



This news bulletin is designed to keep you in the loop regarding news and activities for the current month. Further information can be obtained from our biannual Newsletter or from our website www.u3apinerivers.org.au.

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FROM THE PRESIDENT

Welcome new members



I am truly honoured to step into the role of president here at U3A Pine Rivers and as such to welcome the many new members who have joined us recently.

Over the last couple of months our numbers have continued to increase, as you may have noticed by the numbers in our recreation area with many people enjoying each other's company.

Now, I want to share a massive thank you to **John Wright**, who has recently retired as Centre Manager. After 10 years of incredible service, John's dedication to keeping our three venues—Kallangur, Calala Hall, and Kings Cottage—in top shape has been outstanding. He will be greatly missed, and we all wish him the very best for the future.



Keeping You Informed

At our first meeting the committee agreed that our main theme for the year will be:

Communication. We want to make sure everyone feels connected to what's happening behind the scenes. Remember the committee is working for you.

To help with this, we are going to place copies of the minutes from our committee meetings in the **"In the Loop"** folder located on the tables in our recreation area. We're also committing to a **General Information Meeting** once every half-semester. These meetings are a great way for the committee to hear any of your suggestions or concerns.

Please join us for our first meeting on **Friday, May 15th at Noon** (Room 2 at the U3A Centre). You can register by asking reception to add you to the event or you may use the link below.

<https://register-for-event.memberwizard.com.au/e6c79810beec49d992743bcbaeb8328>

National Volunteers Week in Australia runs from **18-24 May in 2026**. Here at U3A Pine Rivers there are no paid workers, we are all volunteers. During that week this year we are going to do something special, but you as members can do your part by offering to help your tutors or assist in the recreation area by keeping the place tidy or stacking the dishwasher. If you would like to volunteer some of your time or skills, talk to the receptionist at the front desk at the U3A Pine Rivers Centre, Kallangur. They will give you the person to pass your name and contact details to.



Supporting the Cancer Council Biggest Morning Tea

While we will not be hosting a Biggest Morning Tea this year, we remain committed to supporting this vital cause. We have registered to receive donations and will be accepting them to aid in the essential research and treatment services.

We have set aside the week **Monday 18th to Friday 22nd May 2026** when you can contribute via a donation box at the reception desk or through our electronic card facility. If individual classes would like to host their own mini morning teas to raise funds, those proceeds can be added to our total. Many of us have been personally touched by this disease, and we appreciate your support in making a difference.

You may also make a direct donation using this link:

<https://www.biggestmorningtea.com.au/fundraisers/eventsu3apineriversorgau/biggest-morning-tea-qld>

Tony Nobbs



Meet your new committee

The following members were elected to the Management Committee and will lead our organisation for the next 12 months.

Executive

President



Tony Nobbs

Secretary



Dianne Gregory

Treasurer



Jenny Everson

Committee members



Kristy Allt



Laurel Boswell



Ron Cooper



Fiori Cruz



Margaret Harding



Derek Macfarlane



Ken Passmore

Now that you can put a face to a name, say “hi” if you see these people about. You can contact any member of the committee to discuss what is working well, concerns you may have, or just to thank them for taking on these important positions for U3A Pine Rivers.



ACTIVITIES

Thinking of our members



To members having a birthday in May, best wishes for your special day.



News from the Reception Desk

The days have been quieter at the U3A Pine Rivers Centre Reception desk with some classes enjoying a mid-semester break.

I wish to thank Margaret Weekes for her excellent work as Reception Coordinator, on creating the Receptionists' Manuals, training the wonderful receptionists and generating the monthly rosters. Treasurer, Jenny Everson, ensures the financial processing through Member Wizard is a smooth operation.

Our receptionists are important as they are often the first person to greet members as they arrive for their class or activity, welcome visitors into the Centre and answer new member enquiries. You may like to consider volunteering as a receptionist.

Or maybe a centre helper would be of interest to you. You could come to your class a little earlier and help welcome new members, guide members to their classroom, shelve some library books, make sure there are enough biscuits on the refreshment table or sit and have a friendly chat to members.

