

President's Report. For a fuller account go to our website.

I wish to acknowledge and thank the 2022 committee members. This report demonstrates what has been achieved by the committed team of volunteers. In between meetings other things are achieved through email such as the Tutors handbook update, the TCC Seniors Expo handouts, shopping lists for the grants team planning, newsletter editions, bulk emails to keep members informed, etc. Over the 3 years I have been President, Gravitas describes our committee efforts: 'acting with seriousness, restraint and dignity', to that I would add respect and commitment.

Pauline Woodbridge OAM **U3A President**

Early in 2022, we acquitted the Be Connected Grant, a grant that enabled us to provide basic computer learning.

March - our branch used the Aitkenvale Library display case to highlight the range of classes available and the tutors, along with class members, displaying their projects.

April - all our Policies and Procedures had the necessary alterations and were ratified. They covered the Code of Conduct, Conflict of Interest, Asset Management, Risk Management, Grievance Policy, Pandemic Policy. The updated policies were added to the Website for members to access.

May - enforce the Covid policy of class attendance requiring 2 vaccinations plus a booster. This did leave some members disadvantaged; however, this was supported by medical advice and the Qld U3A Network. Feedback from other members was positive.

June - started planning a regional network meeting in Townsville for our counterparts in the north to meet with the President and Secretary of the Qld U3A Network to be held in August. Successfully applied to The Gambling Community Benefit Fund for a grant to modernize our website.

July started the process of succession planning for the President's role as per the 3-year requirement of the Constitution. Re-commenced the Friday Talks at The Wildlife Carers meeting room, with many of our members willing to present a talk.

August - meeting with executive members from U3A QLD Network arrived for a President's meeting paralleled with a Tutor's meeting. It was enlightening to exchange information about the U3A Mackay, Port Douglas, Cairns, and Tablelands groups as well as our own. It was pleasing to note how well organized our local branch stacks up.

September - Some U3A volunteers attended the TCC Seniors Expo handing out our class information. It was busy and fun.

October - review of Friday talks and Committee positions for 2023. Liz McDine informed us she was resigning from her responsibilities as Magnetic Island Co-Ordinator and leaving the committee at the AGM. A team of members on Maggie who will be responsible for the program.

November - the grants team had 4 submissions for funds with different amounts and purposes. Three were successful; each funding comes with its own rules and timelines.



Left: Pauline Woodridge.

Above: Larry Frazer

Right: Christine Titmus

U3A office admin volunteer, Anne Thomson, accepted the Les Walker MP lucky door prize donation at the Vincent office on March 3, for the AGM on March 15. Mr Walker offered this door prize donation to U3A Townsville when he presented the cheque for the successful Community Benefits Fund Grant application in November 2022.



Mahjong: On Fri Feb 17 the group celebrated Hanna Wiskar's 90th birthday with lunch after the morning games. Food was generously provided by those who stayed on. Hanna's 16 years of teaching Mahjong for U3A was greatly appreciated by those in attendance. Birthday lunches may become a regular treat. Anet made the delicious and beautifully presented cake, while Yvonne did the honours of carrying it to Hanna.



Why I Joined U3A.

Antonia Gerrard. Class Coordinator.

I retired from the Welfare Sector and needed to be with my family here, so I moved to Townsville from the Sydney area 18 months ago to live near my daughter and 2 grandchildren, who are now in their early teens.

Because I was a newly arrived resident and knew no-one here, I decided to join U3A Townsville after having learnt about it in Sydney. That was a great decision. I have met some fantastic people and formed lasting friendships through this organization.

I love my volunteer job as Class Coordinator, which keeps me busy and engaged socially. I also find time to enjoy some classes that U3A offers. The U3A has made the move to Townsville a happy one for me and fulfilled my need for education and an active social life with like minded people.

Pauline Woodbridge. Previous and returning President.

