U3A Townsville Inc

Newsletter

1st Quarter, 2011

Dates for Your Diary

Friday 18th March 2011 **AGM** Annual General Meeting 10 am at the Annandale Community Centre	**Friday 4th May 2011** Last day for Newsletter Submissions For 2nd Qtr Newsletter	**Friday 17th June 2011** **OPEN DAY** 10 am at the Annandale Community Centre

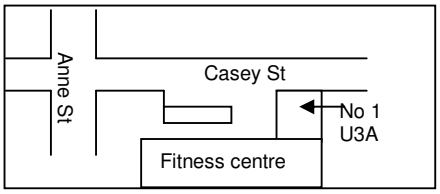
ATTENTION ALL TUTORS

Could all outstanding 2010 attendance sheets be handed in to the U3A office (Monday mornings, between 10 am and 11.30 am)
or mailed to U3A PO Box 374, Aitkenvale, Qld 4814.

University of the Third Age Townsville Inc.

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

Our office is located at 1 Casey St, Aitkenvale, 4814.
And open 10.00 am – 11.30 am Mondays. Ph (07)4779 0550,
e-mail: u3atownsville@westnet.com.au



P.O. Box 374, Aitkenvale, Qld 4814

U3A EXECUTIVE OFFICERS – 2009

President	Graham Collins	4789 0590
Vice President	Alan Williams	4775 1930
Secretary	Mary Collins	4789 0590
Treasurer	Adrian Gaemers	4775 5124
Minutes Secretary	Syd Collins	4729 0275
Newsletter Editor	Chic Bottrill	4773 2517
	Email:-	sbottrill@aapt.net.au
Class Co-Ordinator	Nanette Grace	4721 4484
	Mobile :-	04 0905 0879
Property Officer	Merv Pilcher	4729 0915
Magnetic Is. Co-Ordinator	Don Kinsey	4758 1349
Catering	Judy Nutt	4778 1593
	Eve Wolfe	0402 338 497
Committee Member	Elvena Morris	4773 7557
	Eileen Adams	4721 0805
Production & Distribution	Kathleen Cooper-Smith	
	Alan & Lois Williams	
	Elvena Morrris	
	Nanette Crowther	
	Syd & Eric Collins	
	Nanette Grace	

The office is manned by volunteers on **Monday mornings**, from **10.00am till 12.00.** New member Fees can be paid in person during this time. The phone number is 4779 0550

U3A TOWNSVILLE INC. WEBSITE

I would like to advise all our members that our new 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.

A U3A Course on the Roman Empire (presented by Ernst Spuler)

The Roman Empire has shaped the development of Europe and is therefore of vital interest to us all.

Nanette has kindly purchased the U3A material for this course and Ernst will present it. It will start on Wednesday 2 February at 10.30am to 12 noon at the Aitkenvale Library Lecture Room.

The second session will be a week later on 9Feb, again 10.30 to 12 noon.

Then the course will pause for several weeks and resume at the Aitkenvale Library on Monday afternoons 3pm to 4.30pm on 28March, plus 4th,11th,18th April.

In the first session on 2 Feb. we will have an overview of the empire's destiny from its humble beginning 500 year BC to the fall of Rome 1000 years later and the final fall of the Eastern Empire after a further 1000 years. (1450)

In the second session we will admire some of the fascinating personalities and critical events. After the pause we will traverse through the interesting course segments but focus especially on the aspects of most interest to the audience.

All are welcome.

A man tells his doctor "I've hurt my arm in several places."
Doctor replies "Then I'd not be going there again if I were you."

PRESIDENT'S REPORT

Welcome everyone to 2011. I hope you had a very pleasant Christmas, and I hope you keep happy, safe, and well in the coming year. So far, we have been spared any major flooding in Townsville, unlike people further south who are trying to cope with enormous hardships. As well as mud, slush, and shortage of food, they are besieged by millions of flying insects like mosquitoes and sandflies.

Of all the classes available for members of Townsville U3A the most consistently popular are the exercise classes. Over the last few years, the number of these has increased, and now there are five per week to select from. There is no doubt that regular exercise keeps muscles toned, but recent research is pointing to the fact that the benefits are more widespread than that.

A Brain Power Study held in Canada and published in January 2010 demonstrated that 12 months of once- or twice-weekly progressive strength training, or twice-weekly balancing and toning exercises, improved "executive cognitive function" in women aged 65- to 75- years- old. Executive cognitive functions include abilities necessary for independent living. It's highly likely that men would get a similar benefit. In addition, the researchers found that the participants in the strength group had fewer health care costs and fewer falls than the twice-weekly balance and tone group.

