



U3A Townsville Inc Newsletter



3rd Quarter, 2013

Dates for Your Diary

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| <p>24 September 2013 (Tuesday) Newsletter Items Last day for submissions for 4th quarter Newsletter</p> | <p>14 November 2013 (Thursday) Christmas Function 10.00am at Annandale Community Centre</p> |
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ATTENTION ALL MEMBERS

Have you recently changed your email address? **PLEASE LET US KNOW.** Remember also that the U3A office is now located at 9 Railway Avenue, Railway Estate – see map below. Our phone number – 4724 3530. Please also note change of email address for Editor – kathleen.joyce@bigpond.com

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 10.00 am – 11.30 am Mondays. Ph (07) 4724 3530,

e-mail: u3atownsville@westnet.com.au



U3A EXECUTIVE OFFICERS – 2013

| | | |
|----------------------------|-----------------------------------|--------------|
| President/Vice Pres. | Graham Collins | 4789 0590 |
| Secretary | Syd Collins | 4729 0275 |
| Treasurer/U3A Network Rep. | Alan Williams | 4775 1930 |
| Newsletter Editor | Kathy Joyce | 4724 1648 |
| | Email:-kathleen.joyce@bigpond.com | |
| Class Co-Ordinator | Bev Ponder | 0413 389 534 |
| Property Officer | Merv Pilcher | 4729 0915 |
| Publicity & Events Officer | Kay Torkington | 4728 9394 |
| Magnetic Isl. Co-ordinator | Don Kinsey | 4758 1349 |
| Catering | Eileen Adams | 4721 0805 |
| Committee Members | Nanette Grace | 4721 4484 |
| | Mary Collins | 4789 0590 |
| | Chic Bottrill | 4773 2517 |
| | Estelle Del Bello | 4723 7757 |
| | Kate Eagling | 4725 4535 |
| | Yvonne Campbell | 4779 8947 |

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

The office is staffed by volunteers on **Monday mornings** from **10.00am till 11.30**. New member fees can be paid in person during this time. The phone number is 4724 3530

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.

VALE JAMES OWEN MCCURLEY Shirley Fitzgerald

Jim joined the regular Army at a young age, was taught Japanese, and sent to Japan in the Army of Occupation, Intelligence Unit. There he liaised with the American forces. When they questioned the war criminals, he was an interpreter. He was under a code of silence to the end. After that, he was Head Caterer in a hotel in Korea for the Americans on leave. When he returned to Australia, he served in every State. After Jim left the Army, he was a Health Inspector and Building Inspector for Mt. Isa, Hughenden, and Winton Councils.

When he retired, he and his wife toured all over Australia and N.Z. On his own he has visited many islands, including the Cocos (Keeling) islands. He also visited Japan and kept in touch with friends he had made there. Jim was a Scout Master, bred Australian Terriers and showed them, and was a judge for dog obedience. He played golf, cricket, croquet, rugby, Mah Jong, and cards. He was a member of the Gem Club and was a prolific maker of jewellery. He did bonsai and scrapbooking, and collected stamps, coins, and caps from various cities and countries.

He was President of U3A Townsville from 1994 to 1999 and also taught Japanese there. He helped me very much with our gear for the U3A classes in Mah Jong.

Jim was a wonderful human being, kind, generous, vibrant, well-liked with a great sense of humour. He was my friend and companion for over 20 years. We travelled over most of Australia together and spent every day and night together.

Jim – I salute you. Shirley F.

PRESIDENT'S REPORT

During 2011 and 2012, Queensland Health surveyed the health for adults of 18 years and over. The surveys divided Queenslanders on the basis of age, sex, socio-economic status, and the remoteness or otherwise of the areas lived in. The idea was to gauge the extent of chronic illness and behavioural risk factors within these various groups of people. So to do that the following data was collected:

- Body mass index (BMI)
- Fruit and vegetable consumption
- Physical activity
- Smoking
- Alcohol consumption
- Sunburn and sun protection
- Diabetes
- Quality of life
- Cancer
- High blood pressure
- High cholesterol
- Sociodemographic variables

These are some of the results for Far North Queensland:

Daily smoking 18%

Unhealthy weight 61%

High blood pressure 27%

High cholesterol 26%

Adequate fruit and vegetable consumption 7%

Sufficient activity for health benefit 57%

Sunburnt previous year 53%

Use of sunglasses, hat, sun-protective clothing, sunscreen, and shade:

3 or more in summer 55%

All 5 in summer 8%

81% of people stated that they were satisfied with their health, and 89% thought their quality of life was good to very good.

