



U3A Townsville Inc.

SUPPORTED BY



NEWSLETTER NOVEMBER 2021

President's Report

The U3A committee is pleased we have successfully negotiated another Covid year and have been able to maintain momentum with memberships, classes and some social activities.

Our volunteer grants subgroup has had some success with a couple of submissions, enabling us to cover some cost of the newsletters, and to plan the return of the Tutors luncheon. We hope our outstanding submissions are also successful.

The admin volunteers, along with committee members organized a good collection of our brochures and other information to take to the TCC Seniors Expo. Various volunteers staffed our table and responded to people who showed interest in U3A. Some people enquired what it was about and many others talked about their connection and awareness of the value of U3A. We were very busy with our giveaways as well as passing on information. There was interest in the Be Connected program along with the classes we have on offer. Quite a few people took away membership forms and a few signed up and paid on the spot.

The long-awaited Tutors lunch was well attended, it reaffirmed the value of the social part of U3A activities, with Tutors and members getting together over lunch.

A visit to the Magnetic Island U3A members was a great opportunity to strengthen connections as reported elsewhere in this newsletter.

As this year nears the end, you will have received an invoice for the 2022 membership. As we watch and digest the coming changes in response to Covid, we are starting to look forward to what we can achieve next year and encourage you all to continue your membership and huge voluntary efforts to keep our branch active and healthy,

Keep well, keep safe, Pauline Woodbridge OAM

U3A President

U3A Committee members wish you all a Merry Christmas and a Happy New Year,

We trust you have a good break and hope to see you again

enjoying your U3A activities in 2022



U3A Townsville has recently been successful with two Grant applications that were made with the Townsville City Council.

The first Grant approved and supported by the Townsville City Council was for the annual U3A Townsville Tutors function which was held on Friday 15th October and it was a very good successful afternoon.

The second Grant approved and supported by the Townsville City Council was funding for the production of the U3A Townsville Newsletter. This includes printer toner, printing paper and print drum. These Grants are exclusive of the GST amount so therefore U3A Townsville pays the GST portion of any production expense.

The Townsville City Council also is providing funding for our COVID material expenses which benefits U3A Townsville with the purchase of our COVID materials such as sanitized hand wash, antibacterial wipes and dish washing liquid to name but a few. These are also exclusive of the GST amount and U3A Townsville pays the GST portion of any COVID materials expenses.

Our U3A History Group currently uses the Oonoonba Community Hall for their classes and the Townsville City Council has a fee waiver now in place for the Venue Hire which is also exclusive of the GST amount and therefore U3A Townsville History Group pays the GST portion for the Venue Hire.

On behalf of all of the members of U3A Townsville we thank the Townsville City Council for their generous assistance.

Larry Frazer Treasurer U3A Townsville Inc.



Above; Aurelia Gallardo, office volunteer and John Webster, Committee member and photographic tutor at the lunch

Right ; Committee members and tutors mingle together sharing stories and laughs while enjoying their meal at the Rising Sun for the U3A tutor's lunch

U3A Annual Tutor's lunch was again held at the Rising Sun Hotel Hermit Park. This event is held each year in appreciation of the many tutors and volunteers who give of their time and expertise to U3A, without whom we could not function



Recently our **U3A Art** ladies assembled their art works which was on display at the Thuringowa Library. Artists Jean Miller Jan Walker and Lorraine Hardcore, spent time organizing their art works to display. At present there is no tutor of the art class so each of the group share their expertise with each other. Classes are on Wednesdays from 9.30 to 12.30am.



Kate Eagling was also part of the team. Congratulations girls on a job well done!!!

U3A General Information Message

You may have received an email from the U3A Townsville Administration team concerning 2022 Membership renewals.

Effective from 1st November 2021 the Renewal of Membership commences and the annual membership fee is still **\$40** for the calendar year 2022. Renewals of Membership need to be paid between 1st November and 31st December 2021.

You can pay your subscription by either Cash or cheque at the office or forwarded the cheque to the U3A Office at PO Box 374 Aitkenvale 4814 Qld. Please include your full name and membership id number with your payment so that your payment can be correctly allocated to your name.

