



U3A Townsville Inc Newsletter



4th Quarter, 2013

Dates for Your Diary

<p>14 November 2013 (Thursday) Christmas Function 9:30am at Annandale Community Centre</p>	<p>21 January 2014 (Tuesday) Newsletter Items Last Day for submissions for 1st quarter 2014 Newsletter</p>
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MEMBERS

Please see our President's Report on page 3 – would you like to be a tutor? Every assistance is available.

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 10.00 am – 11.30 am Mondays. Ph (07) 4724 3530,
e-mail: u3atownsville@westnet.com.au



U3A EXECUTIVE OFFICERS – 2013

President/Vice Pres.	Graham Collins	4789 0590
Secretary	Syd Collins	4729 0275
Treasurer/U3A Network Rep.	Alan Williams	4775 1930
Newsletter Editor	Kathy Joyce	4724 1648
	:-kathleen.joyce@bigpond.com	
Class Co-Ordinator	Bev Ponder	0413 389 534
Property Officer	Merv Pilcher	4729 0915
Publicity & Events Officer	Kay Torkington	4728 9394
Magnetic Isl. Co-ordinator	Don Kinsey	4758 1349
Catering	Eileen Adams	4721 0805
Committee Members	Nanette Grace	4721 4484
	Mary Collins	4789 0590
	Chic Bottrill	4773 2517
	Estelle Del Bello	4723 7757
	Kate Eagling	4725 4535
	Yvonne Campbell	4779 8947
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 10 and 11.30am, 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 purchase 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.

U3A TOWNSVILLE'S CHRISTMAS FUNCTION



Don't forget to pop U3A's Christmas function date into your diary! It's on *Thursday, 14 November 2013, at 9:30am at Annandale Community Centre*. As usual, please bring a plate – disposable is best. If you'd like to take part in the Secret Santa scheme, remember to bring a wrapped Christmas gift to the value of \$5 (something you'd like to take home with you!)

Small Christmas gifts ranging in value from \$5 to \$10 will also be available for purchase. Save your legs and buy extra gifts here.

Tables will be available for display and/or sale of handiwork.

We can expect to be entertained by way of recitation of poems, Christmas Carol singing, and perhaps an Art demonstration.

Do you have any ideas to add to the flavour of the day? We'd love to hear from you. Please let any Committee member know. See you there.

PRESIDENT'S REPORT

All U3As around the world rely on their "tutors". Traditionally the role of a tutor was to present a class, which might be a one-off or take a longer time. The topic could be based on a person's previous career or a life interest, such as a hobby or a holiday. The term "tutor", certainly at U3A Townsville, has been widened in recent times to include someone who is attending a class and who volunteers to keep an attendance list. Of itself, this is an important task as it is the proof that someone who is injured at a class was actually there in the case of a claim on insurance.

As a "class-type" of tutor, I find that preparing a class not only keeps my mind active, but also I learn a great deal about the topic that I present. I get the information for my classes from books, magazines, the internet, and even from my teaching activities in the past at Adelaide University. However, this type of preparation does take a lot of time. Fortunately the digital age and U3A Online now make the presentation of a class by anyone very easy.

U3A Townsville is a member of U3A Online and therefore anyone in U3A Townsville can get access to the wide range of prepared classes that are offered. Each class can be downloaded as a set of comprehensive notes and presented as "chalk and talk", or built into Powerpoint.

This list shows just a few of topics available:

<i>Australian Prior to Federation</i>	<i>Religions of the World</i>
<i>Renaissance Italy</i>	<i>Australian Flora</i>
<i>Myths and Legends</i>	<i>Practical Psychology for Relationships</i>
<i>Maintaining Independence</i>	<i>Introduction to Western Philosophy</i>
<i>Basic English Grammar</i>	<i>Writing Family History</i>
<i>The History and Spread of the English Language</i>	
<i>Left, Right or Centre: A very brief Introduction to Political Ideologies</i>	

Around 80% of our tutors have been a member of U3A Townsville for at least 5 years. The U3A movement thrives on new ideas and new presentations, and it has never been easier to start up a class... Try it – there are plenty of people to help.

