University of the Third Age Townsville

# MAY 2025 NEWSLETTER

**President's Report.** ***A copy of this report can be found on our website www.u3atownsville.com*** Pauline Woodbridge OAM.

There is no doubt that the members of U3A were satisfied with the co-location to Ryan St, the MOU was developed in good faith with the Senior Citizens Committee of the time and U3A seemed very well settled by the U3A members who used that location. But, as we now know the Senior Citizens committee changed their executive and the new committee changed their attitude and commitment to the MOU and our presence at the Senior Citizens premises. This was demonstrated in many ways that left our Branch feeling under siege, with the demand that we sign a 12 month lease and pay the hourly rate to use amenities or leave.

It was gratifying to have the huge attendance at the U3A AGM, not only to complete the business requirements of our Incorporation, but also giving time to go over the issues, make suggestions and plan some options. But underneath it all was the survival of our branch and the safety of our members.

Our many levels of Duty of Care made it plain that leaving was the best option and it is a tribute to the Committee, the Admin and Tutor volunteers, along with U3A members all of whom achieved a quick removal and set up at D4 COC in Vincent.

Although very disappointing for many, we are well placed to continue the U3A purpose of Lifelong Learning, to contribute to raising the level of physical, mental, social health and the quality of life of older people. Townsville was an early adopter of the aims of U3A and although our 8 months of co-location has come to an end, it is important to emphasise that U3A were not at fault and were subjected to much misinformation and unpleasantness.

As a registered Charity with ACNC, 3/12/2012, we also have obligations under that heading and they include:

- maintain a, protect and enhance public trust and confidence in the Australian not for profit sector.
- The Governance Standard 5: The duties of Responsible People sets out the following;
- to act with reasonable care and diligence
- to act honestly and fairly in the best interests of the charity and for its charitable purposes
- not to misuse their position or information they gain as a Responsible Person
- to disclose conflicts of interest
- to ensure that the financial affairs of the charity are managed responsibly, and
- not to allow the charity to operate while it is insolvent.

Our committee (responsible persons) monitor our obligations under our Associations Incorporation Act as well as the ACNC, and along with the support of the U3A Qld Network, ensure we comply to all areas required of us. So we will pull together and start again to continue with the well being of our members and our branch.

**DISCLAIMER:** Some of the U3A newsletter is based on information provided by various sources. While every care is taken to provide accuracy, U3A can not guarantee it is free from error, nor does U3A accept responsibility for any articles or entries published in the newsletter.

## FRENCH

Some of the French Conversation group enjoyed a lunch at Jude's café in the first part of 2025.

## CRAFT

Greetings from the Craft Group. We've all had a topsy-turvey time over the past 8 months or so, moving to Ryan Street and then back again. The heavy rain caused some interruptions, but thankfully, we are all OK. Our crafting has continued unabated. We're all looking forward to more creative classes, and hope to catch up, from time to time, with new friends.

Front and side view of a beautiful crotched chook by Chris Essex for Easter.

## mahjong

Numbers at Mahjong are growing. This could be due to our public exposure in the library foyer at Thuringowa, or might it have something to do with the lovely treats that our members were sharing on St. Patrick's Day and the lead up to Easter? As one new member commented: *"I didn't realise Mahjong was so social".*

Ruth Holman and Ailsa Brereton organise 'green' confectionary and cake made by Ruth for St. Patrick's Day, with a number of people wearing green.

## GOOD TO KNOW

A recently published results of a UQ study (Queensland Brain Institute) in which volunteers participated in physical exercise and had brain scans – the first controlled study of its kind to show exercise can boost cognition in healthy older adults, and not just delay cognitive decline. The study involved a large cohort of healthy 65 to 85-year-old volunteers in 2017 on a six-month exercise program.

When the researchers followed up with the volunteers 5 years after the program, they all still had good cognition, and the high-intensity interval exercise group had retained the cognitive improvements they'd gained during the program. High-resolution MRI scans of that group showed structural and connectivity changes in the hippocampus, the area responsible for learning and memory. 1 in 10 people over the age of 65 – and 1 in 3 people over the age of 85 will develop dementia, so this research demonstrating the outstanding benefits of exercise for cognitive function is very good news indeed.

