



# U3A Townsville Inc.

SUPPORTED BY



## NEWSLETTER JAN.2019 EDITION

### *Presidents' Report*

#### Presidents Report:

On the 15<sup>th</sup> March 2019 my time as president will come to an end. It has been an exciting time for U3A Townsville with lots of new programmes and activities and improved administration. I thank all who have contributed to that effort and I leave the position knowing that Townsville U3A is a healthy, vibrant and friendly organisation with a bright future ahead.

Someone said to me the other day that there is a rumour going around that the committee members were paid. Nothing could be further from the truth. Everyone who helps run the club is a volunteer. Some give a lot of time others just a few hours a year – all are volunteers. This includes committee members, office volunteers, class tutors, class facilitators, those on small working groups such as the Friday Afternoon Talk team, the Finance Team, the Web Team, the Stall Volunteers team, the Newsletter mailing team, the Be Connected team and other ad hoc teams such as the Strategic Planning Team, plus all those who helped out at our three major functions per year (Christmas Party, Mid-Year get together and the Open Day/AGM.) – (I hope I haven't missed anyone)

All volunteer their time and talents to enhance the U3A experience for you the members. So, when you play cards or mah-jong, or go to Tai Chi or attend your language lesson or go to JCU or any other activity please remember that it is only possible because of there are many dedicated people who are happy to help create this enjoyable experience.

What we have been able to achieve over the last couple of years is to have a lot of people doing 'small bits' rather than a few people doing 'everything'. It works well and we will continue this practice into the foreseeable future. So, if you want to be part of a small team helping to make your club an enjoyable experience for all, please contact the office and let them know even if you are not sure exactly how you can contribute.

Which brings me to the AGM and the election of office bearers.

This year will see the departure of several members of the committee who either for health reasons or moving or other personal reasons have decided to step down and let others contribute. They are all happy to work with the new incumbent to help them settle in. Just as several previous office bearers like Graham, Jenny and Alan helped me get to know the organisation when I first became president so too the new office bearers will not be left to 'sink or swim' they will be helped to 'find their feet' so that they can then add their own ideas to the growth and development of U3A Townsville.

We have already had several expressions of interest in some of the positions. However, we need more. A good example is the class coordinator. Ann has done an excellent job over the last couple of years but with the growth of the organisation it is now time to split the job with a small team and the new programme coordinator will be the committee member who will lead the team. So, if you would like to be part of that team or if you want to lead that team please let a committee member know.

Nomination forms for office bearers will be made available on the web site u3atownsville.com under administration. Or you can contact the office on 4724 3530. You can either nominate yourself or you can nominate someone else. Please note that if you nominate someone else, they must agree to the nomination.

**BE CONNECTED COMPUTER LEARNING;**

Last year we started the Be Connected computer learning program at Thuringowa Library and on Magnetic Island. We started in a small way and about 34 members joined classes to either get started with computers or to learn new skills.



We are excited to have a grant to ramp up our computer training in 2019.

We want to help ALL members to be able to use their computer, tablet or smartphone with confidence. There are so many services now available on-line -- shopping, keeping contact with family and friends, information at your fingertips and so on.

Absolute beginners are welcome. Your own personal mentor will support you to start learning at your own pace and will be available when you need help.

You do not even need to own a computer, tablet or smartphone as we can show you how to use the computers at the public library.

Through the year we will be holding short courses on special topics, such as MSWord, PowerPoint, or other things members ask for. Of course, we hope Telstra will continue to provide their valuable small group sessions on smartphones.

We also need volunteer mentors (who will be trained) to help those of us who don't know a lot about the internet and the new technologies. You don't have to know everything about computers - just enough to help others and a willing attitude.

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Phone Maureen 0498572717 to talk about how to get started and to suggest topics for 2019.



Beverley Ponder with two of the cast of Men in Pink Tights. A great night out for

The Social Group who meet Saturday mornings 10.30am at various locations are planning an outing to Cardwell in February, overnight stay. Cost Approximately \$150.

Musical Kinky Boots at the Civic, April 6th.

Other outings later in the year.

For info call Bev 041 3389534



**Members of the Canasta Group held a Christmas lunch at the Vale Hotel, sharing tales, enjoying company and having a good time. We started this year with a large group, good to see everyone and thanks for the help you give each week. Welcome to our new players. We have space for more. Call Bev 0413389534 for info**

Bead Class is having a break until the cool weather. Classes recommence first Thursday in March, 2pm to 4pm. Please phone Bev for more info 0413389534



**A great way to wile away an afternoon is to join the Sunday games. A variety of board games is available. Held at the Vincent office each Sunday at 1.30pm. Please advise Bev 0413389534 if you are able to join us.**

Valda Spence and Ann Krome from the U3A Creative Writers group presenting their annual donation to Mates4Mates.

