



U3A Townsville Inc Newsletter



1st Quarter, 2014

Dates for Your Diary

Thursday 20 March 2014 Annual General Meeting 10.00am at Annandale Community Centre	Tuesday 22 April 2014 Newsletter Items Last day for submissions for 2 nd quarter Newsletter (Folding 1 May 2014)	Thursday 19 June 2014 Mid-year function 10.00am at Annandale Community Centre
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[Last days for submissions for Newsletters for the balance of 2014 are:
3rd Quarter – 22 July 2014 (Folding – 31 July 2014)
4th Quarter – 21 October 2014 (Folding – 30 October 2014)]

ALL MEMBERS

If you have an interest in a position on the Committee for 2014, nomination forms are available from the office. Forms will also be available at the Annual General Meeting.

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	

Membership fees can be paid at the U3A Office any Monday morning between 10 and 11.30am, 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 purchase 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.

GENERAL INFORMATION

Please keep an eye out in our April Newsletter for very useful information from TOTTS about **Community Flyer** in Townsville. Their pamphlet advises that the Flyer “provides a shared door-to-door transport service for the frail aged ... who are transport disadvantaged”. Perhaps you know someone who would benefit from this service?
(Ph. **1300 389 137**)

Also on a welfare topic, as it's NQ Cyclone season, City Council is encouraging us all to review the *Townsville Storm Tide Evacuation Guide*. You'll find it and other disaster information at <http://www.townsville.qld.gov.au/resident/Disaster/cyclones/Pages/stormtideevacuation.aspx> .

PRESIDENT'S REPORT

Welcome to all U3A Townsville members for 2014. I hope you have a happy and healthy year. Most of you who were members last year have renewed their membership. But, if your newsletter wrapper contains an invoice, it means that according to the records in our database you have not yet renewed. If that is the case, the Treasurer would welcome your payment as soon as you are able. In this newsletter you will find details of a few new classes, as well as the long-standing and popular ones. Also, a new mystery bus trip has been planned.

Unfortunately a few of our members are battling with health problems at the moment, especially Chic Bottrill (past President and Newsletter Editor), Beverley Burns, Joan Twine, Jenny Sebba, and Doug Kemp. We wish them a speedy recovery to good health.

Each year, U3A Townsville is required to hold an Annual General Meeting. This year the date is Thursday, 20th March. A major part of the U3A ethos is that the classes are semi-autonomous. The administration is involved with keeping the financial and membership records up-to-date, handling correspondence, recording minutes at meetings, keeping members informed, organising functions, printing and posting the newsletter, arranging new classes, and keeping an inventory of our equipment. Our monthly meetings are open to all members. Please give careful thought to this important part of U3A by joining the U3A Townsville committee this year.

Graham Collins



Proposed Mystery Trip

A mystery trip by coach is planned for Saturday 5 May 2014 starting at 8am and finishing at 4 to 4.30pm. There will be two pickup points, one at Spotlight car park at 8am and one at the Palmetum car park at 8.15am.

We will visit three interesting venues in the morning then have lunch with dessert and tea/coffee at a country pub. In the afternoon we will visit one other venue (two if we have the time) before returning to the pickup points. This will not be a strenuous outing. For most of the tour, we will remain on the coach. (The coach has its own toilet but we will make regular comfort stops).

The cost is \$42 per person which includes lunch and morning tea.

Ring **Nanette** - 47214484 to reserve a seat and arrange payment. Payment must be received no later than 5 April. Deposits to the coach company and pub must be made a month ahead.

CALLING ALL RELICS

Almost every woman I know has a certain garment hanging in her wardrobe like a silent reproach for getting old or getting fat - a kind of relic of past glory days. It may be a particular evening gown or wedding outfit, a

Debut dress or bridesmaid frock, maybe even a traditional costume. Whatever, she just cannot bring herself to dispose of it, so it hangs there waiting for that mythical day when she has lost enough



weight or has some equally mythical, grand occasion to attend, so that she can give it and herself a final fling.

If you are such a woman and have such a garment why not bring it along on June 19 this year to our half year function where you can show off your erstwhile plumage and let us all enjoy it?

In particular it would be wonderful if we could get old wedding dresses to display or even to be modelled by one of our more svelte members. Don't worry if it is showing signs of age or has stains on it. That makes it all the more authentic.

We don't exclude male attire from our project. Men can be relics too. A Scottish kilt, dress uniform or traditional outfit would add to the display.

