

U3A Townsville

Newsletter

2nd Quarter 2017

## UNIVERSITY OF THE THIRD AGE

## INSIDE THIS ISSUE:

<u><a href="#">Meet the President</a></u>	2
<u><a href="#">Group activities news</a></u>	3
<u><a href="#">Groups and other news</a></u>	4
<u><a href="#">Coming Events</a></u>	5
<u><a href="#">Laughter, the best medicine!</a></u>	6
<u><a href="#">Walking group timetable</a></u>	7
<u><a href="#">Class timetables Mon - Thurs</a></u>	8
<u><a href="#">Class timetables Fri- Sat</a></u>	9
<u><a href="#">Magnetic Is Class timetables</a></u>	9
<u><a href="#">U3A Committee details</a></u>	10

## MEET OUR FABULOUS NEW COMMITTEE



U3A Townsville Management Committee for 2017.

Check out who's who on Page 5

Congratulations to all our committee members for 2017, both the newly appointed and those who are stepping up again for another year's service. We look forward to a productive and dynamic 2017, this time under the leadership of a new president of the association, Mr Terry Lambrose, who shares some of his story with readers on Page 2. Many thanks go to those who are stepping down from executive positions this year. We know you will continue to support U3A in a multitude of ways. Thank you! You are highly valued members of our community.

## University of the Third Age

is an international movement whose aims are the education and stimulation of mainly retired members of the community - those in their third 'age' of life.

For further information please contact one of our committee members whose contact details can be found on the back page of this newsletter.

**New members are most welcome!**



And many thanks to these wonderful encouraging members who came along to participate in the important business of electing a new committee to lead us through the next twelve months. Your support is greatly appreciated - as were the delicious goodies you shared with us after the meeting.



Immediate past president Graham Collins, (right), welcomes the newly appointed president, Terry Lambrose.

Graham continues to serve the association in his role of vice-president and tutor.

### Your Invitation...Official Opening of the new premises of U3A Townsville

Members are cordially invited to attend the opening of our new Vincent Campus. As the new president of the Association, I look forward to meeting you over coffee and cake and hearing your ideas about future possibilities for our organisation. Please bring a friend to this afternoon celebration of our move.



**4.00pm, Thursday, May 11, 2017.**

Warm regards,

Terry Lambrose

President, U3A Townsville

Please bring a plate!

*Map and directions can be found on Page 10.*

If you happen to be in the Gold Coast in May, this could be an opportunity to connect with other U3A members across the State.

#### The U3A Network Queensland Conference for 2017

will be hosted by Twin Towns U3A on the beautiful Gold Coast.

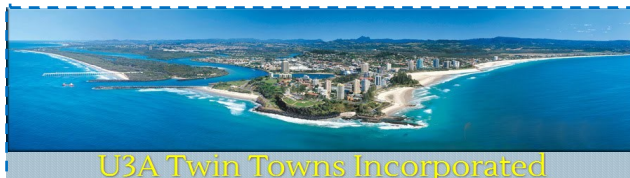
Dates: 18th and 19th May, 2017

"Live, Laugh, Learn without boundaries"

Tweed Civic Centre, Brett Street, Tweed Heads

Conference Registration is now open!

<https://www.u3aqldconference.org/>



From the President's desk:

Hi, my name is Terry Lambrose. At the recent AGM I was appointed to the position of President of U3A Townsville. Without any equivocations, I consider it an absolute honour to be the president and I will work to gain the trust and the respect of all members of our organisation.

The first U3A was established in Toulouse, France, in 1972, to improve the quality of life for older people by giving them access - at moderate fees - to non-credit courses in the humanities and natural sciences at the established degree granting universities.

The commitment of the organisation to lifelong learning rings loud in my ears. I was one of those people who did not achieve in the school system and it was only later in life that I returned to academic studies, and to the surprise of my family, friends, and myself, I was extremely successful.

Hence, I have a burning belief that you can achieve whatever you want to achieve and that gaining new knowledge, and acquiring new skills and applying these, can bring contentment, happiness and joy in a way that cannot be measured in terms that the world seems to value such as money and power.

