



AUGUST 2023 NEWSLETTER

Yesterday is history, tomorrow is a mystery, but today is gift. That is why it is called the present. (Eleanor Roosevelt). The theme for the Rockhampton national U3A conference.

President's Report. For a fuller account go to our website.

We have now passed the mid-year and our branch is doing well with members attendance at classes and enthusiastically taking up the new offerings about to start. It is a good thing to keep an eye on the website along with the bulk emails and the newsletter, as these are all ways to keep everyone informed with what is happening; any changes coming up, along with opportunities to be involved. U3A is about learning along with socialising, keeping our brains and creativity pursuits active along with the importance of keeping up connections with others who share our interests.

The committee is on the look out for a volunteer to lead the social gathering events we can be more confident to arrange and have well supported. Please get in touch if that is something you would like to do. You wouldn't be doing it alone, as all our activities such as Friday Talks, has members lending their time and skills to ensure it all works.

Keep connected. Pauline Woodbridge OAM.



Seniors Lifestyle Expo 2023 Townsville FREE

Come along and meet U3A at the Seniors Lifestyle Expo 2023 at the Townsville Stadium!

The Seniors Lifestyle Expo will run from 9am until 12noon and will have a disco theme, so get into the groove and wear your best disco wear. Shuttle Buses from Willows, Stockland & Castletown

The Seniors Lifestyle Expo is a chance for Townsville's senior community to connect with a wide range of businesses and organisations showcasing their products and services.

Seniors will also enjoy a FREE tea and coffee station and there will be seating available.

Gain insight into what the region has to offer ranging from aged care, retirement living, health care, social and leisure, financial and legal services, government and advocacy organisations, and technology and support groups relating to seniors needs in the community.

HELP WANTED

In July, Management Committee discussed a suggestion from a member to hold a **social event** to showcase the various U3A class activities using static displays and presentations.

The **Social Event** would be around the end of November beginning of December depending on venue availability. Planning needs to start NOW.

We are asking our members for some volunteers to undertake this planning task.

A small group of active people working together will make this a successful finale for the year 2023.

To express your interest please contact U3A admin or committee member. Contact details are on the last page.

Mahjong: Prior to the Mahjong group moving to Riverway Library in June they took advantage to have lunch in the hall once a month either on a Monday or Friday, using birthdays as an excuse to have lovely treats and socialise together.



Mahjong: Some of the new Mahjong members to join the group this year. L to R: Chris, Monalee, Liz and Bernadette.



Why I Joined U3A. Monalee

I have always been curious about Mahjong as my sister lived in China for 13 years and mahjong was played everywhere and with great fervor by the Chinese. I was about to enroll in 2020 just as Covid hit and shut everything down. A few misadventures with health since made me slack in trying again, but here I am learning with a great group many exciting games to be played!! I am also doing Tai Chi and hopefully some

computer courses. Need to keep the brain challenged and enjoy socializing with new people.



Liz Reeve. I am a recently retired nurse needing to occupy an usually very busy mind as well as finding another social avenue - so far I am really enjoying the connections of Mahjong and Tai Chi and have been made to feel very welcome at both.



HISTORIC DAY FOR MAHJONG, MONDAY JULY 10, 2023. MOVE TO RIVERWAY



What's in the box?



Traditional sign-in



Stunning location of beautiful calming views.

After 16 years at Thuringowa and a temporary stay at the Ascension Church Hall in Heatley saw a seamless transition over to the Riverway Library using Ailsa's truck and the teamwork of the lads and some of the ladies, who live over that way. 25 players took advantage of the new location today. The venue was a buzz with delight at the freshness and light of the venue and excellent storage space to accommodate our sets. Games were underway by 9.15am.

Please send your stories on Why you joined U3A to Anne at: admin@u3atownsville.com



PHOTO BOOK COURSE:

12 people took the opportunity to do the new Photo book course, under the guidance of Anne Thomson, who was keen to avert the frustrations for others that she experienced when exploring the various options on the market to produce beautiful books. People came for various reasons to achieve their goal of making lovely memento books from their collection of photos on various themes.



