

June 2023 Newsletter

www.u3asoutherngoldcoast.org.au

Phone: (07) 5534 7333 during office hours M-F 9:00-12:00

President's Message

There have been a few highlights over the past few months including a very productive meeting, with representatives from U3A Broadbeach and U3A North Gold Coast, to share ideas, discuss common issues and agree to work more closely in future.

Similar discussions were conducted at the U3A Network Queensland conference held in Rockhampton. This conference was informative and provided an opportunity to network, which was invaluable.

Behind the scenes we've been upgrading facilities at Boyd Street in preparation for the renewal of our lease. While we have until mid-next year before the lease expires, there's quite a lot of work involved in ensuring the building meets council requirements.

In view of the upcoming AGM I'm confirming that unfortunately I won't be renominating for the position of President. For the most part, it's been a very rewarding experience and I've done my best to meet the demands of the role. I won't be disappearing altogether though as I will again nominate for the Funding Manager role and continue working on other volunteering duties.

Other vacancies on the Management Committee will need to be filled too and these are detailed later in this newsletter. I urge everyone to consider contributing in any way possible to ease the load and thank all of those who are already volunteering their time.

I look forward to seeing many members at Kirra Community Centre for our AGM on Tuesday, 27th June from 10:00am.

Liz Logan



Rockhampton (beef capital of Australia, conference logo) celebrating 50 years since the foundation of U3A worldwide

Upcoming Events

Managing Medical Emergencies & using an AED
Talk on Wednesday 7th June from noon at Boyd Street

Annual General Meeting
Tuesday 27th June from 10:00am at Kirra Community Centre in the Great Hall (1st floor)

Wine & Cheese event
June/July
Details to come

Tweed Heads Theatre Company event
Armed 'n' Dangerous
June/July
Details to come

Annual General Meeting

This year's AGM will be held at Kirra Community Centre on Tuesday 27th June from 10:00am. On behalf of the Committee of Management we look forward to seeing you there and will be offering some light refreshments after the meeting.

There are a number of positions on the committee which will become vacant after the meeting including President, Vice-President, Office Manager, Asset Manager, as well as Publicity and Promotions Manager. Each of these positions plays a vital part in the operations of our U3A and, in fact, without a President we are unable to legally continue.

If you would like to nominate for a position as an office bearer for 2023/2024, forms will be available at the office at Kirra Community Centre and on the desk at Boyd Street or online at <https://www.u3asoutherngoldcoast.org.au/news-events>
Position descriptions can also be obtained from the office.

For more information about these roles feel free to contact a current Committee member or Liz Logan, President, via email on president@u3asoutherngoldcoast.org.au or phone 0406 519 369.

Vacant Committee of Management positions

President – provide leadership in the determination of policy direction, planning requirements and program needs; chair meetings; act as spokesperson and representative for the organisation; ensure that the management committee is aware of its governance responsibilities; accept overall responsibility and accountability for the functioning of the organisation.

Vice President – stand in for the President as chair of a meeting or representative of the organisation in the temporary absence or unavailability of the President; assist the President or any member of the Management Committee to carry out the duties of their office; resolve complaints.

Asset Manager – liaise with council regarding lease issues; review the building maintenance schedule/provision annually; manage suppliers/service providers for Boyd Street; recommend major equipment purchases; manage the annual audit of all assets.

Office Manager – recruit office volunteers; compile a roster of attendance on the desk; train office volunteers; update the procedures manual; liaise with the Treasurer regarding any issues on financial payments.

Publicity & Promotions Manager – develop contacts with the local media and council publicity officers; raise the profile of the organisation through showcasing our programs at suitable events; distribute promotional materials; write articles for publication.

Vale, cara Gloria Maria Omodei

By Heidi Dahles

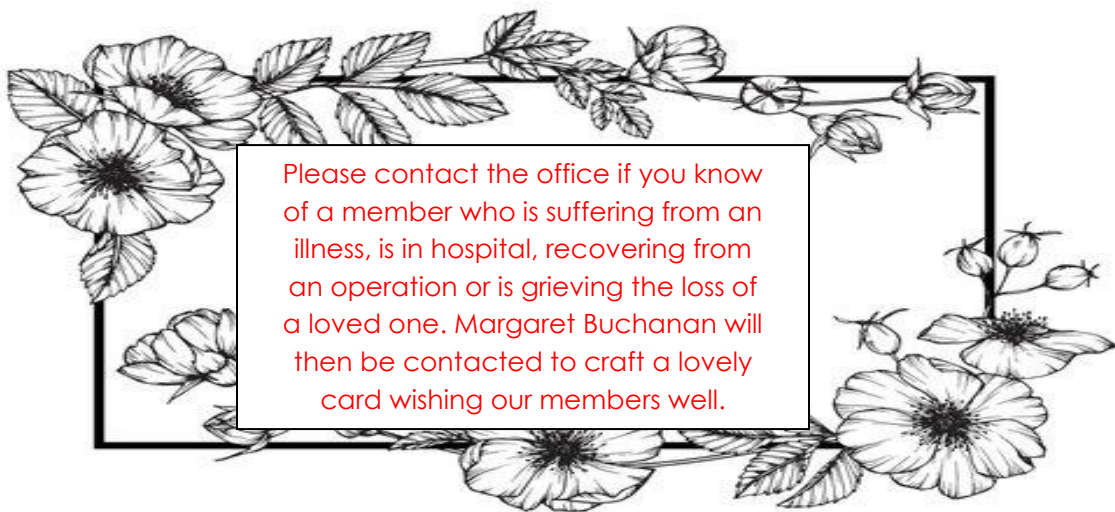
The community of U3A Southern Gold Coast is saddened by the passing of Gloria Omodei, an active member since 2021 and a much-loved tutor.

