



University of the Third Age Townsville

MAY 2025 NEWSLETTER

President's Report. *A copy of this report can be found on our website www.u3atownsville.com* Pauline Woodbridge OAM.

There is no doubt that the members of U3A were satisfied with the co-location to Ryan St, the MOU was developed in good faith with the Senior Citizens Committee of the time and U3A seemed very well settled by the U3A members who used that location. But, as we now know the Senior Citizens committee changed their executive and the new committee changed their attitude and commitment to the MOU and our presence at the Senior Citizens premises. This was demonstrated in many ways that left our Branch feeling under siege, with the demand that we sign a 12 month lease and pay the hourly rate to use amenities or leave.

It was gratifying to have the huge attendance at the U3A AGM, not only to complete the business requirements of our Incorporation, but also giving time to go over the issues, make suggestions and plan some options. But underneath it all was the survival of our branch and the safety of our members.

Our many levels of Duty of Care made it plain that leaving was the best option and it is a tribute to the Committee, the Admin and Tutor volunteers, along with U3A members all of whom achieved a quick removal and set up at D4 COC in Vincent.

Although very disappointing for many, we are well placed to continue the U3A purpose of Lifelong Learning, to contribute to raising the level of physical, mental, social health and the quality of life of older people. Townsville was an early adopter of the aims of U3A and although our 8 months of co-location has come to an end, it is important to emphasise that U3A were not at fault and were subjected to much misinformation and unpleasantness.

As a registered Charity with ACNC, 3/12/2012, we also have obligations under that heading and they include:

- maintain a, protect and enhance public trust and confidence in the Australian not for profit sector.
- The Governance Standard 5: The duties of Responsible People sets out the following;
- to act with reasonable care and diligence
- to act honestly and fairly in the best interests of the charity and for its charitable purposes
- not to misuse their position or information they gain as a Responsible Person
- to disclose conflicts of interest
- to ensure that the financial affairs of the charity are managed responsibly, and
- not to allow the charity to operate while it is insolvent.

Our committee (responsible persons) monitor our obligations under our Associations Incorporation Act as well as the ACNC, and along with the support of the U3A Qld Network, ensure we comply to all areas required of us. So we will pull together and start again to continue with the well being of our members and our branch.

FRENCH



Some of the French Conversation group enjoyed a lunch at Jude's café in the first part of 2025.

CRAFT

Greetings from the Craft Group. We've all had a topsy-turvey time over the past 8 months or so, moving to Ryan Street and then back again. The heavy rain caused some interruptions, but thankfully, we are all OK. Our crafting has continued unabated. We're all looking forward to more creative classes, and hope to catch up, from time to time, with new friends.

Front and side view of a beautiful crocheted chook by Chris Essex for Easter.



mahjong



Numbers at Mahjong are growing. This could be due to our public exposure in the library foyer at Thuringowa, or might it have something to do with the lovely treats that our members were sharing on St. Patrick's Day and the lead up to Easter? As one new member commented: *"I didn't realise Mahjong was so social"*.



Ruth Holman and Ailsa Brereton organise 'green' confectionary and cake made by Ruth for St. Patrick's Day, with a number of people wearing green.

GOOD TO KNOW

A recently published results of a UQ study (Queensland Brain Institute) in which volunteers participated in physical exercise and had brain scans – the first controlled study of its kind to show exercise can boost cognition in healthy older adults, and not just delay cognitive decline. The study involved a large cohort of healthy 65 to 85-year-old volunteers in 2017 on a six-month exercise program.

When the researchers followed up with the volunteers 5 years after the program, they all still had good cognition, and the high-intensity interval exercise group had retained the cognitive improvements they'd gained during the program. High-resolution MRI scans of that group showed structural and connectivity changes in the hippocampus, the area responsible for learning and memory. 1 in 10 people over the age of 65 – and 1 in 3 people over the age of 85 will develop dementia, so this research demonstrating the outstanding benefits of exercise for cognitive function is very good news indeed.



Thank you

Thank you

Thank you

Thankyou to all of our wonderful members who assisted with the relocation from Belgian Gardens back to the U3A Office in Vincent and the setting up of the office and meeting rooms. Everything ran smoothly and we are up and running again. Without your help this would have been a very difficult job to do.

Regards, Larry Frazer. Treasurer and Committee Member of U3A Townsville.

