



U3A Townsville Inc Newsletter



2nd Quarter 2016

Dates for Your Diary

<p>Tuesday 26 July 2016 Last day for submissions for 3rd Quarter Newsletter (Folding 4 August 2016)</p>	<p>Wednesday 22 June 2016 1.00 for 1.45 pm Mid-year Function Community Training Centre 266 Ross River Road</p>	<p>November 2016 Christmas Function Venue and specific date to be advised</p>
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The happiest people don't necessarily have the best of everything;
They just make the best of everything they have.

University of the Third Age Townsville Inc.

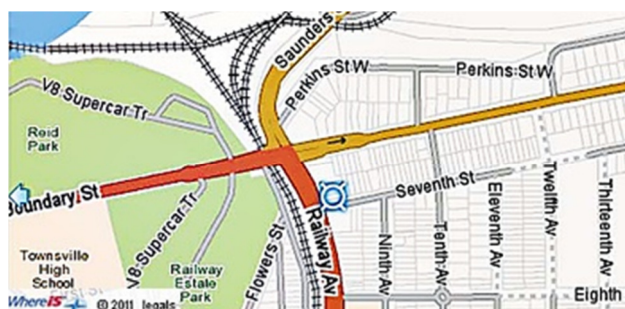
Website: <http://members.westnet.com.au/u3atownsville>

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 – 2016

President	Graham Collins	4789 0590
Vice President/Asst Treas.	Alan Williams	4775 1930
Secretary	Syd Collins	4729 0275
Treasurer/Property Officer	Jenny Sebba	4728 5421
U3A Network	Alan Williams	4775 1930
Newsletter Editor	Kathy Joyce	0419796304 (Email:-kathleen.joyce@bigpond.com)
Class Co-Ordinator	Vacant	
Publicity Officer	Vacant	
Events Organiser	Kay Torkington	4728 9394
Magnetic Isl. Co-ordinator	Don Kinsey	4758 1349

Committee Members: Kate Eagling (4725 4535) Hazel Ball (0419 780 190)
Bev Ponder (0413 389 534)

Production & Distribution: Mary Collins, Alan & Lois Williams, Elvena Morris,
Nanette Crowther, Syd & Eric Collins, Estelle Del Bello

Membership fees can be paid 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.

NOTE TO MEMBERS



At our **mid-year Function**, a light lunch will be provided at 1 pm. The cost has not yet been set, but it will be modest. As always, there will be entertainment provided and we will have opportunity to sit down and enjoy the company of others in U3A. An email with further details will be sent out closer to the time of the function. **Please make note of the time and venue on the front cover.**

PRESIDENTS REPORT



Already this is our second Newsletter for 2016. They say that we slow down with age but time certainly doesn't. I hope you all had a nice Easter.

Our Annual General Meeting was held at the Community Training Centre (CTA) in Aitkenvale on Thursday 16th March. The attendance at this important meeting was very disappointing, especially since there was a Special Resolution on the agenda to change the constitution of U3A Townsville. However, those present had the opportunity to listen to a talk by Phil Oakley, the Townsville Campus Manager about CTA, its programs, aims, and objectives. The organisation provides Nationally Accredited training programs around Australia in subjects that include Alcohol and Other Drugs, Mental Health, Community Services, Youth Work, Leadership & Management, Early Childhood Education, and others. As well as on-site training, CTA provides courses for distance education students. 61% of the students are aged 40 or over, and 83% are female. This year we were not able to secure the Annandale Community Centre for our AGM, so we are grateful to CTA for providing a room on their premises, and also for the possibility of holding other U3A functions there later in the year.

The Special Resolution that was presented to the AGM was passed by those present and, when approved by the Office of Fair Trading, the tenure of the President, Vice President, Secretary, and Treasurer will be limited to individuals being re-elected at three consecutive AGMs, with a mandatory one year break before re-appointment or re-election to the same position. The terms of tenure will commence from the March 2016 AGM.

Regards to all, Graham Collins



Our President, Graham Collins, and Vice-President, Alan Williams, (both back row, from left) at a recent Regional Presidents' meeting in Cairns. It was a great opportunity to share ideas on how each group sees U3A and to learn from the different strengths of other Clubs. It seems clear, however, that the position of Course Co-ordinator is a vital one. Our position is vacant at present. Might you have the ability and interest to fill it?

