



U3A Townsville Inc.

SUPPORTED BY



NEWSLETTER JULY 2021

President's Report

Many things have changed again; a recent lockdown and reopen with masks still obligatory. Luckily for this branch we have Lyn the class coordinator and Liz based on Magnetic Island monitoring and advising about the changes and the best ways we can protect our safety. We have been able to quickly keep you all informed via our bulk email as well as informing the Tutors who can pass information on to the class participants. In the midst of the changes there is energy and enthusiasm looking forward.

In the run up to the lockdown various activities have been planned or taken place since the last newsletter. As members you will have been receiving notices about the Science Week panel presentation and also info seeking interest in a new space to hold extra or new classes. For those of you who are tutors, an invitation to attend an afternoon together with Lyn and myself sharing information to ensure accurate communication is happening between us all.

Many of you will have noticed that we are now using the QR code, and the electronic recording of the paper-based check ins required by Qld Health. This is managed by the office volunteers who maintain your privacy and confidentiality.

The U3A committee meets monthly as required by our constitution and to ensure we comply with our financial and legal responsibilities. Starting in this first month of the new financial year, the Committee is undertaking an audit of our governance policies and processes in order to align with the changes to the Incorporated Association's Act. This will be a year - long process and a great opportunity to examine our branch for relevance and compliance.

So much voluntary commitment value adds to our U3A. The Covid safety, the committee members, the Office staff and the Class coordinator, grants team, the web team and, as a case in point the Newsletter team. Producing the 3 monthly newsletters to keep our membership informed and connected to the activities taking place and, to present information from members themselves.

There are many other contributions not mentioned here, but the organization would be the poorer without their unsung efforts to keep things going.

Many thanks to you all,

Pauline Woodbridge OAM

U3A President

IMPORTANT NOTICE

In early May someone put money into U3A's main account and it obviously wasn't for us as it was labelled "Nana's birthday present". If this was you would you please contact the office at admin@u3atownsville.com or phone **07) 4724 3530**

COVID UPDATE FOR U3A

You can now check into the U3A office/training room using the digital code sign. You need to have the QR Covid app on your phone just click and you are good to go. Should you have any difficulties in checking in please contact of the office staff on duty.

Can't scan? Enter the code **548102** manually to check in

This code may be entered manually if your camera does not work

The sign in code at the U3A is only for those entering the office or the training room, any other venue used for U3A activities should have their own arrangements for contact tracing and it is their responsibility not U3A

Using this digital check in means your details will be stored securely by the Queensland Government for 56 days to assist with COVID-19 contact tracing (if needed). The Check In Qld app is safe, secure and private. By using it, you are helping Queensland's pubs, clubs, restaurants and cafes to stay open, and you can visit us with confidence, knowing you can be contacted quickly and easily if there is any risk of exposure to the virus. Thank you.

Our office volunteers got together last month for a refreshing time out. Saturday the 12th of June we ventured to the strand to find numerous other people were there, unaware this was the anniversary of the Black Hawk disaster. We were privileged to witness the flyover of the four Blackhawk helicopters in formation that observed this sad event.

We shared lunch and expressed some interesting trivia about each other. This was a great idea and it is something I recommend for other groups just getting to know each other

Sadly no one took a photo!!!

There's so much good in the worst of us
And so much bad in the best of us
That it ill becomes any of us
To look down upon the rest of us.



We were above the rock pool lovely spot!!

Office Volunteers available to assist you 9am to noon

- ◆ Monday Membership team
- ◆ Tuesday Christine and Aurelia
- ◆ Wednesday Anne
- ◆ Thursday Terry and Lynn
- ◆ Friday Lyn

(07) 4724 3530 Email: admin@u3atownsville.com

A **TED talk** is a video created from a presentation at the main **TED** (technology, entertainment, design) conference or one of its many satellite events around the world. **TED** talks are limited to a maximum length of 18 minutes but may be on any topic.

Our weekly TED talks have proved quite popular with our members. Graham Collins our IT guru sources the topics and Christine Douglas from the office sends them out via email. I have listed some of the comments that we have received.

Gave me goosebumps; thankyou I really appreciated that topic: very informative;

I hope everyone takes the time to listen and share this TED talk:

He puts into words that I have thought for years.

Should be compulsory for every psychiatrist to listen to.

