University of the Third Age Townsville

AUGUST 2025 NEWSLETTER

President's Report.

Pauline Woodbridge OAM.

At a recent U3A Qld Network Regional meeting, it was reaffirmed that our branch fully complies with the various requirements of a voluntary not-for-profit organisation. However, despite this, we face some challenges in expanding and providing a rich variety of social opportunities for our members.

Currently our committee is short of willing and talented folk to assist with the governance and provision of activities. I find my involvement with the committee and the classes I attend very satisfying, meeting my needs for learning and socialising.

We are appealing to all members to consider how they might support the running of the branch. There are many ways to contribute as a committee member. We need more members to join the committee and take on roles such as developing social activities—like a Christmas function, a Tutors' thank you event, and liaising with class tutors and the Class Coordinator about potential class activities. In the past, there were bus trips to interesting locations, golf games, and other social outings.

We also need members to support governance functions and develop an understanding of committee roles to ensure continuity. Next year, our President will complete the allowable five-year term, and both the Secretary and Treasurer will also reach the end of their terms. New members are essential to maintain a robust succession plan.

We have members who produce the regular Newsletter, ensure our IT is usable and available, but we would like a small team to set up our Friday Talks sessions in the dry season.

Additionally, volunteers are needed to become Tutors or to assist in the Administration team that keeps our office open on weekday mornings, providing support to new members and handling general office duties. All these roles come with policies, procedures, mentoring, and training to assist volunteers.

Our lease on the Vincent premises ends next year, so a strong committee is vital to guide us toward a suitable and affordable future location.

To keep our branch thriving and viable, we need your support. While paying your subscription is important, there is much more to enjoy as a U3A member by actively contributing to the organisation that makes our community so worthwhile.

We all need to be willing to ensure the smooth running of the branch now and into the future. Without your involvement, we risk seeing our long-established branch decline—potentially impacting our mental, social health, and wellbeing.

After a challenging time with the unexpected move back to Vincent, it is encouraging to see the membership and classes are doing well. We hope this appeal for volunteers will further strengthen the well being of individuals and our whole organisation.

Thank you.

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.

Thank you.

Larry Frazer, Treasurer, on behalf of U3A Townsville, would like to sincerely thank the following benefactors:

- The Townsville City Council and the Smart Grants Team have kindly supported U3A Townsville members attending the History Class at Oonoonba Community Hall with a fee waiver from 8 October 2024 to 30 June 2025. We thank them sincerely for their ongoing support.

- U3A Townsville is delighted to announce that we have received a grant of **$3,403** from the **Community Benefit Gambling Fund** for 2025. These funds will be used to purchase a range of **promotional items** to help raise awareness of U3A Townsville and promote the wonderful programs and opportunities we offer to the wider community. We sincerely thank the Community Benefit Gambling Fund for their generous support of lifelong learning and community engagement.

FRENCH

U3A French group enjoyed a delicious Bastille Day lunch at the LEAFWOOD Crepe café .

CRAFT

Hello everyone. Wow. Here we are, half-way through the year already. Our little group continues to create beautiful usable and decorative items, knitted slippers, embroidered and edged doilies, crotched rugs and cross-stitched scenes, to name a few.

The social aspect of our sessions remains very important to us. We recently had morning tea together and thoroughly enjoyed ourselves.
I suppose it is time to start thinking about hand-made Christmas gifts.

Kind regards to all. Cheers. Gen Caldwell.

These little cuties were crotched by Lise Cerny.

mahjong

18 Mahjong members attended a “Christmas in July” lunch at Kirwan Tavern on July 16. The event was organised by Christine McDonald and her elf helpers with Christmas theme quizzes with a number of lucky door prizes. It was a very relaxed and enjoyable lunch with tables suitably decked for the occasion.

Christine made each guest a hand-crafted gift box with goodies to take home.

A selection of prize gifts.

NEW and EXTENDING COURSES

FRIDAY TALKS

1.Aug. - Office of Fair Trading - consumer advice in the context of the cost of living crisis.

8.Aug.- Liz McDine - Who were the Terracotta Warriors?

15.Aug - John Siganto - Basics of fixed income investing whilst on a pension

TAI CHI - Class resumed 16th July

Strength Flexibility Mindfulness - Beginners

Class: Group Fee: $4.00
Tutor: Facilitator: Johannes Boyke
Location: PCYC - 126 Wellington St Aitkenvale
Class Times: Wednesday 9:00am – 10:00am Beginners

Johannes Boyke is the Facilitator of the group. He is an accredited practitioner and Remedial Therapist at NQ Spine Health.

Johannes is very committed to working with our U3A members to provide Tai Chi as a means of keeping us mobile and healthy. He is volunteering his expertise and time every week.