As I moved towards retirement, - aged 75, 35 years in my profession and 25 years as head of a significant women's service, I realised I would need to be thinking about what next? In my first week of not attending the workplace, I visited Volunteering Qld office and they mentioned that U3A, situated opposite, were looking for volunteers. I crossed the lawn and entered the U3A office and talked with Christine, who quickly had me complete a membership form and suggested I join the committee as promotions and publicity role as the incumbent had left town. I attended several committee meetings and at the 2020 AGM I was nominated and it was agreed I would be president for the next three years.



I consider myself as the Covid president as within a month, the committee were taking medical advice and working on increasing safety for our members. Essentially we closed the classes and social activities down. The many venues we used were no longer available. We instituted vaccination policies, Covid cleaning plans for the office, mask wearing and social distancing. Then in my third year of the role of president, we the committee, worked on safely reopening the activities of the branch and resuming as much business as possible.

My interaction with the U3A branch committee and members have been positive and rewarding. Retirement? What retirement? I use my energy and commitment to the committee and in exchange I get purpose and social interactions that contributes to my wellbeing.

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

Old age now begins at 80

Mar. 10, 2023

By Tim Radford

OLD age has been postponed. Biologically and psychologically, it now begins at 80, according to Ian Robertson, dean of research at Dublin's Trinity College Institute of Neuroscience.

"This leaves 30 years – roughly age 50 to 80, a period much longer than youth – for which we have to have a whole new way of living," he told the British Association science festival recently.

Robertson began to study the effect of age on the brain in 1984. Then, the average age of stroke victims was 72.

"By 1999, the average age of my patients was around 82. In just 15 short years, I saw with my own eyes how, in many senses of the word, people had become younger by roughly 10 years."

The human brain, he argued, at all ages was plastic: it was shaped by experience, learning and thinking. Ancient Romans had a life expectancy of 22, while Europeans could look forward to a lifespan of 50 years at the start of the 20th century.

A woman of 60 in Britain now could expect to live on average to 83. The degree to which people retained their faculties after 50 was influenced by what they did.

He listed a seven-point plan to ensure a youthful old age:

- ❖ Aerobic fitness was probably most important. The function and structure of the brain were influenced by activity.

- ❖ Mental stimulation was vital. People could reduce cognitive decline by mental training.

- ❖ New learning was important. "The more you learn, the more you can learn," he said. "It can have profound physiological effects on the brain."

- ❖ High and prolonged stress had negative effects, particular on human memory.

- ❖ A rich social life helped. "People who maintain a lot of social interactions maintain mental sharpness for a longer period."

- ❖ Healthy eating. A diet rich in fruit and vegetables and fish had profound effects on cognitive decline later in life.

- ❖ Finally, think young. – Guardian Newspapers Limited

Anyone remember the good ol' days, before Facebook, Instagram, and Twitter? When you had to take a photo of your dinner, then get the film developed, then go around to all your friends' houses to show them the picture of your dinner? No? Me neither.

When I say "the other day,"
I could be referring to any
time between yesterday and
15 years ago

Nothing spoils a
good story like
the arrival of an
eyewitness.

~ Mark Twain



Sarn Garvey, from the Canasta group, alerted U3A that **Beverly Ponder** passed away on Thursday morning, March 16 at the Townsville University Hospital, after a long illness.

Bev joined U3A in 2008, and was a long-standing active member serving as a member of the committee. Bev was the leader of the social group meeting on Saturday mornings, and the Canasta group meeting on Wednesday mornings. She also taught beading and won awards for this at the Townsville show. At various times, she was a member of the book club, the games group and played Mahjong.

Bev moved back to Townsville, after living in South Africa for over 30 years, when her husband died there.

She absolutely loved her cards and other games, playing canasta several days a week and playing a part in the development of Key Wild, which is now played all over Townsville. I found her a fascinating woman, with whom I had much in common, and it was my pleasure to be her friend.

Photo is of Bev at Sam's daughter, Talia's graduation, from James Cook University.



Subject: A Few Gems from Wordplay Heroes, from Rex.

