



U3A Townsville Inc.

SUPPORTED BY



NEWSLETTER NOVEMBER 2020

Dear members,

As we move towards the end of the year it is good to note that not only are classes attracting participants, new members are signing up and volunteer staffing of the office is going well. There has been some very positive feedback about the 'Talks' series sent out to members on a regular basis. Initiated by Graham, this stimulating contribution via internet had kept us all in the loop during this time of limited face 2 face activities.

The limitation also means we are unable to personally come together to thank the Tutors and all the volunteers. Normally held at this time of the year; this activity in the past provided opportunities for the many active members to connect, have fun and be shown they are appreciated as they carry out the various roles that enable this branch to flourish.

The management committee would like to thank all those who ensure that our local U3A continues onwards and upwards.

The committee would like to recognize the efforts of all the tutors and volunteers for their commitment during the Covid 19 pandemic. There are so many roles and activities undertaken for U3A, including the members that developed, lead and monitored the Covid restrictions for the safety of us all.

Thank you to all committee members for their commitment to the monthly meeting and all the tasks in between, regards Pauline

Dear Christine ..

Thank you for your interesting questions, in reply I would like to say that I had older friends who were members and very active in the Townsville U3A branch, so I always thought I would join on retirement – and I did in 2019. It helped in terms of coming from a busy workplace and feeling that I needed somewhere to stretch my imagination as well as link me to others.

I liked the classes I attended and when an opportunity to be on the management as the media person arose, I loved that I could continue to use my skills and the many contacts I had from my work. Later I nominated as President at the AGM and a week or so after that we needed to close the classes down and quickly work on Covid safety plans for all.

The Committee then tackled the issue of continuing managing the organization and we were able to do that for a few months using Zoom. During the lockdown, I also really appreciated the TED Talks. So IT was a good enabler for the U3A members to continue to learn and connect. A tricky year for us all, but we all rose to the challenge

Regards Pauline

Sadly two longtime and valuable members passed on recently, we would like to pay tribute to both;

SHIRLEY FITZGERALD AND KELLY TRUEMAN

Shirley Fitzgerald and her partner Jim McCurley ran the Mah Jong class for many years. Jim died in 2013 and Shirley continued with the class up to the last couple of years. Shirley was member 85 and joined U3A Townsville in 1991. *Graham Collins*

I didn't have the pleasure of knowing Shirley too long, but was very helpful to me when I started playing Mah Jong. Shirley was sadly missed when she left here and I was disappointed that we had no opportunity of saying good bye. This made me feel sad. *Gwen Wilson*

My condolences to you and your family. Shirley taught me to play mahjong many years ago, she was a lively personality and had wry sense of humour,. Regards Beverley Ponder

Vale Shirley Fitzgerald.

I joined U3a Mah-Jong group in 2000, Shirley Fitzgerald was the convener from then until about four years ago when her health began to deteriorate. In the early days we played in a variety of venues which Shirley would have had to negotiate. Salvation Army Hall—where Queensland Country Credit Union is now, Aitkenvale Library, at Thuringowa Sound Shell and the meeting room where the Easterbrook Medical is now. Playing at each of these venues meant transporting tables and Mah-Jong sets each time, Shirley's partner Jim McCurley did this, who also played .

Whenever I play the hand "China Green" I think of Shirley as it was one of her favourite games. The last time I saw Shirley was in early 2019 when she was in the Townsville hospital, I popped in to see her and I still remember how thrilled she was to see me.

Shirley was preparing to move to Melbourne to live with her daughter but she wasn't looking forward to the cold!

With fond memories *Margaret Hooper*

Vale Kelly Trueman

Kelly Trueman joined Townsville U3A in 2015.

Kelly became a member of the U3A committee in 2017, and took on the role of Assistant Newsletter Editor for the first newsletter of the year. Kelly took over from Kathy Joyce for the second newsletter of the year and produced it with a new format.

Kelly produced the January newsletter for 2018, but resigned from the committee at the AGM in March. Kelly continued being active in U3A by helping to co-ordinate speakers for the popular Friday talks. Kelly will be sadly missed

U3A Townsville committee

MEMBERS HAVE A SAY

Hi Christine

I joined U3A to enlighten my brain, I started Mah-Jong before Xmas last year then the pandemic hit, but I come as often as I can, I luv it, thanks to Hannah who taught me before her accident glad to see her back. Hope to get to canasta one of these days
Regards Evelyn

Hello Christine,

Since the cessation of the Friday talks, due to the Corona virus, I very much appreciate and enjoy the TED talks which have been implemented to fill the gap.

