



U3A Townsville Inc.

SUPPORTED BY



## NEWSLETTER JANUARY 2020

Hi Everyone,

Well, what just happened? One minute it was Xmas eve and the very next minute the Festive Season was over, and we were back at work. Well it felt like that anyway or maybe the holidays were just an illusion.

Well your committee has been working hard and some of them right through the holidays, registering your enrolments and sending out your new name badges, updating our finances and paying bills. We thank those diligent workers for all their hard work over the holidays.

Some of the various classes have already started back so if you're unsure of the start date, ring the office as they have a list. Lyn has made a few changes to the classes over the holidays, one of them being the finance class which has been split into two, to widen the area covered and meet members requirements. All classes can be seen on the website so log on and see what is on offer.

We've had word from "Be Connected," that they are going to extend the computer classes into the New Year so please sign up and continue on that great computer training facility.

The Committee has had its first meeting for the year on the 15th January and are hard at work improving our organization for all of you "Lucky People." Our next Committee Meeting will be on Wednesday the 19<sup>TH</sup> February and the A.G.M. will be held on Friday 13<sup>th</sup> March at a venue yet to be found. We are always looking for people to take positions or help the Committee improving our systems and facilities, so, download a few nomination forms and nominate and second some likely people for Committee at the AGM. Don't forget to ask them if they are prepared to work on the committee first.

Our relocation to Seniors is ongoing and the Memorandum of Understanding is almost complete and will soon be passed onto Townsville Senior Citizens Welfare Association for final approval. Once we have their approval, we will both engage Solicitors to work out a legal agreement that binds both parties.

continued; over

Seniors is an asset rich, member poor organization and U3A is an asset poor, member rich organization – A perfect fit. The whole concept about moving to Seniors, was **never**, to rush out and relocate all our classes to this new venue. Those classes that are located at libraries, hotels etc. will stay where they are in the foreseeable future. The classes located in our rooms can either move over to Seniors or stay in their present locality providing we can organize library room space or other venues in that area.

We currently have seven or eight classes in our Churches of Christ rooms and our office. If you divide the \$15,000 P.A. that it is costing for those rooms by the number of classes held there, then the cost per class is about \$2,000 P.A.

As far as the office goes, it is more a cupboard than an office with only 2 people able to fit into the space at one time. The TSCWA office that they have offered us is about ten times the size of our current cupboard. The ones most likely to be inconvenienced are our office staff, some of which will have to travel a little further once per week. The large hall, kitchen and library will be a big boon to our organization and Seniors have great fun on the days they meet.

Our current lease runs out on the 31 March 2020, so some decisions need to be made in the very near future. All the very best to you all,

Peter Hurst, President for 2019 and a small part of 2020.

## U3A ANNUAL GENERAL MEETING

will be held on

Friday March 13th 2020

All positions will be declared vacant.

Should you feel able and/or willing to take on one of the above roles

please feel free to contact one of the current committee members or the office

(details below).

A role on the committee requires you to be available for a monthly meeting, and work with a team on the role you choose.

Venue to be advised

## CHRISTMAS BREAK UP

A large number of members attended the U3A Christmas party which was held at the Senior Citizens complex at Belgian gardens.

The event was capably organised by Bev Ponder and her group of willing helpers.

Our Indonesian group entertained us in style as did many others. We had poetry, comedy skits and a one act play. Altogether a colourful and joyous occasion.

Many thanks all who participated.

Some of our entertainers were Graham and Mary Collins, Kathy Priestly, Barry Graham, Ewe Cheng and the Indonesian groups choir. Thank you one and all.





### Christmas Breakup

Pictured are the raffle and food tables.

Thanks to those who donated prizes; quite a few attendees went home with a lovely prize.

Food was plentiful, with a variety of Christmas treats and other cultural dishes. Soooo yummy, thanks to all.

## SHAKESPEARE – plays and poems

(You quote Shakespeare on a regular basis and may not even know it)

Romantic Poetry (Wordsworth, Keats, Byron, Blake .....)

