U3A Townsville Inc

Newsletter

Townsville Inc. U3A

1st Quarter 2017

IMPORTANT DATES

Tuesday 25 April 2017 Last day for submissions for 2nd Quarter Newsletter (Folding 4 May 2017)	**Friday 10 March 2017 at 11.30am** **A.G.M.** Annandale Community Centre

NOTE FOR MEMBERS

Please support your U3A by coming along to the **Annual General Meeting** (See above).
As usual please bring a plate to share.
In the meantime, if you'd like to know more about the individual roles of Committee Members, call an existing member – phone numbers on next page.

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) 4724 3530,
e-mail: u3atownsville@westnet.com.au

U3A COMMITTEE – 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	
Asst. Newsletter Editor	Kelly Trueman	0448 6666 80
	(Email – kellytr@bigpond.net.au)	
Class Co-Ordinator	Ann Krome	
Publicity Officer	Maureen Wright	
Events Organiser	Kay Torkington	4728 9394
Magnetic Isl. Co-ordinator		

Committee Members: Kate Eagling 0429 419 580) Hazel Ball (0419 780 190) Bev Ponder (0413 389 534)

Production & Distribution: Mary Collins & Alan Williams (convenors), Yvonne Campbell, Syd & Eric Collins, Estelle Del Bello, Norma Harvey-Hall, Judy Hunter, Carmen Parker, Elvena Morrris, Mignon Spuler, Kelly Trueman.

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 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.

NOTICE TO MEMBERS

Please send your newsletter items for the next newsletter to **Kelly Trueman**. Kelly's email address for newsletter items is kellytr@bigpond.net.au and her telephone number is 0448 6666 80.

PRESIDENT'S REPORT

Welcome everyone to 2017. I hope you had a very pleasant Christmas, and I wish you all a happy and safe year in 2017. This is the time of the year when the weather in Australia can pose a real challenge, from bush fires to floods to cyclones. Having said that, we could do with a few more good deluges here to get the Ross River dam up to a respectable level.

On a sad note, I wish to notify U3A members of the death of Lois Williams, a member of U3A Townsville for fourteen years since 2002. Lois was actively involved with U3A over the years, having filled the roles of Newsletter Editor, Secretary, Book Club Tutor, committee member, newsletter wrapper, as well as organising the catering at various U3A functions and last but not least has been a great support for husband Alan when he was president of U3A and in his role as Townsville U3A representative to the Queensland U3A network group. She will be sadly missed.

In this newsletter, you will find a notice about our upcoming Annual General Meeting. At this meeting, the President and Treasurer will present their Annual Reports. All office bearers step down from their positions. The Committee would welcome new members, particularly to help out in key roles when some of the Committee members take holidays, are needed to look after grandchildren, etc. I would like to take this opportunity to remind all members that the positions of President, Vice President, Treasurer, and Secretary are limited by our Constitution to a maximum of three years.

Recently U3A Townsville has been successful in obtaining grants from the Gambling Community Benefit Fund. The money from these grants has been used to upgrade furniture in the U3A office and to buy safety and IT equipment.

Regards
Graham Collins

Note to Members - Special Resolution for the AGM

Section 7.9 of the Constitution of U3A Townsville sets out the conditions to apply in the event that the Association is dissolved. Several other U3As in Queensland have dissolution clauses that are more precise than ours, and all with exactly the same wording. For example U3A Redlands, Rockhampton, Sunshine Coast, and Brisbane. To bring our Section 7.9 into line with these it has been moved by Graham Collins and seconded by Jenny Sebba:
That Section 7.9 of the Constitution of U3A Townsville Inc. be amended:

FROM:
7.9 DISSOLUTION
7.9.1 The Association may be dissolved in accordance with Section 89 of the Associations Incorporation Act, 1981 (Qld.).
7.9.2 Upon dissolution, all surplus property of the Association shall be distributed in accordance with Section 92 of the Associations Incorporation Act, 1981 (Qld.).