Thank you Thank you Thank you

***Thankyou to all of our wonderful members who assisted with the relocation from Belgian Gardens back to the U3A Office in Vincent and the setting up of the office and meeting rooms. Everything ran smoothly and we are up and running again. Without your help this would have been a very difficult job to do.***

**Regards, Larry Frazer. Treasurer and Committee Member of U3A Townsville.**

# U3A Townsville Class Timetable

| Monday: | |
|---|---|
| **Be Connected: Basic Computer (Aitkenvale)** | |
| **Time: Session 1: 9.00am – 10.00am** | **Session 2: 10.00am – 11.00am** |
| **Tutor: Malcolm Hall** | |
| **Location: Aitkenvale Library** | **BOOKINGS ARE ESSENTIAL** |
| **Mahjong** | |
| **Time: 9.30am – 12.30pm** | **Tutor: Anne Thomson** |
| **Location: Riverway Library** | |
| **Craft Group** | |
| **Time: 9.30am – 11.00am** | **Tutor: Genevieve Caldwell** |
| **Location: U3A Vincent** | |
| **Book Club Aitkenvale 3rd Monday of the Month** | |
| **Time: 10.00am – 11.00am** | **Tutor: Antonia Gerrard** |
| **Location: Aitkenvale Library** | |
| **Book Club Flinders St 2nd Monday of the Month** | |
| **Time: 12.00pm – 1.00pm** | **Tutor: Jeanette Hind** |
| **Location: Flinders St Library** | |
| **Family History & Ancestry DNA** | |
| **Time: 12.30pm - 5.30pm** | **Tutor: Liz Scammel** |
| **Location: Aitkenvale Library** | |
| **Amateur Astronomy** | |
| **Time: 1.00pm – 2.00pm** | **Tutor: David Burdeu** |
| **Location: U3A Vincent** | |
| **Tuesday:** | |
| **Spanish Conversation** | |
| **Time: 9.30am – 11.00am** | **Tutor: Graham Collins** |
| **Location: U3A Vincent** | |
| **Creative Writing** | **BOOKINGS ARE ESSENTIAL** |
| **Time: 9.45am - 12.00pm** | **Tutor: Anne Atkinson \| Judy Knox** |
| **Location: Brooklea Lifestyle Village, 1 Linderman Ave, Cranbrook** | |
| **Computer Programming** | |
| **Time: 12.00pm - 1.00pm** | **Tutor: David Browning** |
| **Location: U3A Vincent** | |
| **History** | |
| **Time: 2.00pm – 4.00pm** | **Tutor: Andy Cole & Michele Cloonan** |
| **Location: Oonoonba Community Centre, 2 Shannon Street, Oonoonba** | |
| **Guitar Lessons** | |
| **Time: 1.30pm – 3.30pm** | **Tutor: Basil Harvey** |
| **Location: U3A Vincent** | |
| **Wednesday:** | |
| **Tai Chi** | |
| **Time: 9.00am – 10.00am Beginners** | **Tutor: Johannes Boyke** |
| **Location: PCYC 126 Wellington St, Aitkenvale** | |
| **Creative Art** | |
| **Time: 9.30am – 12.30pm** | **Tutor: Kate Eagling** |
| **Location: U3A Vincent** | |
| **Philosophy** | |
| **Time: 10.00am – 11.30am** | **Tutor: Neil Renison, Madonna Drew** |
| **Location: Aitkenvale Library** | |

| Wednesday: | |
|---|---|
| **Indonesian Language and Culture**<br>**Time: 12.00pm – 1.30pm**<br>**Location: Aitkenvale Library** | **Tutor: Anni Hurst, Val Colquhoun—Coordinator** |
| **Yoga**<br>**Time: 11.00am – 12.00pm**<br>**Location: Townsville Sports Precinct, 24 Burke St, North Ward** | **Tutor: Jan Harvey** |
| **5 Crowns Card Group**<br>**Time: 2.00pm - 4.00pm**<br>**Location: Private Residence's until further notice** | **Tutor: Liz Scammel** |
| **Thursday:** | |
| **Digital Photography**<br>**Time: 9.00am - 11.00am**<br>**Location: U3A Vincent** | **Tutor: John Webster** |
| **French, Conversational**<br>**Time: 11.30am – 1.00pm**<br>**Location: 382B Charles St, Kirwan** | **Tutor: Georgina Valdeter** |
| **Science**<br>**Time: 1.00pm – 2.00pm**<br>**Location: U3A Vincent** | **Tutor: John Webster, Ian Cormack** |
| **Friday:** | |
| **Walking**<br>**Time: 6.45am – 8.00am**<br>**Location: Various Walking Paths** | **ALSO SEE THE WEBSITE FOR PROGRAM**<br>**Tutor: Angela Ward** |
| **Harmonica**<br>**Time: 9.00am – 10.00am**<br>**Location: U3A Vincent** | **Every 2nd week**<br>**Tutor: Scott McInnes** |
| **Basic Computer & Technology (Riverway)**<br>**Time: Session 1: 9.00am - 10.00am**<br>**Tutor: Gaye Higgins \| Malcolm Hall**<br>**Location: Riverway Library** | **Session 2: 10.00am – 11.00am**<br>**Ivor Preston**<br>**BOOKING ESSENTIAL** |
| **Mahjong**<br>**Time: 9.30am – 12.30pm**<br>**Location: Riverway Library** | **Tutor: Anne Thomson** |
| **Scrabble**<br>**Time: 10.00am – 12.30pm**<br>**Location: U3A Vincent** | **Tutor: Kate Eagling** |
| **Italian for Travel & Fun**<br>**Time: 12.00pm – 1.30pm Intermediate**<br>**Tutor: Trish Jordan**<br>**Location: Aitkenvale Library** | **2.00pm - 3.00pm Beginners** |
| **Friday Talks Townsville**<br>**Time: 2.00pm – 3.00pm**<br>**Location: TBA** | **Every Friday End of June2025 Program Starts** |
| **Saturday:** | |
| **Chinese**<br>**Time: 10.00am - 12.00pm**<br>**Location: Private Residence** | **Tutor: Phoebe Chan** |

