

## January 2023 Newsletter

*Welcome to those recently joining our U3A Douglas Shire Community*

*Follow us on Facebook: [U3A Douglas Shire Facebook](#)*

### Greetings

Happy New Year ! I hope it has been a great start to the year. For us here at U3A Douglas Shire, onwards and upwards for a fabulous 2023. Welcome to our new members and to our monthly newsletter.

### Congratulations and Happy Anniversary to U3A International 50 Years and going strong.

[U3A Queensland U3A Fifty Year Celebration](#)

### Independent Branch

We are currently a branch of U3A Cairns, and our big news is the committee have been working towards our branch becoming independent of Cairns and moving to being directly under the U3A Queensland Network ! This involves a bit of work though we feel confident the timing is right. Our branch formed in April 2021 and now for the next steps!

While U3A Cairns have been very supportive of us, there are many advantages to moving towards independence.

- **Financial:** We will be able to maintain and manage all of our income and expenses. We will be able to apply for Grants from local, state and federal entities.
- **Diversity and Inclusion:** We will be able to make our own decisions based on our unique population and environment in Douglas Shire. We will be able to grow our committee, other volunteers, and important support from the wider Douglas Shire community.
- **Identity:** We will have our own branding and uniqueness under the U3A Qld Network umbrella.

We are taking steps towards creating our own branch. These include liaising with the U3A Qld

Network; formatting a Constitution /Rules of the association using the Network template; creating job descriptions for the committee; notifying our members of the General Meeting; and providing committee position application forms to those interested in forming the committee. A crucial first step will be holding an information session on February 27th (see below for details). PLEASE COME ALONG TO BECOME INVOLVED IN THIS PROCESS !

While the current committee are committed to the U3A Douglas Shire branch of Cairns, all positions for U3A Douglas Shire Inc. will be brand new and expressions of interest for nominating to be a committee member will be available to all financial members. These will be advertised by email, Facebook and our Website for those who wish to submit an application for nomination.

### Welcome Back LUNCH and Information Session

Lunch has been booked at Palmers Sea Reef for Monday 27th February at 1pm. Please ring Palmers on 40872222 to book yourself in, both members and visitors are welcome. After lunch a welcome to 2023 will follow with information on activities and discussion on our plans for U3A Douglas Shire. Any questions please call Andrea on 0418156810 Email [afalstein@gmail.com](mailto:afalstein@gmail.com)

### Classes

Some of our outdoor activities, such as trail walking and short walks, are in recess over the wet season, but other classes are in full swing. Mahjong continues to lead the pack with regard to participation. Up to 62 members play Mahjong, so this U3A activity is extremely popular in Douglas Shire. Not all turn up on a given day, but this is really an amazing accomplishment for Di Schulz.

Aromatherapy Discussion Group is a new activity offered the first Monday of every month at 2:30 - 3:30 pm, starting February 6. Come along for an informal chat about using natural therapies around the house, for health and for pleasure. An essential oil or two will be highlighted each month, and we welcome attendees sharing their own experiences. Numbers limited. Contact Lyn Percic to book and for more details [lynetteu3a@gmail.com](mailto:lynetteu3a@gmail.com) or 0438805194

Table Tennis and Indoor Pickleball are popular on Friday afternoons 12:30 – 3:30 pm at the Port Douglas Community Hall. U3A Douglas Shire offers this activity jointly with the Port Douglas Neighbourhood Centre. Thanks to a grant from the Douglas Shire Council that was received by the Neighbourhood Centre, we have new high quality equipment for three table tennis tables and two indoor or outdoor pickleball courts. When the weather settles down, pickleball will move outdoors at venues to be announced later in the year.



Aqua Fitness Fun is another new class that is offered Wednesday mornings while Trail Walking is in recess. It will move to Tuesday or Thursday morning when Trail Walking starts up again. This class is a casual and fun version of pool based exercise, and it was suggested by Ingrid and Sue Rae. There is a waiting list for this class, please contact Liz Kendall [ekendall56@gmail.com](mailto:ekendall56@gmail.com).



A lot of information about our activities is posted on our Facebook page [U3A DS Facebook](#). A photo gallery of activities can be found on our website [here](#).

