



## U3A Townsville Inc Newsletter



4<sup>th</sup> Quarter 2016

### Dates for Your Diary

**30 November 2016 at 1pm  
(Wednesday)**

Christmas Function  
Community Training Centre  
266 Ross River Road



**Tuesday 24 January 2017**

Last day for submissions for  
1st Quarter Newsletter  
(Folding 4 February 2017)

## University of the Third Age Townsville Inc.

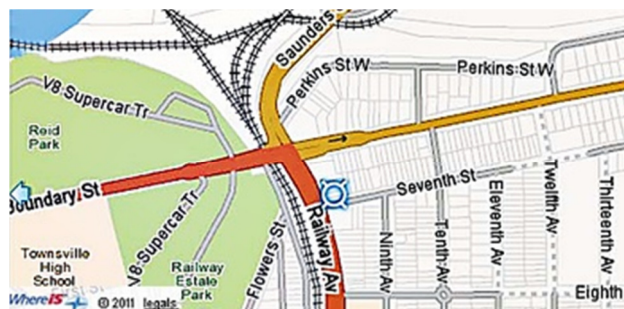
Website: <http://members.westnet.com.au/u3atownsville>

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)47243530,

e-mail: [u3atownsville@westnet.com.au](mailto:u3atownsville@westnet.com.au)



## **U3A EXECUTIVE OFFICERS – 2016**

President	Graham Collins	4789 0590
Vice President/Asst Treas.	Alan Williams	4775 1930
Secretary	Syd Collins	4729 0275
Treasurer/Property Officer	Jenny Sebba	4728 5421
U3A Network	Alan Williams	4775 1930
Newsletter Editor	Kathy Joyce	0419796304 (Email:-kathleen.joyce@bigpond.com)
Class Co-Ordinator	Vacant	
Publicity Officer	Vacant	
Events Organiser	Kay Torkington	4728 9394
Magnetic Isl. Co-ordinator	Don Kinsey	4758 1349

### **Committee Members:**

Kate Eagling (4725 4535) Hazel Ball (0419 780 190)  
Bev Ponder (0413 389 534) Ann Krome (47238870)  
Maureen Wright (0498572717) Kelly Trueman  
(47741694)

### **Production & Distribution:**

Mary Collins, Alan & Lois Williams, Elvena Morris,  
Nanette Crowther, Syd & Eric Collins.

**Membership fees** can be paid 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.



### **A new U3A Townsville President**

U3A needs a new President. In the 20 years from 1987, when U3A Townsville started, up to 2007 there were 10 different Presidents, i.e. an average of a different President every two years. I have been President for nine years since 2007 and it is time for me to hand over to someone new. I will not be standing for President at the AGM in March 2017, but I will stand for Vice President. So there will be a need for a new President to prepare the agenda for meetings in conjunction with the Secretary, chair meetings of the Committee, confirm the minutes of the meetings, write a President's report four times a year for the Newsletter, sign documents on behalf of U3A Townsville, and represent us at external meetings and events. According to the Office of Fair Trading, the management committee must include the offices of President and Treasurer (a person cannot be both). In other words, without a President, U3A Townsville cannot exist. I trust that someone within the membership of U3A Townsville will take on this position at the next AGM. There is now a maximum limit of three years for the tenure of President, Vice President, Treasurer, and Secretary.

**Graham Collins**

## PRESIDENT'S REPORT



Per head of population, Australia has the greatest number of U3A groups in the world, and continues to expand. Currently there are 235 separate U3As with around 100,000 members. Four states have a state body. These are the Victorian Network, the U3A Queensland Network, the South Australian U3A Alliance, and the NSW Network. The role of these Networks is to represent their State U3As in the areas of government liaison, funding applications, and setting up of new U3As. All U3As are autonomous and the state bodies act only as advisory and administrative units. There is also the nationally-based U3A Online, a "virtual" U3A. The State bodies, together with U3A ACT, U3AOnline, and the support of U3A UWA (Western Australia) have formed a national co-operative group called the U3A Australia Alliance (U3AAA).

U3A Online is the world-first virtual University of the Third Age delivering online learning via the Internet. All that's needed to study online is access to a computer with an Internet connection and some basic computing skills. U3A Townsville is a member of U3A Online and therefore anyone in U3A Townsville can get access to the wide range of prepared classes that are offered. Each class can be downloaded as a set of notes and presented as "chalk and talk", or built into Powerpoint presentation. If you have an interest in a particular topic and would like to study it together with some friends, or with the help of a U3A Online tutor, you can find out the wide range of courses offered by going to this web site:

<http://www.u3aonline.org.au/courses>

This year our annual Christmas function will be held on Wednesday 30 November starting at 1 p.m. at the Community Training Centre, 266 Ross River Road. The Committee has arranged for some great entertainment. For many years, the U3A Creative Writers group has held a raffle at our functions. The money from these raffles and other sources are either donated to charities in Townsville, or used to provide resources for the group. This year the Creative Writers have decided to step back to give another group the opportunity. The raffle is an integral part of our functions and it would be nice if another U3A group would offer to step in. If so, please send an email to [u3atownsville@westnet.com.au](mailto:u3atownsville@westnet.com.au) so that a raffle can be included as one of the items for the Christmas function.