Please consider lending a hand to this relic expo by lending your finery. Ring Nanette on 47214484 if you have something to include in our display.



Magnetic Island – a new year but not much is changing except the climate

Don Kinsey

Our Christmas party is the big event of the year for the Magnetic Island branch of the U3A. As it has always been, the 2013 party was a great success – at least for everyone with the notable exception of Barbara and me! Barbara had a violent gastric attack that day and spent the day in the Island clinic. I joined her in moderation. We missed our party!

Most classes have been in recess over the holiday season though a few ran right through. We will be up and running again at the beginning of February -- no new classes, though I am always hopeful.

The Science class has finished hearing all about my own research and we will be returning to more objective subject matter this year. We will be updating our knowledge of the whole climate change scenario, the latest from the IPCC and its predictions, the extremes of weather the world has been experiencing, etc. We will then move on to working through the subject matter of Al Gore's book, ***Our Choice*** which deals with the many options the global community has for coping with our changing world and its energy predicaments.

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.

Questions to ponder -

Why do people order large fries, double cheeseburgers and a *diet* coke?

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why isn't there mouse-flavoured cat food?

CLASS/COURSE NEWS

FOOD FOR THOUGHT



A new six week course entitled "Food For Thought" will be our first offering for 2014. It will be part history and part cookery. The history component will be presented by **Nanette Grace** and the cookery part will be presented by **Raya Koskela**. Each week will follow the development of lifestyle and food across a certain timeframe and will include handout recipes from that historical period. There will be tastings of food cooked by Raya using authentic recipes from those times.

For example, the first week we will discuss life and food in the hunter-gatherer stone ages and will consider the impact of copper and bronze utensils on the storage and preparation of food. It will progress on to the dynamic changes that have taken place in foods of the ancient civilizations Egypt, Greece and Rome, for whom eating became a social event.

Week 1 of the course will conclude with a cup of tea/coffee and a chance to taste a dish the ancient Romans would have eaten.

Week 2 - Saxons Vikings and Normans to the Italian Renaissance. Medieval food tasting.

Week 3 - other world cuisine. Spain, Portugal, China, India, Japan, Southeast Asia and the Middle East. Moroccan food tasting.

Week 4 - The Australian Story. Bush tucker to meat and three veg. Early settlement food.

Week 5 - The New Zealand Story. A quite different development in food. Tastings.

Week 6 - The Globalization of Food. Chocolate, rice, beer and ice-cream. Where are we going? The future of food and the organization of society. Tastings too.

Raya is no slouch in the cookery department, having many years of culinary experience to draw. She was cookery teacher at TAFE for 18 years and has catered for Council and JCU receptions for visiting international dignitaries. She knows her stuff!

Where: Aitkenvale Library Meeting Room.

When: Commencing Friday February 14 for six weeks ending on Friday March 28.

Time: 2pm to 3.30pm.

BEADING

This class begins again on Wednesday, 8 January – 2 to 4pm. If you would like to try a new hobby and have good company, come and join us. A kit is supplied for your first project. **Bev** – 0413 389 534.

SOCIAL GROUP

This group meets Saturdays at 10am for coffee and to plan future outings. This year so far, tickets are booked for The Hollies and the Russian Ballet. A bring-and-share Pizza night is also planned, and a picnic for the cooler months. If you're at a loose end on weekends, you are welcome to come and join this friendly group. **Bev** – 0413 389 534.

CANASTA

These classes are held each Wednesday morning from 9.30 am to 12.30 at the German Australia Club, Cnr Patrick and Anne Streets, Aitkenvale. A happy group gathers to play a variety of Canasta games. Beginners are welcome. Call **Bev** on 0413 389 534 for more information. (Bev is standing in for Hanna who is organising a Yoga Reunion (see below) until June 2014.

U3A member and tutor, Hanna Wiskar, invites anyone who has attended her **fitness/yoga classes** over the last 50 years (yes! 50 yrs!) to come along to a reunion brunch on 26 April 2014 from 10am to 2pm at the Carlton Theatre in Carlyle Gardens. For more information, call **Hanna** – 4773 6504.

PTRG Friday Gallery Visits

Anne Matthews advises that the following are the Gallery Visit days up to June 2014:

Feb 7, March 7, April 4, May 2 and June 6.

