



NEWSLETTER JULY 2022

U3A newsletter July 2022

From our emails, it seems the bulk request for volunteers to cover the office opening time was very successful. Thanks to Christine Titmus and Antonia Gerrard for organising the roster and orientation and thanks to the members who responded.

I have been reporting on the 12-month review of our compliance under the new Incorporated Associations Act. Our review of our policies each month is going very well, the July meeting will cover off on the last section. Thanks to the committee members and particularly Lorraine for preparing the check lists for each meeting.

Along with the above, the committee continues to explore the possibilities of resuming face to face Friday talks. Planning is in early days and part of that planning includes considering the changing environment for Covid safety and any new recommendations we can test against our current policy and implement any changes that will benefit our members. We would appreciate information from our members, who would be keen to offer a session on something you have experienced, that would be of interest to other members. It would work well to have a broad range of subjects that entertain, educate and set others thinking let the admin office know about your interest.

Recently I was away attending the Qld U3A Network conference hosted by Pine Rivers. It was a well organised conference program and the Network AGM was part of the agenda. An E-News with a comprehensive overview of the proceedings has been sent to our branch and has been added to our website. I recommend a look at this special report as it describes the offerings from a very interesting group of speakers. The 2023 conference will be hosted by the Rockhampton branch. A video of their conference plans and regional attractions is included in the E News.

We are entering into the second half of the calendar year and remember to talk to your friends and family about the benefits of being a member paying half price for the rest of 2022.

Enjoy our cool sunny weather and keep safe,

Pauline Woodbridge OAM

U3A Townsville President

Friday Talks ARE BACK STARTING every FRIDAY from the



15TH JULY 2:00PM TO 3:00PM AT THE

NORTH QUEENSLAND WILDLIFE CARE

25 AITKEN ST, AITKENVALE

COME ALONG TO THESE VERY POPULAR INTERESTING TALKS ON VARIOUS SUBJECTS.

TEA & COFFEE REFRESHMENTS AVAILABLE

\$2 GOLD COIN DONATION



LORD MAYOR'S THANK-YOU EVENT.

Recently Antonia Gerrard and Anne Thomson attended the Lord Mayor's Thank-you event for volunteers on Friday May 27, which was the start of a two-day conference for volunteers. There were so many inspiring and varied organizations represented at the event, where nibbles and refreshments were provided.



While at the event and seeing so many people, mostly women, I wondered how many would like to work part-time to supplement a pension or superannuation fund.

When considering volunteering I was mindful that I wanted to do a job that would not be taking away possible paid work for others. Then I reflected on volunteer work that has turned into paid work such as nursing – Florence Nightingale being the beacon of inspiration for so many. Teaching used to also be a volunteer position allocated to women until men got involved and got paid. I guess entertainers originally sang for their supper. I'm sure there are many more positions that have evolved into paid services. The history group might be able to shed some more light on this in another newsletter. There are many intrinsic rewards to volunteering .

Thank you to all the tutors, management and admin staff who volunteer at U3A to make the Townsville U3A what it is today, which is a thriving group of mature age people contributing and assisting people to pursue their interests. In doing so they are also creating caring social contacts, all of which is good for people emotionally and physically.

VOLUNTEERS

From a poem by Bob Pacey.
Additional words and format by Vicki Trevanion.
Can be sung to the tune of "Heartbreak Hotel".

Whenever there is trouble, whenever there is strife
Whenever grief and heartache cut through us like a knife
Volunteers, yeah volunteers.
They are souls you can depend on.
To help us in our need!. Volunteers.

Searching for a loved one, delivering meals on wheels
Comfort in times of sorrow, caring how you feel
Volunteers, yeah volunteers. Driven on by simple kindness
Not by power, fame or greed, they're volunteers.

Fire and rescue in the bush, surf life saving at the beach
At schools and homes and hospitals they're always within
reach. Volunteers, yeah volunteers.
Warm shelter from the cold,
Their hearts are made of gold, volunteers.

We take them all for granted though we never really
should
Their service is immeasurable, their hearts so pure and
good. Volunteers, yeah volunteers.