Born in Northern Queensland of Italian parents, Gloria cherished a profound love for the Italian language. She was a fully qualified 1st grade primary school teacher and eventually started teaching Italian to primary school children. Anna, a good friend of Gloria's, recalled: "Gloria was an endearing friend and a true *amica*, full of life, passionate for the Italian language, and incredibly knowledgeable about culture and history."

Soon after joining U3A, Gloria took up teaching Italian language classes at beginners' level. Ill health caused Gloria to discontinue her classes late 2022 due to a sudden admission to hospital. Throughout her sickbed she anticipated to resume teaching as soon as possible. She kept in touch with the office and her students who visited her in hospital and at home. Carla Cerutti, our tutor Italian (intermediate level), stepped in to keep students engaged as everyone was determined to carry on awaiting her return! Sadly, Gloria never returned to class.

As Carla remembered: "She was a passionate teacher who cared very much about her students and was very sad she had to stop her classes. She was so grateful when I stepped in, she checked in weekly to see how they were progressing. I miss her advice and input very much."

Riposa in pace, Gloria



An Uplifting Experience

By Meg Johnson



On 1 April some of our U3A members took part in a happy and extremely worthwhile event.

Our tutor, Ben McInnes, encouraged the Ukulele players and the Singing Cooperative to perform in a fundraising event for the Multicultural Families Organisation, a not for profit organisation based in Southport. MFO provides services for newly arrived migrants during the first five years of their arrival in Australia.

Other organisations joined us; these being the Fasolati Singers, Coolangatta Ukulele Group and Christina from Afrikete Australia. The audience had a wonderful time moving and grooving to music from all eras.

The MFO team were truly grateful to Ben and the performers for the money raised (\$1,085). Now feeling more confident, our musical members may even repeat the exercise on a future occasion. It was a joy to see and feel the sense of community in the room. The concert is also featured in the latest MFO newsletter at <https://shoutout.wix.com/so/c6OU-fb63?languageTag=en>

Cancer Council Biggest Morning Tea

By Kay West

Our Biggest Morning Tea was big on volunteer enthusiasm but unfortunately small on numbers. Those who came stayed for a long while, chatting and eating the delicious food that was on offer and enjoying the friendliness of the morning.

We had an abundance of mystery prizes which added anticipation and excitement to the event and raised a total of \$405.40.



A big thank you to Frances Garland for her tireless work and organisation of the Biggest Morning Tea, the 19th one she has organised (for the Cancer Council) at U3A! Frances is seen here (second from right) with (from left to right) Cr Gail O'Neill, Lorna Virgo and Virginia McIntyre.

Meeting of Gold Coast U3As

It has been on the Committee of Management agenda for some time that we meet up with the four other U3A organisations based on the Gold Coast. Finally, in mid-March, we hosted a discussion with representatives from U3A Broadbeach, and U3A Gold Coast North. U3A Southport was unable to send a representative but keen to be involved in the future.

We learned that each U3A had around the same number of members and courses on offer and faced similar problems. We chatted about tutors and classes; difficulties with finding suitable teaching venues and the benefits of approaching various levels of government as a group.

It was agreed that this meeting was highly productive and regular discussions should be scheduled in the future. Our next meeting will be at Broadbeach in early June.

U3A Network Queensland conference summary

By Liz Logan

Throughout my career I've been to many conferences, some good and some quite average. The recent U3A Network conference in Rockhampton, however, was the most informative and enjoyable I've ever attended.

Delegates from around Australia and internationally attended the three day event which celebrated 50 years of U3A worldwide. The keynote speech was presented by Prof Francois Vellas, son of U3A founder Pierre Vellas. Staying for the entire proceedings, Prof Vellas and his wife, Chantal, mingled with everyone. U3A started in Toulouse, France, and is now on six continents with 10 million students worldwide in 79 countries.



During the conference we listened to a range of knowledgeable and entertaining speakers on a variety of relevant topics. Our former President, Gail Bonser, attended with her husband Peter Barrett, and can be seen pictured with myself and Merry Cloutier (Treasurer). We're seen standing behind the celebratory cake which was baked and decorated by Rockhampton's multi-talented Mayor, Tony Williams.

