U3A Townsville Inc

Newsletter

Townsville Inc. U3A

3rd Quarter, 2015

Dates for Your Diary

Tuesday **27 October 2015** **Newsletter Items** Last day for submissions for 4th quarter Newsletter (Folding 5 November 2015)	Thursday **12 Nov 2015** **9.30 for 10.00am** **Christmas Function** Annandale Community Centre

U3A Townsville acknowledges the financial support received from **Townsville City Council** towards the cost of printing and distribution of this Newsletter.

Thank you

University of the Third Age Townsville Inc.

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

Our office is located at 9 Railway Avenue, Railway Estate, 4810.
P.O. Box 374, Aitkenvale, QLD, 4814
And open 9.30 am – 11.00 am Mondays. Ph (07) 4724 3530,
e-mail: u3atownsville@westnet.com.au

U3A EXECUTIVE OFFICERS – 2015

President	Graham Collins	4789 0590
Vice President	Donna Kippax	0419 734 553
Secretary	Syd Collins	4729 0275
Treasurer/Property Officer	Jenny Sebba	4728 5421
Assist Treasurer/U3A Network	Alan Williams	4775 1930
Newsletter Editor	Kathy Joyce	4724 1648
	(Email:-kathleen.joyce@bigpond.com)	
Class Co-Ordinator	Vacant	
Publicity Officer	Kay Torkington	4728 9394
Trip Co-ordinator	Nanette Grace	4721 4484
Magnetic Isl. Co-ordinator	Don Kinsey	4758 1349
Catering	Marie Baker	4778 4841

Committee Members: Kate Eagling (4725 4535) Hazel Ball (0419 780 190) Liz Mason (0429 179 395) Yvonne Campbell (4779 8947) Bev Ponder (0413 389 534)

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

Membership fees can be paid either at the U3A Office any Monday morning between 9.30 and 11.00am, when the office will be attended. Alternatively, they can be posted to U3A at P O Box 374, Aitkenvale, Q. 4814, or paid by direct bank transfer. Money should not be left in the U3A office. It would be prudent for any U3A member who collects membership money outside of office hours to buy a personal receipt book.

U3A TOWNSVILLE INC. WEBSITE

Our website address is:- http://members.westnet.com.au/u3atownsville. On this website you can read your newsletter and get any updated information. To save trees and expenses members are asked to contact the office by email to receive your newsletter by email, instead of the printed, posted hardcopy. Those who prefer the printed version will still receive it as usual upon request.

NOTICES TO MEMBERS

Seniors' Lifestyle Expo will be held at the RSL Stadium on **Tuesday 18 August 2015** from **10am to 1pm**. See President's Report – next page – for more details.

See page 6 for details of two great sets of **Friday talks** – one in **August** by **Donna Kippax** and one in **November** by **Nanette Grace**.

PRESIDENTS REPORT

Seniors week is almost on us again. This year, it will be held between 15 and 23 August. Make sure you get your full value of information, activities, and free goodies by attending the Seniors' Week Lifestyle Expo on Tuesday 18 August. The venue is the Murray Lyons Crescent, Annandale .Time: 10am to 1pm.

In the past, exhibitors have been allowed more than one table, but because of the popularity of this event the number of exhibitors has increased, and Council has limited each exhibitor to one table. This year, the table allocated to U3A Townsville will be for publicity only, with a few small displays available for any group wanting to promote their class. The table will be set up by Yvonne Campbell and Mary Collins up to 10 a.m. Kathy Joyce and Kate Eagling will take over from 10 to 11, followed by Kay Torkington and Hazel Ball from 11 to 12. Yvonne and Mary will return at 12 to start packing up.

This year there will be two sessions for the Seniors Luncheon, both at the Murray Lyons Crescent, Annandale: Thursday 20 August, 10:30am - 1:30pm OR Friday 21 August, 10:30am - 1:30pm. The event is free, however bookings are essential and close on Monday 3 August or until full capacity is reached (1300 878 001). Seniors of 70 years or older are eligible for free transport to and from the venue (check for times and starting venues on the Council web site).