TO:
7.9 DISSOLUTION
7.9.1 This rule applies if the association—
(1) is wound-up under part 10 of the Act; and
(2) has surplus assets.
7.9.2 The surplus assets must not be distributed among the members of the association.
7.9.3 The surplus assets must be given to another entity—
(1) having objects similar to the association's objects; and
(2) the rules of which prohibit the distribution of the entity's income and assets to its members.
7.9.4 In this rule— surplus assets see section 92(3) of the Act.

THURSDAY ART GROUP

The Thursday Art Group, which has been meeting at the Salvation Army Centre for many years, has a change of venue. As from Thursday, 2 February, 2017 we will meet at the CWA Hall at 36 Latchford Street, Pimlico (behind the Centenary pub) from 9am till 12. The weekly fee, which includes morning tea, will now be $5.

With this larger venue, we now have room for a few more members who enjoy painting in watercolour, acrylic or odourless oils. Please be aware that we do not have a tutor, but there is always plenty of help/encouragement from other members.

Please ring Jan on 47213636 if you are interested.

U3A SINGERS

Magnetic Island U3A Singers meet on Wednesday evenings at 7pm at the RSL Hall, Arcadia. They presently have 15 members and consider themselves a Singalong group. They do not have a tutor as such but Barbara White coordinates the administrative side while the well-known Jazz singer, Marilyn Sheather leads the group. They sing *a capella* style and have a lot of fun in the group. If you are on the Island and would like to join in, please call Barbara White on 47581808.

FIRST FRIDAY AT THE GALLERY

This group meets at the Perc Tucker Gallery in Flinders Street on the first Friday of each month. It has been in existence since the year 2000!

The next visit is planned for **Friday, 3 February 2017**. If you'd like to join in for an enjoyable after, including afternoon tea ($5), please call **Anne Matthews** on 0488 257 180. Please leave Anne a message with your number if the phone isn't answered.

CANASTA

We meet 9am for 9.30am at the Australian German Club, Cnr Anne and Patrick Streets. Beginners welcome. Cost of $4 includes morning tea. We are a friendly group and do have fun.

A second class has been suggested for another day for those wishing to play cards more often. Arrangements to be made with the office to use proposed new premises for this extra class. Please call **Bev Ponder** if interested on 0413 389 534.

(P.S. A grateful thanks to the Canasta class members who have stood in for me while I have been unwell. Love you all, Bev.)

BEADING CLASS

Once cooler weather comes about May, this class can be reinstated. Call Bev, if interested, on 0413 389 534.

MISSING - the name of our new member who mentioned that she would be interested in doing a writing course this year. Please could you contact Syd on 47290275 or the office on Monday morning? We need your expertise!

VALE DR DON KINSEY

As a young lad, Don spent most of the war years in Townsville, much of the time on Magnetic Island, where he developed a love of coral reefs that was to become such an important aspect of his adult life.

Later he went to Sydney where he became a research biochemist with Mauri Brothers and Thomson, a major player in the Australian food industries. He met Barbara in the same laboratory environment.

While Don was involved with industry, he developed and patented electrode systems for the measurement of oxygen in liquids and gases. On visits to Townsville he used this equipment, together with Barbara, to monitor coral reefs and investigate other uses for the new technology. Publications from this new scientific interest achieved considerable international attention. After 21 years in industry, Don decided to become involved full-time in marine science. So, at the age of 41, the whole family moved to Hawaii where Don acquired a Ph.D. in Oceanography.

He was appointed as Director of the University of Georgia Marine Institute in 1978 and started a full-time career as an oceanographer. Over the next few years he worked in marine environmental research on the east coast of the US in Georgia, the Caribbean, and some Pacific islands as well as in Australia.

The family returned to Australia where Don was appointed as assistant Director of the Australian Institute of Marine Science, and Executive Director of the Great Barrier Reef Marine Park. Don was made a Member of the Order of Australia for his contributions to marine science and the Conservation and Management of the Marine Environment

.

In 1992, in semi-retirement, Don and Barbara became commercial macadamia and pecan growers in the Lismore area. In 1994 Don “discovered” U3A and established the Northern Rivers U3A as well spending three-year terms as NSW President. After setting up home on Magnetic Island, Don set about establishing a vigorous U3A group to which he was a regular contributor. Many of you will have fond memories of Don’s science classes over the years both on Magnetic Island and in Townsville.