We should honour them and cherish them for their efforts
over the years
They take our hand and guide us through mud and blood
and tears
Where would we be without them? We salute our
volunteers. Volunteers! Yeah volunteers, volunteers,
VOLUNTEERS!!!

SOME VOLUNTEER STATISTICS

\$\$\$ Value of volunteering. The cost benefit ratio for volunteering in Queensland in 2020 was 4.1:1. For every dollar invested approx. \$4.10 is returned.

\$\$\$ The value of volunteering to Queensland across the entire community was almost \$84 billion in 2020.

\$\$\$ The cost to replace the labour of Qld's volunteers in 2020 would have been approximately \$ 37b.

\$\$\$ Individual volunteers report spending approximately \$1,600 on their volunteering in 2020, but with only 11.4% reimbursed an average of \$182.16.

- ◆ Over 3.0 million (or 75.7% of) Queenslanders over 18 years of age volunteered in 2020
- ◆ 45% volunteer in their local community.
- ◆ 28.5% volunteer from home/online.
- ◆ Motivated Queenslanders volunteered in 2020: 63% To help others; 34% For social connection ; 26.9% To use skills and experience
- ◆ Volunteer-involving organizations were supported by a wide variety of volunteers: 75% were over 65 years of age. 70% were not working or working full time.

Source: The Inaugural State of Volunteering in Queensland Report, 2021

"When we give back by volunteering, we feed our own positive mood and can improve our physical and mental health, not to mention positively impacting our community and environment!"



Stockland
it's your place

good2give

U3A Townsville has recently been successful with its Stockland CARE Grant application.

The Stockland CARE Grant is for the value of \$1,000 and will go towards the ongoing running expenses for our U3A Townsville classes and our U3A Townsville Newsletter which is now produced, printed, collated and distributed inhouse by the U3A Townsville office volunteers.

This includes purchasing printer toners, A4 printing paper, print drum and postage of the Newsletters to those U3A Townsville members who don't have website access.

On behalf of all of the members of U3A Townsville we thank Stockland for their generous Grant donation and assistance for the ongoing U3A Townsville aspirations to assist the Townsville and surrounding areas Seniors Community.

Below is the communication from the Stockland CARE Grants Team:

Congratulations! Stockland is excited to announce that your grant application has been successful, and that your organisation will receive a \$1,000.00AUD Stockland CARE Grant.

We are delighted to be able to support your community program and help shape a thriving community in your local area.

The Stockland CARE grant is for the following program:

Organisation Name: U3A Townsville Inc

Project Name: Promoting learning for personal enjoyment and wellbeing for our Seniors.

Reference Number: 17273

Stockland: Residential Community

Asset: North Shore (QLD)

YOUR U3A COMMITTEE VOLUNTEERS

First Name	Surname	Committee Role	Email
Pauline	Woodbridge	President Publicity and Promotions	president@u3atownsville.com
Alan	Williams	Vice President	admin@u3atownsville.com
Lorraine	Ryrie	Secretary	admin@u3atownsville.com
Larry	Frazer	Treasurer	admin@u3atownsville.com
Jenny	Sebba	Assistant Treasurer	admin@u3atownsville.com
Liz	McDine	Magnetic Island Co-Ordinator	magneticis@u3atownsville.com
Christine	Titmus	Office & Web Co- Ordinator	admin@u3atownsville.com
Graham	Collins	IT Co-Ordinator	admin@u3atownsville.com
Antonia	Gerrard	Class Coordinator	classcoord@u3atownsville.com
John	Webster	Committee member	admin@u3atownsville.com
Will	Horsfall	Committee member	admin@u3atownsville.com

MAH JONG



A big thank you to the organizers of the Thuringowa Mahjong. They are a well run group led by Gwen Wilson and tutored by Hanna. Both do a fabulous job with a great support team around them.

Weekly donations are ploughed back into the group with tables, chairs, mahjong sets but also a variety of delicious biscuit treats for morning tea. But there's more. They organize a tournament twice a year and two social meals at local venues so that members can mix and develop the social side of what U3A has to offer members. The players themselves have interesting life stories, which are glimpsed in chats between game rounds.



