

U3A Townsville Inc.

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Email: u3atownsville@westnet.com.au

Website: <http://members.westnet.com.au/u3atownsville>

Newsletter

4th Quarter 2017

Tuesday 16 January 2018

Last day for submissions for
1st quarter newsletter

(Folding 4 February 2018)

Email: kellytr@bigpond.net.au



End-of-year party Saturday 25 November

2017 11am-3pm

Oonoonba Community
Centre

Diary date for AGM

Friday 9 March 2018

Office at Church of
Christ Campus Fulham
Road Vincent
Entrance to our
premises is via Ronan
Street
Open 9.30 am – 12.00
Mondays & Thursdays
including public
holidays



U3A Townsville
acknowledges the generous
financial support provided by
the City of Townsville to
produce and distribute this
newsletter



Buses 202 Palmerston St at Vincent Primary School
204, 208 Fulham Road at Vincent shops
203, 205 Fulham Road at Anne St corner, 10 min. walk

U3A Committee 2017

President	Terry Lambrose	0434 634 822	4725 0907
Vice President	Graham Collins	4789 0590	
Secretary	Kathy Joyce	0419796304	
Treasurer/Property Officer	Jenny Sebba	4728 5421	0411 405 781
Assistant Treasurer	Larry Frazer	0466896337	
Magnetic Island Coordinator	Mike Keating	0437 432 251	
Class Coordinator	Ann Krome	0400 822 973	47238870
Publicity Officer	Maureen Wright	0498572717	
Newsletter Editor	Kelly Trueman	4774 1694	
U3A Network	Alan Williams	4775 1930	
Committee members:	Syd Collins	4729 0275	
	Kate Eagling	0429 419 580	
	BevPonder	0413 389 534	
	Lyam Morris	0439 281 883	

Other roles

Events& U3A training room bookings: Ann Krome

Excursions: Thea Eastwood

Newsletter print & distribution: Alan Williams

Email monitor: Graham Collins

Tutors/facilitators: *see class timetable*



2018 Membership renewal invoices will be emailed (or posted) to you soon. Fees can be paid by direct bank transfer, by cheque posted to U3A at PO Box 374, Aitkenvale, Q. 4814 or from 1 November in cash at the U3A Office Mondays or Thursdays 930-11am.

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 receive your newsletter by email. For the moment we have Townsville City Council funding to assist with the cost of printing and posting the newsletter but only until 1st Quarter 2018 newsletter.

COMMITTEE MEETINGS

Did you know that members can attend committee meetings as observers, 3rd Wednesday of the month, 1.00pm for 1.30-3.30pm at U3A Vincent. An opportunity to see how your organisation works, especially if you are considering whether to nominate for election to the committee.

The next meeting will be on Wednesday 15 November. If you are thinking about joining the committee please come along and see how we work or phone a committee member to discuss. When there is a vacancy during the year and a name is put forward to the committee, the committee will consider the nomination and vote on it at the subsequent meeting.

NOTICE TO MEMBERS



Kelly Trueman, newsletter editor, has been recovering from illness and other committee members have been filling the role for her meanwhile. Kelly expects to be well and producing the next newsletter for you using her excellent editorial and design talents. Her email address for 2018 newsletter items is

kellytr@bigpond.net.au

PRESIDENT'S REPORT OCTOBER 2017

I have now been in the chair for eight months and I am pleased to say that your **committee** has worked hard to deliver a varied and exciting programme for U3A both in Townsville and Magnetic Island. On the surface you don't always see what is being done on your behalf and for you benefit but I can assure you that the committee is always seeking ways of improving things.

The **strategic planning** group (Peter Hurst, Maureen Wright, Donna Kippax, Linsey Plante and I) have produced a draft Strategic Plan. After the committee's input we will seek a wider endorsement of the plan from the membership. We hope it captures what we believe the organisation should look and feel like not just for this year but for years into the future.

Our **membership** is still growing, now up more than 30% this year. This growth and a number of other initiatives of the committee have resulted in our financial position improving to the extent that we believe we are on track to have a positive cash flow by Christmas.

As part of our **Bring a Friend** campaign we intend to use our 'End of Year' function and our AGM as opportunities to showcase our organisation.

Magnetic Island have a vigorous program and publicised their activities at a stall in the Twilight Carnival at the Island's school. Look out for new developments in 2018.

Our **Friday talks** are becoming more popular. The eclectic program seems to be part of the appeal.

Our profile in the community has been lifted through our new flyers plus our promotional stands at events and a shopping centre, as well as the efforts of members in spreading the word.