After the tailored exercise program was finished, the researchers monitored the same seniors up to last December to examine whether the cognitive benefits would be sustained. They found that the cognitive benefits of strength training persisted and concluded that once-weekly resistance training is cost saving, and the right type of exercise for seniors to achieve maximum economic and health benefits.

So, strange as it might seem, exercise not only increases our physical well-being but also helps to keep us more alert mentally, both of which help us to keep our independence longer. Keep it up!!

Graham Collins

IMPORTANT NOTICE

The 2011 Membership Subscriptions are now overdue. If you are now in arrears please pay your subscriptions as soon as possible to maintain membership.

All members who have already paid their dues should have received their receipt by now. If not, then please contact the U3A Office Ph. 4779 0550 Monday morning between 10am – 12 noon.

ANNUAL GENERAL MEETING.

The Townsville University of the Third Age is holding its **Annual General Meeting** at **10am on Friday 18th March 2011**. All members of U3A are invited and encouraged to come along to the **Annandale Community Centre** and volunteer for one of the Executive positions if they feel so inclined, or perhaps offer to spend a year as part of the Committee so you can have a say in how your organisation is being run. If neither of these options appeal then just come along and support those who do give their time and energy to keep U3A up and running.

Please bring a plate of finger food to share and enjoy a nice morning tea with a cuppa and a chat with other members. Everyone is extremely welcome.

True Fact:- I would rather have a full bottle in front of me than a full frontal lobotomy.

CLASS NEWS

LEARN TO USE YOUR LAPTOP OR MYOB ACCOUNTING

Are you interested to learn how to use MYOB, regarded by some people as Australia's No. 1 accounting package. Or maybe you would simply like an introduction to how to use you new laptop.

Jenny Sebba is willing to do 'one on one' training in MYOB or introductory computing.

You can contact Jenny on her mobile: 0411 405 781 or by email: jld@netspace.net.au

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CREATIVE WRITERS – MAGNETIC ISLAND

Val Jaggard, the Tutor who began the Writers Group on Magnetic Island has announced that she is taking a long break for one year. Alastair Cole has very graciously agreed to take her place as Tutor of the group starting on the first Wednesday in February, 2011. The new Venue for the group will be at No 1 The Esplanade, Nelly Bay, Magnetic Island at the starting time of 10am through to 12 noon. Alastair's phone numbers are 4758 1523 or Mob:- 0427 025 268.

Val wishes to thank all who have participated in her 18 months of the up and coming of this special U3A class, and she gives all her class members the credit.

She also said that Alastair is a fine gentleman and that she is proud to be leaving her class in such good hands.

Good luck Val and thank you for your time and energy expended in creating and maintaining the class on Maggie.

NEW BALI TRILOGY COURSE

Members of U3A will be interested to hear that this new course is in the pipeline, based on a Bali Trilogy, to be presented by Eric Campbell.

Something to look forward to as 2011 progresses.

The Bali course will be held Fridays on 6th MAY, 13th MAY, and 20th MAY at A'vale library meeting room, 2.00pm to 3.00pm.

Part one ; Geography of Bali,
Part two; History of Bali.
Part Three; Culture of Bali

SUCCESSFUL INVESTORS CLASS

Thursday February 3rd 2011 is the first meeting of the year for U3A's "Successful Investor" Class. The class has been running for over 15 years now, and, in recent years, has been enthusiastically and expertly tutored by Mr Robbie Fuller. Last year there were over 45 members, a number of whom are highly experienced and successful share traders and investors.

Investors from all walks of life meet to pit their wits against investment markets, exchange ideas and strategies, and make a quid. Although the subject matter is mostly to do with share trading and value investing, and the technical analysis and literature research behind these, property and commodities are also discussed. Participation by members is actively encouraged. Occasionally, guest speakers are invited to give presentations on investment-related topics.

What do the markets hold for us in 2011?

Meetings are held every Thursday morning at the TAFE City Campus, starting at 10am sharp. Some members enjoy refreshments together at the refectory after the meeting. Members must belong to U3A, and a small annual fee is charged to cover room rental. We look forward to seeing some new faces in 2011. For more information please contact Robbie Fuller on 4755 0161.

John Weil
Treasurer/Secretary

INDONESIAN CLASS

The Indonesian classes for 2011 will begin on Monday February 28th (1pm to 2pm) in the Meeting Room at the Aitkenvale Library and will continue to be held every Monday thereafter.