As we begin our journey together for 2017, I think it appropriate to share my philosophy and values. In simplistic terms: Give a person a fish and they live for a day ... give them a fishing line and teach them how to fish and they live for a lifetime.

In the words of President Kennedy: "Some men see things as they are and say, why? I dream things that never were and say, why not?" And in 2017, I ask the same question: I believe our job as an organisation is to provide the opportunity for every one of our members to achieve the level of knowledge and skill that they want to achieve irrespective of age or background. And why not?

We can achieve this.

As in every voluntary organisation, there is much to do and few to do it. Your committee of 15 dedicated people need to know your vision for our association: so, for the committee of 2017, we will have a process that allows communication to flow freely and smoothly through the organisation, from the members to the committee and from the committee to the members.

We want to grow an organisation that has guiding principles and frameworks which allows this to happen and where our people can feel safe and supported. We also want an organisation where the members, you, will step up to help out when the committee needs a hand.

We want to build an organisation that is prepared to look at itself honestly and ask the hard question about how the organisation can serve each and every member and how each and every member can serve the organisation.

To this end, it is my personal desire to initiate a think tank group that will act as a conduit between the committee and the members to float ideas and help develop a solid workable strategic plan for the future of U3A in Townsville.

My regards and best wishes to you all in 2017.

Terry Lambrose

President U3A Townsville

Creative Writers welcome  
visitors Graham, Alan and Terry

Philosophy Group

U3A Philosophy Group

**The Creative Writers** creativity is still flowing freely every Tuesday morning and we are still enjoying both our topics provided, (c'mon you know that's mostly true) and each other's company.

For me, who sets the 'homework' topic, it is still quite amazing to note the different paths each of us takes on the one theme. We all read our homework assignment to the rest of the group, but we do not critique. We are a diverse lot with different skill levels and simply being a part of this sharing group leads to noticeable improvements in the quality of our stories and poems. We also have a 'five- minute write' where a topic is drawn from the hat and it's heads down till the bell rings - challenging, but fun!

Our morning tea break is usually noisy and informative, and John, we miss your quiet, cheeky, male presence and hope you are back with us as soon as possible.

Due to our venue, we have limited room, but could possibly squeeze in another couple. We meet Tuesdays from 10am to 12.00pm. If you are interested in joining our group, please give us a ring -

**Val: 4723 6083 or Ann: 4723 8870.**

**Do you enjoy a group discussion where it is safe to express your opinions?**

The Philosophy Group meet every Monday, excluding public holidays, to discuss topics and issues in philosophy. Normally discussions focus on an agreed topic which allows participants time to research the subject prior to the meeting.

Lyam Morris currently leads the group and keeps the debate flowing, ensuring all contributions are respected in this diverse group which is open to all levels of experience. It is okay to just sit and listen. One of the ways we learn from the discussions is from seeing things from a perspective different from our own.

**The U3A Townsville Philosophy Group**

**Mondays, 2.30 – 4.00**

**Aitkenvale Library Meeting Room**

**Everyone is welcome!**



**Canasta Class** ...Wednesdays, 9.00am - 12.30pm

The German-Australian Club

Corner Anne and Patrick Streets, Aitkenvale

The April game-of-the-month is Bolivia. May will be Pennies from Heaven. Beginners will have an easier game to accustom them to the basic rules of most games.

Duo Magazine kindly did a piece on our class with photographs. Check us out - March, Issue 130, Page 162 ... we're all smiles! And while you're there, Page 42 features our former President, and current Vice President, Graham Collins.

We recently welcomed three new members. Interested to join us?

**Phone Bev - 0413389534**

**Last day for submissions for  
3rd Quarter Newsletter: July 25th 2017  
Folding: August 3rd 2017**

Recently, **OUR SOCIAL CLUB** expanded to 13, and lively discussion abounded. Welcome to you all! Several outings are in the planning stages - tickets sell fast for some events, so we book early. Coming up at the Civic Theatre: "The Marriage of Figaro" and "Midsummer Night's Dream" in July and "Wicked" in August. Several interesting shows are coming to Riverway, all reasonably priced between \$45 and \$60.

If you find yourself at a loose end on a Saturday morning, why not join us for a coffee and chat. We'd love to see you.