Whilst being brief, I have found the topics to be interesting, informative and most enjoyable and look forward to finding them in my inbox each week.

Many thanks for keeping our brain cells active. Regards, Angela Ward

Before printing I put out a call for members to send me little stories on how U3A has affected them here are some replies thank you all

Hi Two years ago I moved to Townsville and did not know anyone here. As I had previously been a member of U3A in Brisbane and Toowoomba I thought I would join the group here.

I joined the walking group and found them so friendly and welcoming. Margaret is the group organizer and I really appreciate her kindness and support.

I am unable to make all the walks but Margaret always lets me know when the walk is near me and includes me in group activities like Xmas lunches. I joined the group for a lovely day out at magnetic island.

U3A played a big part in my adjusting to a new life in Townsville.

Kind regards Colleen

U3A and me; from Barbara

Joining the U3A has added a dimension to my life in several ways. I met some great people. I learned many new things and despite Covid 19 doing its best to keep people apart, the group has managed to keep communication alive. Just the last bit alone is invaluable for our social and mental health.

Of particular interest to me have been the TED talks. Learning about new things has a way of putting life into perspective. It allows us to see the bigger picture, the one that is about the global world and not just our own small space.

I really loved the one about Ancient Greece. The information offered was interesting in itself; history always is. However, watching and listening had me wondering how on earth could we have had so much knowledge at our fingertips, and learned so little, and what can I do to change things. The thing that impressed me the most was the idea of mind and body in balance. That idea is thousands of years old and yet so many of us fail to pay attention. If our bodies and minds worked together, we might become better people, and those people might understand the true meaning of democracy.

I ended up writing a post for my website. It's not much but speaking up at any age is important and I like the fact that an organization like U3A keeps us on our *older* toes, challenges us to do rather than to settle simply by offering us educational alternatives to improve our lives.

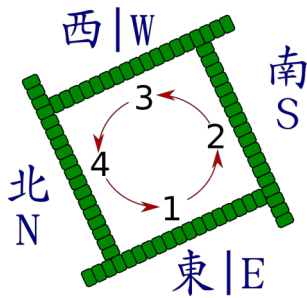
Editor's note; check out Barbara's link below. Food for thought!~!!

<https://brstrickland.com/2020/10/13/what-do-plays-philosophy-architecture-democracy-and-sport-have-in-common/>

I joined U3A because I wanted to meet new people and had recently retired. 2 of my voluntary roles hadn't worked out so I had nothing to lose. I have gotten to know a lot of people and that has been fun especially when I meet someone in Bun-nings and we end up having a cuppa sitting on timber whilst having a long chat. Hey Val!

I love my Italian class and never dreamed that I would have the nerve to take it on. It is not only great for the students but for me as well and my weekly lessons have improved over the year. As well as the learning a language which is good for the brain, they are delightful people and we have many laughs to boot. For next year the class will be titled "Beginners in Italian" and once I start the 6 week course I will not be taking people on midway through the 6 weeks as it is slightly disruptive, but will put them on a waiting list.

Please note that beginners remain beginners until they take off like a bird in flight. 😊 Cheers Trish Jordan



Hello Christine, My first experience with U3A was many years ago when we resided at Noosa on the Sunshine Coast. I then became involved with a group in a number of activities, enjoying each one immensely.

Since joining here in Townsville, I have met lots of wonderful people in the game of Mahjong. I was taught how to play this fantastic and ever interesting game, by a lady called Hannah, who took the time to teach me and many others attending. Hannah had the patience even though I thought I would never achieve the games. I have, and absolutely love Mahjong,

I attend as many times as I possibly can and I encourage any one I meet to start playing. As I have a busy life, revolving around Mahjong, Yoga and family, I cannot at the moment attend any more U3A activities, as much as I would like. Bev Basnet

I like photography and wanted to learn how to use the mobile's camera, then I joined U3A for a friendly learning environment.



U3A is helping me meeting local people with similar interests is great as well as getting to know deeply the area, with the class, we're having a field trip to the Pallarenda Quarantine station.

The tutor's an easy going person, classes are informal within a relaxed atmosphere.

In addition, I've taken the opportunity to make a contribution volunteering at U3A's office.

Thank you for asking, Aurelia

Are you interested in joining our small group?

We began as a crochet group for beginners but over the past weeks we have identified that our members are interested in many different forms of hand-craft. So, if you are a beginner or have advanced skills in different forms of handcraft, please join our group. You are welcome to join us just to enjoy the company of others and continue with your own projects, or you may like to use your knowledge to teach others.

