



Newsletter

Learning for Pleasure

Together, we will shape our U3A group to be the best

ABN 17 993 804 260

SPECIAL ISSUE 19 FEBRUARY 2020 PATRON – Councillor Dawn Crichlow OAM

Inside this Issue

- Important Dates
- AGM 19 March – All Classes Cancelled
- **Important** : AGM 19 March - Elections
- Griffith University Lectures
- Griffith University - Trial : Osteoporosis Therapies – calling for volunteers
- U3A Network – Qld State Conference 2020
- Class Xmas Break-up pics
- The Painting Crew have done it again
- Our Trusty Volunteer Receptionists
- Monthly Lunch Get-together
- Coach Trip – The Stunning Scenic Rim
- Flooding Event at Margaret Street

How to contact us

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Office Hours:

9.00am–3.30pm : Monday to Thursday
9.00am–3.00pm : Friday

Management Committee

EXECUTIVE:

President	Marvin Summers
Vice- President	Jenny Broughton
Secretary	Michael McDonald
Treasurer	Sally Gemmell

ORDINARY:

Alice Fairley
Paul Miles
Neil Marshall
Kathleen Power

Officers and Volunteers

Class Coordinator	Alice Fairley
Office Coordinator	Kathleen Power
Fire Warden, Australia Fair	Lyn Sturm
Social Convenors	Margaret Karakatsanis Pat Jones
Newsletter Publisher	Marvin Summers

We are grateful to the Office of Hon Rob Molhoek MP for Southport for the printing of this Newsletter.

President's Message

Over the break, a painting crew was busy painting the upstairs of the Margaret Street hall led by Neil Marshall, and they have all done such a magnificent job – you will see what they achieved from the pics – a big THANK YOU to you all.

Committee members were also busy in the background over the break– Study Room and Office carpet cleaned and Kath gave the Office a spring clean, bills paid by Sally, Class Attendance Sheets made ready for 2020, and other paperwork attended to.

We were also unexpectedly confronted with flooding issues at Margaret Street over the break and meant a lot of work to get back to normal and ready for 2020 classes.

A Tutors meeting was held on 30 January which was well attended, and I would like to take this opportunity to welcome all our new members on board and hope you enjoy the classes you have chosen to attend.

Marvin Summers (President)

IMPORTANT DATES

- ✓ ANNUAL GENERAL MEETING
Thursday 19 MARCH to be held
at the COMMUNITY CENTRE,
Lawson Street, Southport, In
ROOM F3 at 10.00 am
- ✓ Good Friday - Public Holiday
10 April 2020
- ✓ Easter Monday - Public Holiday
13 April 2020
- ✓ Anzac Day - Public Holiday
25 April 2020
- ✓ Labour Day - Public Holiday
4 May 2020

NOTICE

**ALL CLASSES WILL BE
CANCELLED
for the
ANNUAL GENERAL
MEETING**

**DON'T TAKE IT FOR GRANTED
THE CURRENT COMMITTEE
MEMBERS WILL BE RUNNING
AGAIN AT THIS AGM.**

IMPORTANT

Annual General Meeting – Thursday 19 March 2020

A global email was sent out advising members of the Annual General Meeting to be held at 10.00am on Thursday 19 March at the Community Centre in Room F3, together with the form of Nomination for election of a new Management Committee.

We encourage members who want to make a difference, participate in any way they can, by either nominating themselves for President, Vice-President, Secretary, Treasurer or an Ordinary Committee Member.

These forms are available in the Australia Fair Office as well as in the Margaret Street Hall, and can also be downloaded from our website at

<https://u3agoldcoast.weebly.com/annual-general-meetings.html>

Nominations close on Thursday 5 March and are to be lodged to the Secretary by 3.00pm in an envelope marked 'Confidential'

**Presentation to be held on
Friday 27 March 2020 - 1.45 pm
Building G34 - Rooms 1.05/1.06**

WHAT HAPPENS WHEN WE FEED BIRDS?