Course feedback:

- * nice slow paced course; enjoyed thoroughly; best part was the simplicity of explanations of different areas:
- * everything was explained very well; easy to follow; enjoyed the class; am now confident to make a book of all my paintings;
- * information was inspiring and provided me with clarity and a way forward; a well appreciated class and skill development; tutor was attentive to the needs of the participants, she respects the agency of adult learning;
- * lovely friendly group accepting ideas from others; informal friendly interaction and helpful; introduced the basics and gave me the confidence and understanding to continue to explore; perfect introduction to Photo Books;
- * I'm a convert; your time was not wasted. You have opened my eyes to a whole new world of ideas. Would like longer sessions. Great tips to edit photos Tip 1: love the straighten and flip buttons; Tip 2: where are the people looking? Liked seeing the finished book up on the screen and hearing how you go there.
- * enjoyed ideas on how to enhance the appearance of photos before uploading to an album; friendly group, accepting of ideas from others;
- * Anne's own work was inspirational; loved her enjoyment and enthusiasm for sharing her knowledge.



Thoughts on JCU

"The first step to getting anywhere is deciding you're no longer willing to stay where you are." Anonymous.

The JCU lectures for U3A members to join in, resumed in July. With the help from Lori McGuire, our members were given the following guidance to make it happen for them:

- * how to access the JCU
- * how to select a subject to attend or
- * listen to how to place their application
- * how to navigate the university campus
- * how other members experienced the courses.

Down time can be fun.



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That is why it is called the present. (Eleanor Roosevelt).

The theme for the Rockhampton national U3A conference.

If you waste your energy thinking of what you did or did not do in the past, it will deter you from taking the right action in the present. So let go of the past and bring your focus to the present moment. You have this day to yourself and what you do today will change your future. That's the power that today holds.

I'VE REACHED THAT AGE WHERE MY BRAIN GOES FROM "YOU PROBABLY SHOULDN'T SAY THAT." TO "WHAT THE HELL, LET'S SEE WHAT HAPPENS."

I hate when I turn my car on in the morning and the music is blaring like woah, I'm not the same person I was last night.

IT'S FINE TO EAT A "TEST" GRAPE IN THE PRODUCE SECTION BUT YOU TAKE ONE BITE OF A ROTISSERIE CHICKEN AND IT'S ALL, "SIR YOU NEED TO LEAVE."

How to parallel park:
1) Park somewhere else

I wanna be 14 again and ruin my life differently. I have new ideas.

I've been watching my weight.

It's still there.

Did you know:

- Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
- Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- Your tongue is the only muscle in your body that is attached at only one end.
- If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- Zero is the only number that cannot be represented by Roman numerals.
- Drinking water after eating reduces the acid in your mouth by 61 percent.
- Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
- The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
- Nine out of every 10 living things live in the ocean.
- Airports at higher altitudes require a longer airstrip due to lower air density.
- The University of Alaska spans four time zones.
- The tooth is the only part of the human body that cannot heal itself.
- Warner Communications paid \$28 million for the copyright to the song Happy Birthday.
- Intelligent people have more zinc and copper in their hair.
- A comet's tail always points away from the sun.
- The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.
- Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.
- The military salute is a motion evolved from medieval times when knights in armour raised their visors to reveal their identity.
- If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.
- When a person dies, hearing is the last sense to go. The first sense lost is sight.
- In ancient times strangers shook hands to show that they were unarmed.
- Strawberries are the only fruits whose seeds grow on the outside.
- Avocados have the highest calories of any fruit at 167 calories per hundred grams.
- The moon moves about two inches away from the Earth Each year.
- The Earth gets 100 tons heavier every day due to falling space dust.
- Due to earth's gravity, it is impossible for mountains to be higher than 15,000 meters.
- Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.
- For every extra kilogram carried on a space flight, 530 kg of excess fuel are needed at lift-off.
- The letter J does not appear anywhere on the periodic table of the elements.