If you are interested in reading, analysing,  
or simply enjoying the Works of these famous poets and dramatist,  
contact Lyn Rooke on 0458 469 444 to register your interest.

### CRAFT GROUP

Bev ponder would like to get the craft group up and running as soon as possible.

As well as beading Bev would like to add other craft such as knitting, crotchet and sewing.

If you are interested in any of these please contact **Bev 0413 389 534** and she will organise whatever is needed to commence. Maybe you could share with the group your craft??





## 2020 U3A Membership Renewal

Your U3A Townsville membership renewal is due effective from 1<sup>st</sup> November 2019.

The membership fee for 2020 remains at \$40.00 for the calendar year.

Your membership can be paid

**first option** in cash at the U3A Office which is located at Church of Christ Centre,  
Unit D.3 Cnr Palmerston St and Ronan St, Vincent 4814 between the hours of 9.00am to  
mid day Monday to Friday.

**second option** is to pay by cheque and if you use this method please write your full  
name and membership number on the back of the cheque.

**third** option is to pay by bank transfer to the U3A Bank account and the details are

|                       |                            |
|-----------------------|----------------------------|
| <b>BSB</b>            | <b>064-823 (CBA)</b>       |
| <b>Account number</b> | <b>10553473</b>            |
| <b>Account name:</b>  | <b>U3A Townsville Inc.</b> |

***If you are going to use the bank transfer method of payment it is extremely important to enter your full name and membership number into the reference field of your transaction.***

***If you don't do this it makes it very difficult  
to match your payment to your name.***

***During 2019 we had 11 payments from members that we have not been able to process because U3A does not have their full details with their payment made to U3A. So far this year 5 payments have been made with no details.***

Larry Frazer

Secretary U3A Townsville Inc.

## U3A Walking Group Timetable for March to May 2019

**Day Friday**

**Time 7.00am for 7.15am - 8.15am walk**

**Contact: Margaret on 4779 1882**

**Come join us!**

| Month<br>Date   | Meet                                         | Walk                                   | Month<br>Date   | Meet                                        | Walk                        |
|-----------------|----------------------------------------------|----------------------------------------|-----------------|---------------------------------------------|-----------------------------|
| <b>March 6</b>  | The Rockpool North Ward                      | The Strand                             | <b>April 10</b> | Kimball St. Aitkenvale<br>Rossiter Park     | Ross River Up-stream        |
| <b>March 13</b> | Cape Pall Rd/Esk Str.<br>Rowes Bay Beach Car | Towards<br>Pallarenda                  | <b>April 17</b> | Weir School Carpark<br>Ross River Road.     | Ross River Circuit          |
| <b>March 20</b> | O'Reilly St. Mundingburra<br>Cnr Burt St.    | Mundingburra<br>Ross River<br>Upstream | <b>April 24</b> | Cape Pallarenda Rd.<br>Far end carpark      | Pallarenda                  |
| <b>March 27</b> | Balls Lane Mundingburra                      | Anderson Park                          | <b>May 1</b>    | Murry Lyons Cr Annandale<br>Skate park near | Fairfield Waters downstream |
| <b>April 3</b>  | Palmer St. South<br>Townsville               | Port Area                              | <b>May 8</b>    | Paxton St. North Ward<br>Queens garden gate | North Ward                  |

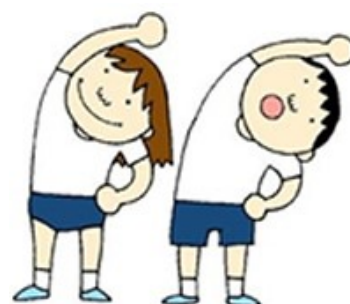
Come and join us, get some fresh air, exercise and explore Townsville. We walk at a pleasant pace that allows for chatting or stopping to see wildlife. The itinerary above gives you an idea of where we go. Mostly on walking paths. This is a very friendly social group. many of the walkers regularly adjourn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

## The Importance of Exercise for Seniors

Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones and improved flexibility. For seniors, there are additional benefits, like the fact that regular exercise reduces the risk of chronic diseases, lowers the chance of injury and can even improve one's mood.

