

March 2023 Newsletter

Welcome to those recently joining our U3A Douglas Shire Community

Website: <https://douglasshire.u3anet.org.au/>

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

February Meet and Greet

It was a joy to see so many in attendance at our first Meet & Greet for the year. Many thanks to Palmers for their exceptional service. They were short on staff, though I am sure none of us noticed !



Douglas Shire to go Independent

As discussed at our Meet & Greet, we are in the process of becoming an independent branch of U3A. Monday's meeting was about community consultation, sharing information and providing an opportunity to ask questions and give feedback about any concerns. Currently we are a sub branch of the U3A Cairns, where we have representation on the committee and report to the Cairns committee monthly. Our accounts are audited annually by U3A Cairns.

Our committee is working with the Qld Network to format a constitution. This is a set of rules that we will follow. The constitution will be circulated to all our members for comment and for adoption. As we are forming a new organisation, we are required to elect a committee. This will take place at a general meeting where our members will democratically elect the first formal committee.

General Meeting – April 24th 2pm Palmers

The general meeting will be advertised on our social media pages and via an email to all members. The email will contain a copy of our draft constitution and voting forms for the committee positions, along with a brief description of these positions. All financial members will have an opportunity to nominate for a committee position.

Procedures of the General Meeting

At the meeting we will propose a resolution to become an incorporated association. We will vote for a committee. We will also choose a name and adopt a constitution. After the meeting, we will apply to the Office of Fair Trade to have our organisation become incorporated under the associations act. Then we will have cake to celebrate!!

Please keep informed, and you are encouraged to have your say and get involved. There was a lot of positivity at our meeting on Monday and I encourage you all to support each other. Step forward if you have an idea or are willing to take on a leadership role in any way. In the past two years it has been heart warming as we see more members becoming involved, from attending a class, to helping out in small ways or filling committee positions. There is something for everyone at U3A, and every little step helps a lot.

March Meet & Greet

Monday March 27 2pm Palmers

There will be three speakers

- Rae from Sunbird Consulting that supports people through their aged care journey. They specialise in helping people to get support at home via the Age Care system.
- Tanya from Grass and Roots Volunteer Network
- Belinda from Port Douglas Neighbourhood Centre. She will discuss activities on offer and how they can partner with U3A

Proposed Courses

At Monday's meeting several class/course ideas were presented to give us an idea of what you would like to participate in for 2023.

The options were-

- Learn a language- Italian/Spanish
- Theatre Group
- Understanding Dementia and Alzheimers
- History - local or world
- Short online courses
- Cryptic Crosswords for beginners
- Ukulele

Other suggestions from members were a Reef trip when its 50% off, and a beginners writing group.

Whilst there was interest in all options, the stand outs with the most positive responses were Learning Italian, Theatre Group and Ukulele. In response to this we are hoping to start the Ukulele group and Theatre Group very shortly. We also plan to offer Local History, and a Writing Group for Beginners. We will endeavour to commence the other classes as soon as we have tutors and venues.

New Classes

March Charge. By the age of 89, 1 out of 2 people will be impacted by cancer. The Cancer Council of Australia is running a fundraiser for the month of March- 89km Challenge walk. Walk 3km every day in March. Meet at Raintrees Park Mossman or Kai Restaurant Port Douglas at 0730. Facilitators Lyn & Jo. See class timetable for contact details. You can walk once or for the entire month. All welcome to join in at any time. Bring your dog(s) if you like.

Advanced Mahjong is held at Palmers Golf Resort Tuesday 1-4 pm. This is fast paced Mahjong for experienced players who would like to learn how to score and play in competitions. Please note this is not a replacement group for the Mossman Mahjong - it is a new option for experienced players who want to take their Mahjong to the next level. Contact Liz at ekendall56@gmail.com or 0431038414. Cost \$2 for the venue.

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.

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.

Contact Jo via email to enrol or enquire

Events and Excursions

- When the weather clears we will have regular pizza nights.
- Seniors week Trivia lunch
- Cairns Cup horse race dinner
- Looking for interest to book for the Adam's family show at the Clink.

Please forward any event suggestions to Andrea 0418156810 or afalsten@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 and let them know or click for [Cairns Bulletin](#)

U3A Douglas Shire Class Timetable for March 2023

Day	Frequency	Time	Class	Tutor/ Organiser	Room/Venue
	Daily	8 – 9 am	Tai Chi	Frieda Van Aller	4 Mile Park
		7:30 – 8:30 am	March Short Walk Challenge	Jo Herbert coursecoord.u3adouglas@gmail.com	Kai Café Port Douglas
				Lyn Percic LynetteU3A@gmail.com	Raintrees Park Mossman
Monday	Weekly	9.30am – 12.30 pm	Mahjong	Diane Schulz dschul.54@gmail.com	Palmers Golf Club
	1 st Monday of month	2:30 – 3:30 pm	Aromatherapy Discussion	Lyn Percic LynetteU3A@gmail.com	Port Douglas Community Centre
Tuesday	Weekly	10.30-11.30am	Tai Chi Men’s Group	Frieda Van Aller	4 Mile Park
	Weekly	1 – 4 pm	Mahjong	Diane Schulz dschul.54@gmail.com	Mossman Library
	Weekly	1 – 4 pm	Advanced Mahjong	Liz Kendall ekendall56@gmail.com	Palmers Golf Club
Wednesday	In recess until late March	8:00 – 10:00 am	Trail walking group	Sue Rae nalinir@bigpond.com	Various Venues check Facebook for updates
	Weekly – waiting list	10 – 11 am	Aqua Fitness Fun	Liz Kendall ekendall56@gmail.com	Private Location Port Douglas
	Weekly	11.00 – 12.00 pm	Tai Chi for health	Frieda Van Aller	Bruno Reidwig Park
Thursday	Monthly 1 st 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 afalstein@gmail.com	Palmers Golf Club
	In recess	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	Monica Prins everydaygardens2020@gmail.com	Various Venues