The third option is by bank transfer to the **U3A Townsville CBA bank account BSB 064-823 A/C no; 10553473**. In the reference field for your deposit please state your surname and membership id number so that your payment can be correctly allocated to your name.

Please contact the Administration office if you have any questions on this on 4724 3530.

Larry Frazer Treasurer U3A Townsville Inc.

The U2A office will close for the Christmas break on Friday December 17th 2021 and reopen on Monday the 17th January 2022

Senior's Expo

On October 19th U3A members joined with other senior groups to display their products at the Murray Stadium.

Pictured back row L to R Lorraine Ryrie, U3A committee secretary, Pauline Woodbridge U3A President, Lynn Jacoby office Volunteer, Front Row L to R; Christine Douglas Newsletter editor and Antonia Gerrard, who is our new Class Coordinator.



Have a good look!! I could sit there for awhile

Class Coordinator

Lyn Rooke who enthusiastically served two years as Class Coordinator resigned last July and Antonia Gerrard (pictured in the above photo) has taken on this role as a temporary position until the AGM where we appoint our committee.

Antonia is new to Townsville and is very happy to take on the role of Class Coordinator for the wonderful U3A organisation. (Her words) Antonia is learning her way around not only Townsville but her new role,. Please make her welcome and support her efforts to fill the vacancy.

CHIEF ENGINEER - TECHNICAL & PRODUCTION SUPPORT



Triple T 103.9FM is seeking an experienced Technical & Production Support person.

Triple T uses predominantly analogue equipment but is a mix of analogue and digital.

We have 2 broadcast studios – fully fitted out with computers, CD players, microphones, mixers and other essential ancillary equipment, essential for FM broadcast – 24 hours/day, 7 days/week.

Interested persons should be conversant with detailed operations of this kind of equipment, and have spent many years in a component repair environment.

If you think you might have the necessary background and want more information, please phone Triple T office on 47 215 333 during office hours.



Pictured are some of the projects by the
U3A craft group

The **U3A Craft Group** extends to all U3A members our very best wishes for the holiday season. Please have a wonderful Christmas and New Year and stay safe.

If you would like to join our small Group in 2022, please give the office a call on 4724 3530. Alternatively, please contact us by completing the online message form at <https://u3atownsville.com/contact-us/> to register your interest.

Liz our group facilitator will then contact you. We meet each Monday from 9:30am-11:00am in the Meeting Room at the U3A Vincent office. Our Group will be talking a short break over the Christmas/New Year period.

During 2021, we have seen our novice crocheters move on from learning a couple of basic stitches to build on that knowledge with more advanced stitches. They are making projects for themselves, family and friends. Irrespective of your current skill level, we would love to see you in 2022. Most crocheters learn from someone else, so take the plunge now and join us.

Liz Schmidt Tutor/Facilitator

BOOK CLUB:

"For many, one of the most appealing aspects of being in a book club is the opportunity for lively discussions about themes and subjects that are relevant to real life. Books ask us to contemplate what is important to us and think critically about how we live in the world and relate to others. They often require us to evaluate our beliefs and enhance our empathy."

Book Browse Blog. (2021, February 4). The Pandemic and Politics: Changes in Book Club Reading Habits. <https://www.bookbrowse.com/blogs/editor/index.cfm/2021/2/4/The-Pandemic-and-Politics-Changes-in-Book-Club-Reading-Habits>).

U3A Townsville Monthly Book Club Meets 2nd Monday of the month

John Mathew Meeting Room, Flinders Street Library (upstairs in Northtown) 12:00pm-01:00pm

The U3A Townsville Book Club welcomes new members.

If you would like to join, please phone the U3A Office on 4724 3530 to register your interest

U3A Walking Group

The U3A walking group facilitated by Roslyn McEwan will take a break during the really hot months with no meetings from mid-November to mid-March.

You are most welcome to join the group so just turn up and the new timetable will be in the next newsletter.'