Clearly we need to pay a lot more attention to what we eat, getting good daily exercise, and being more conscious of the damage done to our skin by ultra-violet light. We might be satisfied with how we feel, but none of us has a yardstick until it's too late. We only get one body and we need to look after it.

Graham Collins



OTHER NOTICES TO U3A MEMBERS

- Use of the U3A Office is available for small groups of up to 15 people, at the discretion of the Committee. Bookings are essential and are subject to availability. To enquire further, please call a Committee Member.
- In the first newsletter for 2013 I mentioned that U3A Townsville was successful in obtaining two grants, one from the Department of Families and Housing Volunteers, and the other from the Gambling Community Benefit Fund. The money from these grants (amounting to around \$6,000) has been used to upgrade the ageing IT, teaching equipment, and furniture in the U3A office, and to provide additional capital teaching items for the Magnetic Island U3A members. Graham Collins (President)

GENERAL NOTICES

OUR U3A COMMITTEE

As you will see from our Newsletter, the U3A Townsville committee consists of 15 members who meet at our office at 9 Railway Avenue, Railway Estate on the third Wednesday of each month. Meetings commence at 1pm, last around 1½ hours, and deal with matters such as new classes, U3A functions, memberships, the U3A Newsletter, etc. Some of the committee have extra functions, such as bulk emails to members, maintaining the U3A Townsville web site, answering emails, and banking membership fees. Others help out as and when their expertise is needed.

As a U3A Townsville Inc. member, you are invited and entitled to attend our committee meetings, not only to see for yourself how we operate, but also to be able to decide whether you would like to take part by joining the committee yourself.

Should you have any concerns about our classes, or suggestions about new ones, you are encouraged to talk to our Course Coordinator, Bev Ponder, who can then take your thoughts to the committee.

We look forward to welcoming you. Our next committee meeting will be held on Wednesday 21 August.

Graham Collins (President)

Syd Collins (Secretary)

SENIORS ADVOCACY FORUM

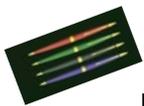
Have you heard of the Townsville Regional Committee on the Ageing (TRCOTA)? They recently instigated the development of a new group for Seniors in Townsville called the Seniors Advocacy Forum. The aim of this forum is to identify issues relevant to Seniors in Townsville. U3A Townsville has nominated one of your Committee members, Mary Collins, to represent us on this Forum. Mary went to the meeting of the Forum held on the 20 May and recorded the following issues:



1. *Insurance costs for Body Corporate units.* Many Seniors have down-sized and live in complexes that require Body Corporate management.
2. *Travel insurance has been increased.* If you go overseas and a relative of yours dies, you may not be covered for travel changes if you decide to cut your holiday short.
3. *The increasing cost of electricity.*
4. *The cost of garden maintenance vouchers* has been increased now that service providers have been privatised.
5. *The Commonwealth and State provisions for Aged Care services* is undergoing change and the new rules are not yet known.
6. *People who miss out on Home Care services assistance* because they have family care nearby can get a Statutory Declaration to confirm that they don't get any help from these family members.

If you have any issues you can contact **Cr. Gary Eddiehausen**, - 1300878001 or email: gary.eddiehausen@townsville.qld.gov.au.

U3A CREATIVE WRITERS



U3A was recently represented by two creative writers Brenda Forrest and Ann Krome at the *Queensland Open Bush Poetry Championships* held in Townsville in mid-June. The Judges were Melanie Hall, Susan Carcary and Johnny Best. The whole event was compered by “The Ratbag of Rhyme”, Neil McArthur.

