University of the Third Age Townsville

50 Years in Australia

SUPPORTED BY City of Townsville

FEBUARY 2024 NEWSLETTER

President's Report. **For a fuller account go to our website.** Pauline Woodbridge OAM.

I hope all our members had a good transition from 2023 to 2024. The committee has held the first meeting for the year and welcomed Fred Sacroug as the new Office Manager and committee member. Christine will continue her great work on Member communication: Website management, Newsletter oversite, Bulk emails and Friday talks coordinator. All the above are important tasks of information sharing and with Fred, supporting the office volunteers – thanks to them, Christine and Fred, and all the committee members - the information flow between all these activities will strengthen the branch and enhance the connections for all the membership.

I'd like to acknowledge the membership for their collective support of U3A. Our current numbers have just surpassed the 500 mark. Although Covid is still around and we all need to take precautions, we can build further on some of the social activities we enjoyed towards the end of 2023. We have a strong dedicated committee who are happy to hear ideas for classes and social events from our membership.

Thanks to Anne, the first newsletter for 2024 is about to arrive as bulk email for most members and posted to those not connected to internet. Anne would love feedback and ideas and comments for future newsletters that are developed throughout the year.

At the January committee meeting the planning for our Annual General Meeting commenced. To be held at 10am on Friday 15th March at a venue to be confirmed. We encourage our members to attend this official requirement of our Incorporated Association status with the Office of Fair Trading. It is a great opportunity to ensure the committee is compliant, to engage with the management of the branch and vote for your committee members for the next 12 months.

We are requesting that members bring a plate to share. At the end the short business meeting we will have a great opportunity to socialize and catch up with each other.

Wishing you all a safe and interesting year as our valued U3A members.

HOW DOES YOUR U3A COMPARE?

At $40 a year U3A Townsville is extremely good value.

	Annual Fee	Term / Class Cost	Additional Class Fees
U3A Gympie	$20	Weekly classes cost $20 per term	Monthly classes $20 per year and 5 week courses are $10
U3A Hervey Bay	$30		A fee ranging from $2-$7
U3A Maryborough	$35	$25 per class	Some Classes range from $2—$8 each.
U3A Toowoomba	$65	$25 per term up front if attending classes in the main building,	
Townsville	$40	Can attend as many classes a term and a day as you like.	Some classes have $2 to assist with air-conditioning cost plus tea & coffee etc.

DISCLAIMER: Some of the U3A newsletter is based on information provided by various sources. While every care is taken to provide accuracy, U3A can not guarantee it is free from error, nor does U3A accept responsibility for any articles or entries published in the newsletter.

U3A History in Australia

As Australia reached the end of the 20th century there was a growing recognition of the demoralising effects of social isolation, particularly within the older sector of the community. Because it is largely invisible, it is an issue that until recently has been given scant attention. Being lonely is not something that many people are prepared to admit to and doing something about it seldom captures the imagination of mainstream society.

One organisation that has been aware of the impact of this situation is U3A.
In Australia, the first U3A began in **Melbourne** in **1984** and has grown to more than **100,000** members nationally with over **300** branches. Using the Cambridge model, each U3A is autonomous and self-supporting, with no prior qualifications necessary to attend and no degrees are awarded. Implicit in its philosophy is an understanding of the importance of the social interaction that it provides through courses and discussions involving both tutors and students, with all the members being volunteers.

U3A Townsville started in **1987.** With a current membership of approximately 450 with a total of over 2,600 members over the years.

FROM THE Trcota PRESIDENT'S DESK Some Thoughts on Ageism

I have been participating in Compass webinars. The latest two addressed the problems of ageism, and who commits elder abuse. Apparently older people are more likely to be ageist than younger people. We must all be aware of internalising age-ism and thus becoming more ageist ourselves, and towards ourselves. Ageism probably begins in infanthood with fairytales of wicked stepmothers and post-menopausal witches, then on into school where children are placed in classes according to age rather than maturity or ability. So, it is hard to fight, but fight we must as ageism is the root of so many social injustices. And on Elder Abuse, it is usually committed by the adult children of the person being abused.

Robodebt – the RC has tossed up many nasty realities. The general impression many have taken is that it targeted welfare recipients labelled "dole bludgers". Well let me say, as a carer for a chronically ill person that I loved, they targeted me too…relentlessly.