The group meets Fridays 7:00am-8:15am

*Please bring with you:
hat, sunscreen,*

*water bottle, and wear
comfortable shoes*



U3A Tai Chi

Our Tai Chi Tutor Geoff Ward has advised he will recommence his Tai Chi group at the beginning 2022. Geoff is hoping to run 2 classes back-to-back at Sherriff Park Love lane Mundingburra.

Please contact the office on 4724 3530 if you wish to join the class



9.00-10.00am.

Advanced Class

10.00-11.00am.

Beginners Class

Item from U3A Magnetic Island Tai Chi Group

I'm Pete and I teach Tai chi and qigong on the island.

I was talking about how I became involved in U3A to Pauline Woodbridge and Larry Frazer on Monday after the morning talk here. They thought this might be an interesting story for the newsletter so here goes.

My Partner Tania and I retired in May 2004 and moved to Nelly Bay. Shortly before Christmas we were pleased to be invited to a beach side Christmas BBQ and intrigued by the added comment "someone wants to meet you." Feeling somewhat flattered, I readily agreed, not realising how much influence that simple acceptance would have on the rest of our lives.

When we arrived at the BBQ we were introduced to a number of people in particular a man called Don Kinsey. A name which I am sure will be familiar to many. He explained that he was trying to start U3A classes on the island in the new year and he was looking for some more subjects to add to the science lectures that he intended to run. He had heard that I was about to start free Tai chi classes and wondered if I would do so under the banner of U3A. I of course said "why not". It did not occur to me that I was making a life time commitment. But here we are, 17 years on, older but no wiser although, curtesy of Don much better informed.

Why did I decide to teach Tai chi?

Just before retiring we had dinner with our master. He had never made any comment on the quality of my Tai chi. Near the end of dinner he quietly said "when you get to your island, you should teach."

How did I learn Tai chi?

Below is the hand out that I give to new students, it saves a lot of talking.

Peter's Tai Chi

I have been practising Tai Chi and Chi Kung for over 20 years and teaching since mid-2005.

When I decided to take up the practise of Tai Chi I was very fortunate to discover a good school; The Tai Chi Academy in Canberra. After learning Beijing style for a year and practising for another I returned to begin learning The Yang 85. The Academy's chief instructor Brett Wagland, a highly skilled exponent and dedicated teacher of Tai Chi was at this time a disciple of Master Fu Sheng Yuan. His father Grand Master Fu Zhong Wen (1903-1994) was trained personally by Yang Cheng Fu, who in the 1920s was responsible for popularising Tai Chi in China itself and later around the world.

I was lucky enough to attend a number of workshops held by both Fu Sheng Yuan and Fu Zhong Wen

I have been further privileged to study Taoist Chi Kung (Qigong) with Chang Fei Wang, a true expert in Chi Kung and martial arts.

□

The term Tai Chi which in Chinese relates to a specific martial art is used in our part of the world as a generic term to describe a number of disciplines and exercise regimes. These include Tai chi chuan, Wu-shu, Ba Gua, Chi Kung and Shibashi and many others,

Embarking on an exploration of Tai Chi and Chi Kung is like starting to study music. It will take many years of practise to achieve virtuosity but one can learn to sing a simple song in a short time. Luckily with the practise of Tai Chi the benefits are felt very quickly.

□

The historical context of Tai Chi Chuan

Taoist influence

The Taoist or Wudang School has evolved from the legendary emperors Fu Hsi 2953-2838 BCE and Huang Ti 2697-2597 BCE.

Fu Hsi has always been linked with the concept of the Eight Epigrams which was further evolved into the 'I Ching' book of wisdom.

Huang Ti is credited with writing the world's oldest known medical book; The Yellow Emperors Classic on internal medicine.

Around 200 CE the famous Taoist physician Hau Tou developed an exercise program called 'The five animal frolic' modelled on the bear, the deer, the monkey, the tiger and the bird. This was the fore runner of Taiyiwushing chuan.

The Buddhist influence.

