



U3A Townsville Inc Newsletter

1st Quarter, 2015



Dates for Your Diary

Thursday 19 March 2015 Annual General Meeting Commencing 9.30 for 10am at Annandale Community Centre	Tuesday 21 April 2015 Newsletter Items Last day for submissions for 2nd quarter Newsletter (Folding 30 April)	Thursday 18 June 2015 U3A Mid-Year Function Annandale Community Centre
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HERE'S WISHING ALL OUR MEMBERS A WONDERFUL



MAY YOU HAVE GOOD HEALTH AND HAPPINESS THROUGH
THE YEAR.

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 – 2014

President	Graham Collins	4789 0590
Secretary	Syd Collins	4729 0275
Treasurer/U3A Network Rep .	Alan Williams	4775 1930
Assist Treasurer/Editor	Jenny Sebba	4728 5421
Newsletter Editor	Kathy Joyce	4724 1648
	(Email:-kathleen.joyce@bigpond.com)	
Class Co-Ordinator	Bev Ponder	0413 389 534
Property Officer	Jenny Sebba	4728 5421
Publicity & Events 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
Venue Organiser	Yvonne Campbell	4779 8947

Committee Members: Estelle Del Bello (4723 6828); Kate Eagling (4725 4535) Hazel Ball (0419 780 190) Elizabeth Mason (0429 179 395) Edith White (0466 712 441)

Production & Distribution: Alan & Lois Williams, Elvena Morris, Nanette Crowther, Syd & Eric Collins, Nanette Grace, Mary Collins, 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 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.

IMPORTANT NOTICES TO MEMBERS AND GUESTS

U3A Public Liability Insurance

From time to time, members of U3A Townsville bring guests to various classes and functions. Invited guests are covered by our public liability insurance policy **for one visit only**. If the guest wishes to continue to associate with U3A after that first visit, then that person **must** sign up to be a member of U3A. It is obviously unfair that members may find themselves excluded from classes because vacancies are filled by non-members. As importantly, **SUCH GUESTS ARE NOT COVERED BY OUR PUBLIC LIABILITY INSURANCE** on second or subsequent visits.

June (mid-year) Function



Do you play a musical instrument? Perhaps you can sing or dance? We are sure that '**U3A's Got Talent**' and **Kay Torkington** would love to hear from you about any item / number you'd like to contribute to our Mid-Year Function. Don't be shy – you're among friends and we are an enthusiastic audience. Kay's number is **4728 9394**.

PRESIDENTS REPORT



Welcome everyone to the New Year, 2015. I hope you have all had a pleasant Christmas holiday and I wish you a healthy and safe year ahead. It's now time to look forward to the classes this year, and to meet up again with people of similar interests. Remember to check with the class tutors to see when they intend to resume.

Several U3As send us their newsletters, and others are available on-line, showing the range of classes offered. They include topics such as Australian history, history of languages, history of music and musical instruments, genealogy, comparative religions, cryptic crosswords, Chinese, Spanish, Italian, etc. We have a regular booking of the Aitkenvale Library meeting room on Friday afternoons up until the end of June. This is a great opportunity for new tutors to give us the benefit of their experience. Any suggestions can be placed in the newsletter to gauge interest before starting. Remember that course notes on a large range of topics can be downloaded from U3A On Line at <http://www.u3aonline.org.au/content/our-courses>. Click on the link at the top of the page labelled Course List.

Our Annual General meeting will be held on Thursday 19 March at the Annandale Community Centre. Please give some thought to joining the Committee and contributing to the management of U3A Townsville. In particular, we would really welcome someone to co-ordinate speakers for the Friday talks, and a Class Co-ordinator to help U3A to attract new tutors and classes.

Graham Collins



NOTICE TO MEMBERS - Tutor's Handbook

The Committee has prepared a handbook that contains suggested guidelines for Tutors. The handbook also contains an accident/incident report sheet in case a member of the class is injured, or if an incident of some sort has occurred.