The creative writers publish some of their work and from the proceeds are able to give a donation to charity.

*Keep up the good work.*



# AGM

**The Annual general Meeting of U3A  
Townsville will be held at the Oonoonba  
Community Hall on Friday the 15th  
March at 11.00am.**

Click on the web address below for the latest news

<https://u3atownsville.com/latest-news/>



U3A stands for the University of the Third Age, which is the age of active retirement, following the age of youth and work and home making.

University is a loose term – there are no academic requirements for membership and no exams, just opportunities to keep learning.

Learning could be either informal through U3A classes, or more formalised through attending lectures at James Cook University.

U3A is a worldwide self-help organisation promoting learning for personal enjoyment and wellbeing. New and interesting learning keeps the brain active, whilst providing opportunities to do interesting things.

U3A is making a very substantial contribution to society by helping its members to remain healthy and active for longer.

*You will find the above article on the Home page of the U3A Townsville web site.*

<https://u3atownsville.com/>



## **U3A Committee**

### **Legal Framework:**

Under the legislation governing Not-for-Profit U3A Townsville is required to Hold an AGM every year to:

- ◆ Report on the activities and financial status of the organization over the previous 12 months
- ◆ Discharge the current committee members of their duties
- ◆ Hold elections for committee members for the following year,
- ◆ To ensure that a minimum of President, Treasurer and Secretary be nominated and voted on to
- ◆ the committee in order to remain legal under the act.

### **Note:**

Current committee members can be nominated and elected to the new committee either in the same role or another.

However, under U3A Townsville's constitution the term of President, Treasurer and Secretary is restricted to a maximum of three consecutive years.

### **U3A Townsville Committee composition:**

Apart from the legal requirement of President, Treasurer and Secretary, every organization will ascribe roles to committee members to oversee the various functions of the organization which the committee deems appropriate for the type of business being conducted.

IN Townsville the current committee believes that the following the organization towards its strategic goals:

roles best help drive

- ◆ President, Treasurer and Secretary,
- ◆ Program Coordinator,
- ◆ Promotions Coordinator,
- ◆ Office Coordinator
- ◆ Grants Coordinator,
- ◆ Magnetic Island Coordinator,



Other positions which are important to the conduct of U3A Townsville's business but need not necessarily be committee members include (in no particular order):

- ◆ News Letter Editor,
- ◆ JCU/U3A Liaison person,
- ◆ Events Coordinator,
- ◆ Web team leader,
- ◆ Speaker program coordinator (Townsville and Magnetic Island)
- ◆ IT – upgrades and regular maintenance management.

On 15<sup>th</sup> March 2019 a number of committee members are either due to rotate out of their current position's or are leaving for personal reasons, be it health or moving. Hence for 2019 we are seeking nominations for the committee. Are you or someone you know the person who would like to be part of a dynamic management team looking after a 500-person organisation?

On taking a position plenty of assistance is available if needed.

Over the last year we have established a good working office that can assist any role for the benefit of the organization. Our volunteers are now familiar with the U3A workings and proficient in the daily aspects of the position.

## **COURSE COORDINATORS REPORT**

Wow, what a year! Many achievements and happy times.

I would like to thank you all for your support, if I have asked for help you have responded, your generosity for the raffles and help in the kitchen has been so appreciated. Thank you so much.

This will be my last report as I am retiring, (again) I just need to put more time into my life which has been on hold for the last three years. Having said that I really have enjoyed my time as course Coordinator and would love to work with my successor.

*Believe me if I can do it so can you!*

I will still enjoy my classes and social groups and I am looking forward to our Cruise Buddies cruise in November.

I sincerely wish the new committee every success and feel U3A will grow bigger, stronger and more influential in the coming year. I would encourage the members to be part of that growth.

*Remember it only takes one small step to walk a mile!*

Thank you to the committee for putting up with my interruptions, once in my head out of my mouth! That's it signing off.

## **COURSE COORDINATORS POSITION!**

Ann has worked tirelessly for the past three years and has decided to take a well earned rest so we need someone to take her place.

The committee has decided that the position should be divided into categories which include;

- ♦ **Activities and Leisure**
- ♦ **Creative**
- ♦ **Finance**
- ♦ **Humanities.**



Hopefully someone will put their hand up to organise each of these groups with a Course Coordinator overseeing the whole.



Are you interested in any of the above, Ann is prepared to show you the ropes.