YOGA CLASSES

I have been teaching Yoga for 47 years and have one class a week now for people over 50. It is held at Carlyle Gardens in the Theatre on Thursday mornings from 9.00 to 10.00am. It is not a special U3A class but anyone is welcome. Bring a towel or mat to lay on. The cost is $3.00 per lesson. Phone Hanna 4773 6504

CLASS NEWS

CREATIVE WRITERS – TOWNSVILLE

2010 was a very successful year for this group yet again. A couple of our treasured members left us, but we also gained a diverse and interesting mix of new members just bursting with talent and enthusiasm.

There has been the usual concern for those who are sick within our group or those who are spending time supporting loved ones who are not well. We wish them well and hope to see them again soon. A few have tootled off during the year, around parts of Australia to weddings, births, christenings and for holidays, to come back refreshed and full of ideas and ready to put pen to paper once more.

We meet in the U3A office each Tuesday mornings at ten and there is so much laughter and conviviality as we pursue our chosen hobby for a couple of hours, that it keeps us young at heart and looking forward to each Tuesday.

BEADING CLASS

The year went by too fast for us all. We seemed to be fascinated with "Rocks" and how to beautify them with beads. Several designs worked with different size and shaped stones. Marbles being the easiest to decorate for pendants and as ornaments for mini Christmas Trees.

15th December we had a Tea Party, all the ladies brought nibbles and shared a good time. (Always do.)

We begin again the 12th January 2-4pm. Beginners welcome, kits for the first two projects are supplied free of charge. Mainly sewn bead work which helps to understand written patterns and finishing techniques, from there one can invent as you progress to difficult challenges. Please phone to book a space. 041 3389534 Seasons Greetings to all U3A Members. 2011 will be a fantastic year Regards

Beverley

SPANISH CONVERSATION

There will be no Spanish Conversation class until further notice as Amaia Uberuaga has to have an operation so unfortunately has to cancel the classes for some time. We wish her well.

MAGNETIC ISLAND NEWS

A great, if damp, Christmas on Magnetic Island

Don Kinsey

On December 10 we had our sixth Christmas party. As has now become almost a tradition, it was hosted by Alastair Cole at his home. As always, it was an outstanding success with about 50 people enjoying the great food and U3A's very own entertainment. Dot who, with Alastair, has always been such a major part of our parties, was sadly missed. Many of our classes have been either on vacation or running at low throttle through the school holidays and the Christmas New Year period.

We will return to full operational mode in February. I know I am thoroughly enthusiastic to recommence my own science classes.

This year we propose changing our science class format. The time after the tea-break will be devoted entirely to discussion. If you want to know what's happening on the Island (not just U3A) try going to www.whatsonmagneticisland.com.au

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HOW PLANTS EVOLVED – a new U3A course

The discovery of new animal fossils is almost an everyday event. Bones and teeth are incredibly hard, and last for millions of years. So the story of the evolution of animals has a huge amount of factual evidence. On the other hand, wood doesn't last anywhere near as long as teeth. Nevertheless, the changes that have occurred in plants over 500 million years up to the present are relatively clear.

This course of six lectures will trace these changes and examine the remarkable progress from primitive plants that reproduce by sperm up to the pollen spread by present-day flowering plants. Aitkenvale library meeting room, Fridays 2 – 3 p.m. starting 4th March. Graham Collins.

MANAGING YOUR MOBILE PHONE.

Date. Every Friday Afternoon
Time 3.30 to 5pm.
Venue. Aitkenvale Library Meeting Room
Commencing April 1st.
Tutor/leader Theresea Jarrett 0417 600 813 assisted by Kate Eagling.47254535

CLASS NEWS

PHILOSOPHY

Philosophy for 2011

Place: The Meeting Room at the Aitkenvale Public Library
Time: 2-30 to 4 p.m.
Dates: Some dates are Tuesdays **T**; the rest are Wednesdays **W**.

1st March **T**uesday
9th March **W**ednesday
16th March **W**ednesday
22nd March **T**uesday
29th March **T**uesday
5th April **T**uesday
13th April **W**ednesday
20th April **W**ednesday
27th April **W**ednesday
3rd May **T**uesday
11th May **W**ednesday
18th May **T**uesday
24th May **T**uesday
31st May **T**uesday
7th June **T**uesday
15th June **W**ednesday
22nd June **W**ednesday
28th June **T**uesday

The course will consider some details about pre-Socratic philosophy, *Protagoras*, *Meno* and a survey of Plato's dialogues. Thereafter consideration of some details of medieval philosophy (proofs and disproofs of the existence of God and the justification of the State). Finally, Hegel (Popper's objections to the organic society)

Running parallel with the above some time will be given to consideration of ***the Individual and the State***. When all has been said and done, what do you own? What do you really possess?

