



# U3A Townsville Inc.

SUPPORTED BY



## NEWSLETTER NOV.2018 EDITION

### *Presidents' Report*

The most exciting piece of news that we had this month was that we now have over 500 members. This is a great result and one that I attribute to the wonderful work that the tutors are doing. Having come from a business background I like to think of our classes and programmes as our product range and our Programme Coordinator as our Product Manager. Without the programmes and someone organising them we don't have a U3A club – Thanks Ann as our Programme Coordinator and everyone else who has contributed to this success.

Our 'products' are split into 'product categories' and we will soon be reaching the point where we may well need a person in charge of each 'category' with our Programme Coordinator overseeing the whole operation.

Which brings me to the issue of our Committee and 2019.

In 2017 we set out on a journey of renewal with some new members joining the committee with fresh ideas and energy while at the same time some longer serving committee members adding the wisdom and guidance that only comes with experience. The combination was effective. The proof -we have more members than we have had for several years. In business terms, more people are buying our products. But we can't rest on our laurels.

It is now time for a change. Constant renewal will keep our club fresh and vibrant.

I said at the beginning of my second term as president that I would only be serving 2 years as President and I intend to stick with this decision. There are also others on the Committee who feel that the time has come to take a back seat and let new ideas flow into the club.

By law we are obliged to have a President, a Treasurer and a Secretary.

By choice I believe we need a Programme coordinator, a Promotions coordinator, a Grants coordinator and an Office coordinator for the volunteers

I also believe we are reaching the point where we need an Events Coordinator on the Committee.

To help make the transition to a new Committee in March 2019 we will be forming a Nomination Committee – a small team of people (about 4) tasked with looking for volunteers to serve on the 2019 Committee. **Would you like to be part of that team?** Your job would be to identify U3A members interested in working in a dynamic team to grow the organisation to provide a strong social and fun environment for learning.

We know from the research that U3A provides one of the very best environments for seniors to live a healthy life (body and mind) and it does this in a social context where friendships are developed.

Please let any of the Committee members know if you wish to be part of the Nomination Committee for 2019.

Enjoy your U3A experience and enjoy your life.

Terry Lambrose - U3A Townsville President for 2018

**BELIEVE IT OR NOT!!!**

Older people still make new brain cells.

People in their 70's seem to produce just as many neurons as teenagers. The discovery could provide clues as to how we can keep our minds sharper for longer. In mammals, most brain cells are created at or soon after birth and aren't renewed. Recently it was found that the human hippocampus, linked with learning and memory, produces new neurons throughout life. But this ability, called neurogenesis, was thought to plummet after middle age.

Now, Maura Boldrini at Columbia University in New York and her colleagues have analysed the hippocampi from 28 people, aged between 14 and 79. These were examined soon after each person's death to check for the number of new neurons they contained, and other signs of neuron function and activity. Similar numbers of new neurons were found throughout each hippocampus, regardless of a person's age. The team estimates that each person was making about 7000 neurons a day when they died. (*Cell stem cell* [doi.org/cm4z](https://doi.org/cm4z))

"New neurons growth has never been studied before in people who didn't have any brain disease or end of life stress, with tissue taken within 24 hours of death says Boldrini "our results show that healthy older people can form just as many new neurons as younger people.

If we know what is happening in these people to keep their neurons forming, then maybe we can use it to help others age more healthily too."

"The number of new neurons may still be a lot higher in newborns and young children", says Jeff Davies at Swansea University UK. He would be interested to see the study repeated in people who do and don't exercise. "This would provide some insight into whether the production of new neurons can be modified by environmental factors in humans to promote healthy brain ageing" he says.

*As reported by Helen Thomson in New Scientist magazine 14 April 2018*



U3A Saturday morning social group enjoying a picnic by the river, absolutely lovely. This afternoon we are off to see THE GRADUATE at the little theatre in the city. What a wonderful way to spend a sunny Saturday.

Reminder **CHRISTMAS BREAKUP**

**Our Christmas breakup will be held on Saturday  
December 1st at the Oonoonba Community Centre.**

**11am Start with entertainment;**

**Please bring a plate of goodies to share**

**Come one, Come all let's have a ball**



AHHHH!