INTERNATIONAL FOLK DANCING NEWS



(Philip and the U3A dancers at the Bulgarian Dance Workshop led by Maurice James)

In the northern hemisphere, March heralds the arrival of Spring, and in several Balkan countries the 1st March is a public holiday. In Bulgaria the festivities, known as **Baba Marta** (Grandmother March) involve much dancing, the wearing of red and white and the gifting of small red and white tassel brooches to each other, known as 'Martenitsa'.

Our dance group chose to join in the celebrations by holding our very own Bulgarian Dance Workshop early in the month. Red and white were the theme colours, and we welcomed Maurice James as our guest teacher. Maurice taught us three new Bulgarian dances which are now a regular part of our repertoire.

Sadly I bade farewell to the group not long afterwards in order to move south to the Sunshine Coast, but dancing continues apace in the competent hands of Jacqueline Spry assisted by Barbara Romacker. New dancers are always welcome and you can contact them by email didispry@hotmail.com.

Sessions continue to be held at Heatley Hall on a Monday from 1.30-3.00pm, However, please note that the hall is currently closed for repairs to the air conditioning. Dancing will therefore resume on Monday **16th May**.

Magnetic Island – we're singing our way into 2016 **Don Kinsey**

Thanks to an enthusiastic group of new members and major effort from Tania Thoreau and Peter Duckworth, dedicated tutors to multiple U3A Magnetic Island courses, we now have a new and rather different class -

This group will meet on Wednesday evenings at the Uniting Church



U3A Singers.

They hope to have opportunities to sing at Island events as well as just enjoying themselves.

Our **Monday Talks** class has nearly finished six weeks of **Philosophy: the Evolution of Thought**, once again with the redoubtable Tania and Peter. Their course has been really successful with consistently over twenty participants. I am really looking forward to crawling back out of cancer and chemotherapy to again give more science talks for a while and to finishing our rather fragmented **Elementary Physics** course. Over coming months we also have a range of visiting speakers.

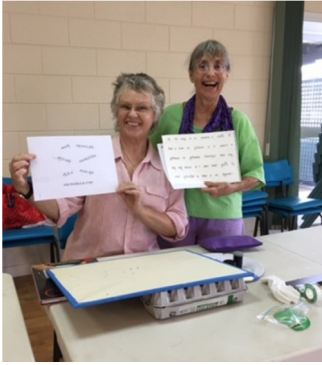
I am happy to say all other courses and activities have continued successfully, and hopefully we might even get back to **Music Appreciation** events in coming months.

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.

A Quiz (Answers p.7)

1. The coldest place on earth is –
2. The Japanese call their country –
3. The name given to the border which separates Pakistan and Afghanistan is –
4. The country that accounts for nearly one third of the total teak production of the world is –
5. The longest river in the world is –

CALLIGRAPHY



Jean Miller and I recently attended the six week Beginners' Calligraphy course run by Coral Sea Calligraphy. I had great fun attempting to master the art of Black Letter (Gothic) script, using dip pens and ink. It was the first time I had attempted to use this type of pen and ink since schooldays and I was surprised at how tricky it was. Happily, under Sue Zanker's patient tuition, and help from Rae Smith, we ended up having a great time. The Coral Sea Calligraphy is an interesting group, which runs workshops and meets once a month to share skills and company. Another class, later in the year, was mentioned, and I will certainly look forward to learning more.

Syd Collins



Still have a thirst for more knowledge or different activities in your life?

Try Townsville Senior Citizens at 16 Ryan Street, Belgian Gardens. They welcome everyone over 50 to:

Monday: Art classes
Tuesday: Bingo, Canasta, Snooker
Wednesday: Karaoke
Thursday: Table tennis, various card games, snooker, indoor bowls, board games, community singing.

Cost of \$4 includes morning tea.



EXPRESSIONS OF INTEREST



Is there anyone in U3A willing to teach wood carving to an individual (or class)? The person who'd like to learn is in the art class I attend and he's had no luck finding someone to teach him.

Jean Miller – 0423 165 772

Editor Note: If the person is interested in **tutoring a class in wood carving**, could they contact me on 0419 796 304 or by email to kathleen.joyce@bigpond.com We'd love to hear from you.

CANASTA



I've been told that our Canasta group, ably tutored by Bev Ponder, has been growing with some 60 people recently attending. Expressions of interest are now sought for an offshoot **Canasta for Beginners** class. If this is something that has appeal for you, please send off a quick email to Kay Torkington at ptorky@bigpond.com.



