



U3A Townsville

April 2018 Edition

UNIVERSITY OF THE THIRD AGE. Inc.

Presidents Report Newsletter April 2018

What a start to the year!

Good News: A successful AGM with 90 people attending, new courses, and four new people on the committee. Plus, we now have a Grants Co-ordinator with Mary is taking up that challenge. In addition, Christine, our newsletter editor has also agreed to co-ordinate the office volunteers.

Our membership is growing. The bottom line for the membership count is at the AGM each year. Normally we increase our membership during the year and there is a drop off in renewals by the AGM due to people moving, sickness or personal reasons. In 2016 we had around 450 members. By the AGM in March 2017 we had a membership of 350. During 2017 our membership grew to 470 and by the AGM in March 2018 our membership was 400. Currently the membership is 430.

Clearly as a club we are doing some things right. But why do we not have the membership numbers of clubs like Toowoomba, Bribie Island, and Redcliff who have over 2000 members? I suspect the answer lies in the area of marketing and programmes closely supported by our financial position.

Finances: Our finances are in the black but require vigilance by the committee to ensure that your funds are being managed in a responsible way. The committee is currently reviewing a 'green paper' in respect to our financial position and our fee structure. Once the review has been done the proposed position will be sent to the membership for comment.

Marketing: Like all companies/organisations people need to know you exist. In Townsville we have low brand recognition. We don't need to have a survey done of all Townsville residence to discover this. We know it through anecdotal evidence. How can we attract member if only a small percentage of our potential members know we exist? Our marketing activity is quite low with only three to four stalls being conducted each year and the quality of our marketing material is adequate for our budget. This year we were able to purchase a banner which was on display at the AGM.

The most effective form of promotion is said to be 'word of mouth'. We have been conducting our 'Bring a friend' campaign for about a year now and it is working to some extent.

We need to do more. When I say we, I mean the entire membership. If every member were to introduce a new member in 2018 then we would double our numbers by the end of the year. IF you enjoy the U3A programme you attend then there is a big chance that at least one of your friends would also enjoy the experience. Introduce them to U3A and bring them along. Secondly, we need someone to volunteer to organise our official marketing activities for the year. Are you the person we are looking for?

Marketing tool: Our website is under review by JCU 3rd year students as part of their assessment and hopefully we will be in a position to implement their recommendations later in the year.

SUPPORTED BY



Programmes: Enjoyable activities and programmes are the reason that members join our organisation. We now have 30 programmes a week up from 16 a year ago. Some other U3A's conduct over 100 programmes a week. How can we increase the number of activities? We need Facilitators and Tutors. If you have a skill or an interest you would like to share with others, please get in touch with the committee and we will do our best to establish a group.

Don't be a stranger, join an activity and bring a friend. Keep learning it is one of the ingredients for a happy and healthy life.



Terry addressing the AGM

Terry Lambrose President U3A Townsville (for 2018)

Announcement

We are pleased to announce that under normal circumstances we should have the office open five days a week from 9.30 – 12 noon. I say normal because some of us need to have a break every now and then. Hence, we are looking for a few more volunteers to back up the regular office people when they are not able to make it.

If you can help please contact Christine cjdouglas11@bigpond.com.

Wanted - volunteers

We would like a few hours of your time to 'man' a stall and spread the good news about U3A. This is part of our marketing activity not a 'sales' activity. It is about raising our profile in the community. Can you help?

We also are looking for someone to coordinate the marketing activities for the year. Would you like to give this a go? No experience required you will learn on the job

2018 Committee members

Boyd	Dennis		gaiden947@gmail.com
Boyd	Gail		gaiden947@gmail.com
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

We are on the lookout for a secretary and people to offer volunteer time in the office,. Requirements for the office are that you can answer the phone and take messages , the office is now open from 9 to 12 each day and we could easily have two or three people to accommodate these times

TRIP TO AIMS

On 6th April on a beautiful morning we all boarded a yellow bus driven by none other than Pop Sullivan himself for a trip especially organised for us by our own Thea Eastwood .

Our aim was to visit the Australian Institute of Marine Science fifty kilometres from Townsville. We all listened with great interest on the subject of "Coral Coring" conducted by Varsh who later showed us a beautiful piece of bleached coral and told us that although it looked dead, technically speaking, it wasn't, and under the right circumstances it could be brought back to its former glory.

One of our members, Lorraine, came very suitably dressed in her fishy shirt. She blended in well as we all marvelled at the best fish tank one could ever see. Mother Nature outdid herself when she created such beautiful fish swimming past the equally beautiful sea anemones.

In one of the tanks we saw the dreaded Crown of Thorns Starfish which had settled on a piece of coral. We later moved on and Marie from the Institute showed us an incredible little black turtle which had been photocopied in 3D.

After a lunch of fish and chips we all gathered for a group photograph which was taken by Pop. Thank you Thea for a most enjoyable trip. Joan Twine



Thea and Pop



Photo of U3A members visiting the Australian institute of Marine Science (A.I.M.S.) on the 6th April.

Some members of U3A have taken their experiences a little further.

Below are comments of their journey

My journey into a University degree begins with U3A. Through U3A I was able to access an Under Graduate course in Australian History in what I view as a unique 'try before you buy' opportunity.. no looking back now. Ian

It's a wonderful opportunity offered through U3A to be able to attend JCU lectures. I've enjoyed being surrounded by enthusiastic young (and older) learners. I also appreciate being able to be a 'sponge' only - able to listen and learn without the worry of exams and assignments. I'd recommend anyone who wants to continue their lifelong journey of learning to look at signing up for a course next semester at JCU. Linsey

It has been an eye opening time for me at the university and have found the experience quite exciting. I have been challenged into venturing into hitherto unknown realms and am relishing the learning experience. Lori

Some pics of the activities at the AGM that were offered, check the timetable at the end of the newsletter to find out where your interests lie