This how our members are connecting with us

Web Statistics: **Regarding the usage of the web forms since Jan 31— July 2023:**

- ◆ 131 Contact Forms received
- ◆ 13 JCU forms received
- ◆ 57 Application Forms



U3A Townsville Class Timetable

Monday:

Mahjong

Time: 9.00am – 12.00pm

Tutor: Anne Thomson

Location: Riverway Library, 20 Village Blvd, Thuringowa Central

Be Connected: Basic Computer (Aitkenvale)

Time: Session 1: 9.00 – 10.00 am | Session 2: 10.00 – 11.00 am

Tutor: Malcolm Hall

Location: Aitkenvale Library **BOOKINGS ARE ESSENTIAL**

Social Art at Thuringowa

Time: 9.30am – 2.30pm

Tutor: Primary Contact: Gail Pearson | Secondary Contact: Judy Osborne

Location: Sound Shell Building in Dan Gleeson Gardens, 86 Thuringowa Dr, Kirwan

Craft Group

Time: 9.30am – 11.00am

Tutor: Genevieve Caldwell

Location: U3A Vincent

Indonesian Language and Culture

Time: 11.00am – 12.30pm

Tutor: Anni Hurst, Val Colquhoun—Coordinator

Location: Aitkenvale Library 4 Petunia St, Aitkenvale

Book Club 2nd Monday of the Month

Time: 12.00 noon – 1.00 pm

Tutor: Jeanette Hind

Location: Flinders St Library Level 1/280 Flinders St,

Family History & Ancestry DNA

Time: 12.30pm - 5.30pm

Tutor: Liz Scammel

Location: Aitkenvale Library 4 Petunia St

Climate Change & Renewable Solutions

Time: 1.00pm - 2.30 pm

Tutor: Dr Bill Laing

Location: U3A Vincent

Tuesday:

Spanish Conversation Townsville

Time: 9.15 am – 10.45 am

Tutor: Graham Collins

Location: U3A Vincent

Creative Writing

Time: 9.45am - 12.00pm

Tutor: Anne Atkinson | Judy Knox

Location: Carville Seniors Inc, Cnr of Diprose St and Albury St Pimlico **BOOKINGS ARE ESSENTIAL**

Economics in Action

Time: 12.00pm - 1.30pm

Tutor: Mike Smith

Location: U3A Vincent

History

Time: 2.00pm – 4.00pm

Tutor: Will Horsfall

Location: Oonoonba Community Centre, 2 Shannon Street, Oonoonba

Guitar Lessons

Time: 2.00pm – 3.30pm

Tutor: Peter Dean

Location: U3A Vincent

Wednesday:	
Creative Art	
Time: 9.30 am – 12.30pm	Tutor: Kate Eagling
Location: U3A Vincent	
Philosophy	
Time: 10.00 am – 11.30 am	Tutor: Pamela Hancock, Neil Renison
Tutor: Pamela Hancock Neil Renison	
Location: Aitkenvale Library, 4 petunia St, Aitkenvale, QLD 4814	
5 Crowns Card Group	
Time: 2.00pm - 4.00pm	Tutor: Liz Scammel
Location: Private Residence's until further notice	
Thursday:	
Digital Photography	
Time: 9.00am - 11.00am	Tutor: John Webster
Location: U3A Vincent	
Tai Chi	
Time: 9.00 – 10.00am Beginners 10.00 - 11.00am Advanced	
Tutor: Geoff Ward	
Location: Sheriff Park, 52a Love Lane, Mundingburra	
French, Conversational (Intermediate)	
Time: 11.30 am – 1.00pm	Tutor: Georgina Valdeter
Location: U3A Vincent	
Science & Amateur Astronomy	
Time: 2.00pm – 3.30pm	Tutor: David Burdeu, Susan Dellow
Location: U3A Vincent	
Friday:	
Walking	
Time: 7.00 am – 8.15 am	Tutor: Roslyn McEwan
Location: Various Walking Paths	
Mahjong	
Time: 9.00am – 12.00pm	Tutor: Anne Thomson
Location: Riverway Library, 20 Village Blvd, Thuringowa Central	
Basic Computer & Technology (Riverway)	
Time: Session 1: 9.00–am - 10.00 am Session 2: 10.00am – 11.00 am	
Tutor: Gaye Higgins Malcolm Hall	
Location: Riverway Library, 20 Village Blvd, Thuringowa Central BOOKING ESSENTIAL	
Scrabble	
Time: 10.00am – 12.30pm	Tutor: Kate Eagling
Location: U3A Vincent	
Chinese	
Time: 1.00pm - 2.30pm	Tutor: Phoebe Chan
Location: U3A Vincent	
Friday Talks Townsville	
Time: 2.00pm – 3.00pm	Every Friday till 17th November 2023
Location: NQ Wildlife Care 27a Aitken St, QLD 4814	