If you enjoy handcrafts and would like to join our group, please contact the coordinator Liz Schmidt on 0438 333 398.

Regards Lyn Rooke Class Coordinator



One view of Covid 19

With thanks from Christine in the Office,

My foray into U3A was just to have a look, I was new to town some three years ago, and saw an advert that led me to my first AGM.

I had no intention of joining but the newsletter job interested me. I had done some flyers etc. in a previous life and enjoyed doing them. Next thing I knew I was the newsletter person.

One thing led to another and I offered to look for and after volunteers, which led me to the office. I do enjoy this,

Some of my volunteers have taught me various ways to do things more efficiently and I have been able to help them. (I hope)

Thanks to my volunteers we now have a relatively smooth operation and thanks to you all for the newsletter contributions.

Hi Christine

We retired from Adelaide to Townsville 17 years ago. Graham had been studying Spanish with U3A in Adelaide and looked up the U3A group in Townsville to see if there was a Spanish class here. He came home disappointed because there wasn't. He brought a newsletter with him, Looking through this we were interested in the walking not for the exercise but because all the walks were in a different parts of Townsville. We were having trouble finding our way around and thought this would be a good way to learn. We were with the walking group for many years both as class members and managing the group and the walks.

Over these years we got involved with other aspects of U3A Townsville. Graham was vice president for one year and then president for 9 years. I was on the committee and gave computer classes in council community centres for many years also. I also represented U3A on a council committee dealing with women's issues.

It has been good for both of us to be members of Townsville U3A. *Mary and Graham Collins*

Hello Christine I would like to contribute tales about the U3A HISTORY GROUP

Group Tutor is Nanette Grace with the History Group being one of the larger classes offered through U3A - sometimes up to 20 attendees, although this number does vary.

I have observed the strengths of this group including a shared love of history generally but also the links between old and new, cultural differences and similarities, language and religious links as well as political behaviour- with many similarities relevant to what is happening across the world today.

Nanette has amazing knowledge across such wide spectrums and leads the group in a very inclusive way ensuring interest and agreement about what topics to discuss, sets out timelines and topics covered. All attendees are encouraged to contribute and lead sessions if they choose.



Building at the Jezzine Barracks

Nanette has also included excursions to places that coincide with topics being discussed. Some examples have included a very special visit to the Mosque on Ross River Road and a talk from the spiritual leader there, visit to the Townsville Museum, and an excursion to the Quarantine Station at Pallarenda with a talk from the local Ranger there.

The History Group has also included lunch at different restaurants to complement study areas including Indian food and semi-regular social lunches to mark the end of terms and or breaks after topics. There are also studies and presentations which include group members sharing very special artifices, photos from travels, books and history magazines, websites and DVDS which the group can share.

So many topics have been and continue to be discussed including Greek and Roman history, The Tudors and other medieval power players, Byzantine Empire, Burma, Hollywood, the Kennedy clan and so many other interesting topics including Early Australian history - hence the excursion to the Quarantine Station here in Townsville. The Group encourages sharing ideas and experiences and while topics discussed stimulate conversations and questions everyone also enjoys the social and often humorous comments and contributions.

Cheers Catherine Smith



Graves at Jezzine Barracks

Be Connected News



U3A Townsville received a *Be Connected* Get Online Week Grant for \$1,000 to host an event during Get Online Week which ran from Monday 19 to Friday 23 October. Three Free Afternoon Tea events for Seniors were held on Wednesday, Thursday and Friday 21-23/10/2020.

These events doubled as an end of class celebration for graduating learners and an information session for new learners. A fun time was had by all, with many taking home some great prizes.

The first event was held on Magnetic Island at MiCare Magnetic Island. This was a wonderful venue and the facilitators received a warm welcome from staff and participants at every visit.

For those interested in attending one of the *Be Connected* or *Basic Computer & Technology* classes, or for more information about the program, see the U3A website for details. Click on the *Be Connected* link on the navigation ribbon on the U3A Townsville homepage.

The Craft Group meets each Monday morning from 9:30am-11:00am at the U3A Vincent Campus.

Liz Schmidt welcomes you and is on hand to give advice to beginners. Crocheters with advanced knowledge are very welcome to attend and are asked to share your expertise with others.