The conference was attended by representatives from 26 U3As and provided an opportunity to catch up with our Network Liaison Ambassador, Margaret Cook, from U3A Dalby. Margaret is pictured far right next to Rhonda Weston, U3A Network Queensland President, with myself and Merry Cloutier (far left). I don't believe that anyone attending this conference left without learning something new.



New course: Strategic Joy

By Sharyn Silver

U3A Southern Gold Coast is proud to offer a unique style of course to members this year that resembles the kind of undertaking you might experience at a real university!

'*Strategic Joy – Peace and Wellbeing in retirement*' is a new course that will run for 10 consecutive weeks beginning in late September. Participants will be expected to attend for the complete 10 weeks as each week's content builds on knowledge and skills learned in previous weeks. And, just like university, the course comprises lectures and practical activities that include collaborative group work and solo tasks. Unlike university, however, there are no exams or assignments - just lots of fun, creative learning and inspiration for life.

Strategic Joy is a framework for organising your life in a balanced way to optimise health and wellbeing. The key to a joyful life is in the integration of regular strategies for all parts of our being: the physical, mental, emotional and spiritual. We are all fairly well aware now of the benefits of exercise, nutrition, having good relationships and taking care of our mental health...but many of us find it hard to do it all. *Strategic Joy* not only explains why it is important to our wellbeing but also *how* to do it. You'll learn how to organise and live your life in ways that nourish and nurture *all* aspects of your being and ... here's the secret – it is from this holistic, balanced approach that the Joy emerges! No matter your circumstances or starting point, you will learn how to build and incorporate tailored strategies that will increase your happiness and contentment. You will soon find you begin to feel exhilarated from the simplest things in life and welcome each day with new-found radiance and energy.

Grounded in recent research and theory, the course will be conducted by Dr Sharyn Silver. Sharyn has had a long career in education, research, and improving organisational culture. She has had a passion for life improvement since childhood and has developed the *Strategic Joy* framework to share her knowledge and enthusiasm for living the good life and flourishing in retirement.

With Sharyn's guidance, the participants will form a 'Community of Learners' - meeting each week to learn, grow and share together in creative ways. Each week involves lecture-style information with activities that will include discussion, drama and dance, art and craft, creative writing, contemplation and meditation. You will have tiny tastes of a range of strategies that enrich your life and improve all aspects of your health.

The course will also teach you some innovative strategies for coping in life such as the '*10 Minute Miracle*'; the '*4 Rs to Rejuvenation*'; the '*Carry Over Calm Effect*'; the '*AAAAA...Amazing Peace Plan*'; and the '*Gloom to Bloom*' process.

There will be lots of fun, play and friendships built from the collaborative learning as you reflect on life and plan how to thrive in retirement the way you want...with *Strategic Joy*!

Please note that the course does not provide personal health advice, financial advice and has no religious affiliation. **Contact U3A Southern Gold Coast to enrol now on (07) 5534 7333.**

Resolution of car park issue

Everyone visiting our Boyd Street building will probably have noticed that a sign is now in place warning ride share companies their cars will be fined if left there. We'd like to thank Cr Gail O'Neill in assisting us to resolve this issue and to pursue council on our behalf.

If you notice any cars that are parked illegally, there are flyers inside the building which can be put under the windshield wipers to notify drivers that they will be fined.



U3A Ukulele Players

Some of our players were happy to accept a recent invitation from the Coolangatta Ukulele Players to join their open mic night at Kirra Hill Community Centre. It was a great opportunity to meet others with a love of music.



Car parking at Kirra Community Centre

The Kirra Community Centre now has a two-hour parking limit for both parking areas - to be policed by the Gold Coast Council. This is in an effort to discourage locals from using it as an all-day park.

The Kirra CC Office has deemed U3A Southern Gold Coast exempt from fines and have given us small "parking permit" slips to put on our dashboards. Please collect one from the office if you plan to stay longer than two hours.

Newsletter Contributions

We are always looking for articles for this newsletter. If you'd like to submit an idea or article please email newsletter@u3asoutherngoldcoast.org.au or phone Liz on 0406 519 369 and leave a message.

Mental Health survey

Researchers at Swinburne University are currently conducting a study into Older Adults' Mental Health Beliefs and Help-Seeking Behaviour. This study is exploring the factors which impact on people's willingness to seek support and whether certain beliefs might encourage or discourage them from seeking help.

They are inviting individuals to complete an online survey. To be eligible to complete the survey respondents need to be at least 60 years old and be living in the community in Australia (not residential care).

Further details on this study are at https://swinuw.au1.qualtrics.com/jfe/form/SV_9RySo8skC2ApKE6 or you can contact Peta Prindiville, the Student Investigator, via email at pprindiville@swin.edu.au or phone 0400 213 145.

Farewell Ross Smith

It is with great sadness that we learned of the very recent passing of Ross Smith, aged 87. Ross and his wife, Barbara, had been long-term and active members of our U3A. In fact, Ross was responsible for starting the History group in which he tutored for some time. He had also taken a keen interest in the finances of our organisation. Ross is remembered fondly by many members and our sincere condolences go to Barbara and his family.

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In the spirit of reconciliation U3A Southern Gold Coast acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.