Our Incorporated Rules contain a conflict resolution policy. Remember, as a Tutor you have the choice as to who you have in your class. Your reasons need to be fair and non-discriminatory. You give your time freely and are not expected to cope with difficult people who sometimes forget that we are all volunteers. Should a situation arise where conflict is not immediately resolvable, please contact the Committee.

It is the Tutor's responsibility to ensure that U3A members **ONLY**, attend U3A classes. Members of other U3As who may be visiting are normally welcome to attend classes provided the class is not full. It is also usual to permit non-members to attend one session of a class to see if they wish to take out membership.

We are an organisation of volunteers with diverse backgrounds and this knowledge should be utilised to make our lives richer. If there are ideas that we can embrace to improve our organisation we need to hear about them, so please feel free to make suggestions.

If you don't have a copy of the Tutor's Handbook, please contact the U3A office, and a copy will be sent to you.

SUCCESSFUL INVESTOR



"Successful Investor" classes commence on Thursday 5 February 2015. The class has been running for over 20 years now, and it has been enthusiastically and expertly presented by Mr Robbie Fuller. Last year we had over 50 members, some of whom are highly experienced and successful share traders and investors.

People 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. In-class 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 2015?

The venue for 2015 is the Heatley Community Centre, on Fulham Road, Heatley. Entrance is gained via Lindeman Avenue, off Fulham Rd. The car park has ample shaded parking. Classes are held on Thursday mornings, starting at 10am sharp. There are 40 classes a year. Some members gather for refreshments at a local café after the class.

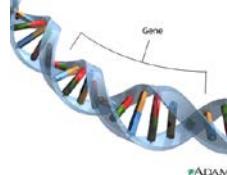
The class is an activity of the University of the Third Age (U3A). It is a prerequisite that participants must join U3A as members, for insurance purposes. The current annual membership fee is \$25.

A small annual fee is also charged by the class committee to cover venue hire.

We look forward to seeing some new faces in 2015. For more information please contact **Robbie Fuller** on **4755 0161** or **John Weil** on **4723 8615**.

John Weil
Treasurer/Secretary

NEW CLASS IN APRIL



The history of genetic research is usually thought to begin with Gregor Mendel, often called the "Father of Genetics". Mendel's "particles" were subsequently identified as genes. The human genome was sequenced in 2003, and already this has led to the discovery of more than 1,800 disease genes. How do two very thin threads of DNA, 2 metres long, get squeezed into a nucleus that is about 10 thousandths of a mm in diameter. Recent research has shown that the way DNA is folded into the nucleus has an important effect on which genes are activated. These topics and others will be covered over several weeks starting **Friday 10 April**. Presenter: **Graham Collins**.

GALLERY VISITS



Happy New Year Members!

I hope you are all well and had a great holiday season. Our visits recommence on the first Friday in **February (5th)** at 1.20pm to give time to sign in and pay for the lovely afternoon tea/coffee). The gallery restorations are now complete and provide a stylish and cool venue for our visits this year. At this stage, the children's activities are keeping, staff artists and volunteers very busy so the Artist's/Curator's talk will be a surprise. Don't forget to wear your 2015 U3A Blue Name Label to show that we are on a Group Guided Tour AND jog overloaded memory banks.

Anne Matthews 0488 257 180

FRIDAY TALKS

New classes by Ernst Spuler

Over last couple of years, Ernst has covered Roman history and the Life and Times of Cleopatra. This year he will give three talks on diverse topics at the **Aitkenvale library meeting room** starting at **2 p.m.:**

ECONOMICS

Ernst will cover some of the fascinating economic changes that have taken place over our lifetime and earlier. He will present a simple model to help you understand the complex and confusing financial events of our times. Why does the stock market fluctuate so much? Why do depressions occur? As usual he will make his presentation simple and interesting for your enjoyment.

Friday 20 February.