The competition was very well attended with 240 tickets sold to the Saturday evening concert. This was hilarious - the judges gave pure entertainment with a fine balance between comedy and Bush Poetry.

Brenda entered two Novice classes taking a first in Novice Humour and a third in Novice Original. Congratulations to Brenda - well done and beautifully presented. Ann entered the Novice Original and took first place. This was the first time either had performed on stage with such a large crowd – a thrilling and proud time for both.

From the meet and greet on Friday night up to a celebration Dinner on Sunday night, it was just magic. The talent was outstanding, the humour fast and the friendship and camaraderie between the stars and the competitors had to be seen to be believed. For two U3A creative writers, this was a weekend they will never forget.

CANASTA

Hi Everybody,
Over 30 members are enjoying their weekly Canasta sessions. The venue is great with comfortable chairs and tables. Of course the company is happy and friendly. If you don't know how to play, everybody is willing to help and show you. We are playing 4 different Canasta games. In August it will be a game called “Hand and Foot” which is played with 5 packs of cards for 4 people. It's the easiest one of the lot - very easy to learn. Then there is Samba, Bolivia and Pennies from Heaven. It's lots of fun and makes the morning disappear very quickly. Please call me if you want to join us.



Hanna, 47736504

MAGNETIC ISLAND – WHALES ARE RELATED TO HIPPOPOTAMUSES!

Don Kinsey

The most significant change has been the retirement of Jill and Peter Edwards-Davis from their dedicated involvement with our *Music Through the Recorder* class. Jill's long and ongoing battle with health issues has proven too much to combine with her deep involvement with the class. Not only has the class been one of our longest lasting, having been established by Jill and Peter at the time of our launch on the Island, but their delightful contribution to our Christmas parties has become almost iconic. Kelly Marlin-Zwa is hoping to keep the group together with significant changes to include any instrument of choice. We wish her the best of luck.

The Science class has finished 16 weeks of *Life on earth and its evolutionary development*. We are now 5 weeks into our new subject, *Life in the oceans and coastal zones* – a little easier for me, as it gets back closer to my area of comfortable knowledge. However, we have just looked at whales and jumped briefly back into evolution, learning that whales evolved from early ungulates (the hoofed animals) and their closest living relatives are actually hippopotamuses!

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

BEADING

Hi All – Beading classes are now in their fourth year and there are some techniques we're yet to try. Soon, we'll start work on Christmas gifts. Call **Bev on 0413 389 534**. [Editor note: By the way, Bev won First Prize recently at Townsville Show for her beaded Necklace and Earrings! Well done.]

MORE CLASS NEWS, FRIDAY TALKS and GALLERY VISITS



AITKENALE ART GROUP

Just a reminder that our group has an exhibition titled 'The Spirit of Townsville' at the Perc Tucker Gallery as part of the Seniors' Week celebrations, and supported by TRCOTA. It runs from August 9 to September 3. A Presentation Morning Tea will be held on Sat., August 24, 10.30-12. The raffle for the lovely watercolour by Geoff Maidens will be drawn at this function. Thanks to all who supported us by buying tickets at the recent Open Day, and look forward to seeing you at the Gallery (to collect your prize?!) A hardcover book of all the paintings and accompanying stories will be available for purchase at the morning tea. Thanks, Jackie Collins

U3A SOCIAL GROUP

This group will have been active for 12 months very soon. A small group recently went to view Ismo & Raya's handiwork – their Longships are a labour of love. Time flew by.

Coming events include:

- August 24 – *Barrier Reef Orchestra* -



Civic Theatre

- July – October – *Forbidden Melody* – sensational songs from favourite Broadway Shows – Magnetic Island - Dinner, theatre, ferry and bus included - \$84 concession.
- September 13/14 – *The Complete Works of Shakespeare (abridged)* – Riverway – concessions \$42. A bold irreverent romp through all 37 of Will's plays.
- October 3/4 - *Russian Imperial Ballet* – Civic Theatre – \$77 concession.