Have a happy Christmas, and a safe and healthy 2014.

Graham Collins

Report on Seniors Lifestyle Expo

The new venue for the Seniors Lifestyle Expo which was held at the RSL Stadium was a great success. U3A had three tables which were used by the Art Group and the Creative Writers Group. See report by Creative Writers in this Newsletter. The Art Group also reported a lot of interest.

The air conditioned hall was a bonus and there were many new and varied stalls full of interesting items and information, not forgetting the lovely free samples handed out! Many people welcomed the large cool area that was available for a cuppa.

The vast number of people who were there was testament to its success. We look forward to an even better Expo next year. Yvonne Campbell

MAGNETIC ISLAND NEWS

Don Kinsey

Everything has been running smoothly in our little Island U3A.

The Science class has finished 3 months of *Life in the oceans and coastal zones* – which, as I said last time, is a lot easier for me, as it gets back closer to my area of knowledge. However, for what's left of the year, we are going to get even closer to what I know best, namely me – how I evolved from a scientist in industry to an oceanographer with focus on coastal and coral reef systems, to global climate change and ocean/ atmosphere interaction. I just hope it's not too boring!



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.

SOCIAL GROUP

We recently enjoyed an entertaining evening at the Civic Theatre with the Barrier Reef Orchestra. Our next big event is the Russian Imperial Ballet on 3 and 4 October at the Civic Theatre at a cost of \$77 concession. Depending on interest, we might also go over to Magnetic Island in October for their show *Forbidden Melody* – sensational songs from favourite Broadway Shows.

Our group is also planning a Cancer Council Fundraiser in the form of a "Bring and Barbecue". This is set for Saturday 2 November 2013 from 4pm at the home of a group member. It's a BYO generally with desserts and coffee provided. Bring change - a \$6 donation for the Cancer Council would be appreciated.

We also continue to meet weekly in the home of a member for coffee and a chat. For more info, call **Bev** on **0413 389 534**.

CREATIVE WRITERS GROUP

We had a successful and enjoyable morning at the Seniors' Expo at RSL Stadium, where we launched our new Anthology. Many thanks go to one of our creative writers, Donna Kippax, who was responsible for collating our book, and also to Colleen Eather and Pat Nelson for editing. Thank you also to Ann and Kate who were our top sales ladies at the Expo. It was a great venue and a fun morning. We have a new banner, thanks to Gwen Brasier and look forward to hanging it up next year.

Creative Writing classes will be suspended from mid-December to mid-January 2014. Merry Christmas to all. Valda Spencer.

[Sales ladies Ann and Kate also advise that 22 writers' books were sold. Customers ranged from an ex-Mayor, to Councillors, to a sweet 95-yr-old lady. All appreciated the signed copies offered and went off very happily hugging their purchases.]

BEADING GROUP

Our little group continues to tick over – we're busy now with making Christmas goodies. There is always room for one more in our group. A kit for first project supplied. Call **Bev** on **0413 389 534** for more info.

EXTERNAL CLASSES

Our Class Co-ordinator would like to let you know that City Libraries are also conducting the following classes:

- *Family History for Beginners* (free) starting Saturday 9 November 2013 – call Thuringowa Library for details on 4773 8811; and
- *Beginners' French* (\$15 for 4 sessions) starting 7 November 2013 – call Aitkenvale Library for details on 4727 8310.

If you would like to advertise in our **Sell, Swap or Buy** segment, please let the Editor know details.

CANASTA

Hi Everybody - Our classes are going strong as ever, usually around 30 members enjoy our mornings, and the time goes fast. There is always a yummy morning tea to help us concentrate. If you have time on a Wednesday morning and would like to join us, you are welcome. If you don't know the game or have never played cards, we'll show you how to do it. We will be playing Samba in October, one of the many Canasta games. Ring me for more info! Hanna, 47736504

U3A AITKENVALE ARTISTS

Many weeks of painting came to fruition in a Presentation on Saturday 24 August at the Perc Tucker Gallery. In conjunction with Seniors Week, the theme was "The Spirit of Townsville". This allowed Artists free rein to paint what they personally love about this great city.