ELECTRICITY IN NTH QLD

Ernst will draw on his working experience and present the interesting story of how electricity came to Nth Qld and why it evolved into today's modern system. He will comment on electricity and the human body, and highlight some interesting attributes and uses of electricity. The talk will be simple and non technical but thought-provoking and enjoyable. **Friday 13 March.**

SWITZERLAND

Ernst will give a PowerPoint session on the interesting story of how Switzerland evolved from the early Celtic Helvetian tribes into a modern nation. The name of the Helvetians lived on in the Latin name of Switzerland, Helvetia during the Middle Ages. The talk will highlight how he travelled back to his birth country with his Australian wife and young children. **Friday 27 March.**

Two long-standing Committee members step down

It was with regret that the U3A Townsville Committee accepted the resignation of two members who have had a long involvement with U3A Townsville.

Merv Pilcher resigned last December after 16 years. In his role as Property Officer, Merv kept a database of the capital items purchased by U3A and arranged for outdated items to be either sold or donated. We wish Merv all the best for the future.

Eileen Adams resigned from the Committee in January. Eileen joined U3A in 1995 to learn Japanese because her son married a Japanese girl. During the 20 years that Eileen has been involved with U3A she has been Class Co-ordinator, President (2002 – 2004) and Catering Officer. We wish Eileen all the best for the future.

Laws They Don't Teach in Physics

Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.

Law of the Bath - When the body is fully immersed in water, the telephone will ring.

Law of the Result - When you try to prove to someone that a machine won't work, IT WILL!!!

Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there, you'll feel better. But don't make an appointment and you'll stay sick.

CLASS NEWS

Magnetic Island, 2015



Don Kinsey

We had a marvellous Christmas party once again, many thanks to our host, Alastair Cole. I'd love to be able to say we have lots of new courses for 2015 but we don't. We will be launching into our new year with the established and stable syllabus. Our science class will continue with **Life and Evolution** now up to its 10th episode with at least another 10 to go. There will be a couple more weeks to finish the consideration of the higher invertebrates such as insects, crustaceans and our quite close relatives, the sea squirts! Then we will move into the vast area of vertebrate evolution. Among many things to be given quite a bit of attention is the latest understanding of dinosaur evolution and particularly the appearance of feathers on dinosaurs -- ultimately the emergence of birds as the long-term survivors of the dinosaurs. Once we get to *Homo sapiens*, speculation on the future will probably be left to the class's own imagination. When the weather becomes more comfortable, we will try for another of our occasional **Music Appreciation** events. These are always well received.

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.

CANASTA CLASS



Hello and welcome to you all. We began our year on 14 January to a large group and new faces. Still have space for any who would like to join us. We meet 9.30am to 12.30 each Wednesday. Come early to register and have a chat, before the seriousness sets in. **Beverley – 0413 389 534.**

BEAD CLASS

We are starting again on Wednesday 11 February 2015 – 2pm to 4pm. Try a new hobby this year. The one-day Beading Class at the Library was well attended and they may have another later in the year. Mavis, Carol and Val – without you "Girls", I would never have managed 25 Bead beginners.
Bev

SOCIAL GROUP

We ended a great year with lunch at Bogarts on the Strand. Then we started 2015 on 17 January with lots of holiday chat to catch up. Some folk are still away. With many events to choose from in the coming year, it should be a busy time. A Valentine's Day's lunch is on drawing the board among other things.

Happy Valentine's Day

So don't sit alone, twiddling thumbs – come join us.

Bev – 0413 389 534



MISCELLANEOUS

TRIPS INFORMATION.

At the last committee meeting, it was decided that only fully paid up U3A members could book seats on any U3A trip. In the past, members have been allowed to bring a friend. This ensured a full bus which kept costs down. However, on popular trips, this resulted in paid up members who tried to book late, being unable to secure a seat while non members were accommodated. This was deemed unfair. In keeping with the U3A rule that anyone can participate in U3A activities **once only** before being asked to join the organisation, those people who are unfinancial and who have joined our trips in the past will now be required to join and pay their fee. The one exception to this rule is when a member brings a **bona fide carer** who will not be required to join the U3A. Any person acting as a **bona-fide carer** must present evidence to U3A Townsville that they are insured against accidents.