You are welcome to contact **Bronwen Winn** if this sounds like something you would enjoy.

Avoid perfumed products

As we all know, things change as we get older. One of these things is our sense of smell, and many mature people start to experience sensitivity to fragrances. For most people this is a mild discomfort (watery eyes, sneezing etc) but for others it can cause more concerning reactions including dizziness, breathlessness or triggering migraines and asthma.

Considering these possible health impacts, we kindly ask all members to be mindful of the wellbeing of others. Please refrain from using/wearing perfumed products when attending U3A classes and activities.



CARNIVAL OF FLOWERS



As the well-known Carnival of Flowers springs into life in September, Toowoomba is keen to show off its spectacular gardens. See some of the top displays and competition gardens as well as stop at some of the surrounding parks. Morning tea and lunch are included.

Wednesday, 16 September 2026.

Cost to financial members **\$106**. Payment code is **TR3-2026**, due by Tuesday **1 September 2026**.

Bookings with Kristy or email your interest to trips@u3apinerivers.org.au.

Due to the current economic climate and the falling number of members taking the coach trips, the U3A committee has decided that U3A will scale back the number of coach trips we will offer at the moment. We will only offer one more trip this year, the **Carnival of Flowers** trip on Wednesday 16 September 2026.

The committee has also agreed that members can pay for their trip in instalments. The same method of payment will apply so that when an amount is paid towards the cost of the trip, this will be deducted from the total amount leaving a running balance.

The committee hopes this will help members with their budgeting.

Kristy and Linda
Coach Coordinators

Photos from the very successful Ipswich trip

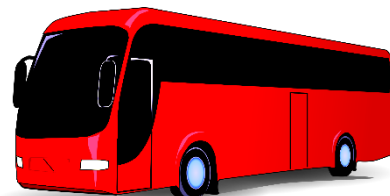


Coach trips - How to participate

- Book with Coordinator before paying – **Kristy Allt** or **Linda Cox** or trips@u3apinerivers.org.au. Book early to avoid disappointment.
PLEASE NOTE: Payments can be made at the U3A Centre, but no bookings.
- **Special Dietary requirements** can only be catered for if advised at the time of booking.
- **Pay** at least 16 days before the trip unless otherwise stated. Please see the Payments page in the Semester Newsletter.
- **If cancelling**, notify the Coordinator by phone or text as soon as possible.

CHECKLIST for TRIP DAY:

- Leave off perfumed products. As many of our members are sensitive to perfumed products, especially within an enclosed space, we request that you consider the well-being of fellow passengers and refrain from using such products on trip day.
- Wear your badge.
- U3A trips leave from Strathpine Bus Station (Dixon Street side).
- Be there at least by the nominated time for processing so you are not left behind.
- Report to the Coordinator (person with the clipboard) as soon as you arrive at the Bus Interchange.
- During the day, listen to and follow the instructions from the Coordinator and the driver.



ENJOY A HAPPY COACH TRIP!

Theatre Outings

Fiddler on the Roof



It's 1905 in the tiny village of Anatevka, where Tevye, a milkman, lives his life by their proud traditions. For his five daughters, this means a visit from the matchmaker. As each daughter challenges his beliefs, against the backdrop of a changing world, can Tevye hold on to his roots, or must he bend to the will of his children and learn to embrace the unfamiliar?

As one of the greatest musicals of all time featuring, "If I Were a Rich Man", "Tradition", "Matchmaker" and "Sunrise, Sunset", this

classic musical of joy and community is an exuberant celebration of love and life.

Wednesday 21 October 2026

1:00 pm

Glasshouse Theatre at QPAC

Ticket cost: Members - **\$109.00**

Non members - **\$114.00**

Pay U3A by **7 August 2026** - Payment Code: **TH3-2026**.

Warning: This production contains the use of smoke, haze and flashing lights.