FRIDAY TALKS (tea/coffee/bix 50c)

Friday March 25th,
a talk by Robbie Fuller entitled " A Walk Across Spain " at 2pm to 3.30 pm.

Friday 25th March,
will take the place of Graham Collins' six week course entitled " How Plants Evolved " 2pm to 3pm.

Friday 29th April
A talk by Beth Snewin and she will describe her profession of Taxidermy. She specializes in bird specimens for museums. Tentative time of 2pm to 3pm.

GET MOVING!

If your New Years resolution was along the lines of getting fitter or losing weight or simply getting out and socializing more, well you now have more opportunity than ever before to do all three at once. Last year exercise classes were in great demand and at times there were more applicants than we could accommodate. This year we have expanded the number and type of exercise classes so you have no excuse for being a couch potato. Take a look;-

Monday, Wednesday Thursday and Saturday there are classes at The Health Studio 1/276 Charters Towers Rd These classes offer equipment and supervision by a qualified trainer. Cost $6 for a one hour session. Details in our newsletter class timetables.

Monday, Wednesday and Friday the Water - Walkers Group exercise at Riverway pool 7.30am to 8.30am All welcome, for details ring Sonia 47237109. no cost.

If you enjoy dancing, try the Tuesday morning session at the Charters Towers Rd branch of the RSL. 10am till noon it has very good live music and there is line dancing and social dancing. You don't need a partner and if you get someone to sign you in as a visitor it will cost you nothing. Otherwise it costs a $10 yearly fee to join the RSL.

A different type of exercise, but very good for you is Yoga and Hanna Wiskar offers a yoga class weekly at THE Carlton Theatre at Carlyle Gardens - cost $3 per hour. This is an open class, not just for residents of Carlyle Gardens. Details ring Hannah on 47736504.

For the hale and hearty types we have a Friday morning walking group. Ring Mary Collins on 47890590 and on Thursday mornings there is golf, ring Shirley on 47286230.

A group of our ladies also get together for tennis, contact Nanette on 47214484 if you want to rekindle your tennis skills.

Altogether we offer quite a comprehensive smorgasbord of exercise options so there is nothing to stop you getting moving in 2011.

A man went to the doctor with a strawberry growing out of his ear. The Doctor said" I'll give you some cream to put on that."

CLASS NEWS

A NEW COURSE FOR ALL OUR HISTORY LOVERS

"THE ROMANS" presented by Ernst Spuler at The Aitkenvale Meeting Room. dates as follows:

WEDNESDAY FEBRUARY 2nd.
Part One.10.30 to 12noon.
WEDNESDAY FEBRUARY 9th
Part two .10.30 to 12noon.

Then an unavoidable pause due to prior committments.

MONDAY MARCH 28th Part Three. 3.00 to 5.00pm.
MONDAY APRIL 4th. Part Four. 3.00 to 5.00pm.
MONDAY APRIL 11th. Part Five 3.00 to 5.00pm.
MONDAY APRIL 18th. Part Six 3.00 to 5.00pm.

Please take particular note that the first two parts of this excellent series are on a WEDNESDAY MORNING, then there's a pause and the following four parts are on a MONDAY AFTERNOON.

Tea/Coffee and Bix will be available for 50 cents.

U3A Field Trip - For the Wet Weather.

If you have never visited The Townsville Museum in Hugh St (not to be confused with the Museum of Tropical Queensland in Flinders St East) then do yourself a huge favour and come along on SUNDAY February 20th at 1.30 to 3.30 for a guided tour of our hometown's past. There is something for everyone. From the Operating Theatre and gruesome instruments that were part of the late Dr. Aubrey Bennett's collection to old fashioned washing machines and stoves, printing presses, copies of long ago Townsville Bulletins, dentist's instruments, farm tools, a comprehensive overview of Cyclone Althea and a simply stunning collection of dolls and figurines. There is so much that you won't get through it all in two hours and will want to visit again. The museum is run by the Townsville Historical Society, a non profit group and staffed by volunteers. They have kindly offered to provide tea for us at a cost of $2. There is plenty of parking space. To get there simply look for the Ambulance Centre on Hugh St. The small park (Kevin Schreiber Rotary Park) on the corner next to it has a small gate that leads directly to the Museum. Alternatively turn into Palmerston St, then Grosvener St , then Barbeler St and you will arrive almost behind the Ambulance Centre where the entrance to the Museum is. It will be a fun afternoon. All welcome, bring the grandchildren.
Cheers, Nanette.