Have a happy Christmas, and a safe and healthy 2017.

**Graham Collins**

## OUR CHRISTMAS FUNCTION



As advised by our President, our Christmas function this year is to be held at the CTA premises at 266 Ross River Road. Come along and be entertained by the Nomadika Tribal Dancers and Magician, Ian McDougall. Please bring a plate (disposable is best) of finger food to share. Take this opportunity to relax and catch up with other U3A folk in very comfortable and attractive surrounds. It's to be held on Wednesday 30 November 2016 at 1pm. See you there!

## COMPUTER ASSISTANCE



Would you like help, from time to time, with Android or Windows computer issues? Committee Member Jenny Sebba would be happy to assist. Call her on 0411 405 781.

## **Magnetic Island – new leadership imminent**



### **Don Kinsey**

My role as Magnetic Island Coordinator is drawing to a close. We haven't yet come up with an alternative strategy.

Our **U3A singers** have settled into a class pattern that seems to be well accepted. The group has offered themselves as part of the Townsville End of Year party entertainment.

Our **Monday Talks** class has been contributed to by me on occasions but I think that is drawing to a close. The program has been contributed almost totally by Mike Keating recently covering mapping – both ancient and modern, as well as the techniques used to achieve those outcomes that we take for granted. In coming weeks we will also have a number of talks by Al Jacob and Alastair Cole.

I am happy to say all other courses and activities have continued successfully.

**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](http://www.whatsonmagneticisland.com.au).

## CANASTA



Bev reports enthusiasm

Ponder continued by Canasta players, numbering up to 35 on a busy day. Beginners are supported – if you'd like to know more, ring Bev on 0413389534.

## **SOCIAL GROUP**



Again, Bev advises that this group meets on a quite regular basis, either just for a chat, or to organise attendance at one of many events in Townsville. If you enjoy theatre, museums, musical events, parks or movies and are looking for similar minded others, this group is for you. Call Bev on 0413389534.



## **CREATIVE WRITERS GROUPS**

Tom Edwards, the ABC Open Producer, asked if he could be a visitor to our group and came along on Tuesday 18 October 2016 to introduce himself and also to share the upcoming online writing projects he is organising. Some of our group last year were involved in some ABC regular Saturday morning workshops before they unfortunately folded.

Tom was most impressed with the variety and skill of our group and before leaving, requested an interview for ABC Radio.

Kate and Valda chatted to him, and his edited interview was played on Thursday afternoon, 20 October.

Luckily, Kate heard the interview and was skilled enough to be able to record it, so we could all listen.



# The Ageing in North Queensland Symposium 2016

We're all in this together!

**28-29** November

Education Central  
James Cook University  
TOWNSVILLE Campus

All those who are, or have an interest in, ageing, are invited to attend this exciting, interactive and inspiring event focusing on:

- Quality of life as a lifetime goal
- Dispelling ageist myths
- Facing the Challenges of rural, remote and regional NQ
- Working together to shape the future

The symposium is being organised by TRCOTA in collaboration with JCU Social Work and Other Disciplines with a special guest appearance from The Ageing Revolution Roadshow.

#### Registration Details:

Costs

\$5 - per day unwaged

\$20 - per day waged

Lunch, Morning and Afternoon teas included

Register your interest and /or make a donation at

<http://alumni.jcu.edu.au/new-site-2012/events/AgeingNQ>

Phone 0408739110 for further information



COTA Q



Queensland Government



the ageingrevolution



Townsville Community  
LEGAL SERVICE INC

## LEARNING MADE EASY – A Course on Successful Aging



U3A member (and secretary), Syd Collins, urges us all to investigate the following Web site:

[www.futurelearn.com/courses/successful-aging](http://www.futurelearn.com/courses/successful-aging)

It is a free, on-line course offered by Trinity College of Dublin. It is a 5-week course and one needs to put in about two hours per week timed to suit oneself. The lectures are concise and very well presented and the lecturers are extremely well qualified in their field.

Students have on-line tutorials where ideas are shared with people world wide – it is like getting to know a whole new group of people. Syd highly recommends this course, saying *“it is a brilliant antidote to all the blah about what a drain on society old people are”*.

I've had a look myself and agree entirely with Syd's thoughts. Try it out for yourself!

Kathy Joyce  
Editor

## TUTORS' EARLY XMAS LUNCH

Hard working tutors and U3A Committee members enjoyed a lunch at the Rising Sun Hotel in October. A few happy snaps below – *thanks to Jenny Sebba*.