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Anastasia



ANASTASIA follows a brave young woman on a journey to discover the mystery of her past. Pursued by an army officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family. This dazzling production, transports you from the twilight years of the Imperial rule to the euphoria of 1920s Paris.

Wednesday 16 September 2026

1:00 pm

Lyric Theatre at QPAC

Ticket cost: Members concession - **\$70.00**

Non members concession - **\$75.00**

Pay U3A by **3 July 2026** - Payment Code: **TH2-2026**.

Warning: Anastasia uses theatrical haze, strobe lights, gunshot sound effects and smoking.

Contact Angela for all bookings and enquiries:

- Email theatre@u3apinerivers.org.au

Senior Driver Safety Presentation

Come Join the Department of Transport and Main Roads

Road Safety experts will address common concerns for senior drivers.

Enhance your confidence and skills on the road.

This session will cover such topics as:

- A Queensland road rules refresher
- How age can affect your ability to drive
- Medical requirements for drivers 75 years and over

Friday 29 May 2026, 12:00pm – 12:45pm

DELIVERING FOR QUEENSLAND | Queensland Government

Back by Popular Demand: Senior Driving Presentation!

Following the huge success of our session on 6 March, we are thrilled to announce a second **Senior Driving Presentation on 29 May**.

At this stage there are only **three seats** left so be quick if you want to come. Please register as soon as possible via the link below to secure your spot:

<https://register-for-event.memberwizard.com.au/1098478060ef48d282a55982ad9a1bb4>



CLASS NOTICES

Archaeology - Ancient Astronomy

Tutor: TONY Nobbs

Weekly on Wednesday 1:00 PM - 2:30 PM

Venue: U3A Pine Rivers Centre - Classroom 1, 1480 Anzac Av, Kallangur

Dates: Starting 6 May 2026

This introductory astronomy course covers the science of the skies, how ancient astronomers used the skies, and how the skies interact with all humans on many levels. The course will cover the entire world from many thousands of years B.C. up until the end of ancient astronomy around 1600 A.D., with a concentration from 3000 B.C. to 200 A.D. In this course we use a series of Video lectures by Bradley E. Schaefer, Ph.D.



Anthropology - Understanding Culture and Human Geography

Tutor: TONY Nobbs

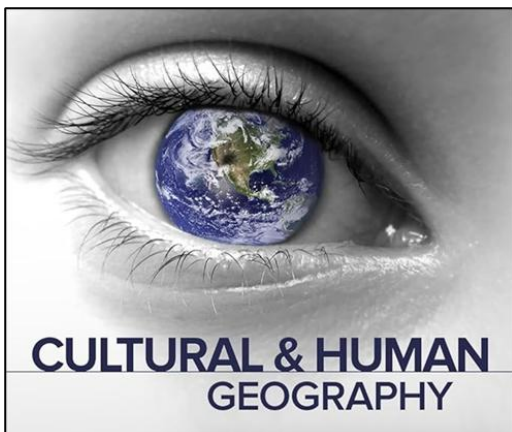
Monthly: first and third Tuesday 12 noon - 1:30 PM

Venue: U3A Pine Rivers Centre - Classroom 1, 1480 Anzac Av, Kallangur

Dates: Starting 19 May 2026

Why have some forests been cut down around the world while others still stand? Why is population growth slowing, and why are people gravitating to cities?

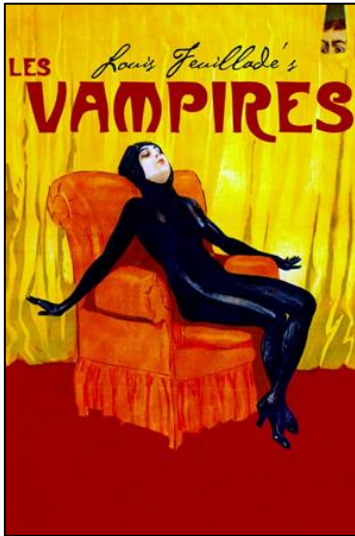
The answers to all these questions lie in geography. Geography is the study of the distribution of features and objects across the Earth's surface; it provides both a description as well as an explanation for why places vary, whether locations impact one another, and how regions change. Cultural and human geography focuses on the distribution and actions of people, economies, cultures, and politics. Geography not only helps explain how the world is today but also allows us to imagine the way the world might look in the future.