Our Friday Talk by the Alzheimer's society highlighted that apart from a good diet and exercise the third component to lower your risk of dementia is to develop new pathways to the brain by **learning something new**. So I encourage you to sign up for something new, Perhaps our history class or our astronomy class or philosophy.

I will leave you with this thought:

The dictionary is the only place where 'success' comes before 'work'

Terry Lambrose

President U3A Townsville for 2017

2018 COMMITTEE:

•It is that time of the year for **expressions of interest** in working either with or on the committee in 2018 to be made

Already we have a volunteer:

➤Lyam Morris will assist Ann in her roles

*Maureen wants to step back from Publicity Officer to allow somebody else to learn the role, while she will stay on as Deputy Publicity Officer. Please email her

maureen.wright@rocketmail.com or phone 0498 572 717

STRATEGIC PLAN

A draft strategic plan has been prepared to help guide the committee in our future activities. It will reflect our core values:

- Lifelong learning,
- Volunteering
- Being financially sound and in compliance with legislation
- Having a bit of fun along the way, developing new friendships and renewing old acquaintance

The strategic plan will be sent to members for a review process before being adopted by the committee.

COURSE COORDINATOR'S REPORT

Wow, what a whirlwind of activity these last six months has been. From moving office to a new committee and several new courses, your committee have been hard at it, each flat out in their own way. I am very pleased to announce Lyam Morris will be joining me to help keep on top of things. Please make her welcome if she drops in on your class.

For my part I am so pleased to say we have added five new groups so far this year. History, Social Games, Tai Chi, and STEM are all doing well and the Fact or Fiction writing group spend wonderful evenings in our own world.

Two groups have joined forces: Social Art with Judy Osborne has melded with Patricia Jones' Art group, meeting at the Bicentennial Building (Thuringowa Sound Shell in the Dan Gleeson gardens) on Mondays during school terms from 1230 to 6pm.

Short programs have been held, including some computing topics. The new STEM group will be planning programs on IT and digital technology. Digital photography is one that is in advanced planning.

The My Life Story program is nearing its end; I congratulate Peter Hurst on doing a great job with a hard subject.

For groups whose numbers are down, or have room for more, why not use the new publicity brochures about your activity to hand to friends and put up on noticeboards.

I am working on finding facilitators for singing, music, painting, and would welcome anyone with any of these talents stepping up.

To all facilitators/ tutors thank you for your input and support. Please don't hesitate to contact me with any changes, ideas or suggestions.

—Ann Krome

Course Coordinator

The end of year is approaching and our Course Coordinator and Event organiser is putting together another exciting programme for us to top off the year. Ann would like a few volunteers to help with the arrangements. If you can help please contact annkrome2@bigpond.com Ann would also like contributions to the Raffle.

This year we are presenting an Open Day experience for visitors at our end-of-year party. From 11 am class groups are invited to share the experience of belonging to U3A with visitors. Refreshments will be served at 12 noon followed by some entertainment.

**U3A INVITES ALL MEMBERS & FRIENDS
TO JOIN OUR BREAKUP CELEBRATION
SATURDAY 25TH NOVEMBER 2017
11AM TO 3PM
OONONBA COMMUNITY CENTRE
2 SHANNON STREET OONONBA
SURPRISE ENTERTAINMENT
PLEASE BRING A PLATE AND A FRIEND**

NEWS FROM OUR GROUPS

CREATIVE WRITERS

I've just driven home with a smile on my face, as is usual after a couple of hours shared with friends at Creative Writers.

After reading out our short story or poem from last week's given topic, we share as little or as much of ourselves as we want during our coffee break before we get down to the nitty gritty of the five-minute write.

Though we all know there are no guarantees in life, I also know we go home feeling the better after our morning of Creative Writing and shared friendships.

Recently we have said bon voyage to Donna Kippax for a few weeks travel and John who finally got to head back overseas to visit family and friends for a month. We have also welcomed Anne Atkinson into our writer's family. —**Valda Spencer**

LIKE A CHALLENGE?

Try Mah Jong: this group meets every Monday and Friday from 9 am to 12 noon at Thuringowa library. Don't know how to play? Come and learn, it's fun, it keeps the grey matter working and you'll make new friends.

STEM Science Technology Engineering and Mathematics

The STEM group is up and running, Thursdays 2pm at U3A Vincent. Not only are they running but they are visiting the stars. That is correct!