**Call Bev - 0413389534 for details.**



**Beading Class** .... may recommence when the weather cools in June, depending on interest. The classes will be held Thursdays from 2.00pm - 4.00pm. Kits for your first project are supplied, or you may bring your own. For more information ring Bev - 0413389534.

### U3A Townsville BOOK CLUB



Our book club meets on the second Monday of each month at 9.00am at the Aitkenvale Library. Throughout the year, we read 10 books chosen by our members from the list of 'Book Club Sets' that the library provides. We aim for a variety of genre to suit all tastes, but as not every read is appreciated by all, this leads to lively discussion around the believability of plots and the likeability of characters.

A great deal of fun is had by all!

To join us: Ring me, or just turn up. You will be very welcome! Jenny Marks: **4403 9729**





Cut this one out for your fridge. The Thursday Art Group's .....

## Great Art Sale

Come and meet our friendly U3A artists

SUNDAY, MAY 28th

76 ROBERTSON STREET, RAILWAY ESTATE  
(corner Doorey Street)

9am till 3pm

All paintings are for sale at very reasonable prices.



There is a huge variety of media, subject and size on offer, which should accommodate everyone's needs and tastes. These include fauna and flora, landscapes and novelty in acrylic, oils, watercolour, pastels and ink, from postcard to poster size.

We look forward to seeing you all in the lovely garden setting, where visitors can relax and enjoy excellent refreshments "on the house".

### Other news from our Thursday Art Group:

Our painting group has welcomed a couple of new members since its move from Aitkenvale to the QCWA Hall in Pimlico, adding to the output and variety of artworks, but we still have room for a new member or two. If you would like to join the group please ring either Jan on 047 3015613 or Jackie on 47251067. Just be aware that we do not have a tutor, but other members will happily help.

We have been asked several times recently if we plan to hold another exhibition. Well, the answer is yes! Most of us have accumulated a number of works that would love a new home. (See the top item for all the details.)

### FutureLearn ... can open your world

by Syd Collins

For anyone who is relatively home-bound, for whatever reason, FutureLearn can open your world, without the expense or inconvenience of having to travel to lectures, find transport or parking. I can work in my own time, at my own computer, spend a few hours on line every week, more if I have the time. I can work early mornings - my time - or evenings - Eric prefers TV. Just love all this free, on line learning and because there are no exams, and one doesn't pass or fail, I can put as much effort into each course as I choose.

These short courses, which usually run for between 3 and 6 weeks cover a wide variety of subjects. This is my virtual online, ongoing education and lifeline to the outer world. It has added another dimension to my life.

Most courses are offered by universities in Great Britain, Australia, and European countries, all in English. Lectures are really interesting, easy to understand and extremely well presented. To access courses is simple, and sharing comments and experiences with other students around the world is most informative.

Their website is:

<https://www.futurelearn.com/courses>



Hi everyone,

My name is Ann Krome and there's a few things I would like you to think about. As you know the move we are making opens up opportunities to expand the courses we now have and hopefully increase the membership of U3A.

In reality we have to grow to keep us financial and viable as a successful group. I am now Course Coordinator and plan to visit every course that I can in order to know what is actually available.

I also think there is a wealth of talent out there that we could be using. What other courses would you like to have? Are you willing to pass on your skills and knowledge to others? Don't forget we are now the group that should use it before we lose it!

Also, we now have the opportunity for afternoon and evening classes which could help over 50's who are still working. Any thoughts, ideas and suggestions will be gratefully received. Ring me - let's talk about it - 0400 822 973.

Thank for your attention,

Ann Krome

Class Coordinator and Events Organiser

**Help, please!** Do you have any surplus kitchen white goods you can spare, or lend, until our grants come through?

We are in dire need of a fridge, like this cute one on the right, and an urn and microwave would be very helpful. All will find a very appreciative home in our new Vincent Campus kitchen.

If you can help, please contact our office on 4724 3530 or email: [u3atownsville@westnet.com.au](mailto:u3atownsville@westnet.com.au)



*"This photo was taken by my friend, Kaye Howell at the Townsville Museum's display on dinosaurs in January this year."*

Joan



### Dinosaurs by Joan Twine

Last night, when I journeyed back through time  
I saw an Apatosaurus standing in the slime  
And then I heard these awful moans  
And as I looked, it swallowed stones.  
Then it reached up as far as I could see  
And ate some leaves from the tallest tree.