If there is a topic you would like to see please send your suggestions to our office.

admin@u3atownsville.com or phone (07) 4724 3530



VOLUNTEER WEEK, 2021 I was fortunate to be invited to the Lord Mayor's reception for Townsville volunteers on the 25th May. Pauline accompanied me and we had an enjoyable evening catching up with old friends and meeting new ones. Sadly though there has been a recent steady decline in volunteer numbers. NQ Volunteers are seeking new members to volunteer or if you need a volunteer please contact them at the Churches of Christ Complex at Vincent or phone 4702 5990

I am pictured with Ray Dickson who volunteers on many levels and hosts a program on ABC Radio each Saturday morning from 6-8am.

A LITTLE BIT OF HUMOUR

A school teacher was arrested today at an Kennedy International airport as he attempted to board a flight while in possession of a ruler, a protractor, a compass, an ancient wooden device called a "slide-rule" as well as a code device called an "abacus" that he claimed was a calculator.



At a morning press conference, the Attorney General said he believes the man is a member of the notorious Al-Gebra movement. He did not identify the man, who has been charged by the FBI with carrying weapons of maths instruction.

Al-Gebra is a problem for us," the Attorney General said. " Al-Gebra has terrorized many young people for years. They derive solutions by means and extremes and sometimes go off on tangents in search of "absolute values". "They use secret code names like 'X' and 'Y' and refer to themselves as 'unknowns,' but we've determined that they belong to a common denominator of the axis of medieval with coordinates in every country."

As the Greek philosopher Isosceles used to say, "There are 3 sides to every triangle.'

Congratulations to U3A Townsville treasurer Larry Fazer who was elected as the Assistant Treasurer onto the U3A Network Queensland Committee. Larry will be responsible to attend, either in person or by zoom, monthly Committee Meetings with U3A Network Queensland Committee members, he will work closely with Bronwyn Pedler, the Treasurer for U3A Network Queensland and assist where needed other sub committees within the Network.



Larry (fifth from left is pictured here with the U3A Network committee

U3A Network Queensland is a state wide advisory incorporated body covering all the U3A's in the state. There are 34 U3A groups in Queensland, including U3A online.

U3A Network Queensland is separate entity to the U3A Queensland Online business.

AUGUST 14TH TO 22ND IS NATIONAL SCIENCE WEEK



U3A TOWNSVILLE SCIENCE GROUP

This is our 4th year, and the Science Group continues to make steady progress. This year, we are really challenging ourselves.

As part of the National Science Week, 14th – 22th August, we are presenting a panel of local experts to discuss “CHALLENGES FOR SCIENCE IN NQ”

An Email is being sent to each member of U3A inviting you to attend,
but COVID RESTRICTIONS apply.

Please register your intention to attend : admin@u3atownsville.com. You are more than welcome and we apologize that numbers are restricted.

You will find full details of this function on the Email flyer.

Listening to Local Experts discuss Local challenges in Science will be so inspiring.

Numbers will be capped due to COVID REQUIREMENTS

U3A PHOTOGRAPHY GROUP

John Webster is the tutor of the group and they normally meet at our Vincent class room each Thursday morning from 9am to 11am, although they will venture out to capture scenes or places of interest vying for that special shot!

If interested contact John Webster on 0438 322 666 or email webj1@hotmail.com





Kate Eagling, highly commended for her bird

U3A ART ACHIEVERS

Three ladies who entered their art and craft work in the Townsville Show this year did very well in the prizes department.

Some first time entrants taking home Show Champions in their respected section and 1st and 2nd prizes as well as Highly Commended Ribbons.

It was a tough competition with some entrants of a professional nature and over 500 entries.



Left: Jan Walker gained show Champion for

"That Lady"

recycled jewellery

Right: Lorraine Hardacre highly commended for her portrait.



TUTORS

We are always looking for members who may be interested in taking on the volunteer role of tutor to support others to learn new skills. Short course commitments or one- off workshops are welcome. Keep checking U3A Townsville website and member emails for updates



*****IMPROVE YOUR DIGITAL LITERACY SKILLS*****

Digital technology is part of everyday life as we move towards online activities such as internet banking, contacting government departments, online shopping, using email, and connecting with family and friends. If you feel like you are being left behind, book into our Building Digital Skills Program.