All paintings were accompanied by a short story as to why they chose that subject.

A memento book was presented to all participants by Graham Collins, president of U3A, who gave a short talk on the origins of this worthy organisation.

Special thanks go to Townsville City Council for the grant, Perc Tucker Personnel, Geoff Maidens, Jan Fels, Jackie Collins and Kathleen Feaver for their hard work and enthusiasm, and to Jackie and John Collins for putting together the attractive book.

At the time of writing Kathleen, Lyn and Beth have sold paintings from the exhibition and the prize for Gallery choice went to our "pocket rocket" Clara with a beautiful watercolour of Townsville Marina.

The winner of the Raffle, a Watercolour painting by Geoff Maidens, was Pat Carr. Congratulations Pat.

It was a really friendly catch up morning and a fitting end to a successful Seniors Week. Peg McElhinney

U3A would like to thank Geoff Maidens for his support of our Aitkenvale Artists group. Geoff has asked if the following Media Release for the Under the Mango Tree exhibition could be published in this, the U3A Newsletter. We know many members will be interested – see next column.

'UNDER THE MANGO TREE'

The 28th Annual Clothes-line Exhibition of unframed watercolour paintings by the Townsville Water-colour Group, Saturday 12 and 13 October, at 14 Anderson Street Railway Estate.

Starting in the garden of Del Baldock's home 28 years ago, the Townsville Watercolour Group's annual 'Under the Mango Tree' exhibition continues to provide art lovers a weekend of joy, with a huge exhibition of works, by some of the North's leading watercolourists. Over 200 are on display in the lush garden setting of the Mo'sart Gallery at 14 Anderson Street Railway Estate.

Matted, and with backing boards, works are hung as they were all those years ago, on clothes lines throughout the garden. For many years this weekend long exhibition has delighted the Townsville art fraternity with a huge variety of subjects, styles and techniques, employed by some of Townsville's most talented and award winning water-colourists.

Exhibitors include Ruth Banks, Julie Boyd, Helen Caldwell, Val Claussen, Gai Copeman, Sally Grattidge, Jenny Hyatt, Annette Ireland, Kerry Kelly, Geoff Maidens, Mary Morris, Pat Nelson, Marion O'Shea, Helen Radford, Helen Stuart and Jan Whebel.

Come and enjoy this stunning open-air exhibition. Enjoy a cup of tea, sit and chat with the artists. Select a painting and take it home. Works are unframed so you can frame them to suit your décor and style.

Here is an opportunity to purchase unique Christmas gifts for friends and family, locally and overseas. Come and find a treasure in the Bargain Boxes. Check out the Framed Miniatures and more.

Under the Mango Tree, the weekend of the 12 and 13 October, from 10am to 4pm, at 14 Anderson Street Railway Estate, just follow the signs on Queens Road.

For further details contact Geoff Maidens on 4723 5439

CLASS NEWS AND SENIOR ADVOCACY FORUM INFO

FRIDAY WALKING GROUP

Recently, the U3A scheduled walk to strand. Attached is a picture of the group (thanks Graham Collins) alongside one of Friday morning to information, call Mary on 4779 9246



walking group took a detour from their inspect the Ephemera art along the picture of the group (thanks Graham the exhibits. This group walks each different locations. For more Collins on 4789 0590 or Mignon Spuler

FOOD GROUP

This quite new group is next meeting on 3 October 2013 (Thursday) at 10am. As the name suggests, its focus is on food – types of food, preparation, cooking and sharing. For more info, call tutor **Raya** on **4774 0121** or **0407 361 951** or Class Co-ordinator, **Bev** on **0413 389 534**.

