

April 2023 Newsletter

LUNCH and GENERAL MEETING MONDAY APRIL 24 1 PM at PALMERS

VOTES ON U3A DOUGLAS SHIRE and ALL COMMITTEE POSITIONS

Welcome to those recently joining our U3A Douglas Shire Community

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

[U3A Douglas Shire Facebook Page](#)

March Meet and Greet

Wendy from Queensland Health stepped in and gave an informative talk on the facilities available in our Shire, the importance of heart health, and her role in care for us if we have some heart issues. We also learnt about vaping and the increase in the use of vapes in our Shire, particularly among children and young adults. Vapes are not a safe product, as they contain high levels of nicotine and chemicals. It was very educational to hear about this as most of us were not aware of this problem.

Sunbird Consultants gave a highly instructional overview of our Aged Care System, concentrating on home based care. It is a tricky system to navigate, with a new 'language' to learn, and frustrations and timelines to cope with. Some of the recommendations:

- Once you reach the age of 65, register with My Aged Care. Ring them up, as filling in a form online may cause delays and lost applications.
- If you get to the point of an assessment, don't be shy or modest about your ailments and limitations. You need to be specific, so they can figure out how to help you.
- You may be eligible for a funds package to assist financially with your home care needs. You can self manage the funds or engage a company to manage it. If you self manage, don't be overly frugal with the funds; they are provided to keep you comfortable in your home.

Best wishes if you are taking these next steps.

<https://www.sunbirdconsulting.com.au>

<https://www.myagedcare.gov.au>

U3A Douglas Shire Inc. Committee Positions

Our constitution and committee application forms will be circulated in the coming weeks. We are looking for positions to be filled on the committee. Some of the current committee members are nominating to join the new committee, and we are also looking for members with fresh ideas and energy to nominate to complement the efforts so far achieved as a subbranch of U3A Cairns. Contact Lyn for queries if you are interested and would like to know more. Mobile: 0438 805 194

Lunch, Speaker and General Meeting Monday 24th April 1 pm Palmers

Lunch will be provided (sandwich platters)
Guest Speaker Peter Wright - Our Maritime History
Followed by General Meeting of all members and interested persons

- Voting on a resolution to proceed to establish a U3A Douglas Shire
- Election of Committee and office bearers

This will be an historic day ! Please come along to support the formal establishment of our University of the Third Age, meet members of your community, and to learn more about our local maritime history.

Events

This month we had a trip on Wavelength to the outer reef. After a change of dates due to inclement weather, we ended up with a fabulous day, little wind and sunny. Eleven U3A Douglas Shire members were onboard. The cruise was

informative and fun, and the snorkelling was excellent (water at 27 degrees). We learnt about and observed the coral nurseries they are cultivating in conjunction with the Sydney University of Technology to replenish damaged parts of the reef. There may be another trip in May.

A big shout out to Wavelength for a wonderful day !
<https://www.wavelength.com.au/>



Later in April we will have a pizza in the park night, so keep watching for a confirmed date.

The March Charge 2023

U3A Douglas Shire participated in the Cancer Council of Australia fundraiser for the month of March- the 89km Challenge walk. The combined distance of the Mossman and Port Douglas groups was just under 200 kms. The two groups had fun along the way and new friendships were formed.



Class News

Ukulele has successfully commenced with Kaye Priem at the Port Douglas Community Centre Meeting Room. This is a new venue for U3A and has been working well. The class is full but if you are interested you can go on the waiting list.

Writing Group. To commence Friday 14th April at the Book Lounge 7/14 Grant St 3 - 4.30 pm. Facilitator is Lynne Percic. This is an informal group that will be hosted in the peaceful and relaxing atmosphere of the Book Lounge Book

Shop. It will be a fortnightly group on the 2nd and 4th Friday of the Month.

Local History For all those history buffs or people just wanting to know a bit more about our history, this is for you. Commencing Wednesday the 19th April 11am at the Mossman Library. This will be a fortnightly group run by Lynne Anich who has extensive knowledge of our local history.

PICKLEBALL has come to Mossman !

Jim McArdle is facilitating indoor pickleball at the Mossman Shire Hall from 8 – 10 am on Monday morning. There will also be a Try and Play Day for pickleball on a Saturday in May for U3A members and the wider community. This will be at the Mossman Indoor Sports facility, and four or five courts will be set up. The Cairns and District Pickleball Club will be at this event, with coaching and equipment. [Cairns and District Pickleball](#)

Trail walking is starting up again on April 12, weather permitting. Watch our Facebook page for updates and location. **Aqua Fitness Fun** will move to Thursday on April 13 so we can join the walks.

Expressions of Interest are sought for **Spanish Language and Culture.** Lesley Postle has lived extensively in Spain and has offered to teach basic Spanish and discuss Spain's amazing culture. Maybe a trip to Seabeau Restaurant can be on the cards. Probably to run mid May on a weekly basis for 6 weeks. Venue and time TBC.

For all class details and enrolments contact coursecoord.u3adouglas@gmail.com

We also have a new interface for viewing and (soon) enrolling in classes. [View and Enrol in U3A Classes](#)

Volunteers and Memberships

We can't thank our facilitators enough. If you have a skill or passion to share, please let us know, we will assist with space, resources and support.

New members are always welcome. You do need to be a financial member to participate in classes and activities. There is two-session complimentary access, though financial members will have preference, before you are obliged to become financial. If you are a new member use this link [new membership application](#)

Follow this link [renewing member](#) to check your recorded membership details and for renewal payment methods.

U3A Douglas Shire Class Timetable for April 2023

Day	Frequency	Time	Class	Tutor/ Organiser	Room/Venue
	Daily	8 – 9 am	Tai Chi	Frieda Van Aller	4 Mile Park
Monday	Weekly	8 – 10 am	Indoor Pickleball	Jim McArdle jim_mcardle@bigpond.com	Mossman Shire Hall
	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 Meeting Room
Tuesday	Weekly	10 am – 12 pm	Ukulele	Kaye Priem	Port Douglas Community Centre Meeting Room
	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	Weekly Starting April 12	8 – 10 am	Trail walking group	Sue Rae nalinir@bigpond.com	Various Venues check Facebook for updates
	Fortnightly starting April 19	11 am – 12 pm	Local History	Lynn Anich	Mossman Library
	Weekly	11 am – 12 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 – starting April 13	10 – 11 am	Aqua Fitness Fun	Liz Kendall	Private location 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

U3A Douglas Shire Class Timetable for April 2023 continued

Day	Frequency	Time	Class	Tutor/ Organiser	Room/Venue
Friday	Weekly	12:30 – 3:30 pm	Table Tennis and Indoor Pickle Ball	Liz Kendall ekendall56@gmail.com	Port Douglas Community Hall
	2 nd and 4 th Friday of month starting April 14	3 - 4:30 pm	Writing for Beginners	Lyn Percic LynetteU3A@gmail.com	Book Lounge 7/14 Grant Street Port Douglas
Saturday	First Saturday of month	2pm – 5pm	Everyday gardening	Monica Prins everydaygardens2020@gmail.com	Various Venues