

## May 2023 Newsletter

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### The first newsletter for INDEPENDENT U3A Douglas Shire

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

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

[U3A Douglas Shire Facebook Page](#)

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### U3A Douglas Shire

The first step is complete ! Our Inaugural General Meeting was held on Monday 24th of April with over 30 members present. A unanimous vote accepted the tabled motions. Thank you to Larry Frazer, our Far North Queensland U3A Network Rep, for officiating the proceedings.



In the next steps, our draft constitution will be sent off to the Office of Fair Trading. Upon acceptance of this we will update our policies and processes, and we will issue new membership cards. Current financial members will transfer over to the new branch. Memberships expire on June 30, and it is envisaged once memberships are renewed, we should have the new membership cards ready for distribution.

### Our Inaugural Committee

Many thanks to those members who have put their name forward to form our committee - President Lyn Percic; Treasurer Lorraine Potter; General Committee Jo Herbert, Andrea Falstein, Liz Kendall, and Toni Hickey.



Please acknowledge your committee when you have the chance, as we are working to ensure the success of our organisation, though we wouldn't be here without our tutors, facilitators and everyday helpers. Thank you.

### Douglas Maritime History

After the General Meeting, Peter the Fisherman presented an interesting and thought-provoking talk on our waterfront history and the political shenanigans. Awareness of our local history and gaining more knowledge is beneficial to us as residents. We can be good advocates to assist in the preservation of this history; it is really important.

If you know someone who has a story to share please encourage them to contact a committee member. Thanks to Peter for shedding light on some of our history.

### Knee Arthritis

Do you have knee arthritis and are considering keyhole surgery ? Have a look at the flyer attached, it might be of interest to you.

## Preventing Dementia Short Course

This course offer was circulated last year. One of our members participated and highly recommends the course, because of the content, the ease of understanding and the overall presentation. Flyer attached for more details.

## Events

### Pizza on the Beach

Thu 4 May 2023

5.30-7.30

\$10 per head

Register by Tuesday May 2

Registration details were sent to you via email or contact [afalstein@gmail.com](mailto:afalstein@gmail.com)

There will also be a Try and Play Day for Pickleball on Saturday May 6 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 instruction for beginners and equipment. A branch of this club may be set up in Douglas Shire if there is enough interest.

U3A Douglas Shire had a successful table at the Book Lovers Trivia night at the Mossman Library on April 27. U3A member and tutor Lynn Anich was the individual winner and is obviously a real talent in trivia competitions. Another trivia team will be in operation on Wednesday May 17 in a fundraiser for the Neighbourhood Centre. Contact Liz Kendall [ekendall56@gmail.com](mailto:ekendall56@gmail.com) if you are interested.



## Class News

**Trail walking** has started up again. Go to our Facebook Page on a Monday to find out where and when the group will walk on Wednesday morning.

**Port Douglas Petanque will be joining U3A during May 2023.** Watch for details as a **SPECIAL CELEBRATION** is planned.

The Spanish language and culture class starts on Tuesday 23 May. See timetable for details.

The Mahjong group celebrated its second birthday in fine style. We all love the game and the joy of playing together !



For all class enrolments contact [coursecoord.u3adouglas@gmail.com](mailto:coursecoord.u3adouglas@gmail.com) Please do not just show up for a class as many have limited space. We also have a new interface for viewing 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 May 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	<b>WAITING LIST FOR BEGINNERS</b> Diane Schulz	Palmers Golf Club
	1 <sup>st</sup> 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	<b>WAITING LIST</b> 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 <a href="mailto:dschul.54@gmail.com">dschul.54@gmail.com</a>	Mossman Library
	Weekly	1 – 4 pm	Advanced Mahjong	Liz Kendall ekendall56@gmail.com	Palmers Golf Club
	Weekly	4:30 – 6 pm	Spanish Language and Culture	Lesley Postle	Oaks Resort To be confirmed
Wednesday	Weekly	8 – 10 am	Trail walking group	Sue Rae <a href="mailto:nalinir@bigpond.com">nalinir@bigpond.com</a>	Various Venues check Facebook for updates
	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of the month	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 <sup>st</sup> Thursday	10am-11.30am	Book Chat	Catherine Rosenbrauer catrosen@hotmail.com	Tin Shed Port Douglas
	Weekly	10 – 11 am	Aqua Fitness Fun	<b>WAITING LIST</b> Liz Kendall	Private location Port Douglas
	Weekly	1.30pm- 4.00pm	Games and Cards	Andrea Falstein <a href="mailto:afalstein@gmail.com">afalstein@gmail.com</a>	Palmers Golf Club

**U3A Douglas Shire Class Timetable for May 2023 continued**

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

## Do you have knee arthritis and are considering keyhole surgery?

If so, the DECIDE study may be for you.



