



U3A Townsville Inc Newsletter



4th Quarter, 2014

Dates for Your Diary

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|---|--|
| <p>Thursday 13 November 2014 Christmas Function 9.30 for 10.00am at Annandale Community Centre</p> | <p>Tuesday 27 January 2015 Newsletter Items Last day for submissions for 1st quarter Newsletter (Folding 5/2/15)</p> |
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Don't forget to let us know if you no longer require a printed copy of this Newsletter. Our photos come up really well if you're viewing them on-line!

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 | Merv Pilcher | 4729 0915 |
| 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) Eileen Adams (4721 0805) 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 by email to receive your newsletter by email, instead of the printed, posted hardcopy. Those who prefer the printed version will still receive it as usual upon request.

NOTICES TO MEMBERS

CLASSES



This year has seen some quite serious cases of **influenza**. If you are showing signs of flu – coughing, sneezing, serious sniffles etc., it might be prudent to miss a class or two, rather than share your symptoms with tutors and/or other students. Thanks for your consideration.

SENIORS' WEEK 2015

With the move of the Seniors Lifestyle Expo to the RSL Stadium, the number of tables for exhibitors has become quite limited. Specifically for U3A we have gone from 4 tables to 1, so it is now impossible for several groups to share and display their activities. Your Committee has decided that from next year, 2015, the table allocated by Council will be used only to advertise U3A in general. Any group may display 1 or 2 items, but the table will be used solely for publicity with a banner, brochures, and newsletters, and rostered by a number of members. Any U3A group wishing to display and sell items will need to request a specific table for the purpose from Council.

PRESIDENT'S REPORT

Together with this newsletter you will find an invoice for your membership for the 2015 year. Please read this invoice from the Treasurer very carefully as it sets out your membership fee and the options for paying.

This year is drawing to a close, and as usual, it has gone quickly. During the year, I talked about the history and aims of the U3A movement to a number of local groups, including the Townsville & District Garden Club and the Australian Rotary Health Forum "Healthy Ageing: Creating our Future".

In June, Alan Williams and I went to Cleveland to attend the U3A Network-Queensland State Conference hosted by U3A Redlands. This was an opportunity to meet people from a range of U3As around Queensland and to discuss issues common to smaller U3As, such as how to attract more tutors.

The Australian Communications and Media Authority (ACMA) has announced changes to the frequency ranges to be used for wireless microphones. This means that organisations currently using a wireless microphone will need to replace the equipment by 31st December this year. U3A Townsville has applied for a grant to purchase a replacement unit, and the outcome of this will be known in a few weeks. In the meantime, we have been successful in applying for a micro grant from Townsville Council to the value of \$900 to cover the cost of printing and posting our four newsletters in 2015.

November the 13th is the date for our last social get-together for 2014 at the Annandale Community Centre. I'm sure we will have a successful pre-Christmas function. More details about the entertainment, door prizes, raffles, etc. are provided in this newsletter.

I wish you all a happy Christmas, and a happy and healthy year in 2015.



Graham Collins

MOST IMPORTANT NOTICE TO MEMBERS – HELP REQUIRED



Your U3A is an organisation operated by a group of volunteer people just like you! Would you like to offer some hours each month and become a tutor? Perhaps you feel your skills are more suited to the administration of our U3A?

We will be recruiting new **Management Committee members** at the AGM in March 2015. Please contact our President, Graham Collins (4789 0590) or Secretary, Syd Collins (4729 0275) to become part of our dynamic team.

All Management Committee positions will become vacant at the AGM. Can you see yourself as President, Secretary, Treasurer or Newsletter Editor, or perhaps you'd like some time to assist one of these roles to find out what's required? In addition, there are positions such as Class Co-ordinator, Events Officer, Property Officer or Organiser of our wonderful trips away. As well, there will be vacancies in our Catering Team and our group who make sure printed copies of the Newsletter get out each quarter.

Please get in touch with a Committee member (see page 2 of this Newsletter) if you'd like more information. There will be plenty of folk to assist you if you're not fond of "deep ends".

CLASS NEWS

CREATIVE WRITERS

Creative Writers launched our 2014 Anthology 'Wit and Wisdom' at the Seniors Expo in August and we were pleased with the interest shown. This issue is dedicated to the late Chic Bottrill and her final poems are included. We will have copies for sale at the Christmas function.

Our creative writers/bush poets have been extremely busy in the last few weeks with quite a few activities still ahead. Father's Day saw two members performing at Balgal Beach; this is an annual event with around 50 to 60 locals turning up, each of the wives carrying a slow cooker full of yummy food.

