U3A Townsville Inc

Newsletter

1st Quarter 2016

Dates for Your Diary

Wednesday 16 March 2016 Annual General Meeting Community Training Centre **##** 261 Ross River Road Aitkenvale 9.30 for 10.00am	**Tuesday 26 April 2016** Last day for submissions for 2nd Quarter Newsletter (Folding 5 May 2016)	**Thursday 23 June 2016** Mid-year Function Annandale Community Centre	**Thursday 24 November 2016** Christmas Function Annandale Community Centre

See page 2 for details re car parking at the AGM and page 3, following the President's Report, for details of a special resolution at the AGM

University of the Third Age Townsville Inc.

Website: **http://members.westnet.com.au/u3atownsville**

Our office is located at 9 Railway Avenue, Railway Estate, 4810.
P.O. Box 374, Aitkenvale, QLD, 4814
And open 9.30 am – 11.00 am Mondays. Ph (07) 4724 3530,
e-mail: u3atownsville@westnet.com.au

U3A EXECUTIVE OFFICERS – 2015

President	Graham Collins	4789 0590
Vice President	Donna Kippax	0419 734 553
Secretary	Syd Collins	4729 0275
Treasurer/Property Officer	Jenny Sebba	4728 5421
Assist Treasurer/U3A Network	Alan Williams	4775 1930
Newsletter Editor	Kathy Joyce	4724 1648
	(Email:-kathleen.joyce@bigpond.com)	
Class Co-Ordinator	Nanette Grace	4721 4484
Publicity Officer	Kay Torkington	4728 9394
Trip Co-ordinator	Nanette Grace	4721 4484
Magnetic Isl. Co-ordinator	Don Kinsey	4758 1349
Catering	Marie Baker	4778 4841

Committee Members: Kate Eagling (4725 4535) Hazel Ball (0419 780 190) Liz Mason (0429 179 395) Yvonne Campbell (4779 8947) Bev Ponder (0413 389 534)

Production & Distribution: Mary Collins, Alan & Lois Williams, Elvena Morrris, Nanette Crowther, Syd & Eric Collins, Nanette Grace, Estelle Del Bello

Membership fees can be paid either at the U3A Office any Monday morning between 9.30 and 11.00am, when the office will be attended. Alternatively, they can be posted to U3A at P O Box 374, Aitkenvale, Q. 4814, or paid by direct bank transfer. Money should not be left in the U3A office. It would be prudent for any U3A member who collects membership money outside of office hours to buy a personal receipt book.

U3A TOWNSVILLE INC. WEBSITE

Our website address is:- http://members.westnet.com.au/u3atownsville. On this website you can read your newsletter and get any updated information. To save trees and expenses members are asked to contact the office by email to receive your newsletter by email, instead of the printed, posted hardcopy. Those who prefer the printed version will still receive it as usual upon request.

ANNUAL GENERAL MEETING

This year the 2015 AGM will be held at the Community Training Centre on Wednesday 16 March at 9.30 for 10 a.m. start. The address is 261 Ross River Rd, Aitkenvale. For old-time Townsvillians this is the old Centrelink building. People coming to the AGM should bring a plate (paper). Coffee and tea will be provided. The map shows parking spaces.

PRESIDENTS REPORT

Welcome everyone to the New Year, 2016. I hope you have all had a pleasant Christmas holiday. Now that Christmas is past, it is time to look forward to the classes this year, and to meet up again with people of similar interests.

In this newsletter, you will find a notice about our upcoming Annual General Meeting. We were not able to secure our usual venue at the Annandale Community Centre from Townsville Council. However, thanks to the generosity of Community Training Australia (CTA) we have an alternative at their training centre located at 261 Ross River Road. The AGM will commence with one of the representatives of CTA giving a talk about the aims of the organisation throughout Australia. More details are given on other pages in this newsletter together with a map of the CTA premises and nearby car parks. Also in the newsletter below is notice of a Special Resolution to restrict the tenure of the management committee of President, Vice President, Secretary, and Treasurer to three years. Please read this and be prepared to vote one way or the other on this Special Resolution at the AGM.

Three long-standing members of the committee have decided to focus more of their attention on grandchildren, gardening, cooking, travel, etc. and have tendered their resignations. One of the ethics of the U3A movement is that as many members as possible should be involved not only in their special activity but in the administration and tutoring side of things as well. It's often said that U3A could not exist without tutors, but equally U3A depends on the committee to enrol new students, keep track of our finances, prepare functions, deal with correspondence, keep the database up to date, prepare the newsletter four times a year, take the minutes of meetings, maintain the web site, handle telephone messages, do the banking, and attend meetings once a month. The smooth running of your U3A relies on a full committee to share these activities. Please take the time to come along to the AGM and nominate for a position on the committee to help steer our U3A through the coming year.