### Participate for a chance to win a \$500 voucher.

Many people are unsure whether or not to have knee surgery. Information about osteoarthritis and its management may help people to make better decisions.

The DECIDE study is looking for people with knee osteoarthritis who are considering keyhole surgery. The team will examine the value of two different information handouts for these people.

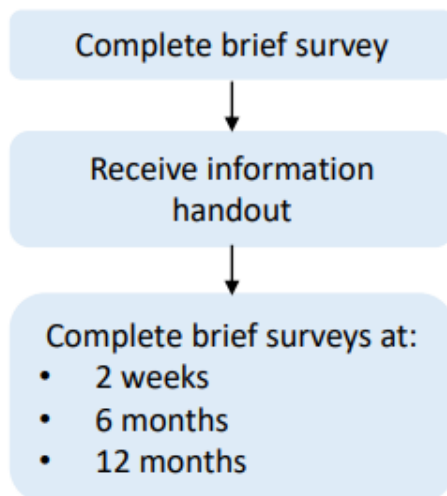
#### Are you eligible?

- You are aged 45 years or older
- You have knee osteoarthritis
- You are considering keyhole surgery

#### Location

- Online and via telephone

#### What happens if I decide to participate?



#### Benefits of participation

- Go into the draw for a \$500 gift voucher
- Receive information that may help you make better decisions about the care you receive

#### How to get involved?

Go to [www.decidestudy.com](http://www.decidestudy.com)

or

Scan this QR code



For more information, contact:  
**E: [decidestudy@monash.edu](mailto:decidestudy@monash.edu)**  
**Ph: 03 9903 8885**

This project is funded by the Cabrini Foundation and received approval from the Monash University Human Research Ethics Committee (project number 25864).



MONASH University

UNIVERSITY of TASMANIA

**WICKING** 

Dementia Research and Education Centre

MOOC

# Preventing Dementia

FREE ONLINE SHORT COURSE



MASSIVE OPEN ONLINE COURSE

# Preventing Dementia

## COURSE DETAILS

**Duration:** 4 weeks

**Estimated effort:** 2 hours per week

**Cost:** Free

Available on your computer, tablet or phone **24/7**

## ABOUT THIS COURSE

Dementia is now a leading cause of death worldwide, with risk reduction more important than ever. It's never too early or too late to do something good for your brain and reduce your risk.

This course developed and taught by the **Wicking Dementia Centre**, is suited to everyone – whether you are an individual with an interest in brain health and/or dementia risk reduction, or an allied health professional, clinician, aged care service provider or health policy professional.

Dementia has a profound impact on individuals, families and communities, and the number of people with dementia across the world increases every year as our global population ages.

It's now one of the most significant health, social and economic issues of the 21st century.

## It's never too early or too late to reduce your risk.

The impacts of dementia, including loss of physical and cognitive capacity, are felt community wide. The latest research estimates that up to 40% of dementia cases may be preventable by attending to potentially modifiable risk factors.

The Preventing Dementia MOOC draws on the latest scientific evidence, as well as the expertise of leading global experts in dementia research and education to outline and discuss the key risk factors for dementia. You'll hear from expert neuroscientists, clinicians and epidemiologists as they outline ways you may be able to reduce your risk.

Myths and controversies will be discussed, and you'll also have an opportunity to participate in new research in this area.

Knowledge is the key to understanding prevention.



Learn from home at your own pace with no exams or assignments



Examine the evidence and reduce your risk of dementia.



**Free** online short course taught by the **Wicking Dementia Centre**.

## COURSE OUTLINE:

### 1. Can dementia be prevented?

Learn about key concepts in dementia prevention, as well as how we study dementia risk in populations, and the major modifiable and non-modifiable risk factors.

### 2. Dementia risk: it's not all in your head

Examine the evidence supporting links between dementia risk and key vascular and medical risk factors, such as diabetes and physical activity.

### 3. A healthy and active mind

Learn about the impact of education and depression on dementia risk, and how we can build 'cognitive reserve' to resist the effects of diseases that cause dementia.

### 4. Interventions for prevention

Key strategies for prevention at the individual and population level are examined. New research initiatives that may impact on dementia risk are also explored.

For more information or to enrol, visit [mooc.utas.edu.au](https://mooc.utas.edu.au)