



## U3A Townsville Inc Newsletter




3rd Quarter 2016

### Dates for Your Diary

**Tuesday 25 October 2016**  
Last day for submissions for  
4th Quarter Newsletter  
(Folding 3 November 2016)

**30 November 2016 at 1pm**

Christmas Function   
Community Training Centre  
266 Ross River Road

### NOTE TO MEMBERS

This year's **Seniors Lunch** will be held between 10:30 am and 1:30 pm on 25 and 26 August at the Townsville Stadium, Murray Lyons Crescent, Annandale. Bookings are open to those aged 60 years and over who are a resident of Townsville and its surrounds (up to Northern Beaches, Paluma, Alligator Creek, Major's Creek), and must be made through the TicketShop by phone or counter only. Online booking is not available. Carers/support workers are permitted to be under 60 years of age. Free transport to and from the event is available to those aged 70 years and over.

## 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](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)

**Production & Distribution:** Mary Collins, Alan & Lois Williams, Elvena Morris,  
Nanette Crowther, Syd & Eric Collins, Estelle Del Bello

**Membership fees** can be paid at the U3A Office any Monday morning between 9.30 and 11.00 am, 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.

### **On a serious note-**



As the first photo so aptly puts it – **“There’s no excuse for elder abuse.”** World Elder Abuse Awareness Day was on 15 June 2016. If you suspect that someone you know is experiencing abuse, whether it is physical, sexual, emotional, financial or any other type, telephone the Elder Abuse Helpline on **1300 651 192** for free, confidential advice.

## PRESIDENTS REPORT



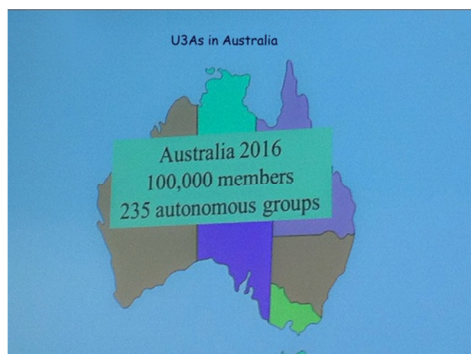
The U3A Townsville mid-year function held on 22 June was roundly regarded by all who attended as a great success. The venue was the building occupied by Community Training Australia (CTA) at 266 Ross River Road. The CTA staff were very friendly and helpful, and provided a tasty, light lunch for \$4 per head, \$2 of which was subsidised by U3A. We have contacted CTA about holding our annual U3A Christmas party there, and they have agreed. See the front page for the date and time.

It's getting difficult for anyone to be a climate change sceptic. According to two US agencies, the National Aeronautics and Space Administration (NASA) and the National Oceanic and Atmospheric Administration (NOAA), June 2016 was 0.9°C hotter than the average for the 20th century, and the hottest June on record, which goes back to 1880. It broke the previous record, set in 2015, by 0.02°C. June 2016 marks the 14<sup>th</sup> consecutive month of record-breaking heat that began in April 2015, and was pushed along by a powerful El Niño, where a splurge of warm water spreads across the Pacific Ocean.

However, according to NASA, while the El Niño event in the tropical Pacific this winter gave a boost to global temperatures from October onwards, it is the underlying trend which is producing these record numbers. Extreme temperatures over the Arctic are pushing up the global average, as well causing record-low amounts of sea ice.

All these changes are making it very difficult for Arctic people to put food on the table. The big Arctic melt is having a profoundly negative impact on many indigenous hunters, who for millennia have relied on the pursuit of whales, seals, fish, and land mammals such as caribou to feed their families. Thousands of kilometres south of the Arctic, the islands of Tuvalu, scattered over 500,000 square miles of equatorial ocean midway between Hawaii and Australia, are no more than 15 feet above sea level. They are being swamped by rising seas and storms. We are living indeed in a very rapidly changing environment.