COURSE FOR HISTORY LOVERS

"The Six Wives of Henry VIII" will be presented by Tony Mc Dermott over four consecutive Fridays at the Aitkenvale Library Meeting Room as follows:
Friday February 4th. 'Catherine of Aragon and Anne Boleyn.'
Friday February 11th 'Jane Seymour and Anne of Cleves.'
Friday February 18th 'Katherine Howard and Catherine Parr.'
Friday February 25th 'The Aftermath.'

Time 1.30 to 3.30. Tea/coffee and bix 50cents.

MONDAY BOOKCLUB

The Monday Bookclub will meet on the SECOND Monday of the month since the first Monday had too many public holidays. So; Monday Bookclub at Aitkenvale Library 10am now on the second Monday of the month, commencing 14th February. Contact Lois Williams 47751930.

COMPUTER USERS GROUP

Tuesday 25 Jan our computer users group will meet in the Aitkenvale library meeting room between 2 and 4 pm.

Bring your problems (and solutions if you have any), also your laptops and/or memory, sticks or just yourself.

Anyone with computer problems is welcome.

Adrian and Graham

CLASS AND GENERAL NEWS

QUILLING AND CARDMAKING PROJECT – 2010

In response to an article in the Townsville Bulletin, we decided to combine our efforts with the RSL Women's Auxiliary. The original request had been from Defence Forces personnel based overseas who were having difficulty sourcing birthday/ anniversary cards etc. to send home to their loved ones. With Christmas fast approaching, another variety of cards was added to the list, also the thought that those away from their families would also appreciate receiving a little extra mail themselves. Within 2 weeks, our group had put together approximately 180 cards of assorted topics and passed onto the RSL ladies for distribution – mainly Afghanistan and Timor Letse. The photo shows a few of our happy group who contributed to the project & a small sampling of the greeting cards which we produced.

We all felt it was a very worthwhile undertaking in which to be involved & have decided to continue with this idea for 2011, as well as donating handmade cards to other local charitable organisations for use in their fund-raising programmes.

The Quilling and Cardmaking Group meets 9am Tuesday mornings at the Hodel Room, Townsville City Council on Thuringowa Drive. We're always ready to welcome new members – so come along and join us

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BREAKFAST CLUB GROUP (In the Pipeline).

Expressions of interest are requested for this group to get it up and running.

The idea is of a Breakfast Club discussion group. Maybe Saturday Mornings somewhere where they don't mind if we linger.

Discussion topics chosen by participants but no bad luck stories/ operations/ toxic relationship stories etc.

We want interesting, meaty subjects and current affairs, plays, movies, personalities, up - beat stuff More in our next newsletter. Phone Nanette 4721 4484.

TRIP TO BURDEKIN DAM FALLS

Details of proposed trip:-

Burdekin Dam trip possibly in March even if it's raining. This is the plan: Outbound, Townsville - Brandon - Ayr - Airville - Home Hill - Clare - Upper Haughton -Ravenswood - Burdekin dam falls. Return, Burdekin Dam falls -Ravenswood - Mingela - Reid River - Calcium - Woodstock - Stuart -Townsville.

A circular trip with plenty of comfort stops in case we need to buy a picnic lunch. I am investigating the possibility of a hot lunch at Ravens-wood. One hour stop at Ayr, half hour at Home Hill and one hour at Ravenswood and again at the falls.

Departing 8am and Returning 5pm.Saturday March 26th. Expressions of interest to Nanette Grace 47214484 or Syd Collins 47290275. The cost will be $29 per head if we get 40 people on the trip, or a total of $1155 to hire the Campbell's Coach.

ARMCHAIR TRAVELLERS

Our group starts up again on Thursday 3rd February after the Christmas recession. New members are most welcome to join us. Please contact Janet Blacklock 4728 8510, about details of time and venue.

CANASTA CLASSES

Our classes are proving very popular with a very good regular attendance of at least 15 people. We have a lot of fun too, learning all kinds of variations of the game. The venue is perfect: The German-Australian Club in Aitken Street, Aitkenvale, every Wednesday morning from 9.30am to 12.30pm. It is air-conditioned, quiet, comfortable chairs and tables. There is room for more, so it you have been thinking of joining us, now is the time, as we start learning new games, or enjoying the ones we like best. Cost is $3.00 per person For more info. Phone Hanna on 4773 6504.