Also, the third Tuesday of every month the Bush Poets perform at the Bellevue hotel in the beer garden. This is a really pleasant evening with good reasonable priced food. October has performances at the Umbrella Studio and a competition in Mareeba.

As you can see we Creative Writers do believe in the 'use it or lose it' saying but as one was heard to say "I'm using so much I'm wearing it out!"

E-TRAVEL WITH IPAD AND ANDROIDS



Heads down in concentration in Donna Kippax's recent class, learning more about E-Travel.

CANASTA GROUP

Our Wednesday mornings continue to be a happy group. New faces have recently joined us – welcome! A lunch is planned for November or early December for our end-of-year break (which is never too long). Many thanks to all my helpers through this year – it was much appreciated. Christmas wishes,
Beverley

BEAD GROUP

We meet Wednesday afternoons at 2pm. Lately, we have been busy with UFO'S (Unfinished Objects) and sorting through the stash of beads Sandra Deighton collected for us in Brisbane. So, lots of "pretties" to share. We would welcome new beaders next year in January. Have a safe and happy festive season. **Bev - 0413 389 534**

PS – Townsville Libraries have a Bead for Christmas 1-day Course on 22 November.

What's happening on Magnetic Island

Don Kinsey

Everything is steady as she goes. **Our Very Physical Oceans** has finished after a very successful run of ten weeks. The new science course is **Life and Evolution**. We are looking at everything from the origin and time-line of early life on Earth to the appearance of man. We now know with virtual certainty that simple, bacteria-like life has existed on Earth for at least 3.5 billion years. There is less certain evidence that it may have been here up to 700 million years before that. Precisely how we got from an organic chemical soup to the very earliest life is still very conjectural.

There have been no special events in the past quarter but our always-great Christmas party is coming upon Friday December 12, at Alastair's place, as always.



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.

DAYS OUT / FRIDAY TALKS

U3A Townsville had an enjoyable trip to the Rifle Marksmanship Club on 6 August 2014. The day out was organised in superb fashion by Nanette Grace. The Club is thirty kilometres from Townsville and many of us were able to avail ourselves of the Comlink bus – our thanks to Justin, the driver. We were welcomed by Bernie Davis and found out lots about the club from a presentation by Eric Christie. U3A member, June Lorimer, took us around the range and also provided us with a wonderful lunch. The homemade slice was so scrumptious that many of us asked for the recipe! (Later sent by email to all from Graham Collins). *Kate Eagling*

Some photos from the day (*many thanks to Joan Twine*) are reproduced below.



Shown in photos above from left across the page – Eric Campbell, Shirley, Kathleen Cooper-Smith, Estelle Dal Bello, Kathleen again, Yvonne and Eric Campbell, Estelle Patterson and Kate Eagling. And below, some “hands on” advice!



FRIDAY TALK



In November, a **Centrelink** representative will present a talk to U3A about entitlements under the Aged Pension Scheme. He will cover topics such as Income and Assets test and how it affects the rate of pension including the current assessment of account based income streams (the subject of 1 January 2015 changes). He will also talk about the deeming of income streams, the Commonwealth Seniors Health Card as well as the changes to the assessment of income after 1 January 2015. He will be happy to take questions following the presentation.

When? Friday 21 November 2014 at 2pm

Where? Aitkenvale Library meeting room

MISCELLANEOUS

DO YOU LIKE TO SING?

(An article from Syd Collins)



On Saturday, 27 September, I visited Senior Citizens in Ryan Street, Belgian Gardens, (**phone: 47716419**) where I was welcomed by Seniors Creating Change group which has a sing-along practice there on Saturday mornings.

Some 30 odd of us, accompanied by guitars, lagerphones, xylophones, etc had a most enjoyable time, singing our hearts out. Then, it's a break for a cuppa and a chat with really friendly and welcoming members, and then another hour of singing.

I had myself a really good, fun morning. They welcome new members and visitors, so if you feel like an uplifting and happy morning, this is a good start. They sing out at various venues, when invited to, but there is no pressure to be present at all practices and performances.

Senior Citizens also offer heaps of activities as well: *Monday* art classes, *Tuesday* bingo, pool, morning tea, raffles; *Wednesday*: Hoy, *Thursday* indoor bowls, table tennis, pool, board games, euchre and other card games, community singing and line dancing. There is also a hair dresser in the building whom I shall visit.

Singing is so good for the spirit, so if you feel like a tonic, do go along. They are extremely welcoming.

Syd Collins

Contributions Sought for YOUR Newsletter



Do you have a story to tell? A poem to publish? Perhaps a potted history of your life you'd like to share? We'd love to hear from you. Do email the Editor with your suggestion please!