Bodhidharma aka. Tamo, a famous teacher arrived at a monastery in China in 520 CE. His style of Buddhism became known as Chan (or Zen in Japanese).

Because of poor health many of the monks in this monastery lacked concentration, sometimes falling asleep during meditation. Tamo introduced exercises called 'Yi jing ching' (changing tendons) and 'Hsi swi ching' (marrow washing).

These exercises gradually expanded into several styles of Martial arts and the monastery is now famous around the world, it is called Shaolin.

Combining the two influences.

Chang San Feng 1279-1369 the legendary founder of Tai Chi chuan is reputed to have studied at both the Wudang and Shaolin monasteries before creating Tai Chi.

There is much debate among scholars about the history of Tai Chi but it is generally agreed that the art was developed by the Chen family of Chen village in Honan and transmitted to Yang Lu Chan in the early 19th century.

In his introduction to 'Yang Family Secret Transmissions' Douglas Wile points out that "If the Chen style spawned the Yang style all subsequent styles owe their origins directly or indirectly to Yang influence."

Today there are many styles and variations and it can be difficult for a student to choose between them. Of some help may be a comment by Fu Sheng Yuan, the great grand nephew of Yang Cheng Fu; "It is acceptable to modify or change the Yang 85 form, if you are more knowledgeable than its founder."



There are no class timetables in this issue but if you would like to check please go to our website and you will find them there. **Web: u3atownsville.com**

We will have the class timetables for 2022 in the January issue of the U3A newsletter.

A reminder that March is when the
ANNUAL GENERAL MEETING will be held.

As usual, all seats on the committee will be declared vacant, so that a new committee could be formed. If you, or indeed any one you know would like to take on a role please feel free to attend this important meeting

ROLES TO BE FILLED;

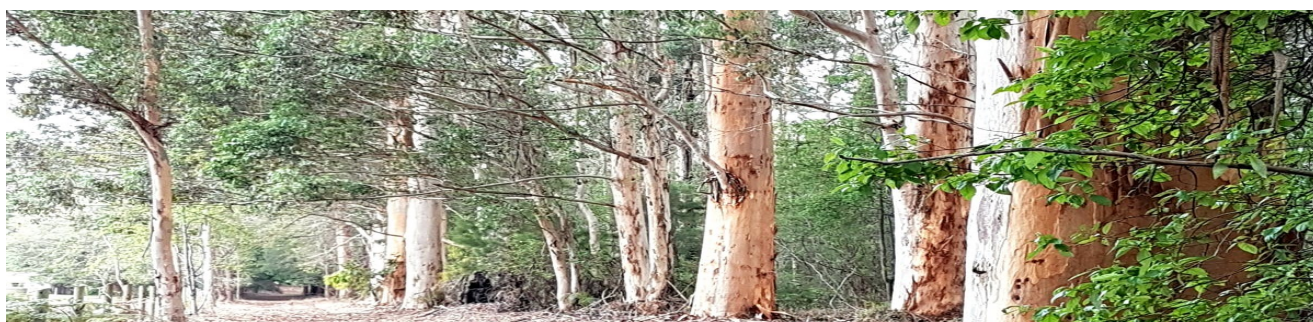
♦ President	Face of U3A /Presiding over meetings
♦ Vice President	Aiding the President
♦ Secretary	Works with the President and the committee
♦ IT Coordinator	Keeping our technology up to date
♦ Treasurer	Organising payments / receipts
♦ Assistant Treasurer	Aiding the treasurer
♦ Newspaper Editor	Produces a quarterly newspaper.
♦ Office & Volunteer Manager	Organising the office and its' volunteers.
♦ Facilities Maintenance Coordinator	Keeping the area spick and span
♦ Magnetic Island Coordinator	Organising activities on Magnetic Island
♦ Events Coordinator	Supervising any events (usually 3 per year)
♦ Class Coordinator	Arranging timetables and classes
♦ Grants Coordinator	Arranging Grants for a variety of events
♦ Committee member	Assisting where needed
♦ Publicity and Promotions	Overseeing the publicity for U3A

These role descriptions are only an outline of each role, if you are interested in any of them please feel free to contact the office and we will give you a more in depth description.