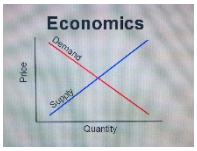
U3A SOCIAL GROUP

We continue to meet on Saturdays at 10am at various venues to enjoy a cuppa and make plans for outings. This year has some reasonably priced Musicals, Drama, Opera and Ballet at $40 Concession. They’re mostly about mid-year at Civic and Riverway. We also attend the free concerts and festivals, depending on interest.

So, if you are at a loose end, come and join up with us. Cost is 50c towards morning tea. . Call **Bev** on 0413 389 534. (Again, thanks to the group who have kept it going while I have been unwell.) ☺

FRIDAY TALKS

This year, U3A Townsville continues to provide interesting and informative talks on a variety of subjects, and by a variety of presenters, at the Aitkenvale Library Conference Room. These talks are held on **Friday afternoons** and the first this year, described below, is scheduled for 24 February at 2pm. Speakers are **Ernst Spuler** and **Tim Klingner.** It is expected it will be finish about 4pm.



ECONOMICS AND FINANCIAL HEALTH IN 2017

2017 could be quite a challenging year with several uncertainties. Ernst will introduce some simple economic concepts and Tim will follow up with some general financial tips for best posturing ones finances in 2017. Tim and Ernst encourage active audience participation and are happy to accept questions before, during and after the presentation.

The presentation will start at 2pm with afternoon Tea supplied free of charge, providing an informal opportunity to speak with Tim or Ernst. People are welcome to stay or leave during the afternoon Tea.

The aim is for an informative and easy to follow session.

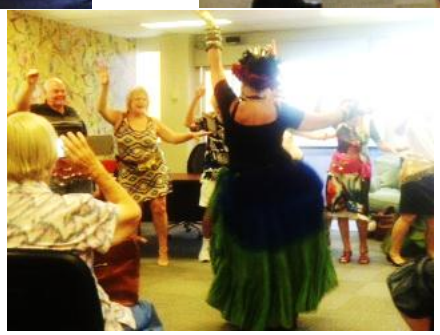
We also plan a talk in the near future from **The Heart Foundation.** It will offer the Community Speakers' Program, *Speaking from the Heart*, in 2017.

Speaking from the Heart is a FREE health education program, endowing individuals with the knowledge, motivation and practical skills required to achieve positive lifestyle change and better health and well-being. It is coordinated in-house and delivered by trained speakers who present heart health talks to community groups and workplaces throughout Queensland.

This is the clock that we use in retirement. It needs no batteries or electricity, it is never fast or slow and it never stops. May you all enjoy a happy and prosperous 2017.

SOCIAL ACTIVITIES

U3a was fortunate enough to once again use the wonderful venue of Community Training Australia for our Christmas function. We all enjoyed a lovely lunch and the interaction and chat which always goes with a pleasant meal. The CEO and founder of CTA Townsville, Toni Mehigan, who is the daughter of Committee member Alan Williams and his late wife, Lois, spoke of the importance of lifelong learning, which she likened to 'a gym for the mind'. Toni gave an interesting and informative talk which then led to our entertainment for the day. We enjoyed the skills of Ian McDougall, Magician, as well as the moves of the dance group, Nomadika Tribal Dancers. The dancers encouraged participation and the braver among us got up and joined in with relish. If you haven't been to one of U3A's social events as yet, the next is in June. Watch this Newsletter for details. (See photos from the day below).



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Do you want to learn something new in 2017? The following are possible **New Year's Resolutions** from the Internet based *Future Learn*:

1. Investigate a new culture
2. Understand gravity
3. Research your family tree
4. Predict the weather
5. Travel back in time

Just go to – http://www.futurelearn.com to find out more. Enjoy!

Two guys were shopping at Willows and came to the sign showing the layout of the centre. The map had an arrow indicating "You are here". One guy turned to the other and said "How do they know where we are?"