*If you wish to attend these interesting visits, please call or text Anne on **0488 257 180** on the morning. Please do NOT call the Gallery. Then, you need to be upstairs at Perc Tucker by 1.20pm.*



Keep cool everyone!

SOCIAL PAGE

As you'll see from the photos below, U3A Townsville enjoyed a wonderful Christmas Party – a little early - in November 2013. Kay Torkington compered our function with style and, along with Joan Twine, also provided some keyboard numbers for our enjoyment. Creative Writers' members, Ann Krome and Brenda Forrest entertained us all with poems, including their own clever creations.



Bev Ponder and Mavis Bunting had wares to sell – beadwork and quilling/cards respectively, made at their classes. Secret Santa played a part so all went home with a little Christmas gift.



We were tested in our knowledge of Christmas with prizes to the right answers. Kay read a poem entitled, with modifications, U3A Christmas Cake. This poem came via Ann Stewart, a longstanding U3A member.



As usual, Committee members, with member assistance, set up for the day, kept things rolling along and a sumptuous morning tea was laid out by Eileen Adams and Marie Baker. Mary Collins and Yvonne Campbell did a great job checking everyone in and issuing tickets for the door prizes.



SELL SWAP AND BUY

Two-person pop up tent (no poles) to swap for a Pasta machine. **Bev** 0413 389 534.

U3A Walking Group Timetable for 2014

Fridays – 7.45 to 8.45am. Contact: Mignon Spuler on 4779 9246 to check for any changes

Map references are from the Townsville/Mt Isa etc Yellow/White Pages Phone directory 2013/14.

Month Date	Meet	Walk	Month Date	Meet	Walk
March 14	Cape Pall Rd/Esk St Rowes Bay Car Park Map 6 H3	Towards Pallarenda	July 18	Edison St. Wulguru. Shop plaza opp. School Map 15 A20	Wulguru
21	Tobruk Pool, The Strand, North Ward Map 1 H7	Jupiters	25	End Carmody St., Hermit Park Bicentennial Park Map 14 P3	Park area circuit
28	Cape Pallarenda Rd., far end car park	Pallarenda	August 1	Loam island Comm. Centre Riverway Dr (Cnr Santal Ave) Rasmussen Map 16 R13	Ross River upstream
April 4	The Rockpool North Ward Map 6 Q3	The Strand	8	Church St West End Cemetery Map 6 M14	West End
11	Petunia St. Aitkenvale Library car park Map 13 R7	Aitkenvale Park	15	O'Reilly St. Mundingburra Cnr Burt St. Map 14 D11	Annandale upstream
18	O'Reilly St. Mundingburra Cnr Burt St. Map 14 D11	Mundingburra Ross River upstream	22	Dean Car Park, S. Townsville (Rooney St end) Map 1 H17	Railways Ceremonial Ave
25	Tyack St., Rosslea Near Viles St. Map 14 N10	Golf Club	29	Weir School car park Ross River Rd Thuringowa Map 13 A16	Cranbrook , Ross River downstream
May 2	Morindo Dr. Kirwan Catholic College car park Map 12 K16	Willow Gardens	Sept 5	Hindley St., Currajong Map 6 F18	Lakes circuit
9	Paxton St., North Ward Queens Gdns gate Map 6 R9	North Ward	12	Palmetum Car Park, Nathan St Aitkenvale Map 13 M14	Palmetum
16	Kimball St., Aitkenvale Rossiter Park Map 13 N 12	Ross River upstream	19	Dean Car Park, S. Townsville (Morey St end) Map 1 H17	CBD
23	Palmer St., Sth. Townsville Lighthouse Map 7 F 11	Sth Townsville	26	Harold St., West End Map 6 G11	Cutheringa Park
30	Murray Lyons Cr Annandale Skatepark nr bridge Map 14 N12	Fairfield Waters Downstream	October 3	Yolanda Dr., Annandale Village Shopping Centre Map 13 R16	Annandale
June 6	O'Reilly St Mundingburra Cnr Burt St Map 14 D11	Annandale side RR downstream	10	Weir School carpark Ross River Rd Thuringowa Map 13 A16	Riverside Gardens side Downstream
13	Balls Lane Mundingburra Anderson Park gate Map14 H6	Anderson Park	17	Cape Pall Rd/Esk St., Rowes Bay Car Park Map 6 H3	Soroptomist Park
20	The Rockpool North Ward Map 6 Q3	Jezzine area	24	Tobruk Pool, The Strand, North Ward Map 1 H7	The Strand
27	Palmetum Car Park, Nathan St Aitkenvale Map 13 M14	Ross river upstream	31	Palmer St., Sth. Townsville Lighthouse Map 7 F 11	End of year breakfast
July 4	Weir School carpark Ross River Rd Thuringowa Map 13 A16	Ross river circuit			
11	Car park cnr James Cook Dr/Buchan Rd Douglas Map17 J1	James Cook Uni			

Come 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 hot months from Nov. to March. The itinerary above gives you an idea where we go.