Annette learning the game from Hanna

U3A ART DISPLAY THURINGOWA

The Monday Art Group from the Sound Shell have a small Exhibition open now in the Thuringowa Library foyer.

Brushes and Bats

An exhibition by
U3A Monday Art Group

31 May - 25 July 2022



'The world always seems brighter when you've just made something that wasn't there before' - Neil Gaiman

The U3A Art Group meets every Monday at 9:30am in the Thuringowa Sound Shell.

As we paint, the bats of Dan Gleeson Gardens can be heard calling to each other through the tree tops. Hence the title of our exhibition.

Ours is a social art group and we enjoy the moments of inspiration, the sharing of skills, the helpful critiques and the satisfaction of completing something that we are happy to share.

This exhibition presents a range of media: oils, acrylics and pastel, and the subject matter and styles are as varied as the painters who create them.

These paintings are the works of:

Gail Pearson, Judith Osborne, Robert Bryant, Mary Hardwick, Brenda Forrest, Marion Reid, and Brian Gilshenan.

For sales contact Gail Pearson on 0427 777 006

CRAFT WORK from the Monday 9.30am group at Vincent.

We meet and share our knowledge, experience and exchange ideas helping each other with our crafts.

- Lise has been crocheting soft toys for grandchildren;
- Sue is creating beautiful heirloom of beading butterflies and dragonflies on to cloth for her grandchildren;
- Gen has been busy knitting trauma bears for Red Cross;
- Joyce has created a lovely crocheted throw rug;
- Jane has completed a birth sampler cross stitch for her new granddaughter
- Liz has been working on crochet bag.

Our group enjoy meeting each week to see the progress of everyone's work. Whilst we chat have a cuppa and sometimes share biscuits and cakes. The group ranges from beginners to experienced crafters. We welcome anyone who shares the fun and joy of craft.

Jane Rossitter



Jane's cross-stitch



Jane's crazy love—Miko



Lise soft toy



Sue's beadwork



Liz's bag



Gen's trauma teddy

A REMINDER: G.O.F.T.A.T

GETTING ONLINE FOR THE ABSOLUTELY TERRIFIED

(For U3A Members, By Malcom Hall)

The course is designed for absolute beginners having their own device but with limited Internet experience. The format should be a **2-hour general introductory** group session, no more than 6 people per group, run as a **seminar** with demonstrated examples but minimal hands-on time.

This to be followed by individual **1-on-1 sessions for 1 hour per participant**, focusing on hands-on learning, ensuring that each participant can connect their device to the local Wi-Fi service, has an email account which they can operate successfully, can locate the Be Connected website and has a Be Connected account set up. Following this course it is anticipated that participants will either sign up for U3A sessions at the Library or continue their learning journey self-paced following the Be Connected program.



ITALIAN CONVERSATION CLASS.

The class runs Tuesdays at 12-1.30pm at Vincent.

I am blessed to have the best people in this class. They are warm, funny and wonderful students. We are planning to win Lotto at some stage and take a trip to Italy - un sogno. If I could I would make that dream a reality and take Antonia, Dawn, Lucy, Barbara, Monika, Luda, Terri who makes my whiteboard gleam and of course the class favourite, John, to The Fountain of Trevi and throw in some coins, lots of them.

Barbara Strickland



RIP: Margaret Cuthbert, who ran the U3A walking group for about 3 years prior to Ros taking over the coordination, passed away on June 10 recently, at age 84. She was born in Sarina, Queensland. Margaret worked many jobs around Australia including the National Bank in Townsville. She travelled widely and was very musical. Margaret's funeral was held at the Holy Spirit church on Thursday, June 23.

U3A WALKING GROUP - SEPT TO NOV DATES.

Meets Friday 7am for 7.15 start – 8.15.