History of World Cinema

9:30 am - second and fourth **Monday** of the month.

Contact **John Targuse**.



This 10-part classic serial that started in April will continue in May on 11 May and 25 May.

Les Vampires (1915)

Les Vampires is a 1915–1916 French silent crime serial film written and directed by Louis Feuillade. Set in Paris, it stars Édouard Mathé, Musidora and Marcel Lévesque.

The hunt is on to capture a bizarre underground gang of criminals known as the Vampires, which is led by the mysterious Irma Vep.

Photographic and Social Club



Our April photography outing was to the City Botanic Gardens. We first went to the 21st Floor of the Emporium Hotel where we had wonderful views of the river and CBD. We then walked across the Goodwill Bridge, stopping to take more photos.

After enjoying coffee at The Garden Club in the City Botanic Gardens, everyone wandered around the gardens at their own pace for more photography.

The group photo was taken at the cafe in the gardens.

Contact **Mary-Jane Scott**

Sew Handy



An interesting class for the Sew Handy group on Thursday 16 April.

They were taught to make bowls from cotton rope and narrow strips of fabric, by classmate-turned-tutor for the day, Heather. The bowls turned out to be a wonderful variety of designs, colours and shapes. The unfinished bowls show how they look as WIP (work in progress). Thank you Heather for sharing your skills with the group.



PAYMENTS

HOW TO MAKE ONLINE PAYMENTS TO U3A PINE RIVERS:

EFT through your bank



Direct EFT payments into the U3A Pine Rivers bank account may be made through your online banking site.

In the **Reference** box, the following information is required.

- Payment Code for the Activity: for example MB, TH1 or TRP1
- Surname (and first name or initial if it fits)
- Membership Number

U3A Pine Rivers banking details are:

Account Name: U3A Pine Rivers Inc.
Bank: Heritage
BSB: 638-070
Account No: 11284854

In addition, an email detailing your name and membership number **MUST** be sent to treasurer@u3apinerivers.org.au

Online Card payment



You will need to enter your card details, as well as your name and contact details. Your receipt will be promptly sent to the email address you enter.

Enter your credit/debit card details online at

<https://checkout.square.site/merchant/ML3PF5JRGVQET/checkout/TYFQUN2HWEQZBUV5ZEHK2UE4>

WELLBEING

Mental decline 'not inevitable' with age



Ageing is often portrayed as a steady slide towards physical and mental decline, however a new study by Yale University challenges that belief.

Researchers followed more than 11,000 citizens aged 65 or older over 12 years, tracking changes in cognition and physical function.

The study found that 32% of participants improved cognitively, while 28% improved physically. When

participants whose cognitive scores remained stable were included, more than half defied the notion of inevitable mental decline.

Dr Becca Levy, professor of public health and psychology at Yale, found that negative age beliefs are linked to poorer memory, slower walking speed, higher cardiovascular risk, and biomarkers associated with Alzheimer's disease later on. It suggests that feeling positive about the advancing years could lead to better health outcomes.

U3A aligns closely with the idea of "positive ageing" by encouraging members to stay active, connected, curious and engaged, rather than withdrawing after retirement.

Read about the [Yale study](#).



Recipe – Apple scrolls with yoghurt dough

An easy recipe that uses only flour and yoghurt for the soft dough.