And don't forget Seniors Music Day: Sun 16 August on Magnetic Island. This event is held at the picturesque setting of Alma Bay and includes a live entertainment program and afternoon tea. The program starts at 12:30.

Graham Collins

ANOTHER MYSTERY TRIP

I have organised a mystery trip for Saturday 19 September 2015. There will be pickups from the usual places - the Palmetum at 7.45 am then inbound at Spotlight car park on the roadside nearest to Spotlight entrance at 8am. We will visit three, maybe four venues and enjoy a hot, two course lunch at a country pub. I am also hoping to arrange morning tea. We will return by 5pm.

Last year our mystery trip was very popular and was completely booked out so if you intend going, please book early. The cost is $24 for the trip plus $16 for the lunch which is optional. Lunch will be either roast beef or crumbed whiting with vegies or salad and chips. There will be a choice of two deserts plus unlimited tea and coffee.

You can pay me for the trip and the lunch at the U3A office, cash or cheque (we don't have card facilities). I will be there from 9.30am to 11am Mondays and Fridays. Otherwise make alternative arrangements to pay when you call to book.

Phone **47214484** after 5pm or **0499 89 2558** anytime.

Nanette

CLASS NEWS

INTERNATIONAL FOLK DANCING GROUP

The International Folk Dancing Group celebrated its first birthday in mid-June, complete with birthday cake and candle. We have learnt over 20 dances from countries as diverse as Romania, Russia, Israel, and France, and I am very impressed with the progress that the dancers have made. As well as increasing our fitness and mobility, we can see improvement in our balance and coordination. It is a lot of fun, and we revise the steps of each dance when we do it so that newcomers can feel free to join at any time. Come along and give it a try!
Call **Philippa** on **0417780016**

EXERCISE CLASSES FOR SENIORS

For fun, fitness, and good company, it's time to join a class! The U3A classes have you rotate through about 20 activities using varied equipment for up to 2 minutes at each to improve your balance, build strength, improve co-ordination, maintain joint mobility, etc., all important at our age! Please first contact the tutor of your preferred session, as listed in the Class Timetable. (Or Mahn Cooke on 4755 0715 for a group at another time or day).You will enjoy the sessions! There is a cost of $9 each time you attend.

U3A member, **Brenda Forrest** received a First Place in the Art Section of the Townsville Show. Her work is shown here. Brenda is a member of the U3A Creative Writers' group who are understandably very proud of their members' achievements. Brenda said that the award was very encouraging. Well done, Brenda.

CLASS NEWS AND OTHER

Magnetic Island – just trying to survive the cold really

Don Kinsey

Most activities pretty much normal. I'm getting a bit uncertain whether the science class is really as enthusiastic about ***Elementary Physics*** as they had indicated earlier. The numbers seem to be shrinking somewhat. We may need to look for a change of subject matter. However, bringing physics into the real world of motor cars did seem to inject a bit of renewed vigour.

Following the very successful ***Music Appreciation*** event held a few weeks ago in the Friday Talks slot at Aitkenvale, we recently held a similar activity on the Island for members from Townsville. We listened to the music of the very popular Russian composers from the Romantic Period of the 19th century and of the almost equally popular Russian composers of the 20th century. It was a delightful afternoon -- it was a pity very few members thought it worthwhile to make the trip!

A recent outstandingly successful free concert (not U3A) was performed on the Island by the ***Queensland Youth Orchestra Big Band.*** About 200 people attended on the lawn of the RSL Hall. This compares somewhat surprisingly with only about 80 attending their concert in Townsville.

General enquiries – Don Kinsey (47 581 349) If you want to know what's happening on the Island (not just U3A) try going to www.whatsonmagneticisland.com.au.

Everyone you meet is fighting a battle you know nothing about. Be kind.

Do you need advice with Windows computer problems or an Android tablet? Call **Jenny Sebba** on **0411 405 781**. She can help over the phone or will come to your home.

Do you like to get out and about but you'd like a little assistance? ComLink has many activities which might interest you. Just as an example – On Friday 28 August, Comlink has a **Movie Club** morning. You can have morning tea at Otto's Market or Lulu's then select which 10.30am movie you want to see at Warrina Cinemas. Transport is $10 and Movie also $10. For more information, go to Comlink's website at www.comlink.org.au or telephone them on 1300 761 011. Their Website has a full calendar of future events.