I suddenly heard some deafening roars  
Which seemed to come from more dinosaurs.  
You'd never believe then what I saw.  
It was an Allosaurus with a big strong jaw.

Then while Apatosaurus and Allosaurus  
Were arching their necks  
Into the forest strode Tyrannosaurus Rex.  
He shook the ground with his enormous feet  
As this giant lizard looked for something to eat.

I couldn't help it. I let out a scream. (Aahhhh!)  
Then Mum woke me up. It was only a dream

### Friday Talks...Coming Events - all held in the Aitkenvale Library Meeting Room

**May 5..2.00pm - 3.00pm** Graham Collins will be continuing his series about "How DNA controls who we are and how the way we live affects our children and grandchildren." The series, which began on March 31 with an introduction to DNA, will address issues of Conservation of body structure during evolution, Master genes, Chromosome structure, Epigenetics and DNA tags, and Gene modification with CRISPR.

**May 5..3.30pm "Planning Ahead: Let's talk."** Melissa Anderson from Primary Health Northern Queensland will be addressing: How to identify key people in your life who know and respect you, and who will act on your wishes should you be unable to act yourself. Sessions will focus on choosing an enduring power of attorney. There'll also be an opportunity to review your own future using specially designed planning tools.

**"The Fascinating Romans"** - a series presented over four weeks by Ernst Spuler, covering the ten centuries of Roman power as a sequential narrative.

**May 12..2.00pm-3.00pm** Rome emerges (500 BC), becomes a democratic republic, survives in a dangerous world, fights great wars and becomes powerful.

**May 19..2.00pm-3.00pm** Rome expands further, becomes Europe's super-power with its charismatic and powerful Generals - Marius, Sulla, Pompeii, Caesar, Mark Anthony. Power shifts from the Senate to the armies.

**May 26..2.00pm-3.00pm** Rome becomes a dictatorship, consolidates its empire, adds Britain. Great contests by interesting individuals to control the empire - Caesar, Cleo Patra, Octavius, Livia, Tiberius, Caligula, Claudius, Nero etc.

**June 2..2.00pm-3.00pm** Rome faces enormous problems and several huge invasions, declines and eventually fails. Eastern part of the empire survives for another 1,000 years. (till AD 1450). Our current remnants of Roman culture.

### ATTENTION BUDDING AUTHORS FACT OR FICTION WRITING GROUP



This is a new weekly group that will start on Wednesday 3<sup>rd</sup> May in the U3A rooms at the new Vincent Campus.

Bring your work in progress to share with the class for help and encouragement.

For further information:

Contact tutors **Peter Hurst - 47804731**  
**Ann Krome - 47238870**

Please Note: The U3A premises are now situated behind The Church of Christ Building, entrance off Ronan Street.

*Map and directions can be found on Page 10.*

### Planning a trip to, or from, beautiful Magnetic Island? Ferry Concessions

#### Fanta Sea Cruising Magnetic

Walk on Passengers, Pensioners and Seniors \$14 return, \$7 one way.  
<http://www.fantaseacruisingmagnetic.com.au/ferry/magnetic-island-ferry-timetable/>

#### Sealink Qld

Pensioner Return \$16.50 Pensioner Single \$8.50

**Pensioner Flexi** (also accepting Aus. Gov. Senior's Card) 10 trips for \$52.50  
<https://www.sealinkqld.com.au/magnetic-island/timetable/>



### Thank you so much for your help!

To all the wonderful people who showed up to help with the move to the new premises, many thanks, your efforts are greatly appreciated. We are especially grateful to the non-members, who freely gave their time to lend us a hand.

**Thanks heaps - James Frazer, Don Wilson and Tony Spencer.**



### Who's who, from picture left to right ...

Hazel Ball, Syd Collins, Alan Williams (half hidden, sorry Alan), John Wosner, Kate Eagling, Ann Krome, Kathy Joyce, Terry Lambrose, Jenny Sebba, Larry Frazer, Michael Keating, Graham Collins.