All enquiries to admin@u3atownsville.com  Phone; 4724 3530

| Magnetic Island ONLY - See Below | | |
|---|---|---|
| **Monday** | | |
| **Monday Talks, Magnetic Island 10:00am-12:00pm** | **Brian Furby** | **RSL, Arcadia** |
| **Tuesday** | | |
| **Wednesday** | | |
| **French 08:15am-10:30am** | **Una Glavin** | **Private Resident** |
| **U3A Singers, Magnetic Island 06:00pm-07:30pm** | **Una Glavin** | **St Margaret's Anglican Church Endeavour St, Arcadia 4819** |
| **Thursday** | | |
| **Recorder Ensemble, Magnetic Island 01:30pm-04:00pm** | **Una Glavin** | **Private Resident** |
| **Friday** | | |
| **Italian Elementary 10:00am-12:00pm** | **Lucia Parigi Dian Strand Facilitator** | **Private Resident** |

**Please report any errors or omissions to the U3A Office.**

Monday Talks - Term 1 2025  10am-12noon  RSL Hall Arcadia .  Facilitator is Brian Furby

Contact Brian Furby **(04 3885 2945)** for further information.

| Date | Speaker | Subject |
|---|---|---|
| April 28 | Aniko Papp<br>Andreas Von Lindemann | Towards Net Zero Magnetic Island Climate Action Project (60min)<br>Australian Light horse Charge at Beersheba (17min) |
| May 12 | Anne Thomson | **Teaching English in South Korea.** What is it like to be living the hot tropics one day amongst aboriginals then uprooting to the cold winters of South Korea to live where hardly anyone speaks English? |
| May 19 | Gwen Fitz-henry | Len Beadell; Road-maker (100min) |
| May 26 | Ri Prof A McLysaght<br>Beautiful World | 'Nothing in Biology Makes Sense Except in the light of Evolution' (54min)<br>'The Skills of Smart Birds' |
| | | |
| June 2 | ABC Australia<br>ABC Australia | Australia: The Time Traveller's Guide Episode 1 The Early Days (57min)<br>Australia: The Time Traveller's Guide Episode 2 First Steps (57min) |
| June 9 | Una Galvin | 'South to Bruny Island' (100min) |
| June 16 | ABC Australia<br>ABC Australia | Australia: The Time Traveller's Guide Episode 3 The Wild Years (57min)<br>Australia: The Time Traveller's Guide Episode 4 The Big Island (57min) |
| June 23 | Live Letters<br>ABC Bush Tucker Man | Read by Olivia Coleman, Stephen Fry, Sarah Pasco, Peter Capoldi, et al.<br>'Were the First European Australians Dutch?' (28min) |
| June 30 | Tony Robertson ABC | Tony Robertson Down Under Episode 3 (100min) |

# Why I Joined U3A.

## Deb Whitmey

I joined U3A in May 2024, after a talk given at our monthly Probus meeting by Anne and Pauline. I found the talk very interesting with many classes to join and learn from. Thanks to Anne, a wonderful and patient teacher, I am slowly learning mahjong. It is a challenge.

I also joined a weekly walking group, which takes you to different locations in Townsville with coffee afterwards and lots of chatter. As the months go by I plan to join more classes and enjoy the friendship with meeting more people.

**Ruth Holman** I moved to Townsville from the Burdekin in May 2023 to be close to family. Wanting to try something new, I googled mahjong and the U3A website came up. I realised with all these other courses available I decided to do art as well. I am loving both situations with the various characters that I meet along with the subjects themselves.