Report on Senior Advocacy Forum meeting - Monday 12th August 2013 Mary Collins

Body Corporate Insurance: This is based on the value of the total property. Statistically it is unlikely that all units in a complex would be destroyed. But this isn't taken into account when the property is valued. Premiums are a large impost for retirement villages but there is no choice. All politicians, both state and federal, are aware of this. There is no solution because all insurance companies are reinsured by big companies in Switzerland. JCU students are doing a survey to see what is going on. Basically we need more choice because here are only 2 insurance companies in Australia. Others work through them. Also, fixed charges are not based on CPI. The Self funded Retirees Association is looking at the New Zealand insurance scheme. Here there is a limit on the insurance that will be paid out.

Home Services (Councillor Doyle): This service is handled by Townsville Council.
When you ring up:

- ask to be put on to home services
- you will be asked a number of questions
- be clear what housework you can't do e.g. you can't reach fans
- to be eligible you need to be almost at nursing home stage
- pensioners will get priority over self funded retirees
- eligibility is not dependant on having a family member available.

(You may be asked for a Statutory Declaration)

- Not many contractors are available

Senior Abuse. If you are feeling unhappy let someone know. Ring the Seniors Legal and Support Service in Brisbane (07) 3214 6333 or Cairns (07) 4031 7179. Any reports of abuse go to the guardianship board. You can register your power of attorney with the relevant resources management authority (e.g. the Public Trustee of Queensland (07) 3213 9288). It may cost around \$104. If your land or property forms part of your will and is being sold without your notice you will be contacted.

Next meeting - 4 Nov 2013.

FRIDAY TALKS

Come along to our next Friday talk titled 'Historical Development of Physical Science'. Clive Berger will deliver this talk at the Aitkenvale Library on Friday 25 October 2013 commencing at 2pm.

TRIPS AWAY

It has been suggested that next year, we have a "Mystery Trip". It would run along these lines. We would depart about 8am for a scenic drive with a stop for morning tea somewhere different. Then a conducted tour of suggestions somewhere - are Townsville Port, a goat farm, a prizewinning garden, a pineapple plantation or perhaps Nerada tea plantation. Maybe even Wallaman Falls? We could lunch at a country pub.



The idea is to access some local spots - a day out without going too far afield, home by about 4pm.

What do our members think?
Nanette – 4721 4484 or Syd – 4729 0275

The photo below gives us a trip down **Memory Lane**. It was a U3A Exercise Class from about 2001 at JCU. Shown, from left, are Margaret Jones, Lois Williams, Anne Matthews, Kirsty Bolderman (dec'd), Merv Pilcher, Dot Lee, Shirley Eckersley, Dianne Langton (dec'd), Brent Gorrie, Alan Williams, and Denise Randell.



Thinking about Christmas fare yet?



Try Liz Mason's **Baileys Balls**

- 1 pkt Arrowroot Biscuits (crushed)
- 1 cup coconut
- 2 tablespoons cocoa
- 1 tin condensed milk
- 1 cup chocolate chips
- ½ cup sultanas (chopped)
- 1 teaspoon vanilla
- ¾ cup Baileys Irish Cream

Mix all ingredients together. Roll into balls and roll in coconut. Refrigerate. Then enjoy.

Seniors' Lament

I remember the way we parted,
The day and the way we met
You hoped we were both broken-hearted
And knew we should both forget.
And the best and the worst of this is
That neither is most to blame
If you have forgotten my kisses
And I have forgotten your name.

Swinburne.

TIPS ON HOW TO STAY YOUNG



1. *Try everything twice*
2. *Keep only cheerful friends*
3. *Keep learning*
4. *Enjoy the simple things*
5. *Laugh often, long and loud*
6. *The tears happen – endure, grieve and move on*
7. *Surround yourself with what you love*
8. *Cherish your health*
9. *Don't take guilt trips*
10. *Tell the people you love that you love them, at every chance.*

MEET YOUR COMMITTEE

[This segment of our Newsletter continues to introduce you to Committee members. Enjoy!]