Missing: Maureen Wright (away at the time) and Kelly Trueman, (photographer - of limited ability as you can see.)

**You don't stop  
laughing when you  
grow old ..  
you grow old when  
you stop laughing.**

George Bernard Shaw



The playfulness and joy of a dog, its unconditional love and readiness to celebrate life at any moment often contrast sharply with the inner state of the dog's owner – depressed, anxious, burdened by problems, lost in thought, not present in the only place and only time there is: Here and Now. One wonders: living with this person, how does the dog manage to remain so sane, so joyous? "Stillness Speaks"... Eckhart Tolle

An elderly man owned a large property with a dam in one of the lower paddocks where he had planted mango and avocado trees. The dam was a great swimming spot for his grandchildren and he'd put in a couple of picnic tables in the shade of the trees. One warm evening, the old farmer decided to go down to the dam to look it over as he hadn't been there for a while.

He grabbed a ten litre bucket to bring back some fruit. As he neared the dam, he heard shouting and laughter, and as he got closer he could see several young women skinny-dipping in his dam.

"Good evening, ladies," he called loudly.

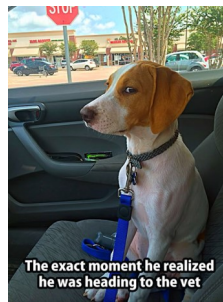
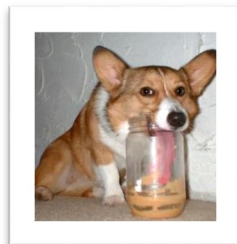
Screaming and splashing, all the girls were soon huddled together in the deep end.

One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, "I didn't come down here to chase you naked ladies out of my dam."

Holding the bucket up he said, 'I'm just here to feed the crocodile.'

*Moral: Old men may walk slow, but they can still think fast.*



Poor Mum



### Warning

When I am an old woman I shall wear purple  
With a red hat which doesn't go and doesn't suit me.  
And I shall spend my pension on brandy and summer gloves  
And satin sandals, and say we've no money for butter.  
I shall sit down on the pavement when I'm tired  
And gobble up samples in shops and press alarm bells  
And run my stick along the public railings  
And make up for the sobriety of my youth.  
I shall go out in my slippers in the rain  
And pick the flowers in other people's gardens  
And learn to spit.

I shall wear terrible shirts and grow more fat  
And eat three pounds of sausages at a go  
Or only bread and pickle for a week  
And hoard pens and pencils and beermats and things in boxes  
But now I must have clothes that keep me dry  
And pay my rent and not swear in the street  
And set a good example for the children,  
I must have friends to dinner and read the papers.

But maybe I ought to practice a little now?  
So people who know me are not too shocked and surprised  
When suddenly I am old, and start to wear purple.

Jenny Joseph

My neighbour knocked on my door at 2:30am this morning.

Can you believe that - 2:30am?

Luckily for him I was still up playing my bagpipes.



Age is of no importance ...  
unless you are a cheese!

If you love something, set it free. If it comes back, it will always be yours. If it doesn't come back, it was never yours to begin with.

But, if it just sits in your living room, messes up your stuff, eats your food, uses your telephone, takes your money, and doesn't appear to realize that you had set it free.- you either married it or gave birth to it.





# U3A Walking Group Timetable for 2017 – May to August

Day: **Friday** Time: **7.30 for start at 7.45am – 8.45am** Contact: **Mignon Spuler** on **4779 9246** to check for any changes.

Date	Meeting Place	Walk of the Day	Date	Meeting Place	Walk of the Day
May 5	Murray Lyons Crescent Annandale Skatepark, near bridge Map 14 N12	Fairfield Waters Downstream	June 23	Cape Pallarenda Rd/Esk St Rowes Bay Carpark Map 6 H3	Soroptomist Park, foreshore
May 12	Paxton St., North Ward Queens Gardens gate Map 6 R9	North Ward	June 30	Cape Pallarenda Rd., far end carpark	Lagoon Trail
May 19	Tyack St., Rosslea Near Viles St. Map 14 N10	Around golf club boundary	July 7	O'Reilly St., Mundingburra Cnr Burt St Map 14 D11	Downstream, Sherriff Park
May 26	Tobruk Pool, The Strand, North Ward Map 7A; 7H	Jupiters and Anzac Park	July 14	Loam Island Comm. Centre Riverway Drive, Rasmussen (Opp. Santal Ave) Map 16 R13	Ross River upstream
June 2	Weir School carpark Ross River Rd, Thuringowa Map 13 A16	Riverside Gardens Downstream	July 21	Yolanda Dr., small shopping centre Map 13 R16	Annandale
June 9	The Rockpool North Ward Map 6 Q3	Jezzine (heights)	July 28	The Rockpool North Ward Map 6 Q3	Ephemera
June 16	Dean Car park South Townsville, Rooney St end. Map 7A H17	Sth Townsville	August 4	Tobruk Pool, The Strand, North Ward Map 7A; 7H	Ephemera