## DID YOU KNOW?

- 11% of people are left handed.
- The average person falls asleep in 7 minutes
- 85% of plant life is found in the ocean
- 'Topolino' is Italy's name for Mickey Mouse
- Reindeer like bananas.
- Birds need gravity to swallow
- The most commonly used letter in the alphabet is E
- The three most common languages in the world are Mandarin Chinese, Spanish and English
- Lemons contain more sugar than strawberries
- Rabbits like licorice



Anxiety happens when you think you have to figure out everything all at once. Breathe. You're strong. You got this. Take it day by day.



## SENIORS ENQUIRIES



Helpful information for Seniors can be found at the website –

[www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au)

The following is an extract from the website – *Seniors Enquiry Line is a statewide information and referral service. For the cost of a local call, Seniors Enquiry Line gives Queensland seniors, their family, friends, grandparents and carers access to information on topics of interest to seniors.*

*One call will put you in touch with information on: concessions, social activities, household assistance, retirement accommodation, financial and legal matters, health, education, transport and many other issues.*

*For further information from within Queensland please phone 1300 135 500.*

## SENIORS EXPO

U3A was well represented again at the Seniors' Expo held in August. Firstly, Mary Collins and Yvonne Campbell once again set up our table with Pamphlets, Newsletters and other information to hand out to those expressing interest. The table was also "staffed" by Hazel Ball, Syd Collins, Kathy Joyce and Kate Eagling. Alongside us our Creative Writers group was also represented. Here's hoping some of the interest shown by the public will become applications to join our group!



## A SMILE FOR YOU –

A retired couple had dinner at their friends' house and, after eating, the wives left the table and went to the kitchen. The two men were talking and one said, "We've been going to a new restaurant and it's really great. I'd recommend it very highly."

The other man asked, "What's the name of the place?" The first man thought awhile and finally said, "What are those flowers you send a woman you love? The ones with red petals and thorns?" "You must mean roses," the other man replied. "That's it," said the man. He yelled to his wife, "Rose, what's the name of the new restaurant we like?"

## U3A Walking Group Timetable



The **U3A Walking Group** meets each Friday 7.45 to 8.45 a.m., but is in recess over the hot summer months and will start again in March. See the first newsletter in 2017 for the program.  
Contact: Mignon Spuler 4779 9246. Come and join us!

### NOTICE TO MEMBERS AND PROSPECTIVE MEMBERS



Please note that the new U3A  
Townsville fee from January 2017 will be \$30 per annum – still one of the lowest in Australia.

### WANTED

*Do you have a sewing machine and a bit of time to spare? Do you know how to crochet?  
Do you know a bit of handyman carpentry?*

This is a busy time for the wildlife carers with new baby birds, wallabies, kangaroos and possums coming into care and they need help. Patterns for carry bags for kangaroos, cuddle pouches for baby possums, crochet patterns for bird nests and so on are available. Possum boxes are available for templates. If you don't have time to make things, do you have some old material to spare, preferably made out of natural fibre like cotton, that would be suitable for pouches. Wool for bird nests would be welcome too.

Contact Jenny Sebba on [jsebba@netspace.net.au](mailto:jsebba@netspace.net.au) or 0411 405 781



(On behalf of Nth Qld Wildlife Carers)



### ADVANTAGES OF OLDER AGE

1. Your supply of brain cells is down to a manageable size.
2. Things you buy now won't wear out.
3. No one expects you to run into a burning building or anywhere else.
4. People call at 9:00 PM and ask "Did I wake you?"
5. You can eat dinner at 4:00 pm.
6. You enjoy about hearing about other peoples' operations.
7. You can get into heated arguments about pension plans.
8. You have a party and the neighbours don't even realize it.
9. You quit holding your stomach in, no matter who walks into the room.
10. Ah, being young is beautiful, but being old is comfortable.



### U3A CLASS TIMETABLE as of 25 October 2016

Time	Class	Contact	Venue
<b>Monday</b>			
9.00 – 10.00	Exercise Class+	Merv Pilcher 0427 126 340 or 0407 961 623	Hyde Park Shopping Centre
9.00 – 12.00	Mah Jong+	Shirley Fitzgerald – 4721 2820	Call Shirley Fitzgerald for venue
12 noon on	Social Art (no Tutor)+	Judy Osborne 4723 9086 0409764184	Sound Shell Building Thuringowa
9.00 am	Book Club (Monthly on 2 <sup>nd</sup> 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+	Email to <a href="mailto:didispy@hotmail.com">didispy@hotmail.com</a>	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

#### **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)

#### **Thursday**

9.00 – 12.00	Art +	Jan Fels 4721 3636 Kathleen Feaver 4779 1252	Salvation Army Hall Madden Street, A'vale
9.30 – 12.00	Successful Investor	Robert Fuller (Tutor) - 47550161 John Weil 4723 8615	Heatley Community Centre Fulham Road.
10.30 – 11.30	Exercise Class		Hyde Park Shopping Centre

## U3A CLASS TIMETABLE as 25 October 2016

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+	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
1.30 – 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
U3A Singers	Barbara White 4758 1808 0417 933 067	Wednesday 7.30pm
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