Tai Chi is wonderfully varied and adaptable, yet restrained and health enhancing. Although it derives a lot of its movement from martial arts, and can be a very strenuous athletic competition, this U3A program should be considered more as a form of gentle exercise. Movements are slow and smooth. We will work through a particular form of Tai Chi developed for health and balance, focusing on quality of movements and a sense of personal control. In every session, there will be an insistence on everyone working within their comfort and safety zones, but that restraint will come with the challenge to learn a set program of moves and to do them with control and awareness. Tai Chi would seem to be a perfect match for the minds of those who undertake U3A activities and a great way to stretch your sense of body control.

What to Bring:

- U3A Name badge Water bottle and Towel
- Hand Sanitiser
- Comfortable clothing including a hat, as we may be outside occasionally
- Preferably flat-soled shoes

Digital devices may ward off cognitive decline in older people.

An analysis of nearly 60 studies involving 410,000 people over 50 has found that those who spend more time using smartphones, computers and the internet are less likely to have cognitive impairment and more likely to have slower cognitive decline than those who spend less time on these devices.

It seems that digital technologies encourage behaviours that help preserve cognition in the first generation of people to have access to them at an older age. This provides a counter for the usual knee-jerk stance that "technology equals bad" for the brain. Certainly, for the over-50's, 'digital dementia' is NOT a thing!

U3A Townsville Class Timetable

Monday:	
Be Connected: Basic Computer (Aitkenvale)	
Time: Session 1: 9.00am – 10.00am	**Session 2: 10.00am – 11.00am**
Tutor: Malcolm Hall	
Location: Aitkenvale Library	**BOOKINGS ARE ESSENTIAL**
Mahjong	
Time: 9.30am – 12.30pm	**Tutor: Anne Thomson**
Location: Riverway Library	
Craft Group	
Time: 9.30am – 11.00am	**Tutor: Genevieve Caldwell**
Location: U3A Vincent	
Book Club Aitkenvale 3rd Monday of the Month	
Time: 10.00am – 11.00am	**Tutor: Antonia Gerrard**
Location: Aitkenvale Library	
Book Club Flinders St 2nd Monday of the Month	
Time: 12.00pm – 1.00pm	**Tutor: Jeanette Hind**
Location: Flinders St Library	
Family History & Ancestry DNA	
Time: 12.30pm - 5.30pm	**Tutor: Liz Scammel**
Location: Aitkenvale Library	
Amateur Astronomy	
Time: 1.00pm – 2.00pm	**Tutor: Bill Simpkins**
Location: U3A Vincent	
Tuesday:	
Spanish Conversation	
Time: 9.30am – 11.00am	**Tutor: Graham Collins**
Location: U3A Vincent	
Creative Writing	**BOOKINGS ARE ESSENTIAL**
Time: 9.45am - 12.00pm	**Tutor: Anne Atkinson | Judy Knox**
Location: Brooklea Lifestyle Vilage, 1 linderman Ave, Cranbrook	
Computer Programming	
Time: 12.00pm - 1.00pm	**Tutor: David Browning**
Location: Private Residence	
History	
Time: 2.00pm – 4.00pm	**Tutor: Andy Cole & Michele Cloonan**
Location: Oonoonba Community Centre, 2 Shannon Street, Oonoonba	
Guitar Lessons	
Time: 1.30pm – 3.30pm	**Tutor: Phil Young**
Location: U3A Vincent	
Wednesday:	
Tai Chi	
Time: 9.00am – 10.00am Beginners	**Tutor: Johannes Boyke**
Location: PCYC 126 Wellington St Aitkenvale	
Creative Art	
Time: 9.30am – 12.30pm	**Tutor: Kate Eagling**
Location: U3A Vincent	
Philosophy	
Time: 10.00am – 11.30am	**Tutor: Neil Renison, Madonna Drew**
Location: Aitkenvale Library	