For more information, call **Bev Ponder** on 0413 389 534. We no longer have access to The Mango Tree Bookshop so we meet in members' homes at 10am on Saturdays.

FRIDAY TALKS

Come along to Friday talks on **6, 13 and 20 September 2013** to hear Eric Campbell speak on **Vietnam**. These will be held, as usual, at the Aitkenvale Library from 2pm till 3pm.



EXPRESSIONS OF INTEREST are sought from:

- Those interested in participating in a **Food Group**. Call **Bev on 0413 389 534**.
- Folk with an interest in Physics. **Clive Berger (4774 1583)** may be prepared to present some Friday afternoon talks on Physics.

*The following are the **Friday Gallery visits** planned for balance of the year:*

August 2 - PTRG - Australian Festival of Chamber Music (may not be tour)

September 6 - STRAND EPHEMERA - (For meeting place & time - phone/text Anne 0488 257 180 - she'll call you back).

September 13 - PINNACLES - "Art Now". North Queensland Region - Senior School Students Exhibition.

October 4 - PTRG - Selected Works - 1994-2002. Bonney Bombach.

October 11 onwards - 58th Townsville Art Society Awards.

November 1 - PTRG - "To the Islands" (Dunk, Bedarra & Temanna 1930's-1990's) curated by Ross Searle former Gallery Director.

November 8 - PINNACLES - "Sense of Place" - Touring exhibition from Museums & Galleries NSW.

December - PTRG – TBA - U3A activities are up to us.

U3A is now on the lookout for a volunteer to conduct the Pinnacles Gallery visits. Anne Matthews will continue with the PTRG visits only. **Can you help?** Email Anne at ama71930@gmail.com or phone 0488 257 180.

SOCIAL NEWS

U3A Visit to Longhorn Stud in May 2013

Saturday May 25 dawned bright and clear and 47 of us ventured out to the Bethel B Texas Longhorn Stud run by Michael and Linda Bethel. A talented lady named Brenda Joy welcomed us with guitar, songs and a delicious morning tea homestead style. Michael then took us in groups of 10 by covered wagon to the paddocks where we had close encounters with the herd, including BJ who boasts the widest spread of horns in the world and therefore has an entry in the Guinness Book of Records. We then visited the Saddlery, the Leather shop, the Highland shaggy cattle and the Artificial Insemination shed where we heard a very interesting lecture and demonstration of AI techniques. A hot tasty lunch was then served accompanied by more songs by Brenda Joy and a history talk by her husband. Finally we hit the gift shop (there's always a gift shop isn't there?) and made a healthy contribution to the Bethel operation. We arrived back in Townsville at about 5.15 after a thoroughly enjoyable day. Our thanks to Michael and Linda and to their staff for looking after us so well. See photos below. Nanette.



U3A Townsville's mid-year function in June was a great success. Compered by our own very personable Kay Torkington, we were introduced to a number of acts (a magician, a wagon builder, poets and a skit by Ms Cat and Mr Dog among them). Various classes exhibited their attractive creations and a lovely morning tea was presented by Eileen Adams and her team. Photos, left to right, are Judy Nunn (quilling/card-making) Ann Krome and Pat Carr (poetry), Mary and Graham Collins, Eileen Adams then John McTiernan. (Judy, by the way, won Champion of Champions at the Townsville Show, with her cross-stitch picture!)



MEET YOUR COMMITTEE

[This segment of our Newsletter continues to introduce you to Committee members. Enjoy!]



Don Kinsey (shown with friend)

Magnetic Island

Coordinator. I started my life at the end of the Great Depression on an unsuccessful poultry farm on

the outskirts of Sydney, and spent most of the war years in Townsville while my architect father was involved in camouflage in the Torres Straits. The family spent much time on Magnetic Island where I developed a love of coral reefs.

My subsequent growing-up was all in Sydney where I eventually became a research biochemist with Mauri Brothers and Thomson, a major player in the Australian food industries. In their laboratories, I met my wife Barbara, a microbiologist, and we have been very happily married for 55 years.