Coordinator: Roslyn McEwan. Phone U3A office **4724-3530** for contact details



Date		Meet	Walk
Sept	2	Otto's Carpark, Village Dr Idalia.	Fairfield Waters downstream
	9	Tyack St, Rosslea, (Near Viles St.)	Around golf club boundary
	16	Park near Bakehouse on Eyre. (71 Eyre St, North Ward)	Queens Garden
	23	Palmetum	Ross River upstream. Douglas side.
	30	Echlin St, near Tea House	West End Cemetery and return
Oct	7	Rock Pool, The Strand	Jezzine Park
	14	Thuringowa Library car park.	Dan Gleeson Memorial Gardens
	21	Dean Park car park	South Townsville
	28	Rossiter Park	Ross River upstream
Nov	4	Weir School car park	Riverside downstream
	11	End of year breakfast.	TBA.

REX'S HISTORICAL SNIPPETS: **World's Largest Statues**

The world's tallest statue is that of Sardar Vallabhbhai Patel (1875–1950), India's first deputy prime minister. The statue, completed in 2018, was erected in his home state of Gujarat. Patel helped unite the modern state of India following the Partition in 1947, earning him the nickname the "Iron Man of India."

The Unity Statue and some of its predecessors.



AND ALSO, for those who can access the link below:

The Battle Hymn of the American Republic

This is a beautiful presentation of The Battle Hymn of the Republic

<https://www.youtube.com/watch?v=Jy6AOGRsR80>



TAI CHI

The two Tai Chi classes that meet at 9 am and 10 am at Sherriff Park are resuming on July 21.

The 9 am group are making great progress with the Sun 73 form while maintaining the Sun 41 Tai Chi for Health form.

The 10 am group has worked right through Tai Chi of Health and consolidating and developing smoothness and control.

If there are members of U3A who want to start doing the Tai Chi classes, then the 10 am group on 21 July would be the best time to join us.

Regards, Geoff Ward

IN THE PARK BY VALDA SPENCER

*Stepping slowly, stretching, in the park
simultaneously they spark,
surrounded by Nature's landmarks.
Full branches flutter with the breeze
enhancing beauty in these trees.*

*As sunlight filters through this morn
there is no place to snarl or scorn.
Together, tranquillities born.
Bending and stretching with graceful ease
with minds at peace, this day they seize.*

*Hushed chatter of the birds up high
the river slowly flowing by.
Immersed in beauty makes one sigh
I give my thanks that I embarked
stepping slowly, stretching, in the park.*

I wrote "In the Park" after our Tai Chi with Geoff on Thursday mornings. It shows how much Tai Chi helps our mind's and body.

I would also like to send a "Thank You" to Geoff Ward for the dedication, skill and knowledge that he has brought to the Tai Chi classes he has been running on Thursdays for many years. Even though we thank him, a little extra sign of appreciation may be welcomed.

Thanks Geoff. Regards, Lorraine Wallis

CLASS TIMETABLE 2022

All enquiries to admin@u3atownsville.com Phone; 4724 3530

Monday		
Be Connected: Basic Computer, learn to develop your computer skills 09:00am-11:00am	Christine Titmus Malcolm Hall	Aitkenvale Library BOOKINGS ARE ESSENTIAL
Craft Group 09:30am-11:00am	Jane Rossiter	U3A Vincent
Monthly Book Club , 2 nd Monday 12:00pm-01:00pm	Jeanette Hind	John Mathew Meeting Room Flinders St Library (upstairs in Northtown)
Mah Jong 09:00am-12:00pm	Gwen Wilson	Thuringowa Library
Social Art (No tutor) 09:30am-02:30pm	Primary Contact Gail Pearson Secondary Contact Judy Osborne	Soundshell Building, Dan Gleeson Gardens
Stock Market Trading Group 12:00pm-02:00pm	Terry Lambrose	Zoom meeting Contact Terry for further information
Indonesian 01:00pm-02:30pm	Val Colquhoun	Aitkenvale Library

Tuesday		
Spanish 09:15am-10:45am	Graham Collins	U3A Vincent
Philosophy 10:00am-11:30am	Neil Renison Pamela Hancock	Anderson Gardens - Adj 1st car park when entering from Hugh St. If wet: Bellevue Hotel, Allen St, South Townsville
Creative Writing 10:00am-12:00pm	Anne Atkinson Judy Knox	Vale Hotel, Motel Breakfast Room Ross River Rd, Aitkinvale
Conversazione in Italiano 12:00pm-01:30pm	Barbara Strickland	U3A Vincent
History (Staggered start) 02:00pm-04:00pm	Nanette Grace	Oonoonba Community Centre 2 Shannon Street, Oonoonba