Indonesian Language and Culture **Time: 12.00pm – 1.30pm** **Location: Aitkenvale Library**	**Tutor: Anni Hurst, Val Colquhoun—Coordinator**
Yoga **Time: 11.00am – 12.00pm** **Location: Townsville Sports Precint 24 Burke St North Ward**	**Tutor: Jan Harvey**
5 Crowns Card Group **Time: 2.00pm - 4.00pm** **Location: Private Residence's until further notice**	**Tutor: Liz Scammel**
Thursday:	
Digital Photography **Time: 9.00am - 11.00am** **Location: U3A Vincent**	**Tutor: John Webster**
French, Conversational **Time: 11.30am – 1.00pm** **Location: 382B Charles St, Kirwan**	**Tutor: Georgina Valdeter**
Science **Time: 1.00pm – 2.00pm** **Location: U3A Vincent**	**Tutor: John Webster, Ian Cormack**
Friday:	
Walking **Time: 6.45am – 8.00am** **Location: Various Walking Paths**	**SEE WEBSITE FOR PROGRAM** **Tutor: Angela Ward**
Harmonica **Time: 9.00am – 10.00am** **Location: U3A Vincent**	**Every 2nd week** **Tutor: Scott McInnes**
Basic Computer & Technology (Riverway) **Time: Session 1: 9.00am - 10.00am** **Tutor: Gaye Higgins | Malcolm Hall** **Location: Riverway Library**	**Session 2: 10.00am – 11.00am** **Ivor Preston** **BOOKING ESSENTIAL**
Mahjong **Time: 9.30am – 12.30pm** **Location: Riverway Library**	**Tutor: Anne Thomson**
Scrabble **Time: 10.00am – 12.30pm** **Location: U3A Vincent**	**Tutor: Kate Eagling**
Friday Talks Townsville **Time: 2.00pm – 3.00pm** **Location: U3A Vincent**	**Tutor: Pauline Woodbridge**
Saturday:	
Chinese **Time: 10.00am - 12.00pm** **Location: Private Residence**	**Tutor: Phoebe Chan**

All enquiries to admin@u3atownsville.com Phone; 4724 3530		
Magnetic Island ONLY - See Below		
Monday		
Monday Talks, Magnetic Island **10:00am-12:00pm**	**Brian Furby**	**RSL, Arcadia**
Tuesday		
Wednesday		
French **08:15am-10:30am**	**Una Glavin**	**Private Residence**
U3A Singers, Magnetic Island **06:00pm-07:30pm**	**Una Glavin**	**St Margaret's Anglican Church** **Endeavour St, Arcadia**
Thursday		
Recorder Ensemble, Magnetic Island **01:30pm-04:00pm**	**Una Glavin**	**Private Residence**
Friday		
Italian Elementary **10:00am-12:00pm**	**Lucia Parigi** **Dian Strand Facilitator**	**Private Residence**

Please report any errors or omissions to the U3A Office.

Monday Talks - Term 1 2025 10am-12noon RSL Hall Arcadia . Facilitator is Brian Furby

Contact Brian Furby **(04 3885 2945)** for further information.

Date	Speaker	Subject
Aug 4	Get History Slice Full Doc	Great Moments in Evolution from Single Cells to Complex (52min) Australia's Desert Crisis-Fire, Floods and Feral Invasions (53min)
Aug 11	Tom Burlinson & my favourite poems	Interview with Tom Burlinson on his role in The Man from Snowy River and some of my favourite Australian poems read by Jack Thompson (50min)
Aug 18	Massive Projects in Oz Google	Massive projects in Australia Google Earth explorations
Aug 25	Wildlife Documentary Ancient Australia	Outback Wildlife-Deserts and Grasslands TRACKS, Fossil Day 2025 and discovery in an ancient cave
Sept 1	TRACKS Backyard NZ	Hidden riches of the Australian Outback from cattle stations to opal mines. The Big Blue- Ocean Stories from Down Under (45min)
Sept 8	Get History The Leaky Foundation	Great moments in evolution-Nature's smartest designs (53min) Rewriting Modern Human Origins (34min)

How Aussies Measure Distance:

Next door = 1-2 minutes
Just up the road = 10-20 minutes
Couple a k's = 20-30 minutes
Not too far = 30-60 minutes
A decent drive = 5+ hours

GIVE LAVISHLY. LOVE ABUNDANTLY

The more you give — the more you get.
The more you laugh — the less you fret.
The more you do unselfishly — the more you live abundantly.
The more of everything you share— the more you always have to spare.

U3A WALKING GROUP - MAR TO MAY DATES.

Meets Friday 6.45am Start – 8.00.

Coordinator: Angela Ward. Phone U3A office **4724-3530** for details

Aug	1	Tyack St, Rosslea	Around Golf Club Boundary
	8	Roundabout at Riverside Be & Riverbend Dr. Douglas	Ross Rr. Downstream towards Nathan St. Bridge
	15	Ottos'Carpark (Nando's side) Village Dr., Idalia	Fairfield Waters, Downstream.
	22	Park near "The Bakehouse" on Eyre. 71 Eyre St.	Queen's Gardens
	29	Palmetum Car Park	Ross River, upstream. Douglas side.
Sept	5	17 Echlin St, (By the teahouse—now Vietnamese)	West End Cemetery and return
	12	Alpins Weir, Rotary Park Cnr. O'Reilly & Burt Sts.	Annandale—Upstream
	19	Rockpool, The Strand	Jezzine Park
	26	Apex Park, Rasmussen	Apex Park to Loam Is & return.
Oct	3	Weir Scholl Carpark	Downstream Riverside Gardens
	10	Sth. Townsville Recreational Boating Park. End of 5th Ave.	Park circumference & nearby streets
	17	Pallarenda Carpark (Far end)	Towards city.
	24	Borrow Pitts, Riverside Dr. Just before dam carpark, on the right.	Circumnavigate the Borrow Pitt. Option to view the dam.
	31	Palmetum Carpark	Palmetum & river walk
Nov	7	End of year breakfast.	TBA.