INGREDIENTS

Dough:

- 1 cup SR flour
- 1 cup plain Greek yoghurt

Filling:

- 2 apples – peeled, cored and thinly sliced
- 1 tab sugar
- 1 tsp cinnamon
- 1 tab lemon juice

Glaze:

- ½ tsp lemon juice
- ½ cup icing sugar
- 1-2 tsp water



METHOD

1. Preheat the oven to 190°C.
2. In a bowl, mix the apple, sugar, cinnamon and lemon juice. Set aside.
3. In a mixing bowl, combine the self-raising flour and yoghurt. Stir until a sloppy dough forms.
4. Lightly flour a clean surface and knead the dough for 2-3 minutes until smooth. If it is still sticky, add a little more flour.
5. Roll the dough into a rectangle about ¼ inch (6mm) thick.
6. Evenly spread the filling over the dough. For added flavour you can brush melted butter over the apples.
7. Starting from one long edge, carefully roll the dough tightly into a log. Slice the log into 6-8 pieces.
8. Place the scrolls, cut side up, on a lined baking tray. Bake for 20-25 minutes, or until golden brown.
9. Allow to cool slightly. Mix lemon juice, water and icing sugar together and drizzle over the top of the scrolls.
10. Enjoy!

[Recipe courtesy of Little Scholars (Childcare Centres)]

Tim Minchin – 9 Life Lessons

Tim Minchin's speech at the 2013 graduation ceremony of the University of Western Australia covered 9 life lessons, that may at first seem a little strange but are thought-provoking. At the same event, Tim was awarded an honorary doctorate for his significant contribution to the arts.



[Watch the video](#) to learn about the 9 life lessons.

1. You don't have to have a dream
2. Don't seek happiness
3. Remember it's all luck
4. Exercise
5. Be hard on your opinions
6. Be a teacher!
7. Define yourself by what you love
8. Respect people with less power than you
9. Don't rush



Queensland food festivals

While Queensland might be best known for our reef and endless coastline, we also have some of the country's most diverse produce and freshest seafood. Your best chance to taste the state on your plate is at one of the many Queensland food festivals scheduled for the months ahead. These are not too far from home.

MAY

30-31



Goomeri Pumpkin Festival

Held annually in the small rural town of Goomeri, the festival attracts thousands of visitors to a fun-filled program of activities that highlights the region's agricultural heritage. Traditionally held on the last Sunday in May, this year the festival celebrates 30 years so a variety of family-friendly events, including the Great Australian Pumpkin Roll, will take place across the whole weekend.

<https://www.goomeripumpkinfestival.com/>

1-31



GourMay Mary Valley | Imbil

Running through May, GourMay Mary Valley is a festival to celebrate the region's farmers, producers and creators that grow, produce and prepare food in Mary Valley Country, south of Gympie. Check out the events calendar to find a series of events across the Mary Valley.

<https://www.gourmaymaryvalley.com.au/2026-events.html>

JUNE

6



Relish Food & Wine Festival | Maryborough

Relish 2026 features an exciting line-up of live music, gourmet food and drink vendors and exclusive ticketed sessions. The festival takes place in the Portside Precinct and Queen's Park in Maryborough.

<https://relishfrasercoast.com.au/>

1-30



Scenic Rim Eat Local Month | Scenic Rim

Each June, the region's farmers, producers, winemakers, distillers, and local venues open their gates and tables to showcase Scenic Rim's award-winning local produce, rich farming heritage, and paddock-to-plate experiences.

<https://www.eatlocalmonth.com.au/events/>

JULY

24 July
- 2 Aug



Curated Plate | Sunshine Coast

The Curated Plate is a 10-day home-grown festival showcasing the region's local produce, producers and chefs. Get to know the local restaurants, tourism attractions, breweries and distilleries and farms, offering the best of the Sunshine Coast's local food and beverage scene.

<https://thecuratedplate.com.au/>



Fun facts about Antarctica

Hidden away from the rest of the world at the Earth's southernmost tip, Antarctica is arguably the most intriguing and mysterious place on our planet.



1. Antarctica holds most of the world's fresh water

An incredible 60-90% of the world's fresh water is locked in Antarctica's vast ice sheet. At its deepest, Antarctica's ice is 4.5 kilometres thick. If it all melted, global sea levels would rise about 60 metres.

2. Antarctica is a desert

The average annual rainfall at the South Pole over the past 30 years was just over 10 mm. So, while Antarctica may be covered in ice, it has taken an incredible 45 million years to grow to its current thickness, because so little rain falls there. As well as being one of the driest continents on Earth, Antarctica is also the coldest, windiest and highest.