The two photos below are from the U3A Queensland network conference at the Uni of Sunshine Coast. One is a photo of a slide presented by one of the speakers showing the number of U3As in Australia. The other is a photo of the Sunshine Coast U3A choir with a slide in the background. (*Courtesy Graham Collins*)





## CREATIVE WRITERS

1. On Sunday 12 June 2016, three of the creative writers group were involved in an afternoon concert to celebrate Townsville 150 years, and also pay tribute to the black hawk disaster.

All three are also members of Townsville Bush Poetry Mates. Brenda Forrest and Ann Krome performed their own poetry which was well received while Jean Miller helped out in so many ways.

The Concert was Held at Carlyle Gardens Theatre and we had sold 271 tickets plus some late comers. It was a resounding success with much laughter and entertainment. So much so that I believe the poets have been invited back again. So keep a watch as it really is an afternoon not to be missed.



### Ann Krome

2. Recently Ann and Valda had a wonderful morning visiting a year three class at Townsville Grammar, at Annandale. These children were delightful, and keen to hear our stories from U3A Creative writers, as we in turn enjoyed listening to some of their stories and poems. We loved the morning with this class and are grateful to Shandelle for contacting us after reading about Creative Writers in the Duo Magazine article earlier in the year.



### Val Spencer

## CANASTA



This popular class starts at 9 for 9.30am on Wednesdays at the German Club, Cnr. Anne and Patrick Streets. The game changes each month – no chance to become bored! August is *Key Wild* or *Bolivia*. September is *Hand and Foot with a Twist*. October is *Samba* and November *Pennies from Heaven*, then a return to *Key Wild* in December.

Each game has different rules and strategies. If you are a learner or need to brush up on rules, a separate table is available. Give Bev a call – beginners are always welcome. **0413 389 534.**

## SOCIAL GROUP

We meet at 10.30am each Saturday morning at various coffee shops and/or at the homes of members for morning tea, plus a good giggle and gossip.



Outings planned between August and November include *Barber of Seville*, *Othello* and *Groucho*. All are reasonably priced. Again, give Bev a call on **0413 389 534.**

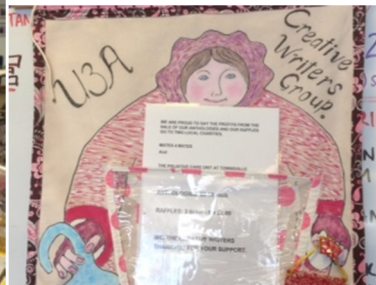
### Interested in playing ukulele?



The Townsville Ukulele Group meets at the West End pub on Tuesdays. Uke playing is a lot of fun and everyone at the West End group is enthusiastic about sharing what they know with newcomers. While this is not a U3A class, if you'd like to find out more, please call U3A member, Linda on 0417 747 021 or 4778 3062.

## MISCELLANEOUS

Below are some Happy Snaps from our wonderful mid-year function, held in June. Kay Torkington did her usual great job of emceeing the function. We enjoyed a Fashion Parade, courtesy Cecily Humphreys, and saw creations from casual through to very glamorous. Many thanks to the models for the day. Rather than our usual 'bring-a-plate' style, we were well catered for by a casual lunch provided by the Community Training Centre. This venue was much enjoyed by all, being spacious, comfortable and very attractive as well. Door prizes were arranged by Mary and Graham Collins, and Creative Writers Group was represented and had many raffle prizes on offer. Beading and Canasta also had displays. Graham Collins entertained with a couple of short stories. We will have this venue again for our Christmas party, so see you there!



*May you be peaceful, May you be happy,  
May you stay healthy, May you be content.  
May you remember that you are loved,  
May you stay safe from harm,  
May you always have good friends,  
And, may you always love yourself,  
Just as you are.*



## MISCELLANEOUS

### NEWS FLASH



A representative of the Department of Communities recently announced that U3A Network Queensland is to receive funding of \$23,000 from the Qld State Government. This will be used to provide an awareness program for seniors on what is available through the U3A organisation state wide. Julie Porteous, President of the U3A Network Qld said, "This funding will go a long way in making the seniors of our community more aware of what is on offer in their area."

**Dying2Learn** is a brilliant on-line, free university course which discusses death in a practical and humorous manner. There is nothing morbid about the course, but it is a wealth of practical, thought provoking lectures.