GENERAL NEWS

VISIT TO JAPAN

Hiroko Morioka from the Cairns U3A is seeking expressions of interest for a 12-day visit to Japan. The visit will be fully escorted in small groups and will include visits to Japanese U3A groups, home stay, and sightseeing to temples, shrines, museums, and Japanese gardens plus Special visits to Tokyo, Mt Fuji, Hiroshima, Osaka, Kyoto, and Nara.

The cost of approx. $2,900 per person includes return air fare Cairns /Japan, taxes and charges, accommodation (twin share), transport, most meals, sightseeing, and friendship functions. Personal interests can be catered for.

Date: mid-June 2011. You must register your interest no later than 28 Feb 2011 with Hiroko Morioka: phone 4036 2719, or email hmorioka@msn.com

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THE ART OF FRENCH COOKING

Realise your dream whilst you improve your French with the Alliance Française de Rouen

28 February to 18 March 2011

The all-inclusive price of 2050 €uros includes:

- Hands-on lessons in French cooking with a professional chef in a specially equipped kitchen;
- French lessons according to level with qualified, experience native French speaking teachers;
- Accommodation, breakfast and dinner with a host family; and
- Visits according to the programme.

Details of the programme:
http://www.alliancefr-rouen.org/ANG/docs/cuisine_3_sem.v1.ang.pdf
Onine registration: **http://www.alliancefr-rouen.org/ANG/inscription1.htm**

Do not hesitate to contact us should you require further information.

U3A WATER WALKERS FITNESS GROUP AT RIVERWAY

The U3A Water Walkers Fitness Group has commenced at the Riverway Swimming Pool.

We meet each Monday, Wednesday, and Friday mornings at 7.30 am till 8.30 am, in the upper pool level.

Its a fun morning where we all try to improve our fitness level with light exercise and walking in water .

U3a members Please come and join in , we would love to have you join us.

Its suitable for all levels of fitness, as we would only wish that everyone ONLY exercises to their own level of comfort.

The Riverway Pool has a ramp and stairs for easy access into the water. And

Entry is FREE.

Please contact Sonia Elek for any further Information on 47237109 or email:- *soniaelek@hotmail.com*

EX AQUACISE GROUP

All ex Aquacise members

Here is a chance to meet up with old friends to swap news and catch up, at morning teas planned for the coming months.

Tuesday the 15th of February 10am at Lukabean café Cannon Park

Tuesday 15th March 10am at the home of June Banks 45 Earle circuit Kirwan please bring a plate to share.

Tuesday 19th April 10am at Le Bouquet Garni the French restaurant at Cannon park.

Any members of the now disbanded Aquacise group who would like to attend please contact, June on 47235932 or Dawn on 47516593

IN THE PIPELINE.

History buffs will be pleased to know that Anne Matthews will be presenting a course entitiled " The Naming of Australia" about July/August. She will be talking about Matthew Flinders - and his cat - and the contribution he made to our history.

Also I am putting together a U3A on - line course on The Seven Wonders of the Ancient World, and one on the Rubaiyat of Omar Khayyam (Persian Poetry)
More in the next Newsletter.

CAR BOOT SALE

Please ring Nanette 4721 4484 if you are interested participating in a car boot sale. I already have two venues in mind. Time to de-clutter, have some fun and made a few dollars. Date and Venue to be advised.

U3A Walking Group Timetable for 2011

Day Friday **Time** 7.45am – 8.45am

N.B. Mary Collins on 47890590 to check for any changes

Map references are from the Townsville, Mount Isa, Cloncurry, Hughenden Yellow and White Pages Telephone directory

Month Date	Meet	Walk
March 4	Rock Pool carpark The Strand Map 6 P3	Strand
11		
18	Anzac Park, The Strand Map 1 J8	Jupiters
25	Cnr Lakeshore Cct & River Bvd Map 11 A8	Fairfield Waters
April 1	Palmetum carpk. Nathan Map 9 M14	Riverside Gardens side RR Upstream
8	Aitkenvale Library carpark Petunia St. Map 9 R7	Aitkenvale Pk.
15	Rock Pool carpark The Strand Map 6 P3	Strand
22	Golf Club / Tyack Map 10 N11	Golf Club - RR Downstream
29	Catholic College (carpk.) Morindo Dr Map 8 K16	Willow Gardens
May 6	Queens Gdns (Gate) Map 6 R8	Paxton/ North Ward
13	Dean Street Carpark (Morey St end) Map1 J16	Victoria Bridge
20	Kimball St (Aitkenvale) Map 9 M12	Charles Brt. Br, RR upstream
27	Maritime Museum, Palmer St. Map 1 K13	Sth Townsville Heritage walk
June 3	Murray Cmplx, Murray Li. Dr. Skate Pk Map 10 N13	Fairfield Waters Upstream
10	Wulguru Primary School Edison St. Map 11 A20	National Trust houses
17	Cnr O'Reilly & Burt Map 10 D10	Riverside Gardens side RR Upstream
24	Townsend St. Mysterton Map 10 J3	Mindham Pk