As we age, our muscle mass begins to decrease. When we enter our forties, adults can lose 3-5% of muscle mass with each subsequent decade of life. Muscle is an essential contributor to our balance and bone strength; it keeps us strong. Without it, our mobility and independence become compromised.

Exercise is also a key for cognitive function. Scientists have found that brain neurons- the special cells that perform all the necessary function to keep you alive, as well as help you think and improve your memory- all increase after a few weeks of regular exercise. In fact, some researchers found that when individuals walk three or more times a week, the occurrence of dementia was 35% lower than those seniors who were not involved in any type of physical activity.



## **Message from the Class Coordinator**

I extend my very best wishes to members for a bright and happy 2020.

Tutors and Facilitators: thank you for your commitment to U3A's goals and for your continuing support in the New Year.

We could not provide the fun, social engagement, and commitment to lifelong learning without you.

**MEMBERS:** if you haven't engaged with U3A in the past 12 months, why not check out our website ([u3atownsville.com](http://u3atownsville.com)) for things to do - to exercise the mind and the body.

If we don't have classes or activities that interest you, contact the office to let us know.

If any member would like to teach a class, talk to one of the office volunteers or email [admin@u3atownsville.com](mailto:admin@u3atownsville.com) to register your interest.

You do not need to have formal teaching qualifications to act as a volunteer tutor.

Lyn Rooke    Class Co-ordinator

### **Our Activities Class Co-ordinator Lyn Rooke**

will be retiring at the AGM, Lyn is returning to Israel to spend time in a Kibbutz, Lyn has done this previously; we will miss her and we wish her well in her travels

### **However that leaves this job vacant,**

if you would like to take on the role please put your name forward,

Lyn will be able to advise you as to what the role entails.

Within U3A over the past year or so we have introduced teams that cover a lot of the positions that help keep U3A running smoothly.

We have a Friday talks team, a web team, an office team, a computer team as well as the committee. Each team gets on dealing with their responsibility and function, then the team keeps the committee informed as to the delivery of their area.