Some U3A members who do Bonsai have been coming along to make hand built pots at North Queensland Potters Association – photo shows NickDimitriou.

(Thanks Syd Collins)

MISCELLANEOUS

FANCY A BREAK AWAY?



U3A Norfolk Island is promoting both of the following holiday packages:

U3A Norfolk Island 2016

Bounty Day Celebrations, A & H Show, Garden Week & Thanksgiving Day Celebrations

Sole Use \$1689

Twin Share \$1349 per person

OR

U3A Norfolk Island 2016

Folk History

Sole Use \$2039

Twin Share \$1699 per person

Each package includes, among many other extras:

- ✓ Return economy class 'seat plus bag' airfare to Norfolk Island ex Brisbane
- ✓ Meet & Greet at the Airport
- ✓ Return airport transfers
- ✓ Seven night's accommodation
- ✓ Seven days car hire (*includes hire car surcharges, however petrol is extra and payable direct whilst on the island*)
- ✓ Welcome meet & greet with local U3A members (canapés provided, BYO drinks)

To find out more in the way of details, go to U3A Townsville's website and click on the **Norfolk Island link** there.

HERE'S A DATE CLAIMER



The U3A Tuesday Craft Group are holding a **Morning Tea for Cancer Fundraiser** on **Tuesday 10 May, at 9.30am** at the Wulguru Community Centre. This will be a fun morning with raffles, cent sales etc. Come along for a good cause and enjoy the morning. All are welcome.

AGM snaps



INSTRUCTIONS FOR LIFE (anon.)



1. Give people more than they expect, cheerfully.
2. Memorize your favourite poem.
3. Never laugh at anyone's dreams.
4. Don't judge people by their relatives.
5. Don't let a little dispute injure a great friendship.
6. Spend some time alone.
7. Be gentle with the earth.
8. Never interrupt when you are being flattered.
9. Once a year, go someplace you've never been before.
10. Learn from the mistakes of others. You can't live long enough to make them all yourself.

New class

During September last year Mary Collins and I visited China as guests of staff and students of the Institute of Vegetables and Flowers in Beijing. We managed to see many of the sights around Beijing, went further afield to Taiyuan and Datong in the province of Shanxi, took a leisurely cruise ship ride along part of the Yangtze River, and climbed the Great Wall at Simatai. I have prepared a Powerpoint presentation of the visit along with snippets of history and general information about the places we visited. This will be presented over 2 to 3 Fridays at the Aitkenvale Library meeting room from 2.00 – 3.00 starting Friday May 6th.

Graham Collins

U3A Network Queensland

The Sunshine Coast U3A is celebrating its 30th Birthday this year, and as part of the celebration they are hosting the State Conference of U3A Network Queensland on the beautiful Sunshine Coast.



This year your conference's title is **Renew and Reconnect**. The speakers and workshops have been designed to thrill, challenge, and inform you. There will be several accomplished keynote speakers who will renew your zest for the Best Years of your Life, challenge you and show you how you can leave the environment as you would wish for your children and grandchildren. And there are workshops to assist you navigate the many and varied changes that are occurring in our day to day living.

The conference is being held at the Sunshine Coast University, in the beautiful Innovation Centre, Sippy Downs, Queensland, located about 4km east of Mooloolaba.. The conference dates are 2 and 3 June, 2016. There are many more details about the conference on the website at u3aqldconference.org.

This marks a special milestone for Sunshine Coast and for all of U3A Queensland as it is thirty years since U3A started in Queensland on the Sunshine Coast in 1986. The organisers hope that many U3A members from all across Queensland will join in to celebrate and share an interesting couple of days.