(Pictured Vicki with some of her students)

The program is delivered via a blended learning model that helps seniors understand and retain information. The classes explain how to use digital devices such as computers, smartphones and tablets effectively and safely, and empower seniors to solve the challenges of engaging with digital technology.



For more information about the Building Digital Skills Program

go to <https://u3atownsville.com/be-connected/>

or phone Vicki Toci on 0427740725.





Office Volunteer Wanted:

An office volunteer is required
to work on Friday mornings from 9-12noon.

If you are able to use a computer and answer the phone please call
Christine on (07) **4724 3530**, any Tuesday between 9am and noon.

A BIT MORE HUMOUR;

A Clear Warning

Sean is the vicar of a Protestant parish in Dublin and Patrick is the priest at the Roman Catholic Church across the road. One day they are seen together, erecting a sign which says:

"THE END IS NEAR.

TURN YOURSELF AROUND NOW

BEFORE IT IS TOO LATE."

As a car speeds past them, the driver leans out his window and yells,
"Leave people alone, you religious nutters. We don't need your lectures."
From around the next curve they hear screeching tyres and a big splash.
Shaking his head, Father Patrick says "Dat's da terd one dis morning'".
"Yaa," Sean agrees, then adds, "Do ya tink maybe da sign should just say

"BRIDGE CLOSED" ?

THE CRAFT GROUP



Meets Mondays from 9:30am-11:00am in Meeting Room No. 2 in the U3A Vincent Office. We began as the Crochet Group but quickly got to know that love of needlework extends beyond crochet. However, crochet is still a strong focus of the group. So, if you are a beginner or a more advanced crochet person you are welcome to join us. Although our group is small, we are enthusiastic about learning new skills. As we progress, we look forward to working collaboratively on creative displays to showcase our work. If you enjoy **any** form of needlework and want to join us and bring along your own pieces to work on, you will be most welcome.

Our members appreciate the time and effort that goes into making handmade items.

Convener and Tutor: Liz Schmidt >> 0438 333 398



BOOKINGS ARE ESSENTIAL AS SEATING IS RESTRICTED

Monday		
Basic Computer & Technology. Learn to develop your computer and digital skills. Session 1: 09:00am-10:00am Session 2: 10:00am-11:00am	Gaye Higgins >> 0419 732 311 E: gayehiggins@hotmail.com	Aitkenvale Library BOOKINGS ARE ESSENTIAL
Craft Group 09:30am-11:00am	Liz Schmidt >> 0438 333 398	U3A Vincent
Monthly Book Club , 2 nd Monday 12:00pm-01:00pm	Jeanette Hind >> 0401 857 975 jeanette_hind@hotmail.com	John Mathew Meeting Room Flinders St Library (upstairs in North-town)
Mah Jong 09:00am-12:00pm	Gwen Wilson >> 4723 7142	Thuringowa Library
Social Art (No tutor) 09:30am-02:30pm	Primary Contact Gail Pearson >> 0427 777 006	Soundshell Building, Dan Gleeson Gardens
	Secondary Contact Judy Osborne >> 0409 764 184	
Stock Market Trading Group 12:00pm-02:00pm	Terry Lambrose >> 0434 634 822	Zoom meeting - Contact Terry for further information
Family History Group Class 1: 12:45pm-02:00pm Novice Group Class 2: 02:15pm-03:30pm Family History Social Group	Liz Scammell >> 0409 359 969	U3A Vincent
Indonesian 01:00pm-02:30pm	Val Colquhoun >> 0417 193 910	Aitkenvale Library
Philosophy 02:30pm-04:00pm	Jan Hynes >> 0419 723 640	Anderson Gardens Enter on the ring road. The group meets under some large trees (on the left) adjacent to the 2 nd carpark on the right. Members to bring their own chairs.
Tuesday		
Spanish 09:00am-10:30am	Graham Collins >> 4789 0590	U3A Vincent
Creative Writing 10:00am-12:00pm	Ann Krome >> 0400 822 973 Allan Griffiths >> 4774 2203	Vale Hotel, Motel Breakfast Room Ross River Road, Aitkenvale
Patchwork, Embroidery & Quilting 01:30pm-03:30pm	Su Brodby >> 0429 335 999	U3A Vincent
History 02:00pm-03:30pm	Nanette Grace >> 4721 4484	Oonoona Community Centre 2 Shannon Street, Oonoona
Wednesday		
Canasta 09:30am-12:30pm (Prompt start)	Barbara Sampson >> 0418 185 780	German Club Inc. 56 Anne Street, Aitkenvale
Art at Vincent (no tutor) 09:30am-12:30pm	Kate Eagling >> 0429 419 580	U3A Vincent
Thursday		
Tai Chi 9:00am-10:00am On short break – resuming soon	Geoff Ward >> 0417 170 745	Sherriff Park, Love Lane, Mundingburra (on the asphalt surface of the basketball half-court, a short walk across the grass from the parking area)
Digital Photography 09:00am-11:00am	John Webster >> 0438 322 666 E: webj1@hotmail.com	U3A Vincent