Vicki Trevanion (President of Trcota)

NEW COURSES

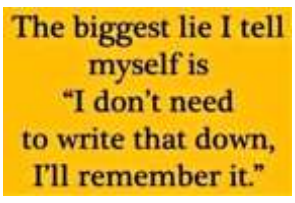
ITALIAN FOR TRAVEL AND FUN - TUTOR - TRISH JORDAN

This course will be held at VINCENT MEETING ROOM on MONDAYS from 3.00 – 4.00PM

Trish has taught herself Formal Italian for over 4 years and is successfully conversant in this language. She would like to pass on her knowledge to interested members. She aims to make this class fun with minimal grammar. So for those who have plans to visit Italy, this course will concentrate on basic conversation. Or for those who are just interested to learn this lovely Romantic Language, please enroll in her class.

BOOKCLUB

This will be a second U3A BOOKCLUB. We have 8 Members on a Waiting List now and if we get 4 more interested Members to make up the numbers to 12 - we can hold it in one of the Libraries.



Over the past week, have I engaged in:

- Something to benefit my physical health?
- Something good for my emotional wellbeing?
- An action of giving kindness to others?
- Something for my enjoyment or pleasure; something uplifting;
- Something that required - physical, mental or emotional - effort from me?
- Something peaceful and calming?
- Moving my muscles?
- Something that I have learned, realized or rediscovered?

CHRISTMAS PARTIES 2023

U3A hosted an end of year celebration at Oonoomba whereby members entertained each other by volunteering to share their talents of singing, playing musical instruments, reciting bush ballads with one even in pigeon English. Our President, Pauline Woodbridge, hosted the morning and was later assisted by Liam Mooney, from the local government. People brought a plate to share, which made the spread delicious.

The History Group held their function at The Avenues Tavern at Kirwan. Unfortunately, the facilitator, Will Horsfall was unable to attend due to a bout of Covid.

MAHJONG held their party at Kirwan Tavern, with Gwen Wilson, (left) the former co-ordinator as the guest of honour. Yvonne Cassidy (far left) and her team of elves put the event together with a Christmas quiz and prizes. Joy (2nd right front) provided extra beautiful Christmas treats and trimmings.

Hello and Happy New Year from the **Craft Group**. We celebrated the end of the year and approaching Christmas with a much-enjoyed lunch at the yacht club, delicious food and delightful aspect. During 2023, we created many articles, using knitting crotchet and embroidery. One of our members used her time to mend socks for wearing on the tiled floor.

The atmosphere at our Monday morning sessions is always pleasant, so much so, that we had a coffee get-together during the break.

We help each other and are inspired by each other, and are looking forward to another enjoyable and productive year.

Once again, Happy New Year. Stay safe. Cheers, Gen.

The **French class** enjoyed a luncheon at « Café 63 in Rasmussen, to celebrate the End of Year.

La **classe de français** a profité d'un déjeuner au « Café 63 à Rasmussen, pour fêter la fin de l'année.

U3A Townsville Class Timetable

Monday:

Mahjong
Time: 9.00am – 12.00pm **Tutor: Anne Thomson**
Location: Riverway Library, 20 Village Blvd, Thuringowa Central

Be Connected: Basic Computer (Aitkenvale)
Time: Session 1: 9.00 – 10.00 am | Session 2: 10.00 – 11.00 am
Tutor: Malcolm Hall
Location: Aitkenvale Library BOOKINGS ARE ESSENTIAL

Craft Group
Time: 9.30am – 11.00am **Tutor: Genevieve Caldwell**
Location: U3A Vincent

Book Club 2nd Monday of the Month
Time: 12.00 noon – 1.00 pm **Tutor: Jeanette Hind**
Location: Flinders St Library Level 1/280 Flinders St,

Family History & Ancestry DNA
Time: 12.30pm - 5.30pm **Tutor: Liz Scammel**
Location: Aitkenvale Library 4 Petunia St

Climate Change & Renewable Solutions
Time: 1.00pm - 2.30 pm **Tutor: Dr Bill Laing**
Location: U3A Vincent **Class will resume 2nd half of 2024**

Chinese
Time: 2.30pm - 5.00pm **Tutor: Phoebe Chan**
Location: Aitkenvale Library 4 Petunia St

Italian for Travel & Fun
Time: 3.00pm - 4.00 pm **Tutor: Trish Jordon**
Location: U3A Vincent

Tuesday:

Spanish Conversation Townsville
Time: 9.15 am – 10.45 am **Tutor: Graham Collins**
Location: U3A Vincent