Wednesday		
Canasta 09:30am-12:30pm (Prompt start)	Beryl Lennon	German Club Inc. 56 Anne St, Aitkenvale
Art at Vincent (no tutor) 09:30am-12:30pm	Kate Eagling	U3A Vincent

Thursday		
Tai Chi 9:00am-10:00am Advanced Class 10:00am-11:00am Beginners Class	Geoff Ward	Sherriff Park, Love Lane, Mundingburra (on the asphalt surface of the basketball half-court, a short walk across the grass from the parking area)
Digital Photography 09:00am-11:00am	John Webster	U3A Vincent
Conversational French - Intermediate 11:30pm-01:00pm	Georgina Valdeter	U3A Vincent
Science 02:00pm-03:00 pm	Susan Dellow	U3A Vincent

Friday		
Walking Group 07:00am-08:15am	Roslyn McEwan	Various Walking Paths Phone/email U3A /Web for details
Mah Jong 09:00am-12:00pm	Gwen Wilson	Thuringowa Library
Basic Computer & Technology. Learn to develop your computer and digital skills. Session 1: 09:00am-10:00am Session 2: 10:00am-11:00am	Gaye Higgins Malcolm Hall	Learn Space Thuringowa Library BOOKINGS ARE ESSENTIAL
Scrabble 10:00am-12:30pm	Kate Eagling	U3A Vincent
Italian Beginners Plus 12:00pm-01:30pm	Trish Jordan	Aitkenvale Library Meeting Room
Amateur Astronomy 01:00pm - 02:30pm	David Burdeu	U3A Vincent
Friday Talks (A variety of topics)	Start 15th July 2022	North QLD Wildlife Care 25 Aitken St Aitkenvale

Other		
James Cook University (various subjects)	Lori McGuire	James Cook University Check U3A Townsville website

NEW COURSE

AMATEUR ASTRONOMY SYLLABUS FOR U3A 2022. TUTOR: DAVID BURDEU

The course started on Friday the 10th of June from 1:00 to 2:30pm at the Vincent meeting room and will run every week during school terms. David has provided his course synopsis below for you that was sent out via email in late May.

This is a general and lighthearted discussion course for beginners and experienced alike and covers the following topics:

- Things we look at (sun, planets, star clusters, nebulae, planetary nebulae, galaxies, etc.)
- Tools we use (books, binoculars, telescopes, star charts etc.)
- Birth and death of stars (how they are born and their ultimate fates)
- Distances, speed of light, light year etc.
- Galaxies (types, dark matter, dark energy)
- History of Astronomy (ancient astronomers and what did they figure out.
- Other sciences affecting astronomy. Astronomy constantly changing.
- General Discussion.

All of the above is discussed in tandem with the U3A projector showing photos.

Sometime, in among all this, there will be an observing night using my 12 inch computer driven telescope.

If this course sounds like something you would be interested in attending, please register your interest via email to me at classcoor@u3atownsville.com or ring the Office on 4724 3530.

CLASS TIMETABLE 2022

Magnetic Island ONLY - See Below		
Monday		
Monday Talks, Magnetic Island 10:00am-12:00pm	Brian Furby	RSL, Arcadia
Stock Market Trading Group 12:00pm-02:00pm	Terry Lambrose	Zoom meeting Contact Terry for further information
Tuesday		
Tai Chi & Qigong, Magnetic Island 07:00am-08:00am	Peter Duckworth On short break – resuming soon.	Esplanade, Nelly Bay (between Kelly & Yates Streets)
Recorder Ensemble, Magnetic Island 01:30pm-03:30pm	Una Glavin	St Margaret's Anglican Church Endeavour St, Arcadia
Wednesday		
Advanced French 09:00am-11:00am	Gisela Edwards	St Margarets Anglican Church Endeavour St, Arcadia
U3A Singers, Magnetic Island 06:00pm-07:30pm	Una Glavin	St Margaret's Anglican Church Endeavour St, Arcadia
Thursday		
Spanish Conversation, Magnetic Island 09:30am-11:00am	Liz McDine	Contact Liz for further information
Friday		
Tai Chi & Qigong, Magnetic Island 07:00am-08:00am	Peter Duckworth On short break – resuming soon.	Esplanade, Nelly Bay (between Kelly & Yates Streets)
Other		
Learn to Read Music, Magnetic Island	Una Glavin >> 0403 644 341	Una is taking Expressions of Interest for a further class.