**JOIN A TEAM!!!**

# U3A TOWNSVILLE CLASS TIMETABLE

**Current as at 19.01.2020**  
(subject to change; check website regularly for updates)

|                                                                                              |                                                                                                                     |                                                                                           |
|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <b>Monday</b>                                                                                |                                                                                                                     |                                                                                           |
| <b>Computer.</b> Learn to develop your computer and digital skills.9:15am-10:15am ON HOLD    | Contact the U3A office on 4724 3530 for further information<br>Waiting on information for 2020                      | Aitkenvale Library                                                                        |
| Book Club monthly, 2 <sup>nd</sup> Monday<br>9:00am-10:00am                                  | Jenny Marks 0407 484 240                                                                                            | Aitkenvale Library Foyer                                                                  |
| Mah Jong 9:00am-12:00pm                                                                      | Gwen Wilson 4723 7142                                                                                               | Thuringowa Library                                                                        |
| Social Art (No tutor)<br>10:00am-4:00pm                                                      | Judy Osborne 0409 764 184                                                                                           | Soundshell Building,<br>Dan Gleeson Gardens                                               |
| Stock Market Trading<br>12:00pm-2:00pm                                                       | Terry Lambrose 0434 634 822                                                                                         | U3A Vincent                                                                               |
| Indonesian 1:00pm-2:00pm                                                                     | Eric Campbell 4779 8947                                                                                             | Aitkenvale Library                                                                        |
| Italian for absolute beginners<br>2:30pm-4:30pm                                              | Trish Jordan 0408 741 347                                                                                           | U3A Vincent                                                                               |
| Tai Chi                                                                                      | Suspended until 2020. Check website periodically for updated information – day, time & venue may change.            |                                                                                           |
| Philosophy<br>2:30pm-4:00pm                                                                  | Jan Hynes 0419 723 640                                                                                              | Aitkenvale Library                                                                        |
| <b>Tuesday</b>                                                                               |                                                                                                                     |                                                                                           |
| Spanish<br>9:00am-10:20am                                                                    | Graham Collins 4789 0590                                                                                            | U3A Vincent                                                                               |
| Creative Writing<br>10:00am-12:00pm                                                          | Valda Spencer 4723 6083<br>Ann Krome 0400 822 973                                                                   | Vale Hotel, Ross River Road<br>Motel Breakfast Room                                       |
| <b>Computer.</b> Learn to develop your computer and digital skills.<br>1:15pm-2:30pm ON HOLD | Contact the U3A office on 4724 3530 for further information<br>Waiting on information for 2020                      | Learn Space<br>Thuringowa Library                                                         |
| Swim Program                                                                                 | Program finished for 2019. Waiting on information for 2020 program.                                                 |                                                                                           |
| History 2:00pm-3:30pm                                                                        | Nanette Grace 4721 4484                                                                                             | U3A Vincent                                                                               |
| <b>Wednesday</b>                                                                             |                                                                                                                     |                                                                                           |
| Canasta<br>9:30am-12:30pm                                                                    | Bev Ponder 0413 389 534                                                                                             | German-Australian Club<br>56 Ann Street, Aitkenvale                                       |
| Art Class (no tutor)<br>9:30am-12:30pm<br><i>Class Full, Waiting List only</i>               | Kate Eagling 0429 419 580<br><br><i>Please call office</i>                                                          | U3A Vincent                                                                               |
| Woodwork<br>2:00pm-4:00pm                                                                    | Ray Hatton 0400 840 114<br>Due to unavailability of facilitator, re-sumption is delayed. Keep checking for updates. | Flexible Learning Centre<br>22-26 Ingham Road<br>(Service Road, next to St Mary's Church) |
| <b>Thursday</b>                                                                              |                                                                                                                     |                                                                                           |
| Art (Watercolour, Acrylic and Oil Painting) 9:00am-12:00pm                                   | Jan Fels 0490 014 373<br>Kathleen Feaver 4779 1252                                                                  | CWA Hall<br>36 Latchford Street, Pimlico                                                  |
| Digital Photography<br>9:00am-11:00am                                                        | John Webster 0438 322 666<br>E:webj1@hotmail.com                                                                    | U3A Vincent                                                                               |
| Conversational French - Intermediate 11:30pm-1:30pm                                          | Georgina Valdeter 0410 454 420                                                                                      | U3A Vincent                                                                               |
| Science<br>2:00pm-3:00pm                                                                     | Susan Dellow, text 0408 984 019, or<br>susan.dellow@bigpond.com                                                     | U3A Vincent                                                                               |
| Beading 2:00pm-4:00pm                                                                        | Bev Ponder 0413 389 534                                                                                             | <i>Phone Bev to Book</i>                                                                  |

|                                                                                                                 |                                                                                                   |                                   |
|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------|
| <b>Friday</b>                                                                                                   |                                                                                                   |                                   |
| Walking 7:00am-8:45am                                                                                           | Margaret Cuthbert 4779 1882                                                                       | <i>See Table page 6</i>           |
| Exercise Class<br>9:00am-10:00am                                                                                | Val Grogan 4723 5432                                                                              | Health Studio<br>Hyde Park Centre |
| Mah Jong<br>9:00am-12:00pm                                                                                      | Gwen Wilson 4723 7142                                                                             | Thuringowa Library                |
| <i>Computers, Tablets &amp; Phones.</i><br>Learn to develop your computer<br>and digital skills. 9:15am-11:00am | Gaye Higgins <a href="mailto:gayehiggins@hotmail.com">gayehiggins@hotmail.com</a><br>0419 732 311 | Learn Space<br>Thuringowa Library |
| Scrabble<br>10:00am-12:30pm                                                                                     | Kate Eagling 0429 419 580                                                                         | U3A Vincent                       |
| Friday Talks (A variety of topics)<br>2:00pm-3:00pm                                                             | Check member emails or website for de-<br>tails                                                   | Aitkenvale Library Meeting Room   |
| <b>Saturday</b>                                                                                                 |                                                                                                   |                                   |
| Social Group 10:30am                                                                                            | Bev Ponder 0413 389 534                                                                           | <i>Phone Bev for details</i>      |
| <b>Sunday</b>                                                                                                   |                                                                                                   |                                   |
| Social Games<br>1:30pm-4:00pm                                                                                   | Bev Ponder 0413 389 534                                                                           | <i>Phone Bev for details</i>      |
| <b>Other</b>                                                                                                    |                                                                                                   |                                   |
| James Cook University (various sub-<br>jects)                                                                   | Lori McGuire 0418 874 844<br>Check U3A TSV website for information                                | James Cook University             |
| Gardening in the Dry Tropics                                                                                    | Maureen Wright 0498 572 717                                                                       | Various locations                 |
| Excursions, Events                                                                                              | Emails sent to members with details                                                               |                                   |