Astronomy: On 26 October they started an 8-week programme 'Introduction to Astronomy'. No previous knowledge required, just a willingness to learn a little bit more about this wonderful universe we live in.

Virtual reality: 20 people had a virtual reality experience at James Cook University. These members have been invited to be guinea pigs in the development of virtual reality experiences by JCU students.

CANASTA

Wednesday 9am to 12.30pm Welcome all to our friendly weekly games. Newcomers to the game can relax and learn without being pressured. \$4 includes morning tea.

Call Bev Ponder 0413389534

SATURDAY SOCIAL GROUP

Join us Saturday mornings 10.30 am for a chat and a cuppa or an outing with a happy friendly group. 50 cents towards morning tea.

Call Bev 0413389534



SUNDAY GAMES

1.30 pm -4 pm at U3A training room. Fun afternoon for board or card games. Cost \$2.50.

Call Bev 0413389534

FIRST FRIDAY AT THE GALLERY

The Townsville Region is outstanding for its visual and performing arts communities and venues and for the past 2 or 3 years those in the 'First Friday @ the Perc Tucker Gallery' have been gathering at the Cowboys Club on Flinders St for lunch by 11:30am before strolling to our guided tour and afternoon tea at the gallery (only \$5). Last meeting for the year will be 1 December.



Anne would appreciate offers of help to facilitate this activity in 2018. Please message Anne on 0488 257 180 if you wish to join in and she will call you back.

FRIDAY TALKS

Details of the week's talk at the Aitkenvale library are emailed to members on Mondays. If you do not get email, Townsville Bulletin provides a short announcement in the Community Notices on Wednesday, or look at our website (you can do that at any library).

Our 3 November talk will be about Great Queensland Railway Journeys, with Heather Martin from Queensland Rail Travel, who will also talk about entitlements for older travellers.

Following his talk about Structure and Evolution of the Earth on 27 October, Leigh Lawrence will be back on Friday 10 November to talk about his exciting experience as a geologist on a team investigating ancient hominid findings on a dig in Tanzania.

SCRAPBOOKING

This activity has been discontinued due to retirement of the facilitator. If anyone can fill the gap, please contact Course Coordinator Ann Krome annkrome2@bigpond.com

WALKING GROUP

Taking a break for the summer. Recommences March.



MAGNETIC ISLAND PROGRAMS

Coming up in Monday talks:

6 Nov Lyndsay Wright 'ABC Memories'

13 Nov Jacquie Quenault (topic to be advised)

20 Nov Ros Burry 'The Power and the Magic of Music' a look at music therapy.

Our island activities for the year wind up with the Christmas Party on Friday 1 December at Men's Shed Horseshoe Bay, 5.30 pm onwards.

Starting in 2018, the team plans to have a activity every Monday. Short courses sourced from U3A Online programs will alternate with one-off speakers.

First up, Mike will present the Astronomy program that has been running with the Townsville Mainland STEM group this year.

Liz will present a program on the History of the English Language, probably from the middle of March.



JAMES COOK UNIVERSITY COURSES

If you want to do some University subjects without the hassle of passing an exam, JCU offers a special privilege to U3A Townsville members – to participate in some of their courses without paying for the course. Make arrangement through TJ.Lambrose@gmail.com

NEW PROGRAMS

Expression of interest are invited for members interested in **Digital photography**

□ It is intended that the group meet at night perhaps 6.30 to 8.00 - it will depend on the group.

Please contact Ann on 0400 822 973

Out and about

We hope to renew our **excursion** trips. Thea Eastwood has volunteered to organise the trips and she would like an assistant. We also would like to have some idea how many people are interested in a couple of trips a year. Please contact Terry and he will pass on the information to Thea.

Cry for help!!!

The **Friday Afternoon Talks** are becoming well supported. Currently Terry is doing all the work (yes, on top of all the other duties of a President!) which include:

- Consultation with the speakers
- Writing the promo each week
- Looking after the speaker's needs on the day

The committee is looking to set up a small group to take over these tasks. Perhaps 3 or 4 people, making the tasks easy on everyone and giving people the time for holidays etc. Please contact Terry if you can help.

COMPLIANCE WITH LEGISLATION

Leisa Donlan, an expert on the legislation governing not-for-profit organisations, conducted a workshop for U3A Network Queensland in Townsville recently for North Queensland. Atherton/Tablelands, Cairns, Mackay and of course Townsville were represented.

Here is a report on the workshop by Alan Williams:

The workshop was on 'Good Governance' which entailed examining our constitution (Rules of Incorporation) versus the latest legal changes, basic systems including membership, finance, ethics, insurance and committee responsibilities.