Month Date	Meet	Walk
July 1	Boat Club, Plume St Map 1 J12	Sth Townsville Downstream
8	Weir School, Ross River Rd Map 9 A16	Riverway RR Upstream
15	James Cook Dr. 1st carpark on Right. Map 9 K20	James Cook University
22	Car Park, End Cape Pallarenda Rd., Map 6	Pallarenda
29	Bicentennial Pk., End Carmody St. Map 10 P3	Rooney's Bridge
August 5	Loam Island Comm. Facility, Santal /Riverway Map 12 Q13	Ross River Upstream
12	Palmetum carpark, Nathan Map 9 M14	Palmetum
19	Dean Street Carpark (Morey St end), Map 1 J16	Heritage walk city
26	Rock Pool carpark The Strand Map 6 P3	Jezzine Barracks
September 2	O'Reilly & Burt Map 10 D10	Mundingburra RR Upstream
9	Townsend St. Mysterton Map 10 K3	Andersen Park
16	Hindley St., Pimlico Map 6 G18	Lakes circuit
23	Tobruk Pool The Strand Map 7 D8	Early Townsville
30	Weir School carpark, Ross River Rd Map 9 A16	Riverside Gdns Downstream
October 7	Shopping Cntr. Cnr Yolanda & Marabou Map 9 R16	Yolanda Dr – near shops
14	Water Park - The Strand, Map 1 J18	The Strand (East)
21	Car Pk - Cape Pall/Esk St Rowes Bay Map 6 H3	Towards Pallarenda
28	Lighthouse, Palmer St Map 7 F12 End of year breakfast after walk.	South Townsville

U3A Walking Group

Come and join us, get some fresh air, exercise and see Townsville. We walk at a pleasant pace that allows for chatting and stopping to see wildlife. We avoid the hot months from December to March. The itinerary above gives you an idea where we go.

U3A CLASS TIMETABLE as of 19th January 2011

Time	Class	Contact	Venue
		Monday	
9.00 –10.00	Exercise Class	Merv Pilcher 4729 0915	Health Studio. 1/276 Charters Twrs Rd
9.00 – 12.00	Mah Jong	Shirley Fitzgerald – 4721 2820	Contact Shirley Fitzgerald 4721 2820
9.00 – 1.00	Social Art (no Tutor)	Wendy Ford 4775 7108	Hodel Room, Thuringowa Dve Townsville City Council
10.00 –12-00	Book Club (Monthly on 2nd Mon of each month)	Lois Williams 4778 1930	Aitkenvale Library Or SydCollins 4729 0275 pm
1.00 – 2.00	Japanese	Jim McCurley – 4775 3847	U3A Office 1 Casey Street - A'Vale
1.00 – 2.00	Indonesian Begins 28th Feb 2011	Eric Campbell – 4779 8947	Aitkenvale Library Meeting Room
1.00 – 4.00	Art (no Tutor)	Patricia Jones 4723 4298	Hodel Room, Thuringowa Dve Townsville City Council
		Tuesday	
9.00 – 12.00	Quilling & Cardmaking	June Lorimor 47716227 Judy Nutt 47781593	Hodel Room, Thuringowa Dve Townsville City Council
10.00 – 12.00	Creative Writing	Chic Bottrill 4773 2517 Val Spencer 47236083	U3A Office 1 Casey St. Aitkenvale
12.00 – 3.00	Social Art/Craft Group	Wendy Ford 4775 7108	Hodel Room, Thuringowa Dve Townsville City Council
2.00 – 4.00	Computer Users Group Last Tues. of Month	Adrian Gaemers 4773 7452	U3A office Class is In recess until 2011.
		Wednesday	
9.00 – 10.00	Exercise Class	Bev Burns 4779 5214	Health Studio 1/276 Charters Twrs Rd
9.00 – 12.00	Pottery Class	Nick Dimitriou 0438 132 707	NQ Potters Assoc Flowers St
9.00 – 1.00	Scrapbooking	Sandra Bowtell 4789 2832	9 Thornbill Close Kelso
9.30 – 12.30	Canasta	Hanna Wiskar 4773 6504	German-Australian Club
10,00 –12.00	Scrabble	Nanette Grace 4721 4484 0409050879	Contact Tutor re venue Or SydCollins 4729 0275 pm
1.00 – 3.00	Furniture Restoration	Roy Truscott 4771 6773	T'ville State High School
1.00 – 3.00	Wood carving	John Picard 4779 4427	T'ville State High School
1.00 – 3.00	Metal Turning & Wood Lathe & Welding	Roy Truscott 4771 6773	T'ville State High School
2.00 – 4.00	Beadwork Class	Bev Ponder 0413 389 534	Contact Tutor for venue
2.30 – 4.00	Philosophy (Held on Tues or Wed)	Peter Burns 4779 5214	Aitkenvale Library Meeting Room – contact Tutor first.
		Thursday	
Mornings - Time variable	Golf	Pat Rainee 4771 3706	Rowes Bay Golf Club
9.00 – 12.00	Art & Craft	Jan Fels 4721 3636 Peg McElhinnney 4779 8621	Salvation Army Hall Madden Street, A'vale
10.00 –11.30	Successful Investor	Robert Fuller 47550161 Trevor Smith 47891122	City TAFE