While in industry I developed and patented electrode systems for the measurement of oxygen in liquids and gases. Investigating other uses for my new technology led to marvellous fun times on coral reefs for both Barbara and me. Publications from this new scientific interest achieved considerable international attention. Barbara eventually convinced me at the age of 41 to leave the security of my 21 years in industry to become involved in marine science full-time. We and our three kids moved to Hawaii, and total but blissful insecurity, while I acquired my PhD in Oceanography.

I was appointed as Director of the University of Georgia Marine Institute in 1978 and launched into my exciting full-time career as an oceanographer and, to me, more exciting career as a director of marine research programs. I worked in marine environmental research and management first and last in Australia, also on the east coast of the USA, the Caribbean, and in Central and Western Pacific island nations. We did eventually return to Australia where I was assistant Director at AIMS and Executive Director of GBRMPA. I was honoured to be made a Member of the Order of Australia for my contributions to marine science and the conservation and management of the marine environment.

I "retired" in 1992 and we became commercial macadamia and pecan growers

in the Lismore area. I discovered, and became seriously involved with U3A in 1994 and established the Northern Rivers U3A as well as spending a three-year term as NSW President. I have taught U3A science classes almost without break (except for my several medical adventures) for the last 19 years and loved every minute of it. We are now a little closer to real retirement and living on Magnetic Island.

Nanette Grace - I was born in Middlesbrough in the northeast of England in 1937 and went to primary school then grammar school there. The first really interesting job I had was as a Max Factor



consultant. Consultants were trained in their London salon in Bond Street. Later I also worked in Selfridges store -London was an exciting place to be in the late 1950s. As was the norm then, I gave up work when I married in 1957 and started a family. My husband Brian worked in the local shipyard. Work for many became insecure as contracts were lost to Korea. By 1966 we decided to try our luck in Australia and with our three children became "Ten Pound Poms". We arrived in Townsville on New Year's Eve day in 1966 straight from the cold of a northern winter. Our fourth child was born in 1967.

In England I had done some free lance demonstrating, working for an appliance manufacturer called "Hotpoint". Getting work in Townsville was easier said than done though as migrants were considered "blow-ins" and jobs were kept for the locals. After a stint waitressing in a coffee shop, I got a position at David Jones' store. DJs gave me many opportunities and over the years I worked in many buying roles from Books and Stationery to China and Glassware. I also did a radio programme with Graham Golding and even modelled for the advertising department occasionally. I worked for DJs for a total of 17 years. By 1974, I had left DJs and joined the management team of Woolworths as staff manager for eight years before returning to DJs in 1982 to work as a buyer once more.

Six years later when the chance came to complete my education (cont over)

MISCELLANEOUS

Nanette Grace (cont.)

as a mature aged student at James Cook University I jumped at it. Somewhat hesitantly I commenced an arts degree comprised of English Literature, History, Politics and Japanese Language. There was a Southeast Asia programme then and it combined elements of history and politics so I became part of the Department of History and Politics specializing in Burma studies. After gaining my degree I was employed at JCU for two years as an associate lecturer in Political Philosophy. I travelled to Burma and then to The Oriental and India Office in Blackfriars Road, London where I studied for some months as an accredited visiting scholar.

Then tragedy struck when my husband died very suddenly 1992. It was two years before I could get myself together again. By that time the Dawkins reforms had ushered in huge changes in university life. The History and Politics Department had morphed into "Media Studies" and the Southeast Asia programme had relocated to Cairns. I didn't want to live in Cairns so my academic life ended after only a few years.

Two years later I married again, did a little casual work for DJs (by then Harris Scarfe) and travelled a lot with my husband. Too soon he became ill with dementia and from 2004 lived at the Good Shepherd Nursing home until he died in 2010. These days I just try to keep connected to my friends and family, I read a lot and travel whenever I get the chance.

Just had my sink fixed – do you want the name of my plumber?