Thursdays continued

Building Digital Skills Program Each Thursday x 4 weeks 08/07/2021 to 29/07/2021 (TBC) Class Time: 09:00am-11:00am Individual help: 11:00am-12:00pm	For more information refer to https://u3atownsville.com/be-connected/ or contact: Vicki Toci >> 0427 740 725 E: vicki.toci@gmail.com	The Vincent Men's Shed Unit D.6 Churches of Christ Centre Cnr Ronan & Palmerston Streets BOOKINGS ARE ESSENTIAL Phone 0427 740 725 to book
Conversational French - Intermediate 11:30pm-01:00pm	Georgina Valdeter >> 0410 454 420	U3A Vincent
Building Digital Skills Program Each Thursday x 4 weeks 12/08/2021 to 02/09/2021 (TBC) Class Time: 12:30pm-2:30pm Individual help: 02:30pm-03:15pm	For more information refer to https://u3atownsville.com/be-connected/ or contact: Vicki Toci >> 0427 740 725 E: vicki.toci@gmail.com	North Townsville Community Hub 52 Palm Drive, Deeragun BOOKINGS ARE ESSENTIAL Phone 4751 6511 to book
Science 02:00pm-03:00pm	Susan Dellow Text 0408 984 019 E: susan.dellow@bigpond.com	U3A Vincent
Friday		
Walking Group 07:00am-08:15am	Roslyn McEwan >> 0437 469 862	<i>Various Walking Paths</i> <i>Phone Roslyn for details</i>
Mah Jong 09:00am-12:00pm	Gwen Wilson >> 4723 7142	Thuringowa Library
<i>Basic Computer & Technology.</i> Learn to develop your computer and digital skills. Session 1: 09:00am-10:00am Session 2: 10:00am-11:00am	Gaye Higgins >> 0419 732 311 E: gayehiggins@hotmail.com	Learn Space Thuringowa Library BOOKINGS ARE ESSENTIAL
Scrabble 10:00am-12:30pm	Kate Eagling >> 0429 419 580	U3A Vincent
Italian <i>Beginners Plus</i> 12:00pm-01:30pm	Trish Jordan >> 0408 741 347	Aitkenvale Library Meeting Room
Building Digital Skills Program Each Friday x 4 weeks from: 09/07/2021 to 30/07/2021 13/08/2021 to 03/09/2021 24/09/2021 to 15/10/2021 05/11/2021 to 26/11/2021 (<i>Select 1 of the options above then select 1 class option below</i>) Class time: 01:00pm-02:45pm Repeat Class: 03:00pm-04:45pm Individual Help is available from: 09:00am-12:00pm	For more information refer to https://u3atownsville.com/be-connected/ or contact: Vicki Toci >> 0427 740 725 E: vicki.toci@gmail.com	U3A Vincent BOOKINGS ARE ESSENTIAL Phone 0427 740 725 to book
Friday Talks (A variety of topics)	SUSPENDED UNTIL FURTHER NOTICE	
Other		
James Cook University (various subjects)	Lori McGuire >> 0418 874 844 Check U3A Townsville website	James Cook University