The Washington Post's Mensa Invitational invited readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supplying a new definition. Here are the winners:

1. Ignoramus: A person who's both stupid and an asshole.
2. Reintarnation: Coming back to life as a hillbilly.
3. Foreplay: Any misrepresentation about yourself for the purpose of getting laid.
4. Giraffiti: Vandalism spray-painted very, very high
5. Sarcasm: The gulf between the author of sarcastic wit and the person who doesn't get it.
6. Inoculate: To take coffee intravenously when you are running late.
7. Osteoporosis: A degenerate disease. (This one got extra credit.)
8. Glibido: All talk and no action.
9. Doppler Effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.
10. Caterpillar: The colour you turn after finding half a worm in the fruit you're eating.
11. Decafalon (n.): The gruelling event of getting through the day consuming only things that are good for you.
12. Intoxication: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.
13. Cashtration (n.): Act of buying a house, which renders the subject financially impotent for an indefinite period.
14. Beelzebug (n.): Satan in the form of a mosquito, that gets into your bedroom at 3am, and cannot be cast out.
15. Arachnoleptic Fit (n.): The frantic dance performed just after you've accidentally walked through a spider web.
16. Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future. (n.):
17. Karmageddon: It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

The Washington Post has published the winning submissions to its yearly contest, in which readers are asked to supply alternate meanings for common words. And the winners are:

1. Coffee, n. The person upon whom one coughs.
2. Flabbergasted, adj. Appalled by discovering how much weight one has gained.
3. Abdicate, v. To give up all hope of ever having a flat stomach.
4. Esplanade, v. To attempt an explanation while drunk.
5. Willy-nilly, adj. Impotent.
6. Negligent, adj. Absentmindedly answering the door when wearing only a nightgown.
7. Lymph, v. To walk with a lisp.
8. Gargoyle, n. Olive-flavoured mouthwash.
9. Baldersh, n. A rapidly receding hairline.
10. Testicle, n. A humorous question on an exam.
11. Circumvent, n. An opening in the front of boxer shorts worn by Jewish men.
12. Flatulence, n. Emergency vehicle that picks up someone who has been run over by a steamroller.
13. Frisbeetarianism, n. The belief that, after death, the soul flies up onto the roof and gets stuck there.



Mary Collins left and the Craft Group.

CRAFT GROUP:

Our small craft group has continued to create beautiful and useful articles, using old and newly acquired skills.

Much improvement has been achieved by members taking on challenging projects. One of our members who can tat, has kindly offered to teach those interested, the skill.

“Chicken Scratch” has been introduced to our repertoire with great results. It involves embroidering gingham to make items such as tablecloths. We really enjoy our Monday morning sessions, discussing a wide range of topics over a cuppa and, perhaps, something sweet to eat.

Until next time, stay safe and well. Cheers, Gen Caldwell.

U3A Townsville Class Timetable

Monday:

Mahjong

Time: 9.00am – 12.00pm

Tutor: Anne Thomson

Location: Anglican Church Hall 6 Mill St Heatley (Corner of Mill & Fulham Rd)