Do you need things done around the home from time to time? I wanted a shelf put up, a clothes line and a fridge seal fixed and a few other small tasks I couldn't do myself. Kev came out, put in a solid hour, did the lot and asked for $50! Give Kev from **AAA Odd Jobs** a try on **0432 194 266**. Mention U3A at the same time. Kathy Joyce

FRIDAY TALKS IN AUGUST

THE THEATRE OF THE SELF

The 20th Century saw great advances into Western thinking about the nature of the human mind. "Mind" is a metaphysical concept and is not synonymous with "Brain". Mind is best understood as 'Self'. My series of lectures will look at some of the major thinkers of the past century, using the literature, movies and theatre of our time to illustrate their constructs. Hence my title "The Theatre of the Self".

Here are some of the topics which I will give over 4 lectures on Friday afternoons **commencing 2 pm on Friday 7 August** at the Aitkenvale Library.

"This is not my Hat" by Jon Larssen, children's book that gives us a toddlers' guide to Sigmund Freud'.

"The Awakening" by Kate Chopin. A late 19th Century novella which gives us a foretaste of many of the 20th Century's great researcher/clinicians.

"Phantom of the Opera" by Andrew Lloyd Webber. A terrifying plunge into the unstable mind of the Borderline Self.

"Jesus Christ Superstar" by Andrew Lloyd Webber and Tim Rice. Enter the mind of a man who could look centuries ahead of his time without flinching, and be repelled by another who could not see beyond the immediate moment.

"Gone Girl" by Gillian Flynn. Get sucked into the mind of a female psychopath.

"Catch 22" by Joseph Heller. Empathise with Heller's anti-hero.

"Carnage" by director Roman Polanski. A movie where we experience the havoc wreaked by disjunctions; an outcome of failed empathy.

Come along, and hopefully learn a little about your own awesome inner Self.

Donna Kippax

A NEW COURSE IN NOVEMBER.

A LITTLE OF WHAT YOU FANCY

It was George Bernard Shaw who remarked that there is no sincerer love than the love of food. In this course we combine both love and food as we take famous lovers in history and learn about the diet of their day.

Week 1 - **Friday 6 November** will be all about Napoleon and Josephine. Did you know that he took his chefs with him on campaign and that while there, as he pined for Josephine, they created dishes especially for him, dishes that are well known in French cuisine today?

Week 2 - Friday 13 November will focus on Shah Jajan, the man who built the world's greatest monument to love, the Taj Mahal. His most beloved wife was Mumtaz Mahal and she sometimes accompanied him on military campaigns and shared his food. Indian food will be our topic this week.

Cleopatra and Mark Anthony were famous lovers who were also prodigious feasters and who laid bets on which of them could provide the costliest feast. Cleopatra won when she dissolved her huge pearl earring in a glass of wine then served it to Anthony. We will feature Egyptian dishes at this session in **Week 3 - Friday 20 November**

Our last pair, Catherine II of Russia and her (fifth) lover Grigory Potemkin scandalised the Russians and all of Europe too. For Catherine though, Grigory was only the beginning. She is known to have had at least twenty lovers - a great appetite for love and food. **Week 4** is on **Friday 27 November** - we will feature Russian food.

History notes and research by **Nanette Grace**. The food will be cooked by **Raya Koskela**. Raya taught international cooking for many years and she has kindly offered to provide tastings and recipes each week from the food of the relevant country. So come along, enjoy tasting some authentic exotic food, have a cuppa and hopefully learn a little something as well.

Pop it in your diary now – Fridays, **6, 13, 20, and 27 November** - Aitkenvale Library Meeting Room. 2pm to 3.30 pm.

Nanette Grace.

SOCIAL ACTIVITIES
U3A Mid-year function

If you didn't make it to the mid-year function, you missed out on wonderful performances by the Ukulele Man, Bush Poets, poetry readings, singers and much more. Compered with her usual verve by Kay Torkington, it was a thoroughly entertaining morning, with the usual scrumptious morning tea following. See some photos below (courtesy Jenny Sebba and Don Kinsey, thanks).