The above conditions do not apply to those members going to the Melbourne Flower Show as each person organised their own trip with the travel agency.

For a trip with a non financial friend, consider the short excursions offered by Comlink. The only requirement needed for these is to register (free of charge). Many of our members use their services which are open to any senior person. Comlink will pick up and return to their door any senior with mobility issues. For further details, phone Annalise on 4417 1700

I am exploring the possibility of an overnight trip around May – June to Mission Beach which will focus on a visit to a rare tropical fruit farm and possibly Paronella Park. More on this later.



Nanette - 4721 4484

HELP WANTED

Here's a challenge for all our members! Our current **letterhead** is looking a bit tired and is in need of a revamp so we would like your help to design a new one. The designer of the best entry, as judged by the committee, will have the honour and glory and a small thank you gift donated by Bev Ponder. The committee also reserves the right to leave our letterhead unchanged if a winner cannot be agreed on.

A few constraints:

- It must be able to be printed in black and white even if designed with colour.
- It must include all the information from the old letterhead below.
- It must include the official U3A logo and the U3A Townsville logo – both shown below***. (Colour copies of these logos are on the U3A Townsville web site.)
- Entries must be received by the end of February 2015. You can submit them by email (u3atownsville@westnet.com.au), post or drop them into the office on a Monday morning.
- We would appreciate an electronic copy of your entry where possible.





TIMETABLE FOR WALKING GROUP FOR 2015 – MARCH TO MAY



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
March 6	The Rockpool North Ward Map 6 Q3	The Strand	April 10	Palmetum Car Park, Nathan St Aitkenvale Map 13 M14	Ross River upstream
March 13	Cape Pall Rd/Esk St Rowes Bay Car Park Map 6 H3	Towards Pallarenda	April 17	Kimball St., Aitkenvale Rossiter Park Map 13 N12	Ross River upstream
March 20	Cape Pallarenda Rd., Far end car park	Pallarenda	April 24	Balls Lane, Mundingburra Anderson Park gate Map 14 H5	Anderson Park
March 27	O'Reilly St., Mundingburra Cnr Burt St. Map 14 D11	Mundingburra Ross River upstream	May 1	Murray Lyons Cr Annandale Skatepark near bridge Map14 N12	Fairfield Waters downstream
April 3	Weir School car park Ross River Rd., Thuringowa Map 13 A16	Ross River circuit	May 8	Paxton St., North Ward Queens Gardens gate Map 6 R9	North Ward

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 late year hot months. The itinerary above gives you an idea of where we will go, mostly on walking paths.



PEARLS OF WISDOM

- Spending time with children is more important than spending money on children.
- Do not regret growing older. It's a privilege denied to many.
- Putting your phone/ipad away and paying attention to those talking to you? There's an App for that. It's called "RESPECT".

U3A CLASS TIMETABLE as of 27 JANUARY 2015

Time	Class	Contact	Venue
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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 2 nd Mon of each month)	Lois Williams 4775 1930	Aitkenvale Library Or Syd Collins 4729 0275
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 comm. March 2015	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 (New address - 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 McElhinney 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 27 JANUARY 2015

Time	Class	Contact	Venue
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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
1.00 – 3.00	Computer for Beginners	Kate Eagling 4725 4535 or 0429 419 580	Railway Estate Community Centre (Contact tutor first)
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 Tania Thoreau	4758 1981 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 Marie de Monchaux	4758 1981 0427556165	Thursday – 9.30am to 11.30am
Health & Weight Control	Bette Davis Jan Tester	4758 1113 4758 1821	Thursday - 9am to 11am
Tai Chi – Yang 85	Peter Duckworth	4758 1981	Friday – 7am to 8am