U3A Walking Group Timetable for May to August 2016



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 2016/17

Month Date	Meet	Walk	Month Date	Meet	Walk
May 6	Murray Lyons Cr Annandale Skatepark near bridge Map 14 N12	Fairfield Waters Downstream	June 24	Cape Pall. Rd/Esk St Rowes Bay Carpark Map 6 H3	Soroptomist Park foreshore
May 13	Paxton St., North Ward Queens Gardens gate Map 6 R9	North Ward	July 1	Cape Pallarenda Rd., far end carpark	Lagoon Trail
May 20	Tyack St., Rosslea Near Viles St. Map 14 N10	Golf Club	July 8	O'Reilly St., Mundingburra Cnr Burt St Map 14 D11	Downstream Sherriff Park
May 27	Tobruk Pool, The Strand, North Ward Map 7A; 7H	Jupiters	July 15	Dean Car park; S. Townsville Rooney St end. Map 7A H17	Railways
June 3	Weir School carpark Ross River Rd Thuringowa Map 13 A16	Riverside Gardens Downstream	July 22	Loam Island Comm. Centre Riverway Drive, Rasmussen (Opp. Santal Ave) Map 16 R13	Ross River upstream
June 10	End Carmody St., Hermit Park Bicentennial Park Map 14 P3	Park area circuit	July 29	Yolanda Dr., small shopping centre Map 13 R16	Annandale
June 17	Dean Car park; S. Townsville Rooney St end. Map 7A H17	Sth Townsville	August 5	The Rockpool North Ward Map 6 Q3	Jezzine

Come and join us, get some fresh air, exercise and explore Townsville. We walk at a pleasant pace that allows for chatting and stopping to see wildlife. The itinerary above gives you an idea of where we will go, mostly on walking paths. This is a very social group; many of the walkers regularly adjourn to a coffee shop afterwards.

DRAGONS ABREAST DRAGON BOATING CLUB is hosting a one-day, free conference for people who have dealt with, or are dealing with breast cancer and its consequences. There is also a "Celebration of Life" dinner at Rydges South Bank Hotel later that night. **Date is Saturday 21 May 2016.** Registration for the conference and/or the dinner is important so they can cater appropriately.

The conference is aimed at coping with after the news is delivered through to living after being clear for years. The stress of these times affects family and friends as well as the person with cancer.



Enquiries: Carole 0420 361 364 or Desley 0447 674 155

Quiz Answers:

- | | | |
|------------------------|-----------|----------------|
| 1. Verkoyansk, Siberia | 2. Nippon | 3. Durand Line |
| 4. Myanmar | 5. Nile | |

U3A CLASS TIMETABLE as of 26 April 2016

Time	Class	Contact	Venue
Monday			
9.00 – 10.00	Exercise Class+	Merv Pilcher 0427 126 340 or 0407 961 623	Hyde Park Shopping Centre
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 0409764184	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 Elizabeth Pollock Bell 4772 6475
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+	Email to didispy@hotmail.com	Heatley Community Centre Near Long Tan Pool
2.00pm	Chess (Sociable)	Widge Rowden 0432 887 743	U3A Office
2.30 – 4.00	Philosophy	Karl Kampmark 4775 3253	Aitkenvale Library Meeting Room – contact Tutor first

Tuesday

9.00 – 2.00	Craft & Cardmaking+	June Lorrimer 4771 6227	Wulguru Community Centre
10.00 – 12.00	Creative Writing+	Val Spencer 4723 6083 or Ann Krome 4723 8870	Vale Motel
2.00 – 4.00	Computer Users Group (Last Tues. of month)	Graham Collins 4789 0590	U3A Office

Wednesday

9.00 – 10.00	Exercise Class+	Viv Watkins 4773 5287	Hyde Park Shopping Centre
9.00 – 12.00	Pottery+	Nick Dimitriou 0438 132 707	76 Bowen Rd., Rosslea
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 (Cnr Anne/Patrick Sts)
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 Kathleen Feaver 4779 1252	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		Hyde Park Shopping Centre

U3A CLASS TIMETABLE as of 26 April 2016

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	Hyde Park Shopping Centre
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
1.30 – 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	Hyde Park Shopping Centre
10.00	Social Group+	Bev Ponder 0413 389 534	Various locations
Anytime	Computer Support (Apple Mac Only)	John Holt 4773 4600	

MAGNETIC ISLAND COURSES

General Inquiries – Don Kinsey (47 581 349)

Monday Talks	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
U3A Singers	Barbara White 4758 1808 0458 058 163	Wednesday 7.30pm
Spanish	Peter Duckworth 4758 1981 Marie de Monchaux 0427556165	Thursday – 9.30am to 11.30am
Health & Weight Control	Bette Davis 4758 1113 Jan Tester 4758 1821	Thursday – 9.30am to 11.30am
Tai Chi – Yang 85	Peter Duckworth 4758 1981	Friday – 7am to 8am