As a committee member you are expected to attend a monthly meeting held at 1.00pm on the third Wednesday each month. We are a friendly bunch organising the groups to have fun and take on an activity that you enjoy.

Please come along to our next meeting to see what we are all about

Our **TED TALKS** are proving very popular with one going out each week to those on the internet however the Committee has been hopeful that we can resume Friday talks next year and this newsletter edition gives us an opportunity to reach out to our membership to see if there are folk interested in supporting this activity. In the past there has been a small team who searched for presenters, along with others who arranged the venue, set up for the event, collected donations and tidied up at the end. Please register your interest with Christine and her team in the Admin office.



Report on Magnetic Island U3A Visit 8th Nov 2021

After discussion in a committee meeting and with encouragement from Liz, Larry and I braved the high seas and made our way to Maggie. We were met and transported by Liz and Hugh to the RSL, the regular location of Monday Talks. U3A members arrived, catching up with each other. There was such a nice feeling in the room. It was great to see the way members got involved with all the tasks that were needed. Liz was well supported by Hugh, Una, Marcelle and Janet to ensure the room was quickly prepared for the event, the urn was on, the cushions available for the chairs and all registration paperwork was completed.

Liz introduced Larry and myself and I gave a talk about domestic violence and had a collection of resources for members to take about the range of help that is available. There were some great questions and discussion and we ran in to morning tea time. After a welcome cuppa and biscuit, we resumed with Larry as Treasurer, outlining information on our constitution, our By-laws and membership, answering questions along the way. Larry then provided information about the Qld U3A Network, explaining he is the Assistant Treasurer at the State level. All the presentations went well, with a very attentive audience of about 20 attendees.

Magnetic Island U3A members displayed the great attributes and willingness to be involved, providing their volunteer time and their commitment to live long learning in a social setting.

We were well looked after and had some positive feedback about our visit and presentations.

Larry and I were returned to the ferry

terminal after lunch and an opportunity to see

a couple of rock wallabies and some

diamond scale mullet swimming along the rocks.

Thanks and appreciation

to the Magnetic Island U3A members,

Pauline Woodbridge President U3A



U3A ITALIAN GROUP

The Italian Group has a new focus on learning Italian.

I have just implemented it and it seems to be well received, so will continue with it next year.

We learn to talk in sentences straight away with emphasis on pronunciation of course and talking to each other and swapping out with other people so everyone has an equal chance.

These sentences incorporate present and past tenses and also lots of words and numbers and the like from my well revised curriculum.

It is lighter, fun and pertinent to every day usage.

Well let's see how it goes.

Merry Xmas and happy new year to all.

Cheers Trish Jordan

Auguro a tutti Voi un Natale Sereno,

Magnetic Island News

During the past few months, we have welcomed back winter island residents who were not able to be with us during 2020. All our classes have continued well and we have several new members. Pete Duckworth has kindly written an article about Tai-Chi on the island. Popular with members and tourists, it is a wonderful advertisement for U3A activities.

Monday Talks have continued throughout the COVID regulations as many of our members prepare talks for the group. We hope to be able to invite more guest speakers in 2022.

Pauline and Larry came to the island on Monday 8th November to give a talk to the group. They were both very well received and many of the members came to the pub for lunch afterwards. It was a very successful day. Many thanks to Pauline and Larry.

Merry Christmas and a happy New Year to all

Liz McDine MI Coordinator

Present Committee members

Pauline Woodbridge

Alan Williams

Lorraine Ryrie

Larry Frazer

Jenny Sebba

Liz McDine

Christine Douglas

Graham Collins

Kate Eagling

John Webster

Antonia Gerrard

President Publicity and Promotions

Vice President

Secretary

Treasurer

Assistant Treasurer

Magnetic Island Coordinator

Office Manager / Newsletter Editor

IT Coordinator

Facilities Maintenance Coordinator

Committee member

Class Coordinator (temporary)

Office location: Unit D.4 Vincent Church of Christ Centre,

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