3. There is no Antarctic time zone

At the South Pole the lines of longitude, which give us different time zones around the globe, all meet at a single point. Most of Antarctica experiences 6 months of constant daylight in summer and 6 months of darkness in winter. Time starts to feel a little different without the normal markers for day and night. Scientists working in Antarctica generally stay in the time zone of the country they departed from.

4. Antarctica has active volcanoes

Antarctica is home to several volcanoes and two of them are active. Mount Erebus, the second-highest volcano in Antarctica, is the southernmost active volcano on Earth. It is located on Ross Island and the second active volcano is on Deception Island, close to South America.



5. There's a subglacial lake that flows blood red

In 1911 on a remote glacier in East Antarctica, a strange phenomenon was observed. The white ice of the Taylor Glacier was being stained a deep red by water flowing from deep within the glacier. 106 years later, scientists announced that they had discovered the cause. The water flowing from within the glacier was from a subglacial lake high in salt and oxidised iron, and when it came into contact with oxygen the iron rusted, giving the water its striking red shade, and its name: Blood Falls.



Did you know?

- Antarctica covers 14.2 million square kilometres
- The Antarctic ice sheet is the largest ice store on earth
- Ice covers roughly 98% of Antarctica, which equates to 90% of the Earth's ice and 70% of our fresh water



Mental stimulation

The answers to these puzzles will be in the **June 2026** edition of *In the Loop*.

Crossword

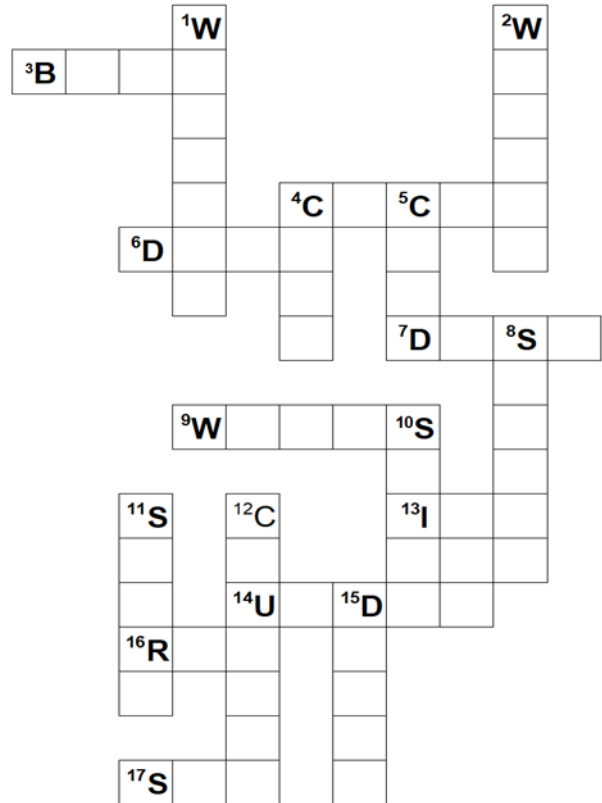
Complete the crossword by finishing the well-known sayings.

Across

3. I've got a _____ to pick
4. Break the _____
6. _____ vu
7. Wait for the _____ to settle
9. Not out of the _____ yet
13. On thin _____
14. _____ the weather
16. Stuck in a _____
17. Make hay while the _____ shines

Down

1. A change in the _____
2. In the dead of _____
4. The _____ before the storm
5. _____ comfort
8. Every cloud has a _____ lining
10. Rise and _____
11. A _____ is brewing
12. Throw _____ to the wind
15. Without a shadow of a _____



Quote slide

Slide the letters down into the correct rows to form a quote from Oscar Wilde.

A couple have been done to get you started.