The Law of Probability - the probability of being watched is directly proportional to the Stupidity of the Act

A Boeing 777 wide-body jetliner was lumbering along at 800km/hour at 33000 feet when a cocky F-17 fighter jet flashed by at Mach 2.

The F-17 pilot decided to show off. On his state of the art radio that is part of his state of the art 3D & million dollar headset, the F17 youngster told the 777 pilot, "Hey Captain, watch this!"

He promptly went into a barrel roll, followed by a steep, unimaginable, vertical climb. He then finished with a sonic boom as he broke the sound barrier, as the F17 screamed down at impossible G's before levelling at almost sea level.

The F-17 pilot asked the 777 pilot what he thought of that?

The 777 pilot said, "That was truly impressive, but watch this!"

The 777 chugged along for about 5 minutes at the steady 800km/hour, and then the 777 pilot came back on and said, "What did you think of that?"

Puzzled, the cocky F-17 pilot asked, "What the heck did you do?"

The 777 pilot chuckled and said, "I stood up, stretched my legs, walked to the back, used the toilet, then got a cup of coffee and a cinnamon roll and secured a date for the next 3 nights in a five star hotel paid for by the company."

### LESSON OF LIFE:

When you are young and foolish, speed and flash may seem like a good thing!

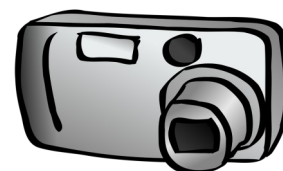
When you get older and smarter, comfort and dullness is not such a bad thing!

It's called S.O.S. **Slower, Older and Smarter!**

Hi Dear Readers

We recently asked our U3A Photography class 2 important questions:

1. Why did you join
2. What have you got out of U3A Photography so far



**Helen** ; "To revise what I have learned in photography using film and to learn what is possible in Photoshop." and so far: "Using Manual rather than Automatic."

**Gail** "To learn how to take a camera off of Auto and put it onto Manual" and so far?  
"To really enjoy photography"

**Nancy** "To learn how to use a DSLR Camera and use subject, composition and light." so far:  
"Keep the horizon straight!"

**Jen** : "I didn't know anything about photography and I WANTED TO LEARN ABOUT IT!"

So far: "Some of the technical elements, learning about the exposure triangle, new technology and that the camera that compensates for varying light conditions."

**Liz** "To learn how to use the functions on Digital cameras" and so far: "I have learned the Rule of thirds, The Fibonacci / golden ratio, focus and light."

**Margaret**; "Because everyone is interested in photography and for social reasons" and so far "Learning to take black and white photographs and take better portraits, also to take more care, the rule of thirds and a **straight horizon!**"

## **U3A SURVEY 2018**

**You are invited to take part in helping us to improve U3A  
Please take a couple of minutes to complete this survey  
Then hand it back to your facilitator to hand into the office.**

**Q. What new subjects would you like to see introduced?**

**A. ....**

**Q. Are you prepared to volunteer, as a facilitator?**

**A. ....**

**Q. Do you know someone you would recommend to volunteer as a facilitator?**

**A.....**

**Q. Are you happy with U3A performance at the moment if not, why not?**

**A. ....**

**Q. Do you have any suggestions to improve the organisation?**

**A.....**

**Q. Would you consider a position on the committee?**

**A.....**

**Q. Which position would suit you on the committee.**

**A. ....**

**That's it, thank you for your attention and help.**

**Without feedback from our members it's hard to be certain we are catering to everyone.**

**Without facilitators and committee members**

**There is no U3A**

**Please take seriously the need for Committee members.**

**It need not be a long period but new blood and ideas are what keeps  
an organisation fresh . If you are thinking of a position on the team please put  
yourself forward.**



**U3A clase de Español** : The U3A Spanish class commenced on Tuesday 20th March 2018 and has been running every week since then. Graham Collins is the Tutor and he is very knowledgeable on the subject and puts a lot of time and effort into the classes and (regrettably) the HOMEWORK!