Creative Writing
Time: 9.45am - 12.00pm **Tutor: Anne Atkinson | Judy Knox**
Location: Carville Seniors Inc, Cnr of Diprose St and Albury St Pimlico BOOKINGS ARE ESSENTIAL

Economics in Action
Time: 12.00pm - 1.30pm **Tutor: Mike Smith**
Location: U3A Vincent

History
Time: 2.00pm – 4.00pm **Tutor: Will Horsfall**
Location: Oonoonba Community Centre, 2 Shannon Street, Oonoonba

Guitar Lessons
Time: 2.00pm – 3.30pm **Tutor: Peter Dean**
Location: U3A Vincent

Wednesday:

Creative Art
Time: 9.30 am – 12.30pm **Tutor/Facilitator: Kate Eagling**
Location: U3A Vincent

Philosophy
Time: 10.00 am – 11.30 am **Tutor: Pamela Hancock, Neil Renison**
Tutor: Pamela Hancock | Neil Renison
Location: Aitkenvale Library, 4 petunia St, Aitkenvale, QLD 4814

Indonesian Language and Culture
Time: 12.00noon – 1.30pm **Tutor: Anni Hurst, Val Colquhoun—Coordinator**
Location: Aitkenvale Library 4 Petunia St, Aitkenvale

5 Crowns Card Group
Time: 2.00pm - 4.00pm **Tutor: Liz Scammel**
Location: Private Residence's until further notice

Thursday:

Digital Photography
Time: 9.00am - 11.00am **Tutor: John Webster**
Location: U3A Vincent

Tai Chi
Time: 9.00 – 10.00am Beginners | 10.00 - 11.00am Advanced
Tutor: Geoff Ward
Location: Sherriff Park, 52a Love Lane, Mundingburra

French, Conversational (Intermediate)
Time: 11.30 am – 1.00pm **Tutor: Georgina Valdeter**
Location: U3A Vincent

Science
Time: 2.00pm – 3.30pm **Tutor: Susan Dellow**
Location: U3A Vincent

Friday:

Walking
Time: 7.00 am – 8.15 am **Tutor: Roslyn McEwan**
Location: Various Walking Paths Will start again in 2024

Mahjong
Time: 9.00am – 12.00pm **Tutor: Anne Thomson**
Location: Riverway Library, 20 Village Blvd, Thuringowa Central

Basic Computer & Technology (Riverway)
Time: Session 1: 9.00–am - 10.00 am | Session 2: 10.00am – 11.00 am
Tutor: Gaye Higgins | Malcolm Hall
Location: Riverway Library, 20 Village Blvd, Thuringowa Central BOOKING ESSENTIAL

Scrabble
Time: 10.00am – 12.30pm **Tutor: Kate Eagling**
Location: U3A Vincent

Amateur Astronomy
Time: 1.00pm - 2.00pm **Tutor: David Burdeu**
Location: U3A Vincent

Friday Talks Townsville
Time: 2.00pm – 3.00pm **Every Friday season starts 2024**
Location: TBA

U3A Magnetic Island Class Timetable

Monday:

Monday Talks Magnetic Island
Time: 10.00am – 12.00 noon
Tutor: Brian Furby
Location: RSL, 31 Hayles Ave, Magnetic Island

Tuesday:

Tai Chi & Qigong
Time: 7.00 am – 1 hour (classes sometimes can start earlier between 6:30 and 7:00)
Tutor: Peter Duckworth
Location: Esplanade at Nelly Bay, Magnetic Island

Wednesday:

French (Advanced)
Time: 9.00 am – 11.00 am
Tutor: Gisela Edwards
Location: Private Residence

U3A Singers
Time: 6.00pm – 7.30pm
Tutor: Una Glavin
Location: St Margaret's Anglican Church 8 Endeavour Rd, Arcadia

Thursday:

Spanish Conversation
Time: 9.30am -11.00am
Tutor: Tania Thoreau
Location: Contact Tania for further information

Recorder Ensemble
Time: 1.30pm – 3.30pm
Tutor: Úna Glavin
Location: Private Residence

Friday:

Tai Chi & Qigong
Time: 7.00 am – 1 hour (classes sometimes can start earlier between 6:30 and 7:00)
Tutor: Peter Duckworth
Location: Esplanade at Nelly Bay, Magnetic Island

Italian Elementary
Time: 10.00am - 12.00pm
Tutor: Lucia Parigi Facilitator Dian Stroud
Location: Private Residence

U3A WALKING GROUP - MAR TO MAY DATES.