Best wishes to you all
Graham Collins

Special Resolution for the AGM

For some time the U3A Townsville committee has been toying with the idea of limited tenure for the President, Vice President, Secretary, and Treasurer. Many other incorporated organisations have this provision in their Constitution, but not Townsville. It's rare that incumbents are defeated in elections, so that the positions can be held for many years. However, the committee feels that no person should hold a position for so long that he or she begins to believe that the position is exclusive or permanent or that the duties are completely predictable. At the U3A Townsville committee meeting held last November, it was decided that terms of three years should apply to the four management positions, and that our constitution should be amended to reflect this. A change to the constitution requires that a Special Resolution be passed at a general meeting, including the Annual General Meeting

The following Special Resolution is moved by G. Collins and seconded by B. Ponder:

That Section 5.6 of the Constitution of U3A Townsville Inc. be amended to include sub-section 5.6.4:

The tenure of the President, Vice President, Secretary, and Treasurer is to be limited to individuals being re-elected at three consecutive AGMs, with a mandatory one year break before re-appointment or re-election to the same position. The terms of tenure are to commence from the 2015 AGM held in March 2016.

SUCCESSFUL INVESTOR

Our classes commence on Thursday 4 February 2016. The class has been running for over 20 years now, and it has been enthusiastically and expertly tutored by Mr Robbie Fuller. Last year we had over 50 members, some of whom are highly experienced and successful share traders and investors.

People from all walks of life meet to pit their wits against investment markets, exchange ideas and strategies, and make a quid. Although the subject matter is mostly to do with share trading and value investing, and the technical analysis and literature research behind these, property and commodities are also discussed. In-class participation by members is actively encouraged. Occasionally, guest speakers are invited to give presentations on investment-related topics.

What do the markets hold for us in 2016?

The Heatley Community Hall on Fulham Road, Heatley, continues as our venue for 2016. Entrance is gained via Lindeman Avenue, off Fulham Rd. The car park has ample shaded parking. Classes are held on Thursday mornings, starting at 10am sharp. There are 40 classes a year. On the first Thursday of each month, we stay after class for morning tea. On other occasions, some members gather for refreshments at a local café after the class.

The class is an activity of the University of the Third Age (U3A), and as such it is a pre-requisite that participants must join U3A as members. This is also essential for insurance purposes. The current annual membership fee is $25. You are required to display your membership card to enter the class.

A small annual fee is also charged by the class committee to cover venue hire.

We look forward to seeing some new faces in 2016. For more information please contact Robbie Fuller on 4755 0161 or John Weil on 4723 8615.

John Weil, Treasurer/Secretary

FOLK DANCING

Photo from L to R: Bev, Carmel, Gwen, Gai, Judy, Yvonne, Norma, Anna, Francesca.

The International Folk Dancers performed 3 dances at the Christmas lunch in November. First up was *Sulam Jaakov* from Israel which translates as Jacob's Ladder. This was followed by a slow, elegant dance from Russia called *Posadilla Rozu* (I planted a rose). To finish, the group danced the popular *Lathos* from Greece. Dancing starts again on **Monday 1 February**, from 1.30-3.00pm, and new dancers are always welcome; no partner and no experience needed. Call 0417780016 for details.

Philippa Johnson

CANASTA CLASS

2015 ended on a high note. Our Christmas lunch at the Vale Hotel was delicious, and served on time. My thanks and appreciation to all those members who aided in the smooth running of our class through the year. After a 3-week break, we are ready to enjoy another great year.

If you would like to give Canasta a go, we welcome all, especially Beginners. **Wednesdays 9.30 to 12.30** at the Aust/German Club. Call **Bev – 0413389534.**

SOCIAL GROUP

The Silly Season is almost over and already Hot Cross Buns are in the stores for Easter. 2015 went by so fast – hopefully 2016 will be the year to slow down a bit to smell the roses.

The Social Group meets on **Saturdays** at **10am**, usually for coffee and a chat, sometimes for another outing. If you are at a loose end – come join us. Call **Bev 0413 389 534** for more info.

CLASS NEWS

Magnetic Island – we're back on the rails

Don Kinsey

Our Christmas party on Friday December 4 was once again, a marvellous success. Background music provided by our ***Making Music*** group was beautifully presented. Once again we wholeheartedly thank Alastair for hosting us in his delightful home.