The class size started off with 4 participants and has grown to the current size of 9 participants and there is plenty of room for more people to join. The participants have a vast range of knowledge on the Español language ranging from very competent speakers to beginners like me. The homework that Graham sets is always very challenging and thank goodness for Google Translate otherwise I'd still be doing the first set of homework that was set for us. Each Tuesday morning at 9am we all turn up at the Vincent office and we read a paragraph of the homework in Español (Spanish) and then read it again in our English (Inglés) translation.

Everyone looks forward to the class each week and I have found that I am constantly translating English words that I hear or read into what I hope is Spanish,

“tal vez debería salir más” (perhaps I should get out more).

Graham finishes each class with a video on various aspects of Spain and other interesting bits as well. Thank you Graham for everything you do for us. Larry Frazer

Bruce Muller on a recent visit to Spain



Hello Christine,

I won this prize of 5 Zumba Gold lessons, T shirt, bracelet and headband at the Seniors' Expo on Tuesday! I was assured the Zumba classes are designed for seniors - will let you know! Golden Years fitness and Wellbeing donated the prize. Jean Miller,

Creative Writing and Watercolour groups.



A sample Beading from Bev Ponder making Christmas Trees of beads.

Learn the Art with Beverly

**0413 389 534**

Thursdays 2-4pm

Social art group at Pimlico is keen to have new painters join the group.

Thursdays 9am to 12 at the CWA Hall, 36 Latchford St.

\$5 contribution towards room rent.

Men and women welcome. Contact is Jan Fels 0490 014 373.

**Late news U3A AGM**

**Oonoomba Community Centre**

**March 16th 2019 at 10am –4pm**

## SELF PACED LEARNING - Computers

U3A Townsville (including Magnetic Island) have been piloting a programme hosted by the Australian Government to help people, in particular Seniors, become more adept at using computers and the internet. We have had great success to date.

This programme takes a multi-level approach. It starts with the assumption that you know nothing about computers (and you might even be afraid to touch one) and works you through at your own pace to a level that is quite comprehensive. Along the way U3A Townsville will have a number of mentors who you can turn to when you are unsure or just stuck.

We are now ready for our next intake of people.

### The Process:

- Register your desire to learn how to use a computer – and or to upgrade your current skills.
  - You will be given a date and a time to meet for the sign up.
- You will then be guided through the programme



The cost is nothing to you, you don't even have to own a computer, but you can bring your own lap top along. **IT is that easy.**

**Registration:** U3A Townsville Office 9am to 12noon Mon to Friday.

Terry Lambrose (President U3A Townsville for 2018)



## Smart Phones    Tablets -

Telstra 'nerds' answer your question re your Smart Phone or Tablet or both.

Guided self-passed learning (course).

### Telstra - Your smart phone or tablet or both (questions answered)

**Dates: two intakes 12/11/2018 and 26/11/2018** (both 3pm to 4pm)

Telstra is again offering expert individual advice in resolution of issues you may be having with your smart phone or tablet. **This is not a course.**

Already 50 of our members have experienced the benefits of this one on one instruction with one of Telstra's 'Nerds' on the specifics of how to overcome those annoying problems of how to do an action on their phone. Or more annoying is when the phone makes up its own mind and does something that you know nothing about. As one person put it 'it just changed, and I didn't touch it'!!!

Book early with the office as we already have some names of people who missed out last time.

**Note:** The words "**nerd**" and "**geek**" are often used interchangeably, as if they mean the same thing. They actually don't:

**Geek** - An enthusiast of a particular topic or field. ... The distinction is that **geeks** are fans of their subjects, and **nerds** are practitioners of them."