U3A TOWNSVILLE'S CHRISTMAS FUNCTION



The time is almost here again for our annual Christmas Party. Again, we're early! It will be held on Thursday **13 November 2014** at 9.30am at the Annandale Community Centre.

There will be entertainment aplenty – music, folk dancing, bush poets and a skit, creative writers' presentation AND a fashion parade. There's still time for YOU to volunteer if you'd like to entertain in any way. We'd love to hear from you.

As usual, please bring a plate (disposable is best). If you'd like to take part in **Secret Santa**, also bring a wrapped gift to the value of **\$5 only**. Please make it a unisex gift – suitable for a man or a woman.



See you there.

BRICKBATS OR BOUQUETS?



Looking for a good **electrician**? Recently I had some electrical work done and was very happy with the tradesman and his work. He did about 1 1/2 hours work and charged me \$168 which I thought very reasonable. Amazingly, he came on time, was friendly without being gossipy, was quick and efficient and cleaned up after himself. His name is Matthew Tynan and his company is **Redlec Electrical** - 0439 766 199. (No, he is not a relative.) Nanette Grace

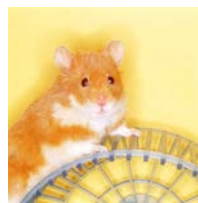
MISCELLANEOUS

FANCY A MOOC? A Massive Open Online Course that is. They are fun and they are free. Have a look at www.mooc-list.com but here is a sample of courses -

- [Art, Architecture, and Design](#)
- [Biology & Life Sciences](#)
- [Business & Management](#)
- [Chemistry](#)
- [Computer Science: Artificial Intelligence, Robotics, Vision](#)
- [Computer Science: Programming & Software Engineering](#)
- [Computer Science: Systems, Security, Networking](#)
- [Computer Science: Theory](#)
- [Economics & Finance](#)
- [Education](#)
- [Energy & Earth Sciences](#)
- [Engineering](#)
- [Food and Nutrition](#)
- [Health & Society](#)
- [Humanities](#)
- [Information, Technology, and Design](#)
- [Languages & Literature](#)
- [Law](#)
- [Marketing & Communication](#)
- [Mathematics](#)
- [Medicine & Pharmacology](#)
- [Music, Film & Audio](#)
- [Personal & Professional Development](#)
- [Physical & Earth Sciences](#)
- [Physics](#)
- [Social Sciences](#)
- [Sports](#)
- [Statistics & Data Analysis](#)
- [Teacher Professional Development](#)
- [Veterinary](#)

There is an Australian provider list at onlinecoursesaustralia.edu.au. The biggest course providers at the moment are Coursera EdX, Udacity, Udemy and P2PU. The format of the courses varies but generally you watch a series of videos and answer questions which are then marked automatically. The courses are generally broken into week long blocks and run for 5 or 6 weeks. Many have a set start and finish date but some are open and you can join in at any time. Check it out and pat yourself on the back when you finish! *(Thanks to Jenny Sebba for this contribution!)*

SOME TIPS FOR HEALTHY AGEING



- **Stay Involved** – Reach out to the world around you for fun, a sense of achievement, social contact and mental stimulation.
- **Stay Mentally Active** – Researchers believe that many of the supposed age-related changes affecting the mind, such as memory loss, are actually lifestyle related.
- **Further studies** – Returning to study as a mature age student presents many challenges and rewards.

Check out the U3A Classes set out in the last two pages of this Newsletter – lots of opportunities whether it be for craftwork, exercise, card games or socialising!

BONES AT DAWN



If we woke up in our sixteen year old bodies
 With fresh youthful skin
 Strong bouncy bones
 That stretched without complaint
 Feeling the joy of the new morning
 Without the rush of passing time
 We would think we still had eternity ahead
 But knowing that this age
 This painful infantilising old age
 Is as young as we will ever be again
 Our joints moan as we slowly greet the morning
 And think of the parks at dawn in China filled
 with ancients doing Tai Chi
 And snuggle back down into the warm nest.

Anonymous

TRIPS AWAY / SOCIALISING

MELBOURNE INTERNATIONAL FLOWER SHOW – Fancy a few days away?



The flower show will be held **25-29 March** next year. Cost of entry for seniors is \$22.

Kay and I, along with Hazel, Marie and a few others, have decided to go. We will be flying to Melbourne 27 March, staying for three nights, that is the 27, 28 and 29, returning to Townsville 30 March. So far 11 people have expressed interest in going and anyone else interested (not just U3A members) can ring me for information on **47214484**. The package has been organised by Michelle Handley at Escape Travel in Castletown. Her number is **47214499**.