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

Social Art at Thuringowa

Time: 9:30am – 2:30pm

Tutor: Primary Contact: Gail Pearson | Secondary Contact: Judy Osborne

Location: Sound Shell Building In Dan Gleeson Gardens

Craft Group

Time: 9:30am – 11:00am

Tutor: Genevieve Caldwell

Location: U3A Vincent

Indonesian Language and Culture

Time: 11am – 12.30pm

Tutor: Anni Hurst, Val Colquhoun—Coordinator

Location: Aitkenvale Library 4 Petunia St, Aitkenvale

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,

Stock Market Trading Group

Time: 12 Noon – 2.00pm

Tutor: Terry Lambrose

Location: Zoom Meeting: In the comfort of your own home

Family History & Ancestry DNA

Time: 12.30pm - 5.30pm

Tutor: Liz Scammel

Location: Aitkenvale Library 4 Petunia St, Aitkenvale, QLD, 4814

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

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

Wednesday:	
Canasta	
Time: 9.00am to 12.30pm	 Tutor: Beryl Lennon
Location: German Club Inc. 56 Anne Street, Aitkenvale	
Creative Art	
Time: 9:30 am – 12.30pm	 Tutor: 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	
5 Crowns Card Group	
Time: 2.00pm - 4.00pm	 Tutor: Liz Scammel
Location: U3A Vincent	
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: Geo Ward	
Location: Sheri Park, 52a Love Lane, Mundingburra	
French, Conversational (Intermediate)	
Time: 11.30 am – 1.00pm	 Tutor: Georgina Valdeter
Location: U3A Vincent	
Science & Amateur Astronomy	
Time: 2:00pm – 3:30pm	 Tutor: David Burdeu, Susan Dellow
Tutor: David Burdeu Susan Dellow	
Location: U3A Vincent	
Friday:	
Walking	
Time: 7.00 am – 8.15 am	 Tutor: Roslyn McEwan
Location: Various Walking Paths	
Mahjong	
Time: 9.00am – 12.00pm	 Tutor: Anne Thomson
Location: Anglican Church Hall 6 Mill St Heatley (Corner of Mill & Fulham Rd)	
Basic Computer & Technology (Willows)	
Time: Session 1: 9:00 – 10:00 am Session 2: 10:00 – 11:00 am	
Tutor: Gaye Higgins Malcolm Hall	
Location: Learn space: Willows Shopping Centre BOOKINGS ARE ESSENTIAL	
Scrabble	
Time: 10.00am – 12.30pm	 Tutor: Kate Eagling
Location: U3A Vincent	
Friday Talks Townsville	
Time: 2.00pm – 3.00pm	 Tutor: TBA
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

Stock Market Trading Group

Time: 12 Noon – 2.00pm

Tutor: Terry Lambrose

Location: Zoom Meeting: In the comfort of your own home

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

Recorder Ensemble

Time: 1.30pm – 3.30pm

Tutor: Una 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

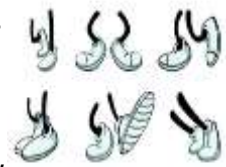
Location: Private Residence

U3A WALKING GROUP - MAY TO OCT DATES.

Meets Friday 7am for 7.15 start – 8.15.

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

Please bring your: hat, sunscreen, water bottle, & wear comfortable shoes.



Date		Meet	Walk
May	5	Rossiter Park, Kimball St, Aitkenvale	Ross River upstream
	12	Central Village Carpark near BCC cinema	Stadium River loop
	19	Cnr Pallarenda Road & Esk St, Rowes Bay (Beachside)	Soroptomist Park & foreshore near Jezzine
	26	Dirty Boots Cafe @ The Oasis, Staging Camp Avenue	Idalia River Park loop
June	2	Ottos carpark at the Precinct (Nandos side)	Upstream river walk
	9	Cape Pallarenda Road carpark	Lagoon's Walk
	16	Palmer St near maritime museum	Palmer St to cruise ship terminal
	23	End Carmody St. Hermit Park	Bicentennial Park circuit
	30	Weir School carpark	Riverway loop
July	7	Toobruk Pool	Anzac Park to Jupiter (breakwater walk optional)
	14	Aplins Weir Park cnr O'Reilly St & Burt St	Annandale St, downstream.
	21	Robertson Park. Cape Pallarenda Rd. 3 Mile Ck carpark	Foreshore Park towards city
	28	Rockpool, North Ward	Strand
Aug	4	Qld Bank Stadium (meet near Podium Café)	City murals walk
	11	Palarenda carpark — far end	Toward city.
	18	Aplins Weir Rotary Park cn of O'Reiley St & Burt St	Annandale upstream
	25	Ottos carpark at the Precinct (Nandos side). Village Dr. Idalia	Fairfield Waters downstream
Sept	1	Tyack St, Rosslea (end closes to Viles St).	Around golf club boundary
	8	Park near Bakehouse off Eyre (71 Eyre St.)	Queens Gardens
	15	Palmetum carpark	Ross River upstream, Douglas side.
	22	17 Echhlin St near the Tea House	West End cemetery and return
	29	Rockpool, The Strand	Jezzine Park
Oct	6	Thuringowa Library carpark	Dan Gleeson Park
	13	Dean Park, carpark	South Townsville
	20	Rossiter Park	Ross River upstream
	27	Weir School carpark	Downstream Riverside.