U3A Walking Group Timetable for March to May 2017

Day: **Friday** Time: **7.30 for start at 7.45am – 8.45am** Contact: **Mignon Spuler** on **4779 9246** to check for any changes.
Map references are from the Townsville, Mount Isa,etc Yellow and White Pages Telephone Directory **2016 - 2017**

Month Date	Meet	Walk	Month Date	Meet	Walk
March 10	The Rockpool North Ward Map 6 Q3	The Strand	April 14	Kimball St., Aitkenvale Rossiter Park Map 13 N12	Ross River upstream
March 17	Cape Pall Rd/Esk St., Rowes Bay Beach Car Park Map 6 H3	Towards Pallarenda	April 21	Balls Lane, Mundingburra Anderson Park gate Map 14 H5	Anderson Park
March 24	O'Reilly St., Mundingburra Cnr Burt St. Map 14 D11	Mundingburra Ross River upstream	April 28	Cape Pallarenda Rd., far end carpark	Pallarenda
May 31	Weir School carpark Ross River Rd., Thuringowa Map 13 A16	Ross River circuit	May 5	Murray Lyons Cr Annandale Skatepark near bridge Map14N12	Fairfield Waters downstream
April 7	Palmetum Car Park, Nathan St Aitkenvale Map 13 M14	Ross River upstream	May 12	Paxton St., North Ward Queens Gardens gate Map 6 R9	North Ward

Come and join us, get some fresh air, exercise and explore Townsville. We walk at a pleasant pace that allows for chatting and stopping to see wildlife. The itinerary above gives you an idea of where we go, mostly on walking paths. This is a very friendly social group. Many of the walkers regularly adjourn to a coffee shop afterwards. In 2016 there were16 members.

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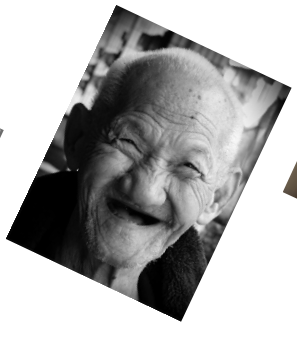
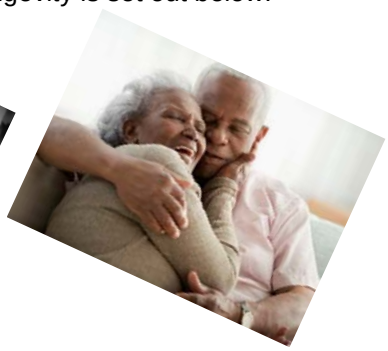
DID YOU KNOW
That Australia has more than 100 Centenarians? *Perhaps we have one in U3A Townsville?* Please let us know. Advice from a group of 100-year-olds about their longevity is set out below.

1. Don't be a cheapskate.
2. Make yourself go out every day, even if it is only around the block.
3. Nobody else controls you.
4. Forgive.
5. Learn to adapt.
6. Choose the right parents.
7. Have a pet – life can get lonely – could be a dog, cat, bird, guinea pig, other?
8. Interact with lots of different people – young, old, black, white.
9. Use music as therapy.
10. Sex is to be encouraged.
11. Pain is mysterious and having fun is the best way to forget it.
12. Never give up on love.

U3A CLASS TIMETABLE as of 24 January 2017

Time	Class	Contact	Venue
Monday			
9.00 –10.00	Exercise Class+	Thea Eastwood 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 2nd Mon of each month)+	Elizabeth Pollock Bell 4772 6475	Aitkenvale Library
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 didispry@hotmail.com	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	CWA Hall, 36 Latchford Street, Pimlico
9.30 – 12.00	Successful Investor	Robert Fuller 47550161 John Weil 4723 8615	Heatley Community Centre Fulham Road.
10.30 –11.30	Exercise Class		Hyde Park Shopping Centre

U3A CLASS TIMETABLE as 24 January 2017

Time	Class	Contact	Venue

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 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	This is a paid-for service

MAGNETIC ISLAND COURSES

Monday Talks	Michael Keating 47581542	Monday – 10am to 12
Tai Chi Exercise Class	Peter Duckworth 4758 1981 Tania Thoreau 4758 1981	Tuesday – 7am to 8am
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 7pm
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