## Volunteers

We can't thank our facilitators and leaders enough. We welcome new volunteers; we can't operate without you. If you have a skill or passion to share, please let us know, we will assist with space, resources and support. You can contact Jo Herbert our class coordinator - [coursecoord.u3adouglas@gmail.com](mailto:coursecoord.u3adouglas@gmail.com)

## Memberships

New members are always welcome, and you do need to be a financial member to participate in class and activities, there is a two-session complimentary access, then you are obliged to become financial.

## Renewing Members

Click [Renewing Member](#) to check your recorded membership details and for renewal payment methods.

## New Members

[Click](#) to join online.

## Classes and Venues

Joanne Herbert is our Course and Tutor Coordinator.

- [coursecoord.u3adouglas@gmail.com](mailto:coursecoord.u3adouglas@gmail.com).

Contact Jo via email to enrol or enquire

## Events and Excursions

You may have an idea about a group excursion or event and would like help organising, we welcome all suggestions. Contact Andrea who is overseeing our Events - [afalstein@gmail.com](mailto:afalstein@gmail.com)

## U3A Cairns Bulletin (we are a sub branch)

Is circulated monthly to members, please check your emails. If you are a member and don't receive the Bulletin, email

[members.u3acairnsinc@gmail.com](mailto:members.u3acairnsinc@gmail.com) and let them

know or click for [Cairns Bulletin](#)

U3A Douglas Shire Class Timetable for January 2023					
Day	Frequency	Time	Class	Tutor	Room/Venue
Daily		7:30 – 8:30 am	Tai Chi	Frieda Van Aller	4 Mile Park
Monday	Weekly – waiting list for new members	9.30am – 12.30 pm	Mahjong	Diane Schulz <a href="mailto:dschul.54@gmail.com">dschul.54@gmail.com</a>	Palmer Golf Club
	1 <sup>st</sup> Monday of month starting February 6	2:30 – 3:30 pm	Aromatherapy Discussion Group	Lyn Percic LynetteU3A@gmail.com	To be confirmed
Tuesday	Weekly	10.30-11.30am	Tai Chi Men's Group	Frieda Van Aller	4 Mile Park
	Weekly	1 – 4 pm	Mahjong	Diane Schulz <a href="mailto:dschul.54@gmail.com">dschul.54@gmail.com</a>	Mossman Library
Wednesday	In recess until February/ March	8:00 – 10:00 am	Trail walking group	Sue Rae <a href="mailto:nalinir@bigpond.com">nalinir@bigpond.com</a>	Various Venues check Facebook for updates
	In recess	8 – 9 am	Short Walks	Jo Herbert <a href="mailto:coursecoord.u3adouglas@gmail.com">coursecoord.u3adouglas@gmail.com</a>	
	Weekly – waiting list for new members	10 – 11:30 am	Aqua Fitness Fun	Liz Kendall ekendall56@gmail.com	Private Location Port Douglas
Thursday	Weekly	11.00 – 12.00 pm	Tai Chi for health	Frieda Van Aller	Bruno Reidwig Park
	Monthly 1 <sup>st</sup> Thursday	10am-11.30am	Book Chat	Catherine Rosenbrauer catrosen@hotmail.com	Tin Shed Port Douglas
	Weekly	1.30pm-4.00pm	Games and Cards	Andrea Falstein <a href="mailto:afalstein@gmail.com">afalstein@gmail.com</a>	Palmer's Golf Club
	In recess until February	2.00pm-4.pm	Yarning in the Park	Edna Naylor	Rex Smeal Park
Friday	Weekly	12:30 – 3:30 pm	Table Tennis and Indoor Pickle Ball	Liz Kendall ekendall56@gmail.com	Port Douglas Community Hall
Saturday	In recess	2pm – 5pm	Everyday gardening for everyday people	Monica Prins <a href="mailto:everydaygardens2020@gmail.com">everydaygardens2020@gmail.com</a>	Various Venues Facebook week prior for info

Contact: Jo Herbert - Course Coordinator - [coursecoord.u3adouglas@gmail.com](mailto:coursecoord.u3adouglas@gmail.com)