Presenter – Professor Darryl Jones:

**Deputy Director, Environmental Futures Research, Institute of
School of Environment and Science**

As Australia recovers from natural disasters, with drought and bushfires destroying swathes of land across the country, many people are wondering how they can help native animals caught up in the aftermath. But the question of whether it is ever OK to feed native animals, is a controversial topic that is highly divisive among conservationists.

To help people through this dilemma, Griffith University Environmental Science Professor Darryl Jones has written a new book, *Feeding the Birds at Your Table*, as a guide to what is nutritionally appropriate for native animals, and what foods to avoid.

Note: Darryl will bring some of his books along for sale in case there is interest on the day.

Presenter bio – Professor Darryl Jones:

Professor Jones is a behavioural ecologist now working in urban and road ecology with a particular interest in the many ways humans interact with the understand of nature.

The schedule will be:

2:00pm	Tea, Coffee, Water and Muffins provided
2:10pm	Welcome & Lecture Introduction by Dr Andrew Bode
2:15 pm	Presentation by Guest Lecturer
3:00pm	Question time
3.15pm	Close of lecture



At Griffith University Gold Coast campus we are running the VIBMOR clinical trial, which is examining the effect of four different osteoporosis therapies on bone and muscle health in women over the age of 60 years. We are seeking volunteers for the trial and are emailing in the hope that you could circulate some of the following information to your members. Attached is an information sheet and flyer if you wish to distribute those to your members. In the past you helped with passing on information about the LIFTMOR trial for men over 50 which was much appreciated.

WHAT IS OSTEOPOROSIS?

Osteoporosis is a condition of weakened bones that increases the propensity to fracture. It is an insidious condition that largely goes unnoticed until it is too late when fractures begin to occur. While most people don't think of osteoporosis as a serious condition, for women aged 45 and over, osteoporosis accounts for more days in hospital than breast cancer, heart attack, diabetes and other diseases. There were 165,000 osteoporotic fractures in Australia in 2018 and approximately one half of those people will have another. These fractures are costing the Australian economy over \$2 billion annually. At Griffith University we are studying the effects of whole body vibration and targeted exercise on bone health as we age. Preventing osteoporotic fracture in postmenopausal women is the aim of the VIBMOR study at Griffith University Gold Coast campus.

WHAT IS INVOLVED?

Participation involves testing at baseline then an allocated activity for 9 months, followed by another testing session to determine effects. One year later they will be tested again to see if any effects have been maintained. In terms of activities, one group will be allocated to a twice-weekly home exercise program; one will do twice weekly supervised exercise; one group will be asked to stand on a small vibration plate for ten minutes five times per week at home, and a fourth group will do a combination of the supervised exercise program and home vibration plate therapy.

WHAT ARE THE BENEFITS?

All study activities are provided free of charge (exercise programs or vibration devices, as applicable). Participants also receive free bone density and body composition scans (muscle and fat) at three time points, and copies of their results.

HOW DO I KNOW IF I'M ELIGIBLE?

Interested women should be over 60, or 57 years of age and at least five years post menopause, and able to walk easily without assistance. Not everyone is eligible, but study staff will be able to tell you if you are by asking some simple questions about your health and current physical activity.

HOW CAN I GET INVOLVED?

Anyone can register their interest on the website www.griffith.edu.au/vibmor. For more information you can email vibmor@griffith.edu.au or call 07 55 52 95 40.

Regards,
Amy Harding
VIBMOR Team

Ms Meret Wandeler | Research Assistant | +617 5552 9659 | m.wandeler@griffith.edu.au | Mon, Tues, Thurs, Fri

Dr Ro Nogueira | Research Assistant | +6175552 9540 | r.nogueira@griffith.edu.au | Mon, Wed, Fri / Ms Amy Harding | Research Assistant | a.harding@griffith.edu.au | Mon, Tues, Wed, Thurs
Website: www.griffith.edu.au/vibmor - Building G02, Room 2.11, [School of Allied Health Sciences](#) | [Griffith University](#) | Gold Coast campus | QLD 4222

U3A Network Qld State Conference 2020 - Redlands

2 June to 3 June 2020



U3A Redlands District will be hosting this conference at the Redland Performing Art Centre, Middle Street, Cleveland on Tuesday 2nd and Wednesday 3rd June.