The following is an extract from a wonderful song written by member Joan Twine. An excellent rendition of this was sung at our mid-year function by Townsville Music Group.

LIVE LIFE TO THE FULL
(An Anthem for Senior Citizens)

There is something we just cannot ignore
And for some, it's reason to complain.
We're older than we've ever been before,
But younger than we'll ever be again.

We're growing older every single day
So do your share of living
Before you pass away.

Yes, we're growing old,
So grab it by the throat
And do you share of living
Before you miss the boat.

...

Members, please feel free to invite friends to our social functions. Who knows?

Perhaps they'd also like to join U3A?

FIRST FRIDAY AT THE GALLERY

World of Wearable Art is now in Hawaii and, no doubt, is WOWing viewers there too! However, members who've been planning their NZ visits can see the WOW Museum in Wellington NZ and visit its birthplace in Nelson on the South Island.

"Country and Western: landscape re-imagined" opened on Friday 24 July to add to the attraction of "Strand Ephemera". It will be the venue for our September Gallery visit.

If you've not seen the magnificent large scale works of William Robertson in southern galleries, "Country & Western" will really give you that sense of place that is unique to this part of the North Australian dry tropics.

It may even recall memories of "The Flying Art School"; Adult & Juvenile Eisteddfod; Choral Societies; Picnic Races; Country Dances and Christmas Concerts.

"Strand Ephemera" coincides with my "Annual Staycation" passion of the Australian Chamber Music Festival's 25th year. (Another first for Townsville!)

Until next time - enjoy the lifestyle that is this part of Australia.

Anne Matthews 0488 257180

U3A WALKING GROUP TIMETABLE FOR AUGUST TO NOVEMBER 2015

Day: Friday Time 7.45am – 8.45am
Contact: Mignon Spuler on 4779 9246 to check for any changes
Map references are from the Townsville, Mount Isa, etc. Yellow and White Pages Telephone directory 2014 - 2015

Month Date	Meet	Walk	Month Date	Meet	Walk
July 31	Dean Car Park, S. Townsville (Morey St end) Map 7A J16	CBD	Sept 25	Yolanda Dr., small shopping Centre. Map13 R16	Annandale
August 7	The Rockpool North Ward Map 6 Q3	The Strand Ephemera	October 2	Hindley St., Currajong Map 6 G19	Lakes circuit
August 14	Morindo Dr. Kirwan, Catholic College carpark Map 12 K16	Willow Gardens	October 9	Tobruk Pool, The Strand, North Ward Map 7A 7H	Jupiters Anzac park
Aug 21	Cape Pallarenda Rd., far end car park	Lagoon Trail	October 16	Loam Island Comm. Centre Riverway Dr. Rasmussen (Opp. Santal Ave.) Map16 R13	Ross River upstream
Aug 28	Yolanda Dr., small shopping Centre. Map13 R16	Annandale Towards Mt Stuart	October 23	Weir School carpark Ross River Rd Thuringowa Map 13 A16	Ross River circuit
Sept 4	Cape Pall Rd/Esk St., Rowes Bay car park Map 6 H3	Captains Creek	October 30	O'Reilly St., Mundingburra Cnr Burt St Map 14 D11	Group to decide
Sept 11	Cape Pallarenda Rd., Sustainability Centre car park	Foreshore path Towards Pallar.	Nov 6	Maritime Museum, Palmer St Sth Townsville Map 7A L12	End of year breakfast
Sept 18	The Rockpool North Ward Map 6 Q3	Jezzine Park Indigenous area			