Without getting into specifics, there were areas in all the topics covered that we all considered that we fell far short of perfection. So at the end of the day we acknowledged that there were things on our plate that need our continued attention.

Rest assured, your committee is hard at work to ensure gold star performance, and making your U3A an organisation in which you can be proud to be a member.

We will be required to update some of our current practices to be compliant with the act and the committee will address these issues over the coming months.

Where our money comes from

U3A Townsville strives to keep membership cost affordable and relies on donations and grants to make up a shortfall between our membership income and expenses.

We obtain grants from various organisations such as the Townsville City Council. The committee is looking for some assistance in this area. We are seeking three or four members who will manage this revenue raising. The **Grants and Sponsorship Sub-Committee** will:

- Identify potential sources of funds

- Draft grant applications for the committee
- Monitor success/failure of applications and adjust our approach where necessary

This is not a particularly onerous task but will require some time to be set aside each month. If you can help please contact a member of the committee or send an email to discuss your role.

Terry Lambrose

CYBERSECURITY AND MY NORTON PRODUCT

I was recently caught up in a scam that came with my Norton Anti Virus renewal. Please be aware. I purchased a 1 year's subscription of Norton, which now comes with a code. When I tried to enter the code into my computer the code would not work. This started off a chain of events that were a nightmare. I was taken to a 'Norton' site to a 'talk' session where the person on the line passed me over to 'Norton computer section'. They in turn told me that I had been hacked by a virus named Raddl33. and that I needed it to be taken care of by them, as a local computer person would not be able to do it. They needed to enter my computer to do the 'fix' and take off the hacker. I allowed them to do this, and was on my mobile with them for over an hour. I was

told they needed payment to be able to go ahead, and stupid me, paid them with an internet transfer of \$376 which was paid to 'Norton Global in Melbourne'. (I could have been suckered in for a 10 year fix for \$900!!) After further emailing when they attempted to get my bank info I asked a local person to have a look: they found the fake Norton had put a programme onto my computer that allowed them to enter it. In brief, another \$100 to have that fixed. Then all the changing over of bank passwords, numbers etc. Beware!

—Judy Osborne

U3A CLASS TIMETABLE as of 24 October 2017

TOWNSVILLE MAINLAND

<i>Time</i>	<i>Class</i>	<i>Contact / Facilitator</i>	<i>Venue</i>
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Monday

9.00 – 10.00	Book Club (on 2 nd Mon of each month)	Jenny Marks 0407 484 249	Aitkenvale Library foyer
9.00 – 10.00	Exercise Class	Thea Eastwood 0407 961 623	Health Studio, Hyde Park Centre 17 Woolcock St
9.00 – 12.00	Mah Jong	Gwen Wilson 0419 189 151 4723 7142	Thuringowa library
12.30 – 6	Social Art (no tutor)	Patricia Jones 4723 4298 Judy Osborne 0409764184 4723 9086	Sound Shell Building in Dan Gleeson Gardens (near library) Thuringowa
1.00 – 2.00	Indonesian	Eric Campbell 4779 8947	Aitkenvale Library
1.30 – 3.00	International Folk Dancing	Jacqueline Spry 0422 072 905 Barbara Romacker 4721 4823	Heatley Community Centre behind Long Tan Pool cnr Fulham Rd & Lindeman Ave
2-3pm 1 st & 3 rd Mon 1 Aug-15Nov	My Life Story	Peter Hurst 4780 4731	U3A Vincent
2.30 – 4.00	Philosophy	Lyam Morris 0439 281 883	Aitkenvale Library

Tuesday

9.00 – 12.00	Craft & Cardmaking	June Lorrimer 4771 6227	Upper Ross Community Centre Allambie Lane, Rasmussen
10.00 – 12.00	Creative Writing	Valda Spencer 4723 6083 Ann Krome 0400 822 973 4723 8870	Vale Motel
2.00 – 3.30	History	Nanette Grace 4721 4484	U3A Vincent

Wednesday

9.00 – 10.00	Exercise Class	Viv Watkins 4773 5287	Health Studio, Hyde Park Centre 17 Woolcock St
9.00 – 12.00	Pottery	Nick Dimitriou 0438 132 707	76 Bowen Rd., Rosslea
9.30 – 12.30	Canasta	Bev Ponder 0413 389 534	German-Australian Club cnr Anne & Patrick Sts Aitkenvale
7.00 – 9 pm 2 nd & 4 th Wed.	Fact or Fiction writers group	Peter Hurst 4780 4731 Ann Krome 0400 822 973 4723 8870	U3A Vincent