Our Monday morning big science class has been renamed ***Monday Talks***. This is because of the uncertainties of me getting fully back onto the science agenda. Newly married Mike Keating, who has heroically bailed me out since recommencing our physics course in November, will probably not continue indefinitely with the science courses. Accordingly, we will be using Monday mornings for a variety of speakers and short courses. These will include Peter and Tania presenting a Philosophy based course of six weeks or so later in the year. I am hoping to recommence ***Computer Users*** and ***Music Appreciation*** in the reasonably near future. I am happy to say all other courses and activities have continued and will continue as normal.

General enquiries – Don Kinsey (47 581 349) If you want to know what's happening on the Island (not just U3A) try going to www.whatsonmagneticisland.com.au.

CREATIVE WRITERS

The Creative Writers group finished off 2015 with lunch at the Vale Hotel, and we are back in action again as of 19 January. With our pens at the ready, hopefully, our creative juices will flow freely after our month's break.

With each anthology we produce, the profits from sales go to two worthy local charities – Mates 4 Mates and the Townsville Hospital Palliative Care unit. Both of these groups are extremely thankful for our continued support and we, in turn, are grateful to those who buy our books which make these donations possible.

We look forward to another year of writing, fun and friendship, for that is what our group is all about.

A POEM TO WHICH I CAN RELATE

I remember the corned beef of my Childhood,
And the bread that we cut with a knife,
When the Children helped with the housework,
And the men went to work not the wife.
The cheese never needed a fridge,
And the bread was so crusty and hot,
The Children were seldom unhappy,
And the Wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top,
Our dinner came hot from the oven,
And not from a freezer; or shop.
The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.

...

I remember the slap on my backside,
And the taste of soap if I swore
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

Author Unknown

Would you like to enter the world of Computers but aren't sure where to start?

I have been doing research online to find good deals for those U3A members who don't presently have a computer but would like to try using one. First consideration is – do you want a **desktop computer** or a **laptop?** How much space do you have at home? Do you want to take your computer with you when you go out? The most portable option is a tablet or smart phone but these do not have a strong second hand market yet.

If you find you love (or even like) the computer, you will need to find an **internet service provider.** Also essential of course is a **printer**, but that can be bought later. **Remember, U3A has a number of people who can help, if you need it at any stage**.

The following information is extracted from websites:

TheLaptopMan has a variety of ex-lease and refurbished computers – laptops and desktops available at affordable prices. Brands include Dell, HP, Compaq, IBM and Acer. They range from $199 and come with a 3-month warranty. We also sell ex-lease and refurbished LCD Monitors that, together with a desktop, give you a full package for all home users. For more information, please contact enquiries@thelaptopman.com.au.

WorkVentures Connect IT offer commercial-quality, low-cost refurbished computers for non-profit organisations and people who receive Centrelink and DVA benefits such as the aged pension etc. All systems include: Microsoft Windows 7, 6-month hardware warranty and free 1-year subscription to SafetyNet phone technical support and free delivery. Payment options include lay-by style direct deductions from Centrelink benefits. **For people new to computers**, we recommend the optional "Take the Teacher Home" package, which is a series of video tutorials. Our address is Unit A1 200 Coward St Ascot NSW 2020 – Tel: (02) 8907 3300.

Townsville Computer Recyclers (Ex-Government Notebooks and Computers). Telephone 07 4721 0620. We are located at 92 Boundary St., Railway Estate, Q. Notebooks starting from $195, includes Word Processing, Spreadsheet, Anti-Virus etc. We have the largest range in Townsville of Refurbished Ex-Government Laptops and Desktops. Fantastic deals on Core 2 Duo, Intel i3 & i5 systems starting from $295 with Windows 7 & 3-months warranty.

Jenny Sebba

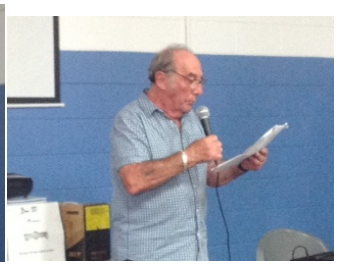
Vale Clare Watson

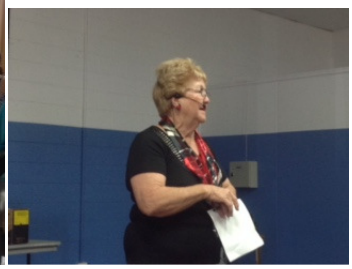
Clare Watson died 16 January 2016 at the Loreto Nursing Home. She joined U3A Townsville in 1989, two years after it started and was one of our earliest members. For many years she was a regular member of the U3A walking group.