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 were 16 members.

## For Sale

**2 Knitting Machines** in good condition

- Singer Double Aid
- Hobby knitter for thicker yarn

Please phone: Bev Ponder **0413389534**

Speak tenderly; let there be kindness in your face, in your eyes, in your smile, in the warmth of your greeting. Always have a cheerful smile. Don't only give your care, but give your heart as well.

**Mother Teresa**



## Give away:

An almost new mouse and keyboard (not wireless), and an unused mobile phone and shaver.

Please ring Syd Collins on **4729 0275**.

**Waiting for your membership receipt?** Over the past month or so, several people have sent \$30 memberships to U3A without giving details of a name. Consequently, the Treasurer is unable to send a receipt to confirm their membership, and is unable to reconcile our database with the bank. If you know of someone who is waiting for a receipt would you please contact U3A.

Tutors, would you please ask people in your group if anyone has not yet received a receipt for money sent to U3A.

## U3A Class Timetable as at 25 April 2017      Monday—Thursday

Time	Class	Contact	Venue
<b>Monday</b>			
9.00 –10.00	Exercise Class	Merv Pilcher      0427 126 340 0407 961 623	Hyde Park Shopping Centre
9.00 – 12.00	Mah Jong	Shirley Fitzgerald      4721 2820	Call Shirley Fitzgerald for venue
12 noon	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)	Jenny Marks      44039729 Elizabeth Pollock Bell 4772 6475	Aitkenvale Library
1.00 – 2.00	Indonesian	Eric Campbell      47798947	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
2.00pm	Chess (Sociable)	Widge Rowden      0432 887 743	U3A Office
2.30 – 4.00	Philosophy	Lyam Morris 0439281883	Aitkenvale Library Meeting Room – contact Lyam for details
<b>Tuesday</b>			
9.00 – 2.00	Craft & Cardmaking	June Lorrimer      4771 6227	Wulguru Community Centre
10.00 – 12.00	Creative Writing	Val Spencer      4723 6083 Ann Krome      4723 8870	Vale Motel
2.00 – 4.00	Computer Users Group	Graham Collins      4789 0590	U3A Office      (Last Tues. of month)
<b>Wednesday</b>			
9.00 – 10.00	Exercise Class	Viv Watkins      4773 5287	Hyde Park Shopping Centre
9.00 – 12.00	Pottery	Nick Dimitriou      438 132 707	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)
<b>Thursday</b>			
9.00 – 12.00	Art	Jan Fels      0473015613 Kathleen Feaver      4779 1252	Salvation Army Hall Madden Street, Aitkenvale
9.30 – 12.00	Successful Investor	Robert Fuller      47550161 John Weil      4723 8615	Heatley Community Centre Fulham Road.
10.30 –11.30	Exercise Class	Please contact Friday's Group Leader, Val Grogan for program information:      4723 5432	Hyde Park Shopping Centre



## U3A Class Timetable as at 25 April 2017 Friday and Saturday

Time	Class	Contact	Venue
Friday			
7.45 - 8.45	Walking	Mignon Spuler 4779 9246	Various locations—check with Mignon
9.00 - 10.00	Exercise Class	Val Grogan 4723 5432	Hyde Park Shopping Centre
9.00 - 2.00	Mah Jong	Shirley Fitzgerald 47212820	Contact Shirley for venue details
10.00 - 12.00	Scrabble	Kate Eagling 0429 419 580	Contact Kate for venue details
1.30—3.00	First Friday @ Perc Tucker Gallery	Anne Matthews 0488 257 180	Perc Tucker Gallery
Various Times	Friday Talks	Ann Krome 0400822973	Various speakers and topics, held in the Aitkenvale Library Meeting Room
Saturday			
9.00 - 10.00	Exercise Class	Jenny Nyambane 4725 0434	Hyde Park Shopping Centre
Meet at 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 - Friday