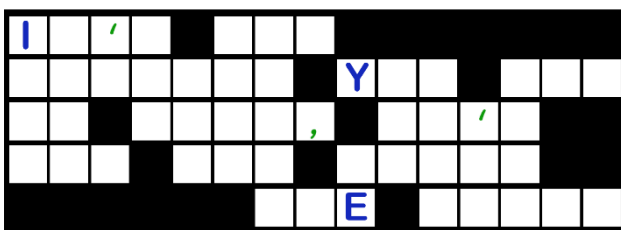
U

OT ET B W

WO SYNQ YIU E

HRWTOOETELTLAIE

IHELHSRHPQACSMN



A Sports Logic Puzzle

Four children each play a different sport. Use the clues below to find out which sport each child plays.



	Basketball	Baseball	Volleyball	Soccer
Brad				
Jenny				
Frank				
Susan				

1. Brad plays a sport that begins with the same letter as his name
2. Jenny has to kick a ball in the sport she plays.
3. Frank hit two home runs this season.



Answers to April puzzles


Fruity puzzle


Place the names of the 7 fruits in the correct rows.

Pineapple is in the middle of the rows	BANANA
Grape is in one of the odd rows	CHERRY
Orange is in row 6	GRAPE
Tomato is between pineapple and orange	PINEAPPLE
Banana is in the first row	TOMATO
Cherry is adjacent to banana	ORANGE
Durian is not in row 3 or 4	DURIAN


Where in the world?

Place the international landmarks in the country where you would find them.

 **ITALY** TREVI FOUNTAIN COLOSSEUM VATICAN

 **USA** TIMES SQUARE GOLDEN GATE BRIDGE GRAND CANYON

 **FRANCE** NOTRE DAME EIFFEL TOWER LOUVRE

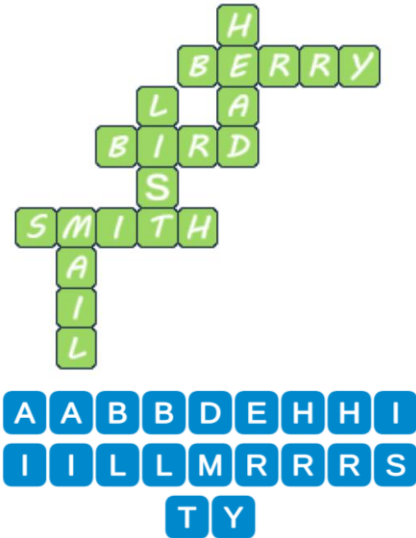
 **GERMANY** COLOGNE CATHEDRAL BRANDENBURG GATE HEIDELBERG CASTLE

 **SPAIN** TOLEDO PLAZA MAYOR ALHAMBRA

Link Words

All the words that fit into the crossword puzzle are linked by the clue "ALL AFTER BLACK". The words are the second half of words that start with BLACK. Using only the letters shown, complete the puzzle.

 ALL AFTER BLACK



- Alhambra
- Brandenburg Gate
- Cologne Cathedral
- Colosseum
- Eiffel Tower
- Golden Gate Bridge
- Grand Canyon
- Heidelberg Castle
- Louvre
- Notre Dame
- Plaza Mayor
- Times Square
- Toledo
- Trevi Fountain
- Vatican