SOCIAL

CHRISTMAS FUNCTION – NOVEMBER 2015

U3A Townsville's Christmas function was enjoyed by many members in November. Kay Torkington kindly emceed the event again. We had theatre from the Ho family (taught by Joan Twine), a most appropriate poem recited by John Woosnan – Pam Eyres' 'Fifty Shades of Grey", and International Folk Dancing from Israel, Russia and Greece by Phillippa Johnson's Dance Class. Nanette Grace promoted History/Cooking talks on Friday afternoons - already very well attended. Graham Collins gave us an insight into his and Mary's trip to China – great photos. An extended version is to be a Friday talk in 2016. Ann from Creative Writers recited "The Heritage" poem. Our usual Raffles and Lucky Door Prizes extended the Christmas spirit to many members and a wonderful table of gifts, donated by members in lieu of Secret Santa, was able to be donated to a local charity. See some photos from the day below:





And a few snaps from our tutors' lunch, also held November 2015

U3A Walking Group Timetable for 2016 – March to May

Day: **Friday** Time: **7.45am – 8.45am** Contact: **Mignon Spuler** on **4779 9246** to check for any changes
Map references are from the Townsville, Mount Isa, etc Yellow and White Pages Telephone Directory **2014 - 2015**

Month Date	Meet	Walk	Month Date	Meet	Walk
March 11	The Rockpool North Ward Map 6 Q3	The Strand	April 15	Kimball St., Aitkenvale Rossiter Park Map 13 N12	Ross River upstream
March 18	Cape Pall Rd/Esk St Rowes Bay Car Park Map 6 H3	Towards Pallarenda	April 22	Balls Lane, Mundingburra Anderson Park gate Map 14 H5	Anderson Park
March 25	O'Reilly St., Mundingburra Cnr Burt St. Map 14 D11	Mundingburra Ross River upstream	April 29	Cape Pallarenda Rd., far end carpark	Pallarenda
April 1	Weir School carpark Ross River Rd., Thuringowa Map 13 A16	Ross River circuit	May 6	Murray Lyons Cr Annandale Skatepark near bridge Map14 N12	Fairfield Waters downstream
April 8	Palmetum Car Park, Nathan St Aitkenvale Map 13 M14	Ross River upstream	May 13	Paxton St., North Ward Queens Gardens gate Map 6 R9	North Ward

Come and join us, get some fresh air, exercise and see Townsville. We walk at a pleasant pace that allows for chatting and stopping to see wildlife. We avoid the early year hot months. The itinerary above gives you an idea of where we will go, mostly on walking paths.

A family recipe from Bev Ponder handed down from her Gran –

BOILED FRUIT CAKE

Ingredients: 1kg mixed fruit, 250g dates, 1 sm tin crushed pineapple, 1 tabs coffee granules, ½ cup sugar, 250g butter, 2 cups water. (Optional – Nuts and glace cherries)

Bring all ingredients to boil and simmer for 10 minutes. Turn off heat and leave to go cold. Beat 3 eggs and add ½ cup brandy or rum. Mix into fruit. Add 2 tspns vanilla and mix**. [Set aside 2 cups of fruit mix.*]**

Sift 2 ½ cups plain flour with 5 tsps baking powder. Mix into main fruit mixture. Pour into prepared pans. Bake at 160 degrees for 1 hour. Check after 45 minutes. Cool a little then turn onto rack. Drizzle over more brandy or rum. Makes 1 large round or square or 2 log loaves.

To reserved* fruit mix, add 1 cup coconut flour, ½ cup arrowroot flour and 3 tsps baking powder.
Pour in to ramekins and bake at 180 degrees for 25 – 25 minutes. Cool a little, then turn out onto rack. Drizzle with more brandy or rum.

Note: For convection microwave, bake at 180 degrees for 30 minutes or so.