There are two components to the package - the return flights with Virgin Airlines costing \$443.50 per person and the three nights' accommodation at Travelodge Southbank costing \$358 per person twin share. – a total of \$801.50 per person.

Flights options are:

1. Depart Townsville 6.20am, arriving Brisbane 8.15am. Depart Brisbane 8.55am flight, arriving Melbourne 12.15; OR
2. Depart Townsville 11.20am, arriving Brisbane 1.15pm. Depart Brisbane at 1.55pm, arriving Melbourne 5.55pm.

(There is a cheaper direct 3-hour flight but only once a day and we would arrive in Melbourne at 11pm thus wasting our first day. Consensus so far is the 6.20am flight.) The return leg is the direct flight back to Townsville arriving 6.20pm.

Accommodation for 3 nights - 27, 28 and 29 March 2015 at the Travelodge, Southbank Melbourne - a four star hotel. It is not luxurious but is clean, comfortable, secure and in a good location. The cost (\$358 pp twin share) does not include breakfast but there are plenty of places nearby to eat and the hotel rooms have a microwave, fridge and tea/coffee making facilities so with a little planning, we can eat relatively cheaply. Transfers are not included in the price but

Michelle assures me that there are always maxi taxis available at Tullamarine and would be far cheaper for us than transfers.

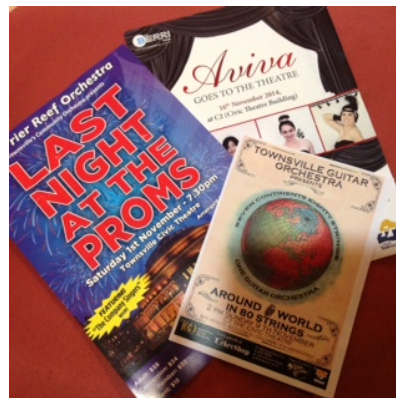
Cancellation policies - Virgin will issue a credit for the amount, to be used within a year. Travelodge will accept a deposit of \$55 with the remainder to be paid one month before arrival.

Hotel rooms and airline seats sell out quickly for this event. Contact Michelle re bookings probably by late November!! So to recap, return airfares and accommodation will cost a total of \$801.50. Extras will be taxi fare to hotel and entrance fee of \$22 to the flower show. The trams to the flower show are free.

Nanette Grace. 47214484

SOCIAL GROUP

Our group went to the Civic Theatre for the Cinderella ballet – a marvellous evening. November has several performances –



Last Night at the Proms (1 November), Guitar Orchestra (9 November) and Avivia (16 November). Make a note of these dates and support our local, talented musicians.

We're having a **Cancer Council Bar-b-q** again this year on Friday 31 October 2014. Last year, we raised \$360 for Cancer research AND had fun! Put on your pink witch's hats, fill your pockets with spare coins and join us. Contact **Bev** on **0413 389 534** for more details.

U3A CLASS TIMETABLE as of 22 October 2014

| Time | Class | Contact | Venue |
|------|-------|---------|-------|
|------|-------|---------|-------|

Monday

| | | | |
|--------------|---|---|--|
| 9.00 – 10.00 | Exercise Class | Merv Pilcher 4729 0915 | Health Studio. 1/276 Charters Twrs Rd |
| 9.00 – 12.00 | Mah Jong | Shirley Fitzgerald – 4721 2820 | Call Shirley Fitzgerald for venue |
| 9.00 – 1.00 | Social Art (no Tutor) | Judy Osborne 4723 9086 | Call Judy Osborne for venue |
| 9.00 am | Book Club (Monthly on 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 | Graham Collins 4789 0590 | Contact Tutor for venue |

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 McElhinnney 4779 8621 | Salvation Army Hall Madden Street, A'vale |
| 10.00 – 11.30 | Successful Investor | Robert Fuller (Tutor) - 47550161 Trevor Smith 47891122 | Pimlico TAFE |
| 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 22 October 2014

| Time | Class | Contact | Venue |
|------|-------|---------|-------|
|------|-------|---------|-------|

Friday

| | | | |
|---------------|---|---|--|
| 7.45 – 8.45 | Walking | Mignon Spuler 4779 9246 | Various locations - check with Tutor |
| 9.00 – 10.00 | Exercise Class | Vai 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 | 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

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|-------------------------|--------------------------------------|-----------------------------|---|
| 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)

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|---------------------------------|--------------------------------------|-------------------------|---------------------------------|
| 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 - 4pm to ?? |
| 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 |