Time	Class	Contact	Venue
Monday			
10.00 - 12.00	Monday Talks	Michael Keating 0437432751	RSL
Tuesday			
7.00 - 8.00	Tai Chi Exercise Class	Peter Duckworth 4758 1981 Tania Thoreau 4758 1981	Esplanade
Wednesday			
9.30 - 11.00	French Conversation	Gisela Edwards 4778 5548	Contact Gisela for venue
3.00 - 5.00	Making Music	Roslyn Burry 47785082	Contact Roslyn for venue
7.00pm	U3A Singers	Barbara White 4758 1808 0417933067	RSL
Thursday			
9.30 - 11.30	Spanish	Tania Thoreau 4758 1981	Contact Tania for venue
9.30 - 11.00	Health & Weight Control	Bette Davis 4758 1113 Jan Tester 4758 1821	Contact Bette or Jan for venue
Friday			
7.00 - 8.00	Tai Chi - Yang 85	Peter Duckworth 4758 1981	Esplanade

## U3A Townsville Committee - 2017

Position	Name	Contact Details
<b>President</b>	Terry Lambrose	0434 634 822
<b>Vice President</b>	Graham Collins	4789 0590
<b>Secretary</b>	Kathy Joyce	0419796304
<b>Treasurer and Property Officer</b>	Jenny Sebba	4728 5421
<b>U3A Network Delegate</b>	Alan Williams	4775 1930
<b>Newsletter Editor</b>	Kelly Trueman	0448 6666 80 <a href="mailto:kellytr@bigpond.net.au">kellytr@bigpond.net.au</a>
<b>Class Co-ordinator</b>	Ann Krome	0400822973
<b>Publicity Officer</b>	Maureen Wright	0498572717
<b>Events Organiser</b>	Ann Krome	0400822973
<b>Magnetic Island Coordinator</b>	Michael Keating	0437432251
<b>Committee Members:</b>	Kay Eagling John Wosner Hazel Ball Bev Ponder Larry Frazer Syd Collins	0429 419 580 0423 145 974 0419 780 190 0413 389 534 0466896337 47290275
<b>Production and Distribution</b>	Mary Collins and Alan Williams (Convenors), Yvonne Campbell, Syd and Eric Collins, Judy Hunter, Estelle Del Bello, Norma Harvey-Hall, Carmen Parker, Elvena Morris, Mignon Spuler, Kelly Trueman	



**U3A  
Townsville  
our new  
home**

**How to find us:** Turn into Ronan Street from Palmerston Street. Take the first driveway on your left (1st picture). Follow the walkway to the end (2nd picture). Turn right towards the palm trees (3rd picture). Follow this happy trio to the last room (4th and 5th pictures).



The U3A Townsville Office is now located behind the Church of Christ, Fulham Road, Vincent.

**Entrance to our premises is via Ronan Street.**

P.O. Box 374, Aitkenvale QLD 4810

Open from 9.30am till 11.00am **on Mondays only.**

Phone: (07) 4724 3530

Email: [usatownsville@westnet.com.au](mailto:usatownsville@westnet.com.au)

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

### About the U3A Townsville Inc Website ...

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

On this website you may read your newsletter and access updated information. To save trees, and quite a sum of money which could be better spent on growing our association, members are encouraged to request an email copy of the newsletter. Send us an email and we'll happily arrange this for you.

We appreciate that not everyone chooses to use a computer and those who require the printed version will still receive theirs in the mail.



### Membership Fees ...

currently \$30 per annum, may be paid at the U3A Office any Monday morning between 10.00am and 11.00am.

Alternatively, they may be posted to U3A Townsville at P.O. Box 374, Aitkenvale, QLD, 4814 or paid by direct bank transfer.

Please phone or email the office for the U3A Townsville banking details.