<b>TOWNSVILLE MAINLAND</b>			
<i>Time</i>	<i>Class</i>	<i>Contact /</i>	<i>Venue</i>
<b>MONDAY</b>			
9.00 – 10.00	Book Club (on 2 <sup>nd</sup> Mon of each month)	Jenny Marks 0407 484 249	Aitkenvale Library foyer
9.00 – 10.00	Exercise Class	Thea Eastwood	Health Studio, Hyde Park Centre
9.00 – 12.00	Mah Jong	Gwen 47237142 Hannah 47736504	Thuringowa library
12.30 – 6	Social Art (no tutor)	Patricia Jones Judy Osborne 0409764184	Sound Shell Building in Dan Gleeson Gardens Thuringowa
1.00 – 2.00	Indonesian	Eric Campbell	Aitkenvale Library
1.30 – 3.00	International Folk Dancing	Jacqueline Spry 0422 072 905 Barbara Romacker 4721 4823	Heatley Community Centre behind Long Tan Pool cnr Fulham Rd & Lindeman Ave
2.30 – 4.00	Philosophy	Jan Hynes	Aitkenvale Library
<b>TUESDAY</b>			
9.00 – 12.00	Craft & Cardmaking	June Lorrimer 4771 6227	Upper Ross Community Centre Rasmussen
10.00 – 12.00	Creative Writing	Valda Spencer 47236083 Ann K 0400 822 973	Vale Hotel Ross River Road
9 – 10.20 am	Self-help Spanish	Graham Collins 4789 0590	U3A Vincent
1.15 -2.30	Basic Computer	Phone Maureen wright 0498 572 717	THURINGOWA LIBRARY
2.00 – 3.30	History	Nanette Grace	U3A Vincent
<b>WEDNESDAY</b>			
9.00 – 10.00	Exercise Class	Viv Watkins	Health Studio, Hyde Park Centre 17
9.00 -10.00	Tai Chi	Geoff Ward 0417 170 745	Church of Christ hall Vincent campus
9.00 – 12.00	Pottery	Nick Dimitriou 0438 132 707	76 Bowen Rd., Rosslea
9.30 – 12.30	Canasta	Bev Ponder 0413 389 534	German-Australian Club
10 – 12 noon	Art Class	Heather 0408 737 021 Irene 0417 639 795	U3A Vincent
1.30 – 3pm 2 <sup>nd</sup> / 4 <sup>th</sup> Weds	Russian Language	Lucy Figg 0455 108 955	U3A Vincent

2pm -4pm	Woodwork	Ray Hatton 0400840114 Pendle 4775 3078	Flexible learning Centre 22 -26 Ingham Road. Service Rd next to old St Mary Church
3rd weds 1.30 -3pm	Committee meeting		U3A Vincent
<b>THURSDAY</b>			
9.00 – 12.00	Art (watercolour, acrylic & oil painting)	Jan Fels 0473 015 613 Kathleen 4779 1252	CWA Hall 36 Latchford Street Pimlico
9.30 – 11.30	Photography	Roland Lange 0406 471 721	U3A Vincent
12.15-1.30	Conversational French	Georgina Valdeter	U3A Vincent
2.00 – 3.00	S.T.E.M	Terry Lambrose 0434 634 822	U3A Vincent
2.00 – 4.00	Beading	Bev Ponder	<i>Phone Bev</i>
<b>FRIDAY</b>			
A7.30 – 8.45	Walking	Margaret Cuthbert 4779 1882	<i>Phone Margaret</i>
9.00 – 10.00	Exercise Class+	Val Grogan 4723 5432	Health Studio, Hyde Park Centre
9.00 – 12.00	Mah Jong	Gwen 47237142 Hannah 47736504	Thuringowa library
10.00 – 12.00	Scrabble	Kate Eagling 0429 419 580	U3A Vincent
2.00 – 3.00	Friday Talk	Terry Lambrose 0434 634 822	Aitkenvale Library
<b>SATURDAY</b>			
9.00 – 10.00	Exercise Class	Jenny Nyambane	Health Studio, Hyde Park Centre
10.00	Social Group	Bev Ponder 0413 389 534	<i>Phone Bev</i>
<b>SUNDAY</b>			
1.30	Social Games	Bev Ponder 0413 389 534	U3A Vincent

Various	James Cook University	Terry Lambrose	James Cook University
various	Gardening in the dry trop- ics	Maureen Wright 0498 572 717 Maureen Kelly 0408 793 162	Once a month meeting in Various outdoor locations
Various	Fishing Group	Ray Hatton 0400 840 114	Intermittent meetings at various locations
Any time	U3A online (many cours-	Terry Lambrose	<a href="http://www.u3aonline.org.au">www.u3aonline.org.au</a>