U3A CLASS TIMETABLE as of 26 January 2016

Time	Class	Contact	Venue
Monday			
9.00 –10.00	Exercise Class+	Merv Pilcher 4729 0915	Hyde Park Shopping Centre
9.00 – 12.00	Mah Jong+	Shirley Fitzgerald – 4721 2820	Call Shirley Fitzgerald for venue
9.00 – 1.00	Social Art (no Tutor)+	Judy Osborne 4723 9086 0409764184	Call Judy Osborne for venue
9.00 am	Book Club (Monthly on 2nd Mon of each month)+	Lois Williams 4775 1930	Aitkenvale Library Or Elizabeth Pollock Bell 4772 6475
1.00 – 2.00	Indonesian+	Eric Campbell – 4779 8947	Aitkenvale Library Meeting Room
1.00 – 4.00	Art	Patricia Jones 4723 4298	Call Patricia Jones for venue
1.30 – 3.00	Folk Dancing+	Philippa Johnson 0417 780 016	Heatley Community Centre Near Long Tan Pool
2.30 – 4.00	Philosophy	Karl Kampmark 4775 3253	Aitkenvale Library Meeting Room – contact Tutor first
Tuesday			
9.00 – 2.00	Craft & Cardmaking+	June Lorrimer 4771 6227	Wulguru Community Centre
10.00 – 12.00	Creative Writing+	Val Spencer 4723 6083 or Ann Krome 4723 8870	Vale Motel
2.00 – 4.00	I-Pads/I-Phones **(1st & 3rd Tuesdays of each month)**	Donna Kippax 0419 734 553 or Kate Eagling 0429 419 580	U3A Office
Wednesday			
9.00 – 10.00	Exercise Class+	Viv Watkins 4773 5287	Hyde Park Shopping Centre
9.00 – 12.00	Pottery+	Nick Dimitriou 0438 132 707	76 Bowen Rd., Rosslea
9.00 – 1.00	Scrapbooking+	Sandra Bowtell 4789 2832	9 Thornbill Close Kelso
9.30 – 12.30	Canasta+	Bev Ponder 0413 389 534	German-Australian Club (Cnr Anne/Patrick Sts)
2.00 – 4.00	Beadwork Class+	Bev Ponder 0413 389 534	Contact Tutor for venue
Thursday			
9.00 – 12.00	Art +	Jan Fels 4721 3636 Kathleen Feaver 4779 1252	Salvation Army Hall Madden Street, A'vale
10.00 –11.30	Successful Investor	Robert Fuller (Tutor) - 47550161 John Weil 4723 8615	Heatley Community Centre Fulham Road.
10.30 –11.30	Exercise Class	Paula Agtoft 4771 5298 or 0401 445 477	Hyde Park Shopping Centre

U3A CLASS TIMETABLE as of 26 January 2016

Time	Class	Contact	Venue
Friday			
7.45 – 8.45	Walking+ *(Recommences 2016)*	Mignon Spuler 4779 9246	Various locations - check with Tutor
9.00 – 10.00	Exercise Class+	Val Grogan 4723 5432	Hyde Park Shopping Centre
9.00 – 12.00	Mah Jong+	Shirley Fitzgerald 4721 2820	Contact Shirley Fitzgerald for venue
10.00 –12.00	Scrabble	Kate Eagling 4725 4535 0429 419 580	Contact Tutor for venue
1.00 – 3.00	Computer for Beginners	Kate Eagling 4725 4535 or 0429 419 580	Railway Estate Community Centre (Contact tutor first)
1.30 – 3.00	First Friday @ Perc Tucker Gallery	Anne Matthews 0488 257 180	Perc Tucker Gallery
2.00 – 3.30	Friday Talks (Last Friday of each Month)	Co-ordinator sought	Various Speakers & Topics A'vale Library Meeting Room
Saturday			
9.00 – 10.00	Exercise Class Seniors	Jenny Nyambane 4725 0434	Hyde Park Shopping Centre
10.00	Social Group+	Bev Ponder 0413 389 534	Various locations
Anytime	Computer Support (Apple Mac Only)	John Holt 4773 4600	

MAGNETIC ISLAND COURSES

General Inquiries – Don Kinsey (47 581 349)

Monday Talks	Don Kinsey – 4758 1349	Monday – 10am to 12
Tai Chi Exercise Class	Peter Duckworth 4758 1981 Tania Thoreau 4758 1981	Tuesday – 7am to 8am
Computer Users	Don Kinsey 4758 1349	Tuesday – 10am to 12 noon
French Conversation	Gisela Edwards 47785548	Wednesday– 9.30am to 11am
Making Music	Kelly Marlin-Zwa 4758 1426	Wednesday – 3pm to 5pm
Spanish	Peter Duckworth 4758 1981 Marie de Monchaux 0427556165	Thursday – 9.30am to 11.30am
Health & Weight Control	Bette Davis 4758 1113 Jan Tester 4758 1821	Thursday – 9.30am to 11.30am
Tai Chi – Yang 85	Peter Duckworth 4758 1981	Friday – 7am to 8am