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: David Burdeu

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 Village, 1 Linderman Ave, Cranbrook

Computer Programming

Time: 12.00pm - 1.00pm

Tutor: David Browning

Location: U3A Vincent

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: Basil Harvey

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

Wednesday:	
Indonesian Language and Culture	
Time: 12.00pm – 1.30pm	Tutor: Anni Hurst, Val Colquhoun—Coordinator
Location: Aitkenvale Library	
Yoga	
Time: 11.00am – 12.00pm	Tutor: Jan Harvey
Location: Townsville Sports Precinct, 24 Burke St, North Ward	
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	
French, Conversational	
Time: 11.30am – 1.00pm	Tutor: Georgina Valdeter
Location: 382B Charles St, Kirwan	
Science	
Time: 1.00pm – 2.00pm	Tutor: John Webster, Ian Cormack
Location: U3A Vincent	
Friday:	
Walking	
Time: 6.45am – 8.00am	ALSO SEE THE WEBSITE FOR PROGRAM
Location: Various Walking Paths	Tutor: Angela Ward
Harmonica	
Time: 9.00am – 10.00am	Every 2nd week
Location: U3A Vincent	Tutor: Scott McInnes
Basic Computer & Technology (Riverway)	
Time: Session 1: 9.00am - 10.00am	Session 2: 10.00am – 11.00am
Tutor: Gaye Higgins Malcolm Hall	Ivor Preston
Location: Riverway Library	BOOKING ESSENTIAL
Mahjong	
Time: 9.30am – 12.30pm	Tutor: Anne Thomson
Location: Riverway Library	
Scrabble	
Time: 10.00am – 12.30pm	Tutor: Kate Eagling
Location: U3A Vincent	
Italian for Travel & Fun	
Time: 12.00pm – 1.30pm Intermediate	2.00pm - 3.00pm Beginners
Tutor: Trish Jordan	
Location: Aitkenvale Library	
Friday Talks Townsville	
Time: 2.00pm – 3.00pm	Every Friday End of June 2025 Program Starts
Location: TBA	
Saturday:	
Chinese	
Time: 10.00am - 12.00pm	Tutor: Phoebe Chan
Location: Private Residence	

[All enquiries to admin@u3atownsville.com](mailto: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 Resident
U3A Singers, Magnetic Island 06:00pm-07:30pm	Una Glavin	St Margaret's Anglican Church Endeavour St, Arcadia 4819
Thursday		
Recorder Ensemble, Magnetic Island 01:30pm-04:00pm	Una Glavin	Private Resident
Friday		
Italian Elementary 10:00am-12:00pm	Lucia Parigi Dian Strand Facilitator	Private Resident

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
April 28	Aniko Papp Andreas Von Lindemann	Towards Net Zero Magnetic Island Climate Action Project (60min) Australian Light horse Charge at Beersheba (17min)
May 12	Anne Thomson	Teaching English in South Korea. What is it like to be living the hot tropics one day amongst aboriginals then uprooting to the cold winters of South Korea to live where hardly anyone speaks English?
May 19	Gwen Fitz-henry	Len Beadell; Road-maker (100min)
May 26	Ri Prof A McLysaght Beautiful World	'Nothing in Biology Makes Sense Except in the light of Evolution' (54min) 'The Skills of Smart Birds'
June 2	ABC Australia ABC Australia	Australia: The Time Traveller's Guide Episode 1 The Early Days (57min) Australia: The Time Traveller's Guide Episode 2 First Steps (57min)
June 9	Una Galvin	'South to Bruny Island' (100min)
June 16	ABC Australia ABC Australia	Australia: The Time Traveller's Guide Episode 3 The Wild Years (57min) Australia: The Time Traveller's Guide Episode 4 The Big Island (57min)
June 23	Live Letters ABC Bush Tucker Man	Read by Olivia Coleman, Stephen Fry, Sarah Pasco, Peter Capoldi, et al. 'Were the First European Australians Dutch?' (28min)
June 30	Tony Robertson ABC	Tony Robertson Down Under Episode 3 (100min)

Why I Joined U3A.

Deb Whitmey



I joined U3A in May 2024, after a talk given at our monthly Probus meeting by Anne and Pauline. I found the talk very interesting with many classes to join and learn from. Thanks to Anne, a wonderful and patient teacher, I am slowly learning mahjong. It is a challenge.