<i>Time</i>	<i>Class</i>	<i>Contact / Facilitator</i>	<i>Venue</i>
Thursday			
9.00 – 10.00	Tai Chi <i>with</i> Geoff Ward	Ann Krome 0400 822 973 4723 8870	Wulguru Community Centre 14 Edison St
9.00 – 12.00	Art (watercolour, acrylic & oil painting)	Jan Fels 0473 015 613 Kathleen Feaver 4779 1252	CWA Hall 36 Latchford Street Pimlico
9.30 – 12.00	Successful Investor	John Weil 4723 8615	Heatley Community Centre behind Long Tan Pool cnr Fulham Rd & Lindeman Ave
2.00 – 3.00	STEM (science, technology, engineering, maths)	Terry Lambrose 0434 634 822 <i>Phone for current program</i>	U3A Vincent
2.00 – 4.00	Beading	Bev Ponder 0413 389 534	<i>Phone Bev</i>
Friday			
7.30 – 8.45 <i>in recess until March</i>	Walking	Mignon Spuler 4779 9246	<i>Phone Mignon</i>
9.00 – 10.00	Exercise Class+	Val Grogan 4723 5432	Health Studio, Hyde Park Centre 17 Woolcock St
9.00 – 12.00	Mah Jong+	Gwen Wilson 0419 189 151 4723 7142	Thuringowa library
10.00 – 12.00	Scrabble	Kate Eagling 0429 419 580	U3A Vincent
1.15 – 3.00 1 st Friday of month	First Friday @ Perc Tucker Gallery	Anne Matthews <i>text</i> 0488 257 180	Perc Tucker Gallery Flinders St, City <i>11.30 meet for lunch Cowboys Club</i>
2.00 – 3.00	Friday Talk <i>see website or Community Notices in Wednesday Townsville Bulletin</i>	Terry Lambrose 0434 634 822	Aitkenvale Library
Saturday			
9.00 – 10.00	Exercise Class	Jenny Nyambane 4725 0434	Health Studio, Hyde Park Centre 17 Woolcock St
10.00	Social Group	Bev Ponder 0413 389 534	<i>Phone Bev</i>
Sunday			
1.30	Social Games	Bev Ponder 0413 389 534	U3A Vincent
Various			
Various	James Cook University (many courses, audit only)	Terry Lambrose 0434 634 822	James Cook University
Any day			
Any time	U3A online (many courses, fee for use)	Terry Lambrose 0434 634 822	www.u3aonline.org.au

MAGNETIC ISLAND

Time	Class	Contact / Facilitator	Venue
Monday			
10.00 – 12.00*	Monday Talk	Michael Keating 47581542	RSL, Arcadia
Tuesday			
7.00 – 8.00	Tai chi – Chi Kung exercise class	Peter Duckworth Tania Thoreau 4758 1981	<i>Phone for venue</i>
1.30 – 3.30	Recorder ensemble	Ros Burry 4778 5082 Kelly Marlin-Zwa 4758 1426	<i>Phone for venue</i>
Wednesday			
9.30 – 11.00	French conversation	Gisela Edwards 4778 5548	<i>Phone for venue</i>
7.30 pm	U3A singers	Barbara White 0458 058 163 Tania Thoreau 4758 1981	RSL, Arcadia
Thursday			
9.30 – 11.00	Spanish conversation	Tania Thoreau 4758 1981	<i>Phone for venue</i>
9.30 – 11.00	Health & weight management	Bette Davis 4758 1113 Jan Chapman 4758 1821	<i>Phone for venue</i>
Friday			
7.00 – 8.00	Tai chi – Yang 85	Peter Duckworth 4758 1981	<i>Phone for venue</i>
Any day			
Any time	U3A online (many courses, fee for use)	Terry Lambrose 0434 634 822	www.u3aonline.org.au

* See program under News from our Groups.

CHRISTMAS-IN-JULY

A large turnout of members enjoyed our mid-year party 'Christmas in July' ably organised by Ann Krome. A stand-up comic (Ann) and a poet (Ann) together with the Seniors for Change singing group entertained us. As it was his off-season Father Christmas found time to drop in for a visit.



GET WELL SOON

Eric Collins - Just to let those of you who know Eric, he is in hospital after a recent fall in which he broke his left leg in two places. Complications have set in, but Eric, with his quiet courage and pragmatism, is facing one day at a time, supported by his caring family.