Time	Class	Contact	Venue
10.30 –11.30	Exercise Class	Mahn Cooke 4755 0715	Health Studio 1/276 Charters Towers Rd.
1.00 – 3.00	Armchair Traveller	Janet Blacklock 4728 8510	Class resumes 3rd February. (new members welcome)
3.30 – 5.00	Using a Mobile Phone	Theresa Jarrett 0417 600 813	A'vale Library Meeting Room (Begins 1st April)

Friday

7.45 – 8.30	Walking	Mary Collins 4789 0590	Various locations - check with Tutor
7.30 – 8.30	Water Walkers Group (each Mon, Wed & Fri.)	Sonia Elek 4723 7109	Riverway Lagoons Pools
9.00 – 10.00	Exercise Class	Audrey Tonkin 47714375	Health Studio 1/276 Charters Twrs Rd
9.00 – 12.00	Mah Jong	Shirley Fitzgerald – 4721 2820	Shirley Fitzgerald 4721 2820
10.00 –12.00	Women Beyond 2000	Dorothy Lee 4773 5170	Women's Centre, Patrick St.
1.30 – 3.00	Tea and Pickies 1st Friday	Marg Naylor47279627 Anne Matthews 4725 7431	Perc Tucker Gallery Resumes 4th Feb 2011
2:00 – 3:00	How plants evolved	Graham Collins	Aitkenvale Library meeting Room
2.00 – 3.30	Friday Talks (Last Friday of each Month)	By various speakers	Aitkenvale Library meeting Room - (Starts Feb.)

Saturday 9.00 – 10.00	Exercise Class Seniors	Mahn Cooke 4755 0715	Health Studio 1/276 Charters Towers Rd.
Various times & days	Computer classes for Beginners	Nanette Grace 4721 4484 04 0905 0879	Community Centres in various suburbs (4 p/class)
Any time	Computer Support	Adrian Gaemers	Phone 4775 5124
Anytime	Computer Support (Apple Mac Only)	John Holt	Phone 4773 4600

MAGNETIC ISLAND COURSES

Earth & Sea (Plate tectonics & volcanics)	Don Kinsey 4758 1349 (Commencing 7/2/11)	Every Monday 10:00 to 12:00
Maths made easy Chemistry made easy	John Becker 4758 1938	Alternate weeks: Commencement date to be determined.
Tai Chi Exercise Class	Peter Duckworth 4758 1981	Tuesday 7:00 to 8:00 (recommencing 1/2/2011)
Computer Users	Don Kinsey 4758 1349	Tuesday 10:00 to 12:00 (recommencing 8/2/2011)
French Conversation	Liz Owen 4778 5735	Wednesday 9:30 to 11:00
Creative Writing	Alastair Cole 47581523	Wednesday 10:00 to 12:00
Music Through the Recorder	Jill Edward-Davis 4758 1389	Wednesday 3.30 to 5.00
Tai Chi – Yang 85	Peter Duckworth 4758 1981	Friday 7:00am to 8:00 (recommencing 4/1/2011)
Spanish	Malcolm Waters 4778 5715 Peter Duckworth 47581981	Friday 9:30 to 11:30