Meets Friday 7am for 7.15 start – 8.15.

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

Date		Meet	Walk
Mar	15	Rock Pool North Ward	The Strand
	22	Aplins Weir Rotary Park Cnr of O'Reilly St & Burt St	Annandale upstream
	29	Good Friday	Public Holiday
Apr	5	Palmetum carpark	Palmetum & River Walk
	12	Dirty Boots Café, The Oasis - Staging Camp Ave - Idalia	Idalia River park loop
	19	Balls Lane Muningburra	Anderson Gardens
	26	Cnr Pallarenda Rd & Esk St, Rowes Bay (Beach Side)	Soroptimist Park & Foreshore towards Jezzine
May	3	Aplins Weir Rotary Park Cnr of O'Reilly St & Burt St	Mundingburra side downstream
	10	Central Village Carpark near BCC Cinema	5taduim River Loop
	17	56 Yolanda Drive (small shopping Centre Carpark)	Annandale Circuit
	24	Otto"s carpark at the precinct (Nandos side)	Upstream River Walk
	31	Rossiter Parks Kimball St Aitkenvale	Ross River Upstream

A reminder: 15th March 10.00am ANNUAL GENERAL MEETING Venue TBA.

As usual, all seats on the committee will be declared vacant, so that a new committee could be formed. If you, or indeed any one you know would like to take on a role please feel free to attend this important meeting.

Roles to be filled:

⇒	**President**	Face of U3A /Presiding over meetings
⇒	**Vice President**	Aiding the President
⇒	**Secretary**	Works with the President and the committee
⇒	**IT Coordinator**	Keeping our technology up to date
⇒	**Treasurer**	Organising payments / receipts
⇒	**Assistant Treasurer**	Aiding the treasurer
⇒	**Newsletter Editor**	Produces a quarterly newsletter.
⇒	**Office & Volunteer Manager**	Organising the office and its' volunteers.
⇒	**Facilities Maintenance Coordinator**	Keeping the area spick and span
⇒	**Magnetic Island Coordinator**	Organising activities on Magnetic Island
⇒	**Events Coordinator**	Supervising any events (usually 3 per year)

U3A University of the Third Age Townsville

Nominations for the ANNUAL GENERAL MEETING

Proposed positions for the 2024 Committee

I hereby nominate _____for the position of

President	
Vice President	
Treasurer	
Secretary	
Office Manager	
Class Coordinator	
Promotions	
IT Administrator	
Grants Coordinator	
Members communication & Web	
Committee Member	
Committee Member	

As a committee member you are expected to attend a monthly meeting held at 1.00pm on the third Wednesday each month.

We're a friendly bunch, who organize the groups to have fun and take on an activity that you enjoy.

Please come along to our next meeting to see what we are all about.

Proposer _____ (must be a financial member)

Seconder _____ (must be a financial member)

I, _____ accept the nomination and confirm that I am a financial member of U3A Townsville Inc.

Why I Joined U3A. Belinda Little

I'm new to beautiful Townsville and no just sitting at home or doing the housework for me! What better way to get out and about than the U3A? I looked on-line and found the wide selection of groups and activities and encouraged by Monika (who I met independently and works in the office on Fridays) I picked 3 groups: Mahjong – brilliant for keeping the brain active and very patient with a beginner like me, Book Club – full at the moment – anyone want to start a second one? And Astronomy – David called me, it's not running at the moment but hopefully in 2024 it'll start up again. It's all about the company, chats, coffee and fantastic folk. Lovely, thanks everyone for being so welcoming and looking forward to meeting you in 2024.

Gail Pearson. Coming from Western Australia a friend back there told me to join U3A when I get to Townsville to meet people, get involved in things and know what's happening in town. That was 8 years ago. Great advice. I took up learning art and have led a group at the Soundshell before it closed last year. Now I am part of the fabulous Wednesday morning group at Vincent.

Please send your stories on Why you joined U3A to Anne at: admin@u3atownsville.com

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

Celebrating 50 years in Australia

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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

Important Dates for 2024

QLD School Terms:
Term 1: Mon 22 Jan — Thu 28 Mar
Term 2: Mon 15 Apr — Fri 21 June
Term 3: Mon 8 July — Fri 13 Sept
Term 4: Mon 30 Sept — Fri 13 Dec

Easter: Good Friday Mar 29 - 1 April (Mon)

Next Newsletter deadline for articles and photos is **Tuesday 23 April**
Preferably before this.