Bon voyage to Liz McDine, Magnetic Island Class & Covid Coordinator.

Acknowledgement of the service Liz gave freely to U3A committee and the Members

At the February meeting the committee acknowledged the contribution Liz gave to U3A Townsville Branch. As well as coordinating the Magnetic Island group so capably, Liz contributed to the monthly committee meetings, and made the journey to Vincent to appear in person month after month. When we could no longer meet face to face, Liz endured the challenge of Zoom and attended remotely.

There was always communication, emails and so on, to be dealt with as issues arose between meetings and your thoughtful responses and well considered replies enabled us to gather members views and to make quality decisions when needed. When Covid hit our community your commitment to monitoring, researching the latest medical announcements and then draft policy plans, enabled the committee to turn all that information into policies for the branch. The ever changing Covid landscape and your advice allowed us to support the safety of our members over the several years of the pandemic. As a branch we were able to formulate the best advice for our members. As the situation changed we were able to review our policies and keep our members informed about the latest safest advice.

Your presence and contributions were well and truly appreciated and for that we thank you and send you our best wishes with your current challenges.

Thank you Brian Furby for volunteering to organize the Monday Talks on Magnetic Island.



Thoughts on JCU

"I'm doing MA 1000 this semester and really enjoying my lectures and the workshop. The subject matter is fast paced and requires some serious application at times.

I'm involved with a study group and the discussion gives me a greater understanding of sections that I would not otherwise have. Many thanks to the lecturer and tutor for their help and their willingness to mark my tests. Their feedback is much appreciated.

One word of advice: I recommend masking up if you are unable to socially distance yourself, as the students are very dedicated and come to lectures even if they are sick. I try to tell myself it is just hay fever or a cold, but wear my mask anyway. '

Alison

A day after the Academic Year began at James Cook University on 20th February, 2023, those U3A members who had successfully requested to join the "Creative Writing" Course (EL2001) as "Internal" Students were delighted to find themselves in a class with a number of much younger students and a charming lecturer, Dr Emma McGuire.

Since that beginning, the U3A class members have learned about some of the elements that help to make Creative Writing "good" such as movement, power, meaning and sound; the art of making interesting characters who interlock with one another in a creative plot; and the willingness to read the work of other authors who can increase the learners' vocabulary and demonstrate a variety of writing styles. We hope that what we learn in this course will assist us in our own creative writing efforts and our contributions to the U3A Creative Writing Group.

We look forward to continuing with our youthful classmates and Dr McGuire in the remainder of this very interesting course and we extend our thanks to Ms Lori McGuire, who assisted us to make successful applications to J.C.U. and remained willing to answer administrative enquiries we have asked of her. **Anne**

OUTCOME OF THE ANNUAL GENERAL MEETING.

2023 returning Townsville U3A committee member's list:

⇒	President	Pauline Woodbridge
⇒	Vice President	Alan Williams
⇒	Secretary	Lorraine Ryrie
⇒	IT Coordinator	Graham Collins
⇒	Treasurer	Larry Frazer
⇒	Assistant Treasurer	Jenny Sebba
⇒	Office & Volunteer Manager	Christine Titmus
⇒	Class Coordinator	Antonia Gerrard
⇒	Grants Coordinator	Larry Frazer
⇒	Committee member	John Webster and Will Horsfall
⇒	Publicity and Promotions	Pauline Woodbridge



These are all voluntary positions. No person within U3A has a paid role.
Please make them feel welcome to their roles and commitment on your behalf.

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 Manager	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	

Interesting photo provided by Rex
of the moon creating a halo effect.



Important Dates for 2023

QLD School Terms:

Term 2: Mon. 17 Apr—Fri. 23 June.

Term 3: Mon. 10 July—Fr. 15 Sept.

Term 4: Tue. 3 Oct.—Fri. 8 Dec.

Next Newsletter deadline for articles & photos:
Tuesday July 18. Preferably before this.

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



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