TOWNSVILLE MAINLAND			
<i>Time</i>	<i>Class</i>	<i>Contact / Facilitator</i>	<i>Venue</i>
<b>MONDAY</b>			
9.00 – 10.00	Book Club (on 2 <sup>nd</sup> Mon of each month)	Jenny Marks 0407 484 249	Aitkenvale Library foyer
9.00 – 10.00	Exercise Class	Thea Eastwood 0407 961 623	Health Studio, Hyde Park Centre
9.00 – 12.00	Mah Jong	Gwen 47237142	Thuringowa library
10 - 4pm	Social Art	Pat Jones 0409413234 Judy Osborne 0409764184	Sound Shell Building In Dan Gleeson Gardens
12.30 – 2.30	Financial Investment Group — (FIG)	Terry Lambrose 0434 634 822	U3A Training Room
2.30 – 4.00	Philosophy	Jan Hynes 0419 723 640	Aitkenvale Library
2.30 – 4.30pm	Advanced Photography	Roland Lange 0406 471 721	U3A Training Room Vincent starts 4 <sup>th</sup> Feb 2019
<b>TUESDAY</b>			
10.00 – 12.00	Creative Writing	Valda Spencer 47236083 Ann K 0400 822 973	Vale Hotel Ross River Road
9 – 10.20 am	Self-help Spanish	Graham Collins 4789 0590	U3A Vincent
1.15 -2.30	Basic Computer	Phone Maureen wright 0498 572 717	THURINGOWA LIBRARY
2.00 – 3.30	History	Nanette Grace 4721 4484	U3A Vincent
<b>WEDNESDAY</b>			
9.00 – 10.00	Exercise Class	Viv Watkins	Health Studio, Hyde Park Centre 17
9.00 – 12.00	Pottery	Nick Dimitriou 0438 132 707	76 Bowen Rd., Rosslea
9.30 – 12.30	Canasta	Bev Ponder 0413 389 534	German-Australian Club
10 – 12 noon	Art Class	Heather 0408 737 021 Irene 0417 639 795	U3A Vincent
1.30 – 3pm 2 <sup>nd</sup> / 4 <sup>th</sup> Weds	Russian Language	Lucy Figg 0455 108 955	U3A Vincent
2pm -4pm	Woodwork	Ray Hatton 0400840114 Pendle 4775 3078	Flexible learning Centre 22 -26 Ingham Road. Service Rd next to old St Mary Church

3rd weds 1.30 -3pm	Committee meeting		U3A Vincent
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THURSDAY			
9.00 – 10 am	Tai Chi	Geoff Ward 0417 170 745	Annandale Community Centre
9.00 – 12.00	Art (watercolour, acrylic & oil painting)	Jan Fels 0473 015 613 Kathleen 4779 1252	CWA Hall 36 Latchford Street Pimlico
9.30 – 11.30	Photography	Roland Lange 0406 471 721	U3A Vincent
12.15-1.30	Conversational French	Georgina Valdeter 0410 454 420	U3A Vincent
2.00 – 3.00	S.T.E.M	Terry Lambrose	U3A Vincent
2.00 – 4.00	Beading	Bev Ponder	<i>Phone Bev</i>
FRIDAY			
A7.30 – 8.45	Walking	Margaret Cuthbert	<i>Phone Margaret</i>
9.00 – 10.00	Exercise Class+	Val Grogan	Health Studio, Hyde Park Centre
9.00 – 12.00	Mah Jong	Gwen 47237142 Hannah 47736504	Thuringowa library
10.00 – 12.00	Scrabble	Kate Eagling	U3A Vincent
2.00 – 3.00	Friday Talk	Terry Lambrose	Aitkenvale Library
SATURDAY			
9.00 – 10.00	Exercise Class	Jenny Nyambane 4725 0434	Health Studio, Hyde Park Centre 17 Woolcock St
10.00	Social Group	Bev Ponder	<i>Phone Bev</i>
SUNDAY			
1.30	Social Games	Bev Ponder	U3A Vincent
Various	James Cook University (many courses, audit only)	Terry Lambrose 0434 634 822	James Cook University
various	Gardening in the dry tropics	Maureen Wright 0498 572 717 Maureen Kelly 0408 793 162	Once a month meeting in Various outdoor locations
Various	Fishing Group	Ray Hatton 0400 840 114	Intermittent meetings at various locations
Any time	U3A online (many courses, fee for use)	Terry Lambrose 0434 634 822	<a href="http://www.u3aonline.org.au">www.u3aonline.org.au</a>