It is encouraged all U3A members who wish to attend the conference to register as soon as possible. To find out more or to register, it is quick and easy, just go to the conference website and follow the prompts:

<http://www.u3aqldconference.org/registration.php>

Class Christmas Break-up pics



**Advanced
Keyboard**
*and ... what a
spread - yummy*

Class Christmas Break-up pics

English
Literature



Class Christmas Break-up pics – *the Ukulele's*





About 40 songsters got together to celebrate the Ukulele's Xmas break-up and certainly put on a fabulous do – here we have John, Elizabeth , Mathew, Mary, Claire, Elaine, Graeme, Gaye, Neil et al.



The Painting Crew have done it again, this time upstairs



Some pics of our generous volunteers who made the upstairs at Margaret Street an inviting and pleasant environment for classes.

And those wonderful members who took part in this project, led by Neil Marshall, who we would like to say a big thank to, are:

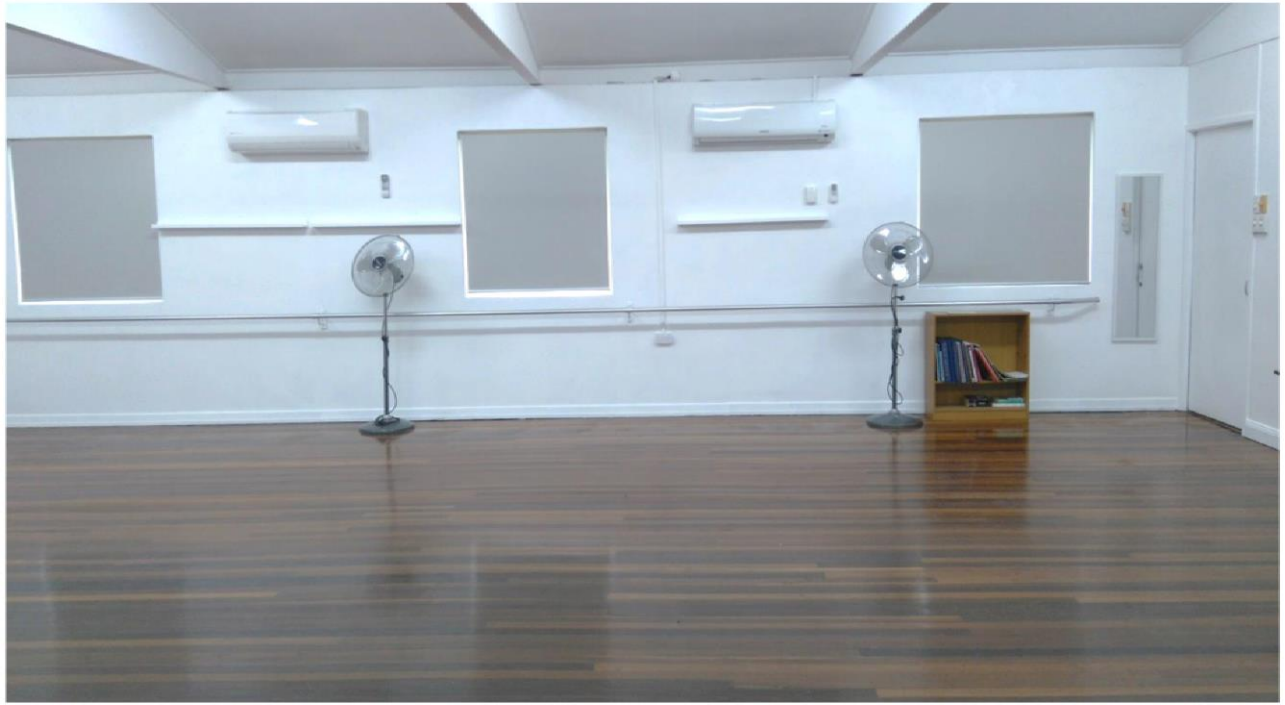
- Valerie R.
- Julie McV.
- Graeme E
- Bill
- John K.
- Colleen
- Sally G.
- Jan S.
- Wayne S.
- Susan I.
- Claire P.
- Gaye
- Sheila
- Sonia M.