Currently, the beginners are starting to get the upper hand on chain, double crochet, half treble, slip stitch, and treble cluster and hope to have gained enough knowledge and mastered tension sufficiently well to be able to make some items for family for Christmas. Some of us are making coasters, others jar toppers and hand towel toppers, Christmas bon bons and the more experienced are making Barbie doll dresses. Do an internet search to see what crocheters are capable of and if this is something that you may like to do,

Give Liz a call on 0438 333 398.

We have extended the interest of our group from Beginners Crochet to a general handcraft group so if you just want to come along to mix socially with others and work on your own projects, you are most welcome.



Tutors Wanted

We are always looking for members who may be interested in taking on the volunteer role of tutor to teach others to learn new skills, to keep an active mind, and to meet new friends.

We are looking for tutors or facilitators in the following categories for Townsville:

- ◆ Languages
- ◆ Crafts – any form of Stitch craft, Card making
- ◆ Gardening – Tips and Hints
- ◆ Garden art/sculpture (small things)
- ◆ Poetry Appreciation
- ◆ Works of Shakespeare
- ◆ Cinema group

Short course commitments are welcome.



News from Magnetic Island

Activities on Magnetic Island are mostly back in the swing with facilitators working with our COVID Safe plan and small numbers.

Our Monday Talks group has managed since July to operate without the need for guest speakers. We have enjoyed a wide variety of topics from our own members as well as our monthly discussion topic.

Tai Chi near the beach is ever popular and functioning well as an outdoor activity. Our recorder players joined forces with members of the North Queensland Recorder Society for a short, outdoor concert to a small audience on the island during October. Cheers Liz



Some Covid 19 views from U3A members

Tai Chi (Townsville)

Tai Chi reduces stress, helps flexibility and balance

Currently, Tai Chi is held weekly on Thursdays from 9:00am-10:00am at Sherriff Park, Love Lane, Mundingburra. Geoff Ward, who takes the sessions, is an Accredited Teacher of Tai Chi for Arthritis and Tai Chi for Falls Prevention.

No prior experience with Tai Chi is needed and requires no fancy gear.



It is a gentle form of exercise focusing on quality of movement. It is wonderfully varied and adaptable, yet restrained and health enhancing. There are several different styles of Tai Chi. They each derive a lot of movements from martial arts, and can be a very strenuous athletic competition. However, this U3A program should be considered more as a form of smoothly controlled exercises. All the movements are slow and smooth. Tai Chi for Health, the form done by the Townsville group, is developed by a team of Tai Chi and medical experts, under the leadership of Dr Paul Lam.

Participants work through a particular form of Tai Chi developed for health and balance, focusing on quality of movements and a sense of personal control. In every session, participants learn to work on the sequence of forms, but always within their level of comfort and safety. However, within that restraint will come the challenge to learn a set program of moves and to do them with control and awareness. Tai Chi would seem to be a perfect match for the minds of those who undertake U3A activities and a great way to stretch your sense of body control.

U3A members doing Tai Chi in Townsville receive a copy of Warm-up and Stretching Notes. These [Notes](#) have been added to the U3A website as other members might appreciate having access to them as well. Geoff Ward, 0417 170 745.

Grants Coordinator Report:

1) Digital Devices Grant: I still have a number of devices available for loan. Please forward any expressions of interest for these to the grants email.

2) Building Digital Skills Grant: The first Be Connected Building Digital Skills course is now finished. All topics were delivered over six weeks, building learners knowledge and confidence. The program serviced 28 learners in total, and the results clearly show a successful outcome with the majority of participants reporting a massive improvement in their skills and knowledge in digital technology. All participants enjoyed the classes, and those who completed the final assessment forms (17) noted that they would highly recommend the course to others. Please contact me if you are interested in attending the next block of classes which are scheduled to commence on 18/11/2020. For more information visit the U3A Townsville website <https://u3atownsville.com/be-connected/> We also received sponsorship from SeaLink NQ for return ferry tickets for 6 months which allows up to take the classes to Magnetic Island.

3) Get Online Week Grant: We received a Be Connected Get Online Week Grant for \$1,000 to host an event during Get Online Week. We scheduled three Free Afternoon Tea events for Seniors (at the same three locations the previous classes were held) on Wed 21/10, Thu 22/10 and Fri 23/10/2020. These events doubled as an end of class celebration for graduating learners and an information session for new learners. A fun time was had by all, with many taking home some great prizes.

4) Townsville City Council Social Grant: We received a grant for the History Group application to provide the group with a venue fee waiver, printing and COVID Safety supplies for 12 months.