**Johannes Boyke** Originally from Germany he came to north Qld in 2012. Professionally, Johannes had a career in engineering, working as a project manager in heavy manufacturing specialising in risk & integrity management. Personal physical hardships led him to learn about the Dorm Method returning to Germany for basic training in 2019 which he continued in Brisbane to complete advanced training in 2020. 2023 he registered as an advanced practitioner and accredited Remedial Massage Therapist with the Australian Traditional Medicine Society and a member of the International Institute for Complementary Therapists. He is a genuine individual with a rich tapestry of experiences and passions. He is a passionate martial artist, who has a deep love for nature, often seeking solace and inspiration in the outdoors. He's also an enthusiastic art collector, drawn to the beauty and stories woven into each piece. While holidaying in Townsville it became a transition for both professional opportunities and a desire for a change in lifestyle. When the U3A Tai Chi position became vacant a client of his recommended he apply and with Geoff Ward's endorsement he took over the class. *"I find Townsville's community and environment to be incredibly welcoming."*

**Please send your stories on Why you joined U3A to Anne at: admin@u3atownsville.com**

| First Name | Surname | Committee Role | Email |
|---|---|---|---|
| Pauline | Woodbridge | President, Publicity, Complaints | president@u3atownsville.com |
| Antonia | Gerrard | Vice President, Class Coordinator | classcoord@u3atownsville.com |
| Christine | Titmus | Office, Web, Member Communication | officemanager@u3atownsville.com |
| Lorraine | Ryrie | Secretary | admin@u3atownsville.com |
| Larry | Frazer | Treasurer | |
| John | Titmus | Maintenance | |
| Kloudya | Pollard | Committee Member | |

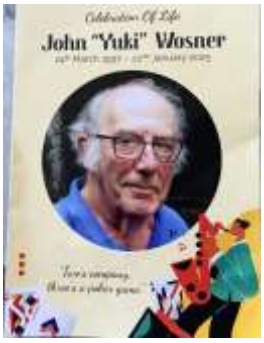
# U3A WALKING GROUP - MAR TO MAY DATES.

## Meets Friday 6.45am for 7am start – 8.15.

Coordinator: Angela Ward. Phone U3A office **4724-3530** for details

*Please bring your: hat, sunscreen, water bottle, & wear comfortable shoes.*

| | | | |
|---|---|---|---|
| **May** | 2 | Alpins Weir. Rotary Park. Cnr. O'Reillly & Burt St | Mundingburra side, downstream. |
| | 9 | Reana Park, Greenwood Dr, Kirwan | Catchment area through park. |
| | 16 | 56 Yolanda Dr. (Small shopping centre carpark. | Annandale Circuit |
| | 23 | Otto's Carpark, at the Precinct (Nando's side). | River, upstream |
| | 30 | Rossiter Park, Kimball St, Aitkenvale | Ross River, upstream. |
| | | | |
| **June** | 6 | Cape Pallarenda Rd (Park near ring road.) | Lagoon's Walk |
| | 13 | Palmer St. (Near Maritime Museum) | Palmer St to Cruise Ship Terminal |
| | 20 | Weir School Carpark | Riverway Loop |
| | 27 | End Carmody St, Hermit Park | Bicentennial Park Circuit |
| | | | |
| **July** | 4 | Alpins Weir Carpark Cnr O'Reillly & Burt St | Annandale side, downstream |
| | 11 | Tobruk Pool, North Ward | Anzac Park to Jupiters.<br>Breakwater Rock Walk Optional |
| | 18 | Robertson Park, Cape Pallarenda Rd. (3 Mile Creek Carpark, after Garden Settlement, before the bridge. | Foreshore Parkland, towards the city. |
| | 25 | Rock Pool, North Ward. | Strand walk to view Ephemera exhibits. |




**The passing** of **John Wosner** (24-03-1937 - 22-01-2025) was a Londoner, a magistrate, a devoted family man, a guide to youth temporarily "off the tracks", a proud member of his faith, a film extra when required and a besotted football fan. Devastated by the loss of his wife to cancer twenty years ago it was typical of him that he continued to contribute to his community. He travelled to many parts of the world, making friends everywhere and remaining his special self - a wise and kind soul, a delightful raconteur, volunteer, lover of words and cards, and a committed follower of all things Jazz.

Ten years ago, he sold up in London and moved to Townsville to be near one of his sons giving him finances to visit his other son living in Croatia. In his very late years, he maintained his independence as much as possible and was actually at his last meeting of the U3A Writers' Group, being his chatty, delightful self the day before he died. John's contribution to his adopted city in North Queensland will be very sorely missed.

## CONTACT US

**Office location: Church of Christ Complex, Vincent**
Corner of Ronan, Fulham Roads & Palmerston St.
PO Box 378 Belgian Gardens QLD 4810

**Open: Monday 9:00am—10.30am**
**Tuesday—Friday 9:00am – 12:00pm**

**Telephone: (07) 4724 3530**

**Email: admin@u3atownsville.com**

**Website: u3atownsville.com**

**Important Dates for 2025**

**QLD School Terms:**
**Term 2:** Tue. 22 Apr — Fri 27 June
**Term 3:** Mon 14 July — Fri 9 Sept
**Term 4:** Tue. 7 Oct — Fri 12 Dec

**Next Newsletter deadline** for articles and photos is **Tuesday 15 July**
Preferably before this.