For those who would like to have a look at the course, the website is: <https://www.mooc-list.com/course/dying2learn>.

There are, of course heaps of other short, usually 4 to 6 week courses offered by both Future Learn and MOOC, covering a wide variety of subjects, including learning languages.

On line learning is wonderful for those of us who have difficulty in attending university lectures - there is no travelling. We can work at our own pace and join in at any time that suits us. Students from all over the world join in these courses, and the on line discussions are as interesting as the courses.  
*Syd Collins*



### ATTENTION: TUTORS and Others

If you know of changes to the list of classes on pages 9 and 10 of this newsletter, please advise Kathy Joyce on 0419 796 304 or email her at [kathleen.joyce@bigpond.com](mailto:kathleen.joyce@bigpond.com)



**Volunteering North Queensland** is a not-for-profit organisation providing a volunteer referral and community support service. It connects volunteers with not-for-profit organisations and community groups.

VNQ aims to best match people with volunteering opportunities in North Queensland that are enjoyable and fulfilling.

People volunteer for many reasons including meeting new people, learning new skills, sharing existing skills and knowledge, and giving back to the community. Volunteering reduces social isolation, can help combat depression, and keeps the mind and body active.

Take the first step to becoming a volunteer by contacting VNQ to make an appointment at our office in Vincent. At the appointment, one of our Referral Officers will ask about your interests, skills, and limitations. They will work with you to identify suitable volunteering opportunities including your preferred hours or days. You will be referred to the chosen volunteer position and will need to contact the organisation to arrange a time to meet and chat with them about the specific volunteer position.

Interested or want more information? Contact VNQ on 4725 5990 between 9am and 4pm, Tuesday to Thursday or email us at [reception@vnq.org.au](mailto:reception@vnq.org.au).

### **A little bit about NQ Wildlife Care.....**

North Queensland Wildlife Care Inc. (NQWC) is a not-for-profit organisation comprised of volunteer wildlife carers who provide care for sick, injured or orphaned native wildlife until they are rehabilitated and can be released back into the wild. Our wonderful volunteer members do this in their own time, in their own homes and at their own expense.

NQWildlife Care has a proud history, being originally established in Townsville in 1989. The initial objective of the founding members was to provide a support platform to the many wildlife carers residing in the area. Starting with only a handful of dedicated carers, the organisation now boasts 250+ carers and/or supporters ranging North to Cardwell, South to Bowen and inland to Charters Towers and even Cloncurry.

In 2000, the group started working towards its long term dream of having a Wildlife Education and Assessment Centre. With the aid of a number of substantial grants and a lot of hard work and dedication from a number of volunteers, NQ Wildlife Care brought their dream to fruition, opening a dedicated Wildlife Centre in late 2007. The centre is used for training and meetings throughout the year and is staffed by volunteers every Sunday.

The group holds regular wildlife training events and talks to improve and develop carers' skills and knowledge as well as to enlighten and train the public about wildlife in general. Some of our more experienced and knowledgeable carers also act as specific species coordinators to ensure ongoing individual support to our carers.

### **Our Mission Statement:**

*"To rehabilitate sick, injured and orphaned wildlife from rescue to release"*

Membership to the group for concession card holders is only \$15 a year, and includes Voluntary Work Cover insurance, monthly newsletters, regular email contact about events and upcoming training, and access to our resource shop that offers cost price specialised wildlife foods and equipment at vet trade prices. The Group holds a monthly meeting at the Centre, now held on the last Sunday of each month. After the meeting of the management committee there is a sausage sizzle and then the species of the

month hold a talk and activities about their species.

Volunteers are encouraged to get involved in a number of ways – volunteering at the Centre on Sundays, sewing/making possum boxes etc for the resource shop, helping out at open days and Expo's and fundraising. It is very much a social group, with much support from species co-ordinators and other carers.



Barry and May care for macropods, possums and birds and are also bird co-ordinators for the Group



Kevin and his wife Loretta are long time macropod carers. Loretta also sews for the shop and both Kevin and Loretta help with fundraisers such as our Bunnings Sausage sizzles.



