispose of woody garden waste, leaves and grass clippings.

Mel from the Community Garden explained how to construct the bed and then our members enthusiastically built a pyramid shaped hillock with small logs and branches which was then topped with compost and mulch. The mound was given a nourishing drink of biodynamic compost tea and sown with pumpkin seeds.

Following our mound—building exercise we were then treated to a wonderful afternoon feast of homemade dips and crackers, hummus, carrots and watermelon.

It was then time to learn about wicking beds. Fran had already prepared the wicking bed structure and we were shown how to line this with builder's plastic and Geo Material. This was followed by a layer of gravel and an ag pipe watering tube. The pipe was covered with more gravel and then topped before another layer of Geo Material followed by soil, manure and mushroom compost before planting with kale seedlings.



It was a most enjoyable and informative afternoon and our thanks go to Di, Mel and Fran for their amazing hospitality. We've been invited back later in the year to learn about planting in wood—so keep an eye out for notices about our next community gardens event.

If you would like a handout explaining hugelkultur or wicking bed cultivation you can email Tutor Coordinator, Irene Sachs, (Email: irene_sachs@hotmail.com) or leave a message at the U3A Office Desk.

Breaking News !



The Friday Card & Games Group are expanding! Thank you to Ron our helpful handyman we now have a dart board installed at Boyd Street.

We are hoping to have some fun and invite new players – beginners are welcome. Contact Rudi Voss on 0418 219 773, email vossru@bigpond.com or leave a message at the U3A Twin Towns Office Desk.

U3A Twin Towns Diary Dates

When	Details	Where
8 March 5.30 pm (Qld)	<i>Singing4 Fun</i> invite you to an evening of Singing, Dancing & Karaoke BYO drinks and nibbles.	4 Boyd Street, Tugun. Call us on (07) 5534 7333
13 March 2.00 pm (NSW)	The subject of <i>Tea & Talk</i> will be <i>Retirement Living Options</i> , delivered by David Pearce, Peer Educator from COTAQ.	The Common Room, St Cuthbert's RV Keith Compton's Drive, Tweed Heads.
14 March 1.00 pm (Qld)	<i>Be Connected Webinar</i> Can you spot a scam? This webinar will show you how to recognise and protect yourself from common scams and where to go for help when you need it.	4 Boyd Street, Tugun. Call us on (07) 5534 7333
20 March 3.00 pm (Qld)	<i>Information Session</i> Join Haley Williamson to learn how to make your homes safe & comfortable as you get older.	4 Boyd Street, Tugun. Call us on (07) 5534 7333
28 March 1.00 pm (Qld)	<i>Be Connected Webinar</i> Staying Safe on Facebook. You will learn how to protect your privacy on Facebook	4 Boyd Street, Tugun. Call us on (07) 5534 7333
4 April 3.00 pm (Qld)	<i>Be Connected Webinar</i> Using data and public Wi-Fi . How to get the best value for money from your mobile data plan	4 Boyd Street, Tugun. Call us on (07) 5534 7333
27 April 9.00am- 2.30 pm	<i>U3A Twin Towns Strategic and Financial Planning Workshop</i> . All members are invited to participate.	4 Boyd Street, Tugun. Call us on (07) 5534 7333
10 May 1.00 pm	<i>Senior Moments</i> at QPAC Theatre Party Tickets \$60.00	Bookings: Call us on (07) 5534 7333
16 & 17 May	U3A Qld., Network State Conference <i>Bundaberg</i> Conference Registrations open	Waves Sports Club Norville (07) 4155 6274 Email: info@u3aqldconference.org
24 May 10.30 am	<i>Big Morning Tea</i> funds raised go to Queensland Cancer Foundation.	4 Boyd Street, Tugun. Call us on (07) 5534 7333
5 June 2.00 pm	<i>2019 Annual General Meeting (AGM)</i> 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.	4 Boyd Street, Tugun.
26 July	<i>Christmas in July</i> , Venue to be confirmed.	Details to follow.
23 August	<i>Trivia Afternoon, Part of Queensland Seniors Week Event</i> .	Details to follow.
September.	<i>River Cruise and Art Gallery Visit</i> ,	Details to follow.
5 November 11.30 pm	<i>Melbourne Cup</i> – Spit Roast \$25 ph. Lunch and drink.	Details to follow.
15 December.	<i>Christmas Lunch</i>	Details to follow.

U3A Twin Towns PO Box 1005, Coolangatta QLD (07) 5534 7333 a.h. 0405 445164 u3a1office@gmail.com

Payment Details: Pay by cash or credit card at the office or by direct deposit online

BOQ BSB 124063 Acc 10258072. Use your name as Reference.

U3A Twin Towns Inc.

Code of Conduct

Background

A Code of Conduct defines the standards of behaviour expected of members of an organisation. These standards are based on courtesy, consideration of the feelings of others, tolerance, ethical considerations and legal compliance.

Purpose

This Code of Conduct has been written to ensure that all members of U3A Twin Towns Inc. understand and abide by the high standards of conduct expected of them when involved in U3A activities or when acting as representatives of U3A Twin Towns Inc.

Standards of Expected Behaviour

All members of U3A Twin Towns Inc. are expected to:

- Act with honesty and integrity, showing respect and courtesy to others
- Treat others with respect and without harassment in person or online
- Avoid discriminatory behaviour in relation to ethnicity, culture, gender, sexuality, religion, age, impairment or disability
- Avoid behaviour that is inappropriate, disruptive, intimidating, risky or which breaches the rights of others to participate in U3A activities
- Comply with all Australian laws
- Comply with any lawful and reasonable direction given by a person with authority to direct
- Take proper care of facilities and equipment owned or occupied by U3A Twin Towns Inc
- Abide by the U3A Twin Towns Inc. constitution and all policies and procedures
- Ensure confidentiality of personal or membership information
- Act as good citizens at all times, being thoughtful and helpful towards other members
- Consider the safety of themselves and others
- Uphold the values and good reputation of U3A Twin Towns Inc

Maintaining the Standards

Before you act please consider whether your actions would be considered legal, ethical, safe, positive towards others, consistent with your own values and those of U3A Twin Towns Inc., and the way that you would expect someone else to act towards you.

Breaches

A breach of the Code of Conduct will be subject to the process contained in the policy relevant to that breach.