## Magnetic Island Classes

<i>Time</i>	<i>Class</i>	<i>Contact / Facilitator</i>	<i>Venue</i>
<b>MONDAY</b>			
10.00 – 12.00*	Monday Talk / Short course	Michael Keating 0408 072 251	RSL, Arcadia
<b>TUESDAY</b>			
7.00 – 8.00	Tai chi – Chi Kung exercise	Peter Duckworth Tania Thoreau	<i>Phone for venue</i>
1.30 – 3.30	Recorder ensemble	Ros Burry 4778 5082	<i>Phone for venue</i>
<b>WEDNESDAY</b>			
9.30 – 11.00	French conversation	Gisela Edwards 4778 5548	<i>Phone for venue</i>
7.30 pm	U3A singers	Barbara White 0458 058 163 Tania Thoreau 4758 1981	RSL, Arcadia
<b>THURSDAY</b>			
9.30 – 11.00	Spanish conversation	Tania Thoreau 4758 1981	<i>Phone for venue</i>
<b>FRIDAY</b>			
7.00 – 8.00	Tai chi – Yang 85	Peter Duckworth 4758 1981	<i>Phone for venue</i>

**COURSE COORDINATORS REPORT**

Hi everyone, can you believe how quickly this year has gone? .

It's been a very busy time and I'm so pleased that all the new classes are settled and happy,  
it's great when I pop into the office and hear the laughter and see you all so busy.

We've enjoyed the mid year function and several smaller gatherings and outings.

Hope you are all looking forward to this years Christmas party. I will be looking for help and contributions for the raffle, thank you to those who have donated already. Help in the kitchen with refreshments would be appreciated.

Thank you all for the support you have given to me. I have enjoyed my three years but I am not standing next year. **I am happy to help anyone thinking of filling my position before the AGM. Please think about it.**

May I take this opportunity to wish you all a very  
MERRY CHRISTMAS AND EVERY SUCCESS FOR 2019  
STAY HEATHY AND STAY SAFE.

Ann Krome Course Coordinator

*P.S. Would course facilitators please notify Ann as to their timetable over the Christmas break*

2018 Committee members

Barrett	Jenny	Secretary	
Collins	Graham	Past President / system admin.	grahamc@internode.on.net
Douglas	Christine	Office Volunteer co-ordinator / News letter editor	cjdouglas11@bigpond.com
Eagling	Kate	Office Cleaning	kate.eagling@gmail.com
Frazer	Larry	Treasurer / Property officer	patriciafrazer@optusnet.com.au
Joyce	Kathy	Minutes Secretary	kathleen.joyce@bigpond.com
Keating	Michael	Magnetic Island	mikekeating30@gmail.com
Krome	Ann	Course co-ordinator / Events	annkrome2@bigpond.com
Lambrose	Terry	President /U3A online/ Friday talks	tj.lambrose@gmail.com
Morley	Mary	Grants Sub Committee	mbmorley123@bigpond.com
Ponder	Beverley	Social	bev.ponder1@gmail.com
Sebba	Jenny	Helps treasury      Web site updates	jsebba@netspace.net.au
Williams	Alan	Network rep /acting Secretary / helps treasurer	alanlois@ozemail.com.au

**Contact Details for the office are:****PO Box 374, Aitkenvale QLD 4810****PH; (07) 4724 3530****Email; u3atownsville@westnet.com.au****New Website; <http://u3atownsville.com>**

Membership Renewal Fees: A renewal notice will be emailed to those who receive the news-letter this way, those members who receive the newsletter by post will have a renewal notice on the inside of the wrapper. Renewals need to be returned with your payment if paying by cash or cheque so that we know who had made payment. Direct debit payments needs the members surname in the reference field and the member ID number

Please visit the website or phone/email the office for banking details

U3A Townsville Office.

Our office is now manned Monday to Friday 9am till noon.

The committee occupy the office Mondays but our capable volunteers are there to answer queries, accept membership fees and any other way we may be of assistance. The office is situated behind the Church of Christ, Fulham Road Vincent. Entrance via Ronan Street

The office will be closed 14th Dec. 2018 till 14th Jan 2019

*Your next newsletter date will be February 2019 Please keep your stories rolling in.*

*I enjoy reading them as do members, Pictures are most welcome Thanks Christine*