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MEET YOUR COMMITTEE

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

Estelle Dal Ballo

Born in Townsville prior to World War II, I moved with my family to Shelley Beach, where Dad established a poultry farm. During the war, Dad had contracts with Australian and American forces to supply them with dressed poultry and eggs. As we hatched and raised our own livestock, carrying over 2000 chooks at any one time, it was a lot of work. By the time I was about nine years old, I was trying to slot in correspondence lessons between the jobs I had to do.

We grew our own vegetables, had a couple of horses and dogs, and a small herd of cattle for our milk and meat supplies. As my three brothers were by this time in the forces, the workload fell to my parents, me and my two younger sisters. One brother was killed in action, and as his wife came to live with us, some of the pressure of work eased. After the war ended, things changed rather drastically for my father and we moved back into town.

I moved into the workforce as money was short, and worked in the insurance industry until I started a family. After the youngest one started school, I worked in secretarial positions in various situations until I moved to the Burdekin.

After a couple of years of cyclones and a flood, Mario decided he had had enough and we moved to Townsville, which proved to be a good move. I became involved in volunteer work and was able to gradually take up my hobbies of music, art, embroidery, lace making and reading.

The years have come and gone, but I have been greatly blest, as I recently celebrated my 80th birthday with my family.

Beverley Ponder

I settled in Townsville eight years ago – it had the shortest waiting list for Public Housing! The three previous years was a marathon, visiting relatives. Thank goodness for a large family.



Prior to that I went to South Africa in 1974, married my second husband, inherited three step-sons and had adventures with them over 25 years. After my husband died, and it wasn't viable to remain in Africa, and at the urging of siblings, I returned to Australia, sending ahead the home contents I wanted to keep.

Since joining U3A, I have appreciated the friendships made, the variety of classes folk give their time to and I'm looking forward to 2014 with enthusiasm. My thanks to all who have helped me along the way. Bev

TWO MORE NEW CLASSES IN 2014

Graham Collins

In October 2013, Peter and Beverley Burns, Eric and Yvonne Campbell, and Mary and Graham Collins visited Vietnam. The visit was over 2½ weeks. The first part was in Hanoi where we discovered the delights of the Old City, including the Water Puppets, and then ventured to Halong Bay, followed by Sa Pa, Tam Dao and Bat Trang. For the second part we flew to Da Nang and then by car to Hoi An. Here we explored the Old City, visited the local tailors, learned how to grow and spin silk at the Silk Farm, visited Marble Mountain, and Hue. **Dates: Friday 4 and 11 April, at the Aitkenvale library meeting room from 2 - 3 p.m.** Graham Collins will take you on our trip.

Plagues and Epidemics Though the Ages

Bacteria and viruses have been part of life on earth for billions of years and were ready to invade each new organism as it evolved, including humans. Until recent times, more soldiers died from disease than were killed in battle. Plagues and epidemics have had a profound effect on the course of human development, especially over the last 10,000 years since humans changed from a nomadic to a farming lifestyle. This series of 4/5 talks will start around 400 B.C. and examine the sources, spread and effects of the major epidemics that have been recorded. Special attention will be given to the changes that these epidemics made to politics and religion. **Starting Friday 2 May at the Aitkenvale library meeting room from 2 - 3 p.m.**

U3A CLASS TIMETABLE as of 21 January 2014

Time	Class	Contact	Venue
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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 Karl Kampmark 47753253	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	Val Spencer 4723 6083 Chic Bottrill 4773 2517	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	Viv Watkins 4773 5287	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	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 or mob. 0401 445 477	Health Studio. 1/276 Charters Twrs Rd

U3A CLASS TIMETABLE as of 21 January 2014

Time	Class	Contact	Venue
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Friday

7.45 – 8.45	Walking	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 – 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 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– 9am 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
Tai Chi – Yang 85	Peter Duckworth 4758 1981	Friday – 7am to 8am