U3A Magnetic Island Class Timetable

Monday:

Monday Talks Magnetic Island

Time: 10.00am – 12.00 noon

Tutor: Brian Furby

Location: RSL, 31 Hayles Ave, Magnetic Island

Tuesday:

Tai Chi & Qigong

Time: 7.00 am – 1 hour (classes sometimes can start earlier between 6:30 and 7:00)

Tutor: Peter Duckworth

Location: Esplanade at Nelly Bay, Magnetic Island

Wednesday:

French (Advanced)

Time: 9.00 am – 11.00 am

Tutor: Gisela Edwards

Location: Private Residence

U3A Singers

Time: 6.00pm – 7.30pm

Tutor: Una Glavin

Location: St Margaret's Anglican Church 8 Endeavour Rd, Arcadia

Thursday:

Spanish Conversation

Time: 9.30am -11.00am

Tutor: Tania Thoreau

Location: Contact Tania for further information

Recorder Ensemble

Time: 1.30pm – 3.30pm

Tutor: Una Glavin

Location: Private Residence

Friday:

Tai Chi & Qigong

Time: 7.00 am – 1 hour (classes sometimes can start earlier between 6:30 and 7:00)

Tutor: Peter Duckworth

Location: Esplanade at Nelly Bay, Magnetic Island

Italian Elementary

Time: 10.00am - 12.00pm

Tutor: Lucia Parigi Facilitator Dian Stroud

Location: Private Residence

U3A WALKING GROUP - AUG TO OCT DATES.

Meets Friday 7am for 7.15 start – 8.15.

Coordinator: Roslyn McEwan. Phone U3A office **4724-3530** for details
Please bring your: *hat, sunscreen, water bottle, & wear comfortable shoes.*



Date		Meet	Walk
Aug	4	Qld Bank Stadium (meet near Podium Café)	City murals walk
	11	Pallarenda carpark — far end	Toward city.
	18	Aplins Weir Rotary Park Cnr of O'Reilly St & Burt St	Annandale upstream
	25	Ottos carpark at the Precinct (Nando's side) Village Dr. Idalia	Fairfield Waters downstream
Sept	1	Tyack St, Rosslea (end closes to Viles St).	Around golf club boundary
	8	Park near Bakehouse off Eyre (71 Eyre St.)	Queens Gardens
	15	Palmetum carpark	Ross Rr upstream, Douglas side.
	22	17 Echlin St near the Tea House	West End cemetery and return
	29	Rockpool, The Strand	Jezzine Park
Oct	6	Thuringowa Library carpark	Dan Gleeson Park
	13	Dean Park, carpark	South Townsville
	20	Rossiter Park	Ross River upstream
	27	Weir School carpark	Downstream Riverside.

FRIDAY TALKS RESUME:

30th June. John Elliott on “James Morrill ship wreck survivor”



A fascinating talk to a full house about an English shipwreck victim, one of 70+ initially surviving but dwindled to 4 and then only one, in 1846 in the Cape Cleveland area, aged about 21. For 17 years Morrill made a successful adjustment living among the aboriginal people, eventually returning to a colonial lifestyle in thriving Bowen in 1863 and marrying, but sadly dying a few years later at age 41. He had one son with descendants still living in the region.