And... the silver painted handrail added a touch of class.

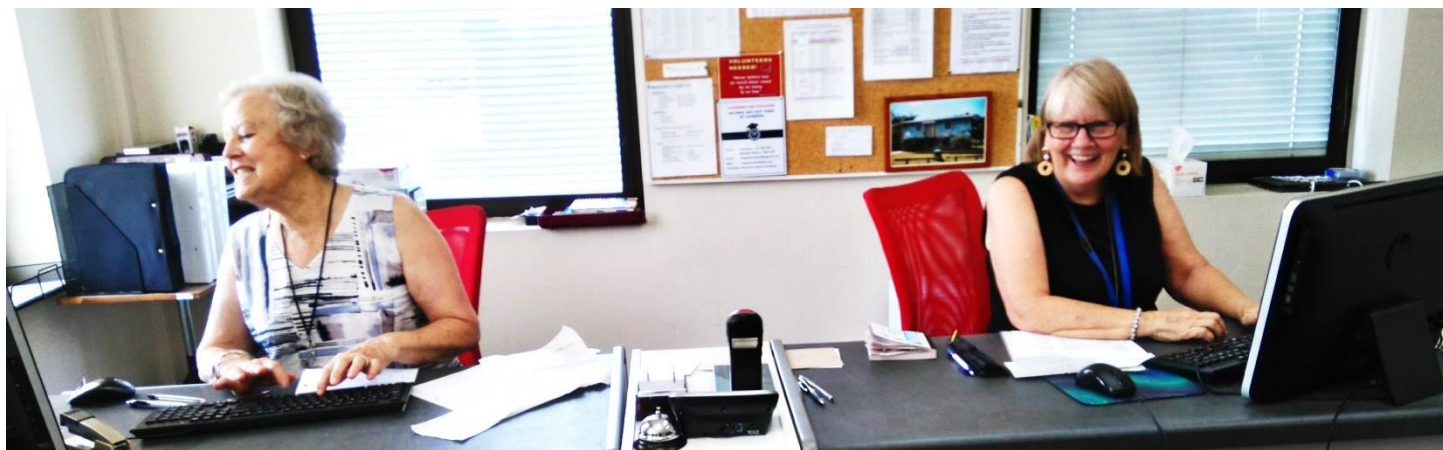




The finished work – so well done guys.



Our Trusty Volunteer Receptionists – meet Marilyn and Pam



Monthly Lunch Get-togethers

NEXT LUNCH:

***OUR FIRST GET-TOGETHER LUNCH FOR THE
NEW YEAR - 2020***

Date: Saturday 29 February 2020

Where: ***SUNSET WATERFRONT CAFE
MARINA MIRAGE***

Time: 11.30 am for 12 noon

Transport: Catch the “Sea World” bus

Looking forward to seeing you all again !!!



Flooding event at Margaret Street – 18 January

For Members Information : we experienced an extremely unfortunate event with the flooding of the Margaret Street hall during the torrential downpour of rain that caused massive flooding on the Gold Coast on 18 January and according to members who live close by, there are irregular downpours that occur every 6/7 years.

It has meant cancelling classes while cleaning up and waiting for the weather to improve and has been over a month now to get anywhere near safe for members to enter the downstairs portion of the building.

Our members' health is paramount and cannot be exposed to an unhealthy environment.

The pictures below show the severity of what happened.

This is a situation that has happened beyond our control and treating it very seriously. Everything is being done to get back to normal and those members who hold classes downstairs will be kept informed on progress made.

Thank you for your patience from the Management Committee