Speaking of tradespeople, if you **have come across someone you highly recommend** – perhaps for good service, reliability, good price, let us know. We'll mention the recommendation in the next Newsletter! (Email details please to kathleen.joyce@bigpond.com)

SELL, SWAP AND BUY SEGMENT

WANTED TO BUY:- Geese and Ganders - Sebastopol or S/cross (aka Ribbon or Scraggle geese). Phone **Marie on 4778 4841.**

WANTED TO BUY: A pasta machine
GIVE AWAY: A toasted sandwich maker
Phone **Bev on 0413 389 534**

[For free Sell Swap and Buy ads, call Editor on 4724 1648]

RECIPE OF THE QUARTER White Chocolate Cheesecake



250g Philly Cream Cheese
250g Mascarpone
250ml Cream
500g Chocolate bits
(All at room temperature)

Beat cheese and mascarpone together. Add cream and beat until thick. Melt chocolate, add 2 Tabs of cream mixture and stir in well. Add rest of cream mixture and stir. Pour into dish lined with plain biscuits. Set in fridge.

Tips for change:- Use half cream mix with half quantity white chocolate and half dark. Can use proper crumb crust, or use Nice biscuits and break to fit – saves time and effort. Use patty pans instead for portion control – *save own self control for other occasions!* Serve with a berry sauce.

SENIORS WEEK LIFESTYLE EXPO

This Expo will be held on Wednesday, 21st August 2013 from 10am to 1pm at the RSL Stadium, Annandale. One table will be available to U3A Townsville. If you are interested, please call **Yvonne - 4779 8947.**

Letters to the Editor

The suggestion has been made that we dedicate space in this Newsletter to letters from you, our Readers. Does this appeal? They could be emailed to me, as Editor, via Kathleen.joyce@bigpond.com. Alternatively, they could be posted to the U3A office. Short and concise would be best. Kathy Joyce.

TRIPS AWAY

MUNGALA STATION VISIT



On 20 July, 40 of our members visited Mungala Station as part of the Mungala Aboriginal Tours program. We had balmy weather and were entertained en route by Joan Twine who sang her own composition of a senior's anthem and by Graham and Nanette who kept the jokes flowing. Approaching the homestead, we were impressed by the wonderful bird life and by the fine condition of the cattle and horses. On arrival we were greeted by Joanne who

had stepped in at very short notice after her husband (who usually fronts the tours) was called away due to a bereavement. She did make it happen for us. After morning

Group 1 departed in the mini-bus to the site of the old homestead which is all but swallowed up by magnificent nature but which once showed a huge mansion complete with large family and household. Jacky gave us all the historical information about this pioneering family.



very well to pull it all together and tea we formed into three groups.

Group 2 listened to Buddy who played the didgeridoo and showed us an authentic eel basket and implements and weapons of the traditional owners of Mungala the Nywaigi people. Some of us even tried our hand at boomerang throwing.



Group 3 visited an indoor display mounted by the National Library which was interesting and thought-provoking. The three groups rotated.



A succulent kup murri meal was served. Kup murri food is cooked in the ground. The meal was served by first time hospitality trainees. Mungala Station offers training and education to aboriginal people in the fields of hospitality, beef production, fencing, machinery use and land management. We had a lovely visit. Our thanks to all at Mungala Aboriginal Tours. Nanette Grace



Editor Note: All photos are courtesy member Joan Twine (thanks Joan). Can you spot yourself?

PROPOSED AIRLIE BEACH TRIP

The proposed overnight trip to Airlie Beach has been postponed until next year. Despite being fairly advanced in the planning, advice from several directions has resulted in a re-think. The whole length of Airlie Beach main road is being re modelled and widened and is currently a huge construction site with limited access points. It would be safer to await completion before we visit.