Please report any errors or omissions to the U3A Office.

MAGNETIC ISLAND NEWS



The U3A Singers and other Magnetic Island members celebrated The Queen's Platinum Jubilee with a garden party hosted by Su Mijic. Song's included 'We will Rock You' and 'Jerusalem'. A fun afternoon was had by all.

Liz McDine



CHRISTINE DOUGLAS: a retiring volunteer.

Hello all, Just letting you know I have resigned from my positions at U3A after 4 years of service as the Office Manager and writer of the newsletter. I need to take care of my health and at this point and time I need to take a step back so that I can put my energy into repair and recovery. It has been a pleasure working with you all and feel free to come for a visit whenever you get the chance at Villa Vincent.

Kindest regards. Christine Douglas.

On a personal note, Chris has been my mentor since coming into U3A Townsville for office duties. Chris knows everything and everyone. She will be sorely missed in the system, but at least we haven't lost her from Mahjong. (Anne Thomson.)

Management committee stated it is sad to lose such a valued volunteer and committee member. Christine was always willing to step up to assist the organization and the members within, along with the knowledge and skills she shared with us, for that we at U3A Townsville & Magnetic Island thank you for your time, effort and friendship. We will all miss you.

Christine will remain a member of U3A Townsville and enjoy the classes and activities that she loved attending.

Introducing Anne Thomson as the new Newsletter contact.

I have been in the system as a volunteer for over 3 years since walking into the NQ Volunteers office looking for an organization that I could contribute some time to. Being an ex-teacher / trainer having taught in high schools, Tafe, universities, corporate contracts, South Korea, remote aboriginal relief teaching in the Northern Territory and more recently teaching Math & English at a local prison. I found U3A was the perfect fit for my interests.

I first stumbled across U3A when I was unemployed and new to Darwin. At the time I thought I was too young to qualify as a member in my late 30's / early 40's, but I thought what a wonderful idea that retired people made life-long learning affordable by providing their services for free. People from all walks of life contributed. Plus, they organized excursions and outings. At the time I thought if I am going to have a lot of time on my hands until I find a job, I want to keep my mind active and by mixing with people they might know of jobs available through their contacts. I found so much more when mixing with these people, who had fascinating life stories.

So, when I came across U3A again in my retirement years it was a no-brainer for me to renew my contact. You can send me your stories about how you found your way to U3A and bits and pieces of interest about the groups that you have joined in U3A any time, rather than waiting for me to request items for the coming newsletters.

Just send them to: admin@u3atownsville.com

CONTACT US



**Office location: Unit D.4 Church of Christ Centre.
Corner of Palmerston and Ronan Street, Vincent.**



**Open: Monday 9:00am—10.30am
Tuesday—Friday 9:00am – 12:00pm**



P.O. Box 374, Aitkenvale QLD 4814



Telephone: (07) 4724 3530



Email: admin@u3atownsville.com



Website: u3atownsville.com

SCHOOL HOLIDAY DATES for grandparents
who might have child-minding duties.

Term 2 Winter	25 Jun 2022 (Sat)	10 Jul 2022 (Sun)
Term 3 Spring	17 Sep 2022 (Sat)	3 Oct 2022 (Mon)
Term 4 Summer	10 Dec 2022 (Sat)	22 Jan 2023 (Sun)

OCTOBER NEWSLETTER DATE

Next newsletter submission date to assist
publication time is: Tues. Sept 20.

Early submissions are always appreciated.