U3A CLASS TIMETABLE as of 21July 2015

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	Call Shirley Fitzgerald for venue
9.00 – 1.00	Social Art (no Tutor)	Judy Osborne 4723 9086	Call Judy Osborne for venue
9.00 am	Book Club (Monthly on 2nd Mon of each month)	Lois Williams 4775 1930	Aitkenvale Library Or Syd Collins 4729 0275
9.30 – 11.30	Computer for Beginners	Kate Eagling 4725 4535 or 0429 419 580	Railway Estate Community Centre (Contact tutor first)
1.00 – 2.00	Indonesian	Eric Campbell – 4779 8947	Aitkenvale Library Meeting Room
1.00 – 4.00	Art	Patricia Jones 4723 4298	Call Patricia Jones for venue
1.30 – 3.00	Folk Dancing	Philippa Johnson 0417 780 016	Heatley Community Centre Near Long Tan Pool
2.30 – 4.00	Philosophy	Peter Burns/Karl Kampmark 4779 5214	Aitkenvale Library Meeting Room – contact Tutor first
Tuesday			
9.00 – 2.00	Quilling & Cardmaking	June Lorimor 4771 6227	Wulguru Community Centre
10.00 – 12.00	Creative Writing	Val Spencer 4723 6083 or Ann Krome 4723 8870	Vale Hotel
2.00 – 4.00	Computer Users Group Last Tues. of Month	Graham Collins 4789 0590 Donna Kippax 0419734553	U3A Office
Wednesday			
9.00 – 10.00	Exercise Class	Viv Watkins 4773 5287	Health Studio 1/276 Charters Twrs Rd
9.00 – 12.00	Pottery	Nick Dimitriou 0438 132 707	Tatika Ceramics, 52 Mallee St., Condon
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, adj. to big car park)
2.00 – 4.00	Beadwork Class	Bev Ponder 0413 389 534	Contact Tutor for venue
Thursday			
9.00 – 12.00	Art	Jan Fels 4721 3636 Peg McElhinnney 4779 8621	Salvation Army Hall Madden Street, A'vale
10.00 –11.30	Successful Investor	Robert Fuller (Tutor) - 47550161 John Weil 4723 8615	Heatley Community Centre Fulham Road.
10.30 –11.30	Exercise Class	Paula Agtoft 4771 5298 or 0401 445 477	Health Studio. 1/276 Charters Twrs Rd

U3A CLASS TIMETABLE as of 21st July 2015

Time	Class	Contact	Venue
Friday			
7.45 – 8.45	Walking	Mignon Spuler 4779 9246	Various locations - check with Tutor
9.00 – 10.00	Exercise Class	Val Grogan 4723 5432	Health Studio 1/276 Charters Twrs Rd
9.00 – 12.00	Mah Jong	Shirley Fitzgerald 4721 2820	Contact Shirley Fitzgerald for venue
10.00 –12.00	Scrabble	Kate Eagling 4725 4535 0429 419 580	Contact Tutor for venue
1.30 – 3.00	First Friday @ Perc Tucker Gallery	Anne Matthews 0488 257 180	Perc Tucker Gallery
2.00 – 3.30	Friday Talks (Last Friday of each Month)	Co-ordinator sought	Various Speakers & Topics A'vale Library Meeting Room
Saturday			
9.00 – 10.00	Exercise Class Seniors	Jenny Nyambane 4725 0434	Health Studio 1/276 Charters Towers Rd.
10.00	Social Group	Bev Ponder 0413 389 534	Various locations
Various times & days	Computer classes for Beginners	Bev Ponder 0413 389 534	Community Centres in various suburbs (4 p/class)
Anytime	Computer Support (Apple Mac Only)	John Holt 4773 4600	

MAGNETIC ISLAND COURSES

General Inquiries – Don Kinsey (47 581 349)

Science Class: Earth and Sea	Don Kinsey 4758 1349	Monday – 10am to 12
Tai Chi Exercise Class	Peter Duckworth 4758 1981 Tania Thoreau 4758 1981	Tuesday – 7am to 8am
Computer Users	Don Kinsey 4758 1349	Tuesday – 10am to 12 noon
French Conversation	Gisela Edwards 47785548	Wednesday– 9am to 11am
Making Music	Kelly Marlin-Zwa 4758 1426	Wednesday – 3pm to 5pm
German Conversation	Jill Taylor 0402333528	Wednesday - Comm. 4pm
Spanish	Peter Duckworth 4758 1981 Marie de Monchaux 0427556165	Thursday – 9.30am to 11.30am
Health & Weight Control	Bette Davis 4758 1113 Jan Tester 4758 1821	Thursday - 9am to 11am
Tai Chi – Yang 85	Peter Duckworth 4758 1981	Friday – 7am to 8am