Magnetic Island Classes ON LY

Bookings are essential

Monday		
Monday Talks, Magnetic Island 10am-12pm	Mike Keating >> 0437 432 251 Liz McDine >> 0422 190 455	RSL, Arcadia
Stock Market Trading Group, Townsville & Magnetic Island 12:00pm-02:00pm	Terry Lambrose >> 0434 634 822	Zoom meeting - Contact Terry for further information
Tuesday		
Tai Chi & Qigong, Magnetic Island 07:00am-08:00am	Peter Duckworth >> 4758 1981	Esplanade, Nelly Bay (between Kelly & Yates Streets)
Recorder Ensemble, Magnetic Island 01:30pm-03:30pm	Una Glavin >> 0403 644 341	Contact Una for venue
Wednesday		
French Conversation, Magnetic Island 09:00am-11:00am	Gisela Edwards >> 4778 5548	Contact Gisela for venue
Building Digital Skills Program Each Wednesday x 4 weeks from: 22/09/2021 to 13/10/2021 Class Time: 11:00am-12:45pm Repeat class: 01:00pm-02:45pm (Only select 1 class option above) Individual help: 03:00pm-03:45pm	For more information refer to https://u3atownsville.com/be-connected/ or contact: Vicki Toci >> 0427 740 725 E: vicki.toci@gmail.com	Magnetic Island Community Care (MiCare) 7 Apjohn Street, Horseshoe Bay BOOKINGS ARE ESSENTIAL Phone 4758 1506 to book
U3A Singers, Magnetic Island 06:00pm-07:30pm	Tania Thoreau >> 4758 1981	St Margaret's Anglican Church Endeavour Road, Arcadia
Thursday		
Spanish Conversation, Magnetic Island 09:30am-11:00am	Tania Thoreau >> 4758 1981	8 Lilac Street, Nelly Bay
Friday		
Tai Chi & Qigong, Magnetic Island 07:00am-08:00am	Peter Duckworth >> 4758 1981	Esplanade, Nelly Bay (between Kelly & Yates Streets)
Other		
Learn to Read Music, Magnetic Island	Una Glavin >> 0403 644 341	Una is taking Expressions of Interest for a further class.

Magnetic Island News

At Monday Talks in June one of our new members, Sarah Treadwell, took us through a '**Prehab 101 movement for all**' workshop.

Although we could stay seated, many of us took to the floor for the gentle exercises focusing on joint strengthening and stretching for everyday mobility, balance and injury recovery.

Sarah is a qualified Pilates instructor.

Great fun was had by all!

Thanks Liz, Magnetic Island coordinator.



U3A Townsville Walking Group Program 4 June 2021 to 13 August 2021

Meets Fridays 7:00am-8:15am Contact: Roslyn McEwan, 0437 469 862

Please bring with you: hat, sunscreen, water bottle, and wear comfortable shoes

Date		Meet	Walk
July	02	Weir School Carpark	Riverside Gardens downstream
	09	Murray Lyons Crescent, Annandale (Murray Skate Park near bridge)	Fairfield Waters downstream
	16	The Palmetum car park, Nathan Street	Palmetum
	23	Echlin Street, near Tea House	West End, old cemetery & Castling Street
	30	Cape Pallarenda Road, Three Mile Creek carpark – after Garden Settle- ment and before bridge	Foreshore park towards city
August	06	Tyack Street, Rosslea (near Viles Street)	Around Golf Club
	13	O'Reilly Street, Mundingburra	Mundingburra side upstream

U3A Committee 2021/2022

Email

Pauline Woodbridge	President Publicity and Promotions	president@u3atownsville.com
Alan Williams	Vice President	admin@u3atownsville.com
Lorraine Ryrie	Secretary	admin@u3atownsville.com
Larry Frazer	Treasurer	admin@u3atownsville.com
Jenny Seba	Assistant Treasurer	admin@u3atownsville.com
Liz McDine	Magnetic Island Coordinator	magneticis@u3atownsville.com
Christine Douglas	Office Manager / Newsletter Editor	admin@u3atownsville.com
Graham Collins	IT Coordinator	admin@u3atownsville.com
Lyn Rooke	Class Coordinator	classcoord@u3atownsville.com
Kate Eagling	Facilities Maintenance Coordinator	admin@u3atownsville.com
John Webster	Committee member	admin@u3atownsville.com
Will Horsfall	Committee member	admin@u3atownsville.com

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

Corner of Palmerston Street and Ronan Street, Vincent.

Open Monday – Friday: 9:00am – 12:00pm

P.O. Box 374, Aitkenvale QLD 4814

Telephone: (07) 4724 3530

Email: admin@u3atownsville.com

Website: u3atownsville.com