Can you relate to these **Bumper Stickers?** (Thanks Chic Bottrill)



U3A CLASS TIMETABLE as of 23 July 2013

| Time | Class | Contact | Venue |
|------|-------|---------|-------|
|------|-------|---------|-------|

Monday

| | | | |
|---------------|---|-----------------------------------|--|
| 9.00 – 10.00 | Exercise Class | Merv Pilcher 4729 0915 | Health Studio. 1/276 Charters Twrs Rd |
| 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 | Call Judy Osborne for venue |
| 10.00 – 12.00 | Book Club (Monthly on 2 nd Mon of each month) | Lois Williams 4775 1930 | Aitkenvale Library Or Syd Collins 4729 0275 |
| 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 |
| 2.30 – 4.00 | Philosophy | Peter Burns 4779 5214 | Aitkenvale Library Meeting Room – contact Tutor first |

Tuesday

| | | | |
|------------------|---|---|--------------------------|
| 9.00 – 2.00 | Quilling & Cardmaking | June Lorimor 4771 6227 | Wulguru Community Centre |
| 10.00 – 12.00 | Creative Writing | Chic Bottrill 4773 2517 Val Spencer 47236083 | Vale Hotel |
| 2.00 – 4.00 | Computer Users Group Last Tues. of Month | Graham Collins 4789 0590 | Contact Tutor for venue |

Wednesday

| | | | |
|--------------|----------------|--------------------------------|---|
| 9.00 – 10.00 | Exercise Class | Bev Burns 4779 5214 | Health Studio 1/276 Charters Twrs Rd |
| 9.00 – 12.00 | Pottery | Nick Dimitriou 0438 132 707 | Tatika Ceramics, 52 Mallee St., Condon |
| 9.00 – 1.00 | Scrapbooking | Sandra Bowtell 4789 2832 | 9 Thornbill Close Kelso |
| 9.30 – 12.30 | Canasta | Hanna Wiskar 4773 6504 | German-Australian Club (New address - Cnr Anne/Patrick Sts, adj. to big car park) |
| 2.00 – 4.00 | Beadwork Class | Bev Ponder 0413 389 534 | Contact Tutor for venue |

Thursday

| | | | |
|---------------|---------------------|---|--|
| 9.00 – 12.00 | Art & Craft | Jan Fels 4721 3636 Peg McElhinney 4779 8621 | Salvation Army Hall Madden Street, A'vale |
| 10.00 – 11.30 | Successful Investor | Robert Fuller 47550161 Trevor Smith 47891122 | Pimlico TAFE |
| 10.30 – 11.30 | Exercise Class | Paula Agtoft 4771 5298 | Health Studio. 1/276 Charters Twrs Rd |

U3A CLASS TIMETABLE as of 23 July 2013

| Time | Class | Contact | Venue |
|----------------|---|---|--|
| Friday | | | |
| 7.45 – 8.30 am | Walking | Mary Collins 4789 0590 Mignon Spuler 4779 9246 | Various locations - check with Tutor |
| 9.00 – 10.00 | Exercise Class | Audrey Tonkin 4771 4375 | Health Studio 1/276 Charters Twrs Rd |
| 9.00 – 12.00 | Mah Jong | Shirley Fitzgerald – 4721 2820 | Contact Shirley Fitzgerald for venue |
| 10.00 –11-30 | French Language (Intermediate) | Pam Calmer 4725 5647 or 0409 199 875 | Meeting Room, Aitkenvale Library |
| 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 | Amber Church 47279011 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 | Health Studio 1/276 Charters Towers Rd. |
| 10.00 | Social Group | Bev Ponder 0413 389 534 | Various locations |
| Various times & days | Computer classes for Beginners | Bev Ponder 0413 389 534 | Community Centres in various suburbs (4 p/class) |
| Anytime | Computer Support (Apple Mac Only) | John Holt 4773 4600 | |

MAGNETIC ISLAND COURSES

General Inquiries – Don Kinsey (47 581 349)

| | | |
|---------------------------------|---|---------------------------------|
| Science Class: Earth and Sea | Don Kinsey 4758 1349 | Monday – 10am to 12 |
| Tai Chi Exercise Class | Peter Duckworth 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 |
| German Conversation | Jill Taylor 0402 333 528 | Wednesday – 4pm to ??? |
| Spanish | Peter Duckworth 4758 1981 Marie de Monchaux 0427556165 | Thursday – 9.30am to 11.30am |
| Tai Chi – Yang 85 | Peter Duckworth 4758 1981 | Friday – 7am to 8am |