U3A PINE RIVERS DIRECTORY

U3A Pine Rivers Centre



3880 6677



admin@u3apinerivers.org.au



<https://u3apinerivers.org.au>



P O Box 507, Kallangur QLD 4503



1480 Anzac Avenue, Kallangur
8:30 am – 1:00 pm Monday to Thursday
8:30 am – 12:00 pm Friday

Venues

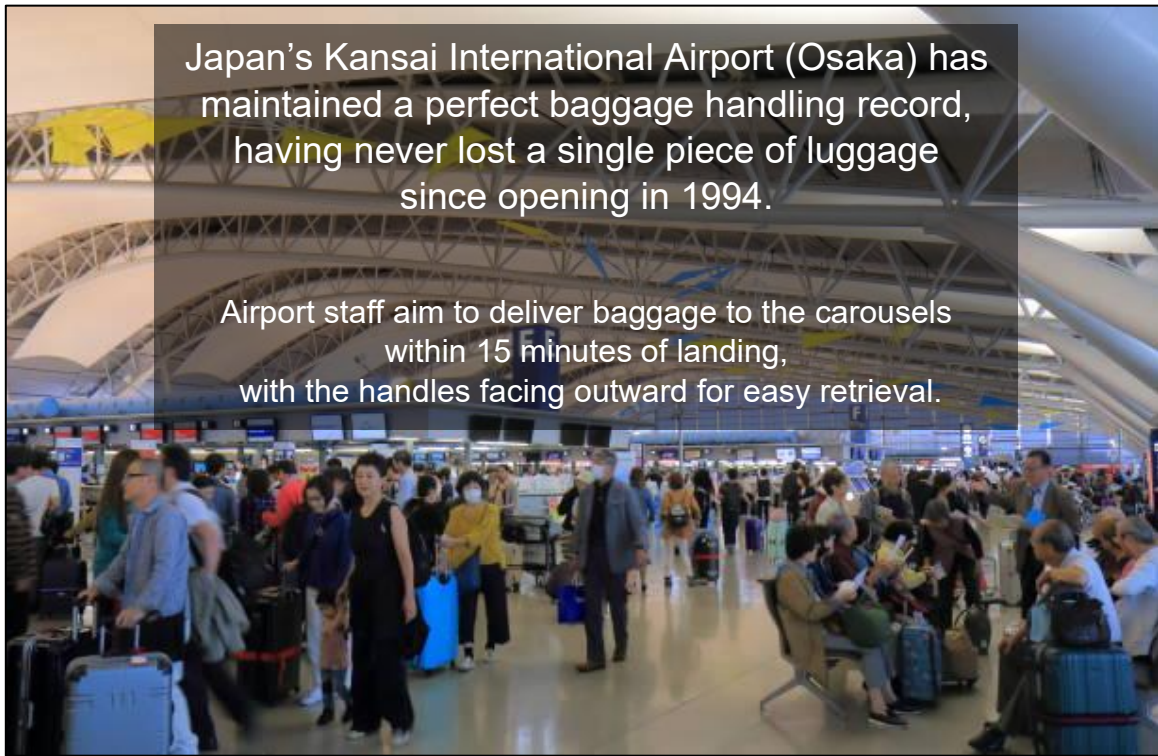
Locations where classes are regularly held:

U3A Pine Rivers Centre	1480 Anzac Avenue, Kallangur
Calala Drive Hall	25 Calala Drive, Strathpine
Everton Glen Reserve	11 Cabrilla Street, Everton Hills
Kallangur Community Hall	1480 Anzac Avenue, Kallangur
Lawnton Community Centre	Cnr Todds Rd & Ellis St, Lawnton
Salvation Army	27-29 Lawnton Pocket Rd, Lawnton
Samford Bowls Club	Mt Samson Road, Samford
Strathpine Library	Station St & Gympie Rd, Strathpine

Important Volunteer Personnel

President	Tony Nobbs	president@u3apinerivers.org.au
Secretary	Dianne Gregory	secretary@u3apinerivers.org.au
Treasurer	Jenny Everson	treasurer@u3apinerivers.org.au
Committee member	Kristy Allt	
Committee member	Laurel Boswell	
Committee member	Ron Cooper	
Committee member	Fiori Cruz	
Committee member	Margaret Harding	
Committee member	Derek Macfarlane	
Committee member	Ken Passmore	
Course Coordinator	Tony Nobbs	courses@u3apinerivers.org.au
Membership Officers	Eileen Gardam Meryl Julum	membership@u3apinerivers.org.au
Welfare Support Officer	Chris Negline	





Please send suggestions for interesting content for future editions of *In the Loop* to update@u3apinerivers.org.au.

Follow us on Facebook for information, timely updates, class changes, entertainment.



The deadline for the June edition of *In the Loop* is Friday 22 May 2026.
Send contributions to update@u3apinerivers.org.au

Learning for leisure and pleasure for seniors