Syd Collins



Boat People

I lived and was educated in Durban, Kwa-Zulu/Natal, South Africa, where I qualified as a music teacher. My mother had taught me shorthand and typing when I was very young and I studied more at high school. When I discovered that I did not enjoy teaching music, these stood me in good stead.

Eric and I met, married and moved to a small village in the sugarcane belt of the KwaZulu/Natal where we both worked for a large sugar milling company while raising our family, Stephen, Lindy, Brendan and Desmond.

However, as the situation in South Africa deteriorated, Eric and I realized we could not stay there. We decided to move to Australia. We then built a 13 metre yacht, 'Quazer' in the front garden of our house, launching her in late 1974. We spent a year learning to sail her, and then set off on an amazing adventure, sailing the 'long way' from Durban, on the East Coast of Natal, round the Cape of Good Hope, across the Atlantic Ocean through the Panama Canal and across the Pacific. As boat people and political refugees, we were relieved to receive a kindly reception, and became Australian citizens.

Eric and I have now been together some 55 years, our four children and grandchildren are scattered, but we remain close. I am amazed at how quickly our lives have flashed past. To quote my son-in-law "In spite of the advances in modern medicine, there is still no cure for the common birthday" - but they come round so quickly now!

Eileen Adams



I was born in Ayr. During the years from 1948 to 1958 I attended the State Primary and High School and made many friends. Calling ourselves the class of '48, we meet once a year to catch up and have been doing so for the last 20 years. On leaving school, I moved to Townsville to begin nursing training at the Townsville General.

In 1962 I married and had two children. At that time, women mostly stayed home to manage the family and I didn't rejoin the work force until 1970, when I worked at Nathan Plaza as a cake decorator in the Bakery. This lasted for three years. By this time, Philip Leong opened his new supermarket at Vincent Village. I worked there at the delicatessen and then as Service Supervisor for the next 16 years.

I joined the Japanese class in U3A in 1995 because my son married a Japanese girl. During the time I have been in the U3A, I have done many jobs including President. Now I am happy to be tea lady. I became a widow in 1997. After a few years, I sold the family home and moved to a unit in another suburb. I soon found I had time on my hands, so 5 years ago I started delivering Junk Mail. This has been very good for me. I enjoy it. I have to walk and I get paid for it.

SENIOR TEXTING CODES

LOL – Living on Lipitor
BTW – Bring the wheelchair
ATD – At the doctor's
FWIW – Forgot Where I was

U3A CLASS TIMETABLE as of 24 September 2013

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
10.00 – 12.00	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
2.30 – 4.00	Philosophy	Peter Burns 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	Chic Bottrill 4773 2517 Val Spencer 47236083	Vale Hotel
2.00 – 4.00	Computer Users Group Last Tues. of Month	Graham Collins 4789 0590	Contact Tutor for venue

Wednesday

9.00 – 10.00	Exercise Class	Bev Burns 4779 5214	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	Hanna Wiskar 4773 6504	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 & 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	Pimlico TAFE
10.30 – 11.30	Exercise Class	Paula Agtoft 4771 5298	Health Studio. 1/276 Charters Twrs Rd

U3A CLASS TIMETABLE as of 24 September 2013

Time	Class	Contact	Venue
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Friday

7.45 – 8.30 am	Walking	Mary Collins 4789 0590 Mignon Spuler 4779 9246	Various locations - check with Tutor
9.00 – 10.00	Exercise Class	Audrey Tonkin 4771 4375	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	Amber Church 47279011 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– 9.30am to 11am
Making Music	Kelly Marlin-Zwa 4758 1426	Wednesday – 3pm to 5pm
German Conversation	Jill Taylor 0402 333 528	Wednesday – 4pm to ???
Spanish	Peter Duckworth 4758 1981 Marie de Monchaux 0427556165	Thursday – 9.30am to 11.30am
Tai Chi – Yang 85	Peter Duckworth 4758 1981	Friday – 7am to 8am