**Don't think about DO IT!!**  
**Join a class today.**

## MAGNETIC ISLANDS CLASSES

<i>Time</i>	<i>Class</i>	<i>Contact / Facilitator</i>	<i>Venue</i>
<b>MONDAY</b>			
<b>10.00 – 12.00*</b>	<b>Monday Talk /</b>	<b>Michael Keating 0408 072 251</b>	<b>RSL, Arcadia</b>
<b>TUESDAY</b>			
<b>7.00 – 8.00</b>	<b>Tai chi – Chi Kung exercise</b>	<b>Peter Duckworth Tania Thoreau 4758 1981</b>	<b>Phone for venue</b>
<b>1.30 – 3.30</b>	<b>Recorder ensemble</b>	<b>Ros Burry 4778 5082 Kelly Marlin-Zwa 4758 1426</b>	<b>Phone for venue</b>
<b>WEDNESDAY; FIT to commence soon; please advise the office of your interest</b>			
<b>9.30 – 11.00</b>	<b>French conversa- tion</b>	<b>Gisela Edwards 4778 5548</b>	<b>Phone for venue</b>
<b>7.30 pm</b>	<b>U3A singers</b>	<b>Barbara White 0458 058 163 Tania Thoreau 4758 1981</b>	<b>RSL, Arcadia</b>
<b>THURSDAY</b>			
<b>9.30 – 11.00</b>	<b>Spanish conver- sation</b>	<b>Tania Thoreau 4758 1981</b>	<b>Phone for venue</b>
<b>FRIDAY</b>			
<b>7.00 – 8.00</b>	<b>Tai chi – Yang 85</b>	<b>Peter Duckworth 4758 1981</b>	<b>Phone for venue</b>

## U3A Walking Group Timetable for March to May 2019

Day **Friday**Time **7.00am for 7.15am - 8.15am walk**Contact: **Margaret on 4779 1882**

Come join us!

<b>Month Date</b>	<b>Meet</b>	<b>Walk</b>	<b>Month Date</b>	<b>Meet</b>	<b>Walk</b>
<b>March 8</b>	The Rockpool North Ward	The Strand	<b>April 12</b>	Kimball St. Aitkenvale Rossiter Park	Ross River Up- stream
<b>March 15</b>	Cape Pall Rd/Esk Str. Rowes Bay Beach Car park	Towards Pallarenda	<b>April 19</b>	Balls lane Mundingburra. Anderson Park gate.	Anderson park
<b>March 22</b>	O'Reilly St. Mundingbur- ra Cnr Burt St.	Mundingburra Ross River Upstream	<b>April 26</b>	Cape Pallarenda Rd. Far end carpark	Pallarenda
<b>March 29</b>	Weir School carpark, Ross River Rd. Thuringowa	Ross River Circuit	<b>May 3</b>	Murry Lyons Cr Annan- dale Skate park near bridge	Fairfield Waters downstream
<b>April 5</b>	Palmetum Carpark, Nathan St. Annandale	Ross River Upstream	<b>May 10</b>	Paxton St. North Ward Queens garden gate	North Ward

Come and join us, get some fresh air, exercise and explore Townsville. We walk at a pleasant pace that allows for chatting or 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.

**2018 Committee members**

Barrett	Jenny	Secretary	
Collins	Graham	Past President / system admin.	grahamc@internode.on.net
Douglas	Christine	Office Volunteer co-ordinator / News letter editor	cjdouglas11@bigpond.com
Eagling	Kate	Office Cleaning	kate.eagling@gmail.com
Frazer	Larry	Treasurer / Property officer	patriciafrazer@optusnet.com.au
Joyce	Kathy	Minutes Secretary	kathleen.joyce@bigpond.com
Keating	Michael	Magnetic Island	mikekeating30@gmail.com
Krome	Ann	Course co-ordinator / Events	annkrome2@bigpond.com
Lambrose	Terry	President /U3A online/ Friday talks	tj.lambrose@gmail.com
Morley	Mary	Grants Sub Committee	mbmorley123@bigpond.com
Ponder	Beverley	Social	bev.ponder1@gmail.com
Sebba	Jenny	Helps treasury      Web site updates	jsebba@netspace.net.au
Williams	Alan	Network rep /acting Secretary / helps treasurer	alanlois@ozemail.com.au

**Contact Details for the office are:****PO Box 374, Aitkenvale QLD 4810****PH; (07) 4724 3530****Email; [u3atownsville@westnet.com.au](mailto:u3atownsville@westnet.com.au)****New Website; <http://u3atownsville.com>****Reminder for Memberships; the year is from January to December.**Please visit the website **<https://u3atownsville.com/join-us/>** for 2019 membership formEmail **[u3atownsville@westnet.com.au](mailto:u3atownsville@westnet.com.au)** or phone the office 4724 3530 for banking details**Reminder AGM 15th March 11.00am Oonoonba Hall****U3A Townsville Office.**

Our office is now manned Monday to Friday 9am till noon.

The committee occupy the office Mondays and our capable volunteers are there Tuesday to Fridays to answer queries, accept membership fees and any other way we may be of assistance. The office is situated behind the Church of Christ, Fulham Road Vincent. Entrance via Ronan Street

*Your next newsletter date will be April 2019 Please keep your stories rolling in.**I enjoy reading them as do members, Pictures are most welcome Thanks Christine*