7 July. “Country girl transplant patient to Gold Medal for Australia” Maria Parenti

Maria kept the small but engaged audience interested with the story of her journey of being a transplant patient to becoming a gold medallist. Maria is from Ayr and she described the struggles with her health, her determination to increase her wellbeing and, after receiving her new kidney, her commitment to becoming an athlete in 3 sports. She talked about her determination to be at her best as she represented her country - Australia. Her hard work was rewarded in the 2023 Global Transplant Olympic Games in Perth, winning gold in the sport of Javelin. Her talk was illustrated by many interesting images that gave a good context for her achievements. The larger issue of organ donation came up as Maria described her and others, experiences of a new lease on life as a result. An interesting Q and A session along with a show and tell meant the audience got to handle her gold medal.

14 July. “How I healed myself of chronic pain after 17 years”. Pirkko Monds

Pirkko told of her long experience of healing herself of chronic pain after 17 years, many medical interventions and misdiagnosis. Her daily activities became a hard struggle until Pirkko found ways to support herself with meditation and adopting a vegan diet. It took 2 years of commitment, and determination to succeed. Everyday Pirkko meditates for an hour twice a day, eats healthily and enjoys dancing. Questions from the audience showed an interest in meditation methods and comments from some, about amazing outcomes from using meditation they themselves experience. Pirkko and husband Robert were well received by the participants.

21 July. “Himalaya - an old couples' backpacking adventure”. Judy Knox

Judy shared with us about a fascinating backpacking journey that she and her husband took from Delhi to Lhasa, across the Tibetan Plateau to Kashgar, and down the Karakoram Highway through Pakistan to India. Taking "four arduous months", this trip was obviously full of unexpected events, fun and quite a degree of risk, not to mention meetings with local people who seem to have been as bewitched by them as they were of their visitors. This was Judy's third talk to U3A and we hope there will be more!



28 July. “U3A novice author writes a children’s book with a home-schooling component”

Anne Thomson shared some endearing thoughts on how she began a project during Covid just to see if she could do it, to the realisation that others appreciated 'her folly' and so were willing to buy her book, which took her on a totally new trajectory of learning and experiences. She shared her newly acquired skills during a Questions and Answers time during the session, which was well received.



Craft Group: **Vincent Rooms, Mondays 9.30-11.30am.**

Greetings everybody. Here we are again. Another six months have flown by. Our little group continues to turn out beautiful, useful Items. We have produced a wide variety of articles, from a king-sized blanket, to chicken-scratch table cloths, to delicate pansies and daffodils, all created with pleasure, against a backdrop of a cuppa and a much enjoyed chat. We continue to learn new skills and put them to practical use. Good health to all. Cheers, Gen.



French Group:

The French Group celebrated Bastille Day at Rossiter Park with a picnic, trivia and Pétanque.



First Name	Surname	Committee Role	Email
Pauline	Woodbridge	President Publicity and Promotions	president@u3atownsville.com
Antonia	Gerrard	Class Coordinator	classcoord@u3atownsville.com
Christine	Titmus	Office & Web Manager	officemanager@u3atownsville.com
Alan	Williams	Vice President	admin@u3atownsville.com
Lorraine	Ryrie	Secretary	
Larry	Frazer	Treasurer	
Jenny	Sebba	Assistant Treasurer	
Graham	Collins	IT Co-Ordinator	
John	Webster	Committee member	
Will	Horsfall	Committee member	

CONTACT US

 Office location: Unit D.4 Church of Christ Centre.
Corner of Palmerston and Ronan Street, Vincent.

 Open: Monday 9:00am—10.30am
Tuesday—Friday 9:00am – 12:00pm

 P.O. Box 374, Aitkenvale QLD 4814

 Telephone: (07) 4724 3530

 Email: admin@u3atownsville.com

 Website: u3atownsville.com

**U3A Network
Queensland
celebrating
50 years**



Important Dates for 2023

QLD School Terms:

Term 3: Mon. 10 July—Fr. 15 Sept.

Term 4: Tue. 3 Oct.—Fri. 8 Dec.

Next Newsletter deadline for articles & photos:
Tuesday Nov 21. Preferably before this.