TAKE TIME

Take time to think— it is the source of power.
Take time to play—it is the secret of perpetual youth.
Take time to read—it is the fountain of wisdom.
Take time to love and be loved— it is a privilege.
Take time to laugh—it is the music of the soul.
Take time to give—it is too short a day to be selfish.
Take time to work—it is the price of success.

Whether the weather is ….

There is no such thing as bad weather, unless you are talking about cyclones.
Rain is soothing;
clouds are restful;
wind is invigorating and
sunshine is invigorating.
There is only different kinds of weather.

A Magnetic Island Monday Talk by Anne Thomson on the topic of Teaching English in South Korea.

Anne spoke about what it was like to be living in the hot tropics one day amongst 1st nations people then being uprooted to the cold winters of South Korea to live where hardly anyone spoke English. She used a PowerPoint presentation to highlight topics of interest from her travels of the region and answered questions from the attentive audience. Several of the U3A members were interested and delighted to sample the rice wine, soju, that Anne brought along. New member Mary Simet, from Townsville, joined Anne, as she had missed Anne's talk when she delivered it previously at a Friday's Talk session.

Help Us Make the U3A Newsletter Even Better!

The U3A newsletter is a great way to stay connected - and it's even better when it reflects the amazing range of classes, activities, and people that make our community so vibrant.

We're looking for short stories, photos, quotes, creative pieces, and class highlights from members just like you - whether you're learning a language, painting a masterpiece, playing high-score Scrabble, or enjoying Yoga and Tai Chi

A tip or insight you think others would enjoy

Even just a one-line quote about what U3A means to you!

Big or small - every contribution helps bring our newsletter to life and showcase the richness of our U3A experience.

How to Contribute:

Send your items by email to admin@U3Atownsville.com Or pass them on via your tutor or committee member.

We're happy to help if you need a hand writing it up.

Let's celebrate what we're learning, creating, and discovering - together

Why I Joined U3A.

Scott Mcinnes

I have been playing Harmonica for 30 years and also play Guitar in a local Band around town. My Band is, 'Halfway to Somewhere'. We have been together for 4 years. I write my own material and love to teach others to play an instrument. Looking forward to seeing current and new members in the weeks ahead.

Pam Smith

Hubby, Greg and I retired to Townsville about 4 years ago after working as a marine biologist, sailing and enjoying life in Darwin for 13 years. The move has been a challenge for us as you don't have your friendship groups or work buddies in a new place. So I joined U3A that has provided an avenue to meet people and the opportunity to try new activities, somethings that I have been "putting off" till retirement! I have started with mahjong and I send out a big thank you to all those players (in particular Anne) who has been patiently teaching me over the last few weeks. I look forward to trying a number of other activities on the U3A timetable.

Lavinia

After an activity that I enjoyed for many years came to an end, I took the advice of friends, who urged me to join U3A, which I did in March this year. At present my focus is on learning to play mahjong. I appreciate the friendliness of players and the patient instruction of those who have helped newcomers. My joining U3A is not a decision I regret and look forward to enjoying other activities offered by U3A.

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

First Name	Surname	Committee Role	Email
Pauline	Woodbridge	President/Incidents & Complaints/Promotions	president@u3atownsville.com
Antonia	Gerrard	Vice President/Class Coordinator	classcoord@u3atownsville.com
Christine	Titmus	Office/Web/Member Communication/Friday Talks	officemanager@u3atownsville.com
Lorraine	Ryrie	Secretary	admin@u3atownsville.com
Larry	Frazer	Treasurer/Grants	
John	Titmus	Maintenance	
Brian	Furby	Magnetic Island	

CONTACT US

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

Telephone: (07) 4724 3530

Email: admin@u3atownsville.com

Website: u3atownsville.com

Important Dates for 2025

QLD School Terms:

Term 3: Mon 14 July — Fri 9 Sept
Term 4: Tue. 7 Oct — Fri 12 Dec

Next Newsletter deadline for articles and photos is **Tuesday 18 November** Preferably before this.