| <b>Magnetic Island</b>                                                 |                                                                |                                              |
|------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------|
| <b>Monday</b>                                                          |                                                                |                                              |
| Monday Talks<br>10am-12pm                                              | Mike Keating 0437 432 251<br>Liz McDine 0422 190 455           | RSL, Arcadia                                 |
| Stock Market Trading<br>7:00pm-9:00pm                                  | Terry Lambrose 0434 634 822                                    | <i>Contact Terry for further information</i> |
| <b>Tuesday</b>                                                         |                                                                |                                              |
| Tai Chi & Qigong<br>7:00am-8:00am                                      | Peter Duckworth, Tania Thoreau<br>4758 1981                    | Esplanade                                    |
| Recorder Ensemble<br>1:30pm-3:30pm                                     | Una Glavin 0403 644 341                                        | Contact Una                                  |
| <b>Wednesday</b>                                                       |                                                                |                                              |
| French Conversation<br>9:00am-11:00am                                  | Gisela Edwards 4778 5548                                       | Contact Gisela                               |
| U3A Singers 7:00pm-8:30pm                                              | Tania Thoreau 4758 1981                                        | RSL, Arcadia                                 |
| <b>Thursday</b>                                                        |                                                                |                                              |
| Spanish 9:30am-11:00am                                                 | Tania Thoreau 4758 1981                                        | 8 Lilac Street                               |
| Canasta 1:00pm-3:30pm                                                  | Kaye Lambrose 0403 255 805                                     | Golf Club                                    |
| <b>Friday</b>                                                          |                                                                |                                              |
| Tai Chi & Qigong<br>7:00am-8:00am                                      | Peter Duckworth 4758 1981                                      | Esplanade                                    |
| <b>Other (By appointment)</b>                                          |                                                                |                                              |
| <i>Computer.</i> Learn to develop your<br>computer and digital skills. | Terry Lambrose 0434 634 822<br>Waiting on information for 2020 | <i>Phone Terry to book</i>                   |

### 2019 Committee members

| <b>Name</b> |            | <b>Committee Role</b>                |
|-------------|------------|--------------------------------------|
| Alan        | Williams   | Acting Vice President                |
| Beverley    | Ponder     | Major Events Coordinator             |
| Christine   | Douglas    | Office & Volunteer Manager           |
| Graham      | Collins    | I.T. Coordinator                     |
| Jenny       | Sebba      | Assistant/ Backup Treasurer          |
| Kate        | Eagling    | U3A Facility Maintenance Coordinator |
| Pauline     | Woodbridge | Promotions/Publicity Coordinator     |
| Larry       | Frazer     | Secretary & Treasurer                |
| Liz         | McDine     | U3A Magnetic Island Coordinator      |
| Catherine   | Smith      | Minute Secretary                     |
| Terry       | Lambrose   | Be Connected Coordinator             |
| Lyn         | Rooke      | Activities Program Coordinator       |
| Peter       | Hurst      | President                            |

## AGM FRIDAY 13TH MARCH



**Contact Details for the office are:**

**PO Box 374, Aitkenvale QLD 4810**

**PH; (07) 4724 3530**

**Email; [admin@u3atownsville.com](mailto:admin@u3atownsville.com)**

**New Website; <http://u3atownsville.com>**

*Your next newsletter date will be April 2020 Please keep your stories rolling in.  
I enjoy reading them as do members, Pictures are most welcome Thanks Christine*