I also joined a weekly walking group, which takes you to different locations in Townsville with coffee afterwards and lots of chatter. As the months go by I plan to join more classes and enjoy the friendship with meeting more people.

Ruth Holman

I moved to Townsville from the Burdekin in May 2023 to be close to family. Wanting to try something new, I googled mahjong and the U3A website came up. I realised with all these other courses available I decided to do art as well. I am loving both situations with the various characters that I meet along with the subjects themselves.



Johannes Boyke Originally from Germany he came to north Qld in 2012. Professionally, Johannes had a career in engineering, working as a project manager in heavy manufacturing specialising in risk & integrity management. Personal physical hardships led him to learn about the Dorm Method returning to Germany for basic training in 2019 which he continued in Brisbane to complete advanced training in 2020. 2023 he registered as an advanced practitioner and accredited Remedial Massage Therapist with the Australian Traditional Medicine Society and a member of the International Institute for Complementary Therapists. He is a genuine individual with a rich tapestry of experiences and passions. He is a passionate martial artist, who has a deep love for nature, often seeking solace and inspiration in the outdoors. He's also an enthusiastic art collector, drawn to the beauty and stories woven into each piece. While holidaying in Townsville it became a transition for both professional opportunities and a desire for a change in lifestyle. When the U3A Tai Chi position became vacant a client of his recommended he apply and with Geoff Ward's endorsement he took over the class. *"I find Townsville's community and environment to be incredibly welcoming."*

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, Complaints	president@u3atownsville.com
Antonia	Gerrard	Vice President, Class Coordinator	classcoord@u3atownsville.com
Christine	Titmus	Office, Web, Member Communication	officemanager@u3atownsville.com
Lorraine	Ryrie	Secretary	admin@u3atownsville.com
Larry	Frazer	Treasurer	
John	Titmus	Maintenance	
Kludya	Pollard	Committee Member	

U3A WALKING GROUP - MAR TO MAY DATES.

Meets Friday 6.45am for 7am start – 8.15.

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

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



May	2	Alpins Weir. Rotary Park. Cnr. O'Reilly & Burt St	Mundingburra side, downstream.
	9	Reana Park, Greenwood Dr, Kirwan	Catchment area through park.
	16	56 Yolanda Dr. (Small shopping centre carpark.	Annandale Circuit
	23	Otto's Carpark, at the Precinct (Nando's side).	River, upstream
	30	Rossiter Park, Kimball St, Aitkenvale	Ross River, upstream.
June	6	Cape Pallarenda Rd (Park near ring road.)	Lagoon's Walk
	13	Palmer St. (Near Maritime Museum)	Palmer St to Cruise Ship Terminal
	20	Weir School Carpark	Riverway Loop
	27	End Carmody St, Hermit Park	Bicentennial Park Circuit
July	4	Alpins Weir Carpark Cnr O'Reilly & Burt St	Annandale side, downstream
	11	Tobruk Pool, North Ward	Anzac Park to Jupiters. Breakwater Rock Walk Optional
	18	Robertson Park, Cape Pallarenda Rd. (3 Mile Creek Carpark, after Garden Settlement, before the bridge.	Foreshore Parkland, towards the city.
	25	Rock Pool, North Ward.	Strand walk to view Ephemera exhibits.



The passing of John Vosner (24-03-1937 - 22-01-2025) was a Londoner, a magistrate, a devoted family man, a guide to youth temporarily "off the tracks", a proud member of his faith, a film extra when required and a besotted football fan. Devastated by the loss of his wife to cancer twenty years ago it was typical of him that he continued to contribute to his community. He travelled to many parts of the world, making friends everywhere and remaining his special self - a wise and kind soul, a delightful raconteur, volunteer, lover of words and cards, and a committed follower of all things Jazz.

Ten years ago, he sold up in London and moved to Townsville to be near one of his sons giving him finances to visit his other son living in Croatia. In his very late years, he maintained his independence as much as possible and was actually at his last meeting of the U3A Writers' Group, being his chatty, delightful self the day before he died. John's contribution to his adopted city in North Queensland will be very sorely missed.

CONTACT US



Office location: Church of Christ Complex, Vincent
Corner of Ronan, Fulham Roads & Palmerston St.
PO Box 378 Belgian Gardens QLD 4810



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 2: Tue. 22 Apr — Fri 27 June

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 15 July**
Preferably before this.