Margaret is a very experienced carer and rehabilitates most species, is our macropod co-ordinator, and also has the relevant licenses to sedate and euthanase severely injured wildlife when vets are not available

## U3A Walking Group Timetable for August to November 2016



Day Friday Time 7.45am – 8.45am

Contact: Mignon Spuler on 4779 9246 to check for any changes

Map references from the Townsville, Mount Isa, etc. Yellow and White Pages Telephone directory 2016-2017

Month Date	Meet	Walk	Month Date	Meet	Walk
August 12	Morindo Dr. Kirwan, Catholic College carpark Map 12 K16	Willow Gardens	Oct 7	The Rockpool North Ward Map 6 Q3	Jezzine Park Indigenous
August 19	Club rooms, midway down Harold St., West End Map 6 G11	Cutheringa Park area	October 14	O'Reilly St., Mundingburra Cnr Burt St Map 14 D11	Annandale side upstream
August 26	Hindley St., Currajong Map 6 G19	Lakes circuit	October 21	Tobruk Pool, The Strand, North Ward Map 7A 7H	The Strand
Sept 2	Cape Pallarenda Rd., 3 mile Ck beach carpark, after Garden Settlement., before bridge	Foreshore towards city	October 28	Cape Pall Rd/Esk St., Rows Bay beach car park Map 6 H3	Mundy Creek
Sept 9	Dean Carpark, Sth T'ville Morey St end Map 7A J16	CBD	Nov 4	Dean Carpark, Sth T'ville Rooney St end Map 7A H17	Railways
Sept 16	O'Reilly St., Mundingburra Cnr Burt St Map 14 D11	Annandale side Downstream	Nov 11	Palmetum Carpark, Nathan St Aitkenvale Map13 M14	Palmetum
Sept 23	Cape Pallarenda Rd., Sustainability Centre car park	Foreshore path Towards Pallar.	Nov 18	To be decided	End of year breakfast
Sept 30	Petunia St., A'vale Library car park Map 13 R7	Aitkenvale Park area			

Come and join us! This is a very friendly social group. Many of the walkers regularly adjourn to a coffee shop afterwards.



Are you interested in birds and the outdoors? Expressions of interest are sought from anyone who would enjoy a guided walk through the town common, likely to be held one Friday afternoon. If this sounds like you, please send a quick email to [u3atownsville@westnet.com.au](mailto:u3atownsville@westnet.com.au). The folk at Birdlife are always keen to introduce more people to the birding passion.

### U3A CHRISTMAS FUNCTION



Don't forget to pop 30 November 2016 in your diaries for our Christmas Function. It will include colourful entertainment, now in the planning stages. It is a great opportunity to meet more U3A members and relax in the comfort of the quite luxurious surrounds of the Community Training Centre. It will probably be a Bring a Plate event but watch out for more details in the October Newsletter.



Thanks to U3A Committee member Jenny Sebba for obtaining the articles in this Newsletter from *Volunteering North Queensland* and *NQ Wildlife Care*. If you have access to information which would be of interest to U3A members, please do get in touch by email or mobile phone (see page 2). *Kathy Joyce*

**FOR SALE:** Good quality women's shoes - Size 9. Excellent condition, all resoled, well over \$100 value, now only \$25 pair. Ph. Gwen. **0427796551**.





### U3A CLASS TIMETABLE as of 26 July 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
9.00 – 1.00	Social Art (no Tutor)+	Judy Osborne 4723 9086 0409764184	Call Judy Osborne for venue
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:didispry@hotmail.com">didispry@hotmail.com</a>	Heatley Community Centre Near Long Tan Pool
2.00pm	Chess (Sociable)	Widge Rowden 0432 887 743	U3A Office
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
2.00 – 4.00	Computer Users Group (Last Tues. of month)	Graham Collins 4789 0590	U3A Office

#### **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)
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 Kathleen Feaver 4779 1252	Salvation Army Hall Madden Street, A'vale
10.00 – 11.30	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 of 26 July 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 0458 058 163	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