I am looking for someone who may like to take on the Grants Coordinator role as my circumstances have changed and I will be handing this role over at the next Committee Meeting. If you like a challenge, then this role is for you! It is very rewarding and I feel I have gained some invaluable experience during my short time in the position, and that I have also provided some benefit to U3A Townsville in return. Kind regards Vicki

Please send all communication relating to grants
to grantscoord@u3atownsville.com or Phone 0427 740 725.

U3A WALKING GROUP – MEETS FRIDAYS 7:00am-7:15am – 8:15am



Important Notice: Walking Group

Margaret is unable to lead the group in 2021 and is looking for a member to take on this role in her place. If you have an interest in leading the group next year, please contact Margaret on 4779 1882

There are no class timetables in this issue but if you would like to check please go to our website and you will find them there. **Web: u3atownsville.com**

We will have the class timetables for 2021 in the January issue of the U3A newsletter.

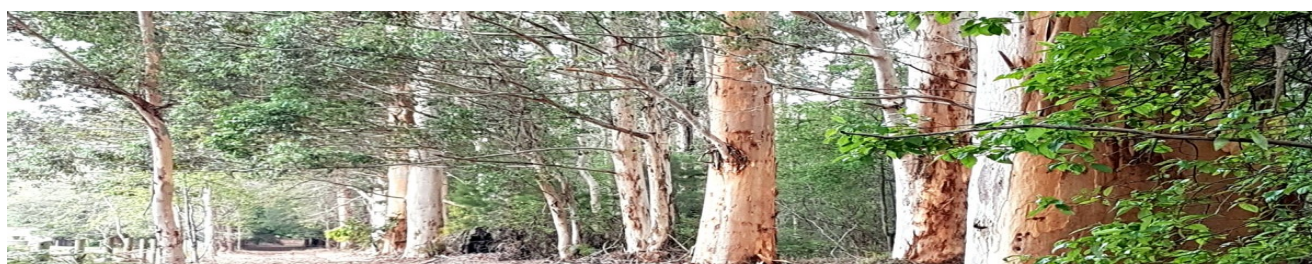
A reminder that March is when the annual general meeting will be held.

As usual, all seats on the committee will be declared vacant, so that a new committee could be formed. If you, or indeed any one you know would like to take on a role please feel free to attend this important meeting

ROLES TO BE FILLED;

♦ President	Face of U3A /Presiding over meetings
♦ Vice President	Aiding the President
♦ Secretary	Works with the President and the committee
♦ IT Coordinator	Keeping our technology up to date
♦ Treasurer	Organising payments / receipts
♦ Assistant Treasurer	Aiding the treasurer
♦ Newspaper Editor	Produces a quarterly newspaper.
♦ Office & Volunteer Manager	Organising the office and its' volunteers.
♦ Facilities Maintenance Coordinator	Keeping the area spick and span
♦ Magnetic Island Coordinator	Organising activities on Magnetic Island
♦ Events Coordinator	Supervising any events (usually 3 per year)
♦ Class Coordinator	Arranging timetables and classes
♦ Grants Coordinator	Arranging Grants for a variety of events
♦ Committee member	Assisting where needed
♦ Publicity and Promotions	Overseeing the publicity for U3A

These role descriptions are only an outline of each role, if you are interested in any of them please feel free to contact the office and we will give you a more in depth description.



U3A TOWNSVILLE 2020 COMMITTEE

First Name	Surname	Committee Role	Contact
Graham	Collins	IT Coordinator	admin@u3atownsville.com
Christine	Douglas	Office & Volunteer Manager	admin@u3atownsville.com
Kate	Eagling	Facilities Maintenance Coordinator	admin@u3atownsville.com
Larry	Frazer	Treasurer	treasurer@u3atownsville.com
Liz	McDine	Magnetic Island Coordinator	magneticis@u3atownsville.com
Beverley	Ponder	Events Coordinator	admin@u3atownsville.com
Lyn	Rooke	Class Coordinator	classcoord@u3atownsville.com
Jenny	Sebba	Assistant Treasurer	admin@u3atownsville.com
Vicki	Toci	Grants Coordinator	grantscoord@u3atownsville.com
John	Webster	Committee member	admin@u3atownsville.com
Alan	Williams	Vice President	admin@u3atownsville.com
Pauline	Woodbridge	President Publicity and Promotions	president@u3atownsville.com

Editor's Note;

Office hours are 9am till noon each day; the finance group are in the office on Mondays and the office volunteers are there Tuesday to Friday.

We invite you to come along at any time and have a chat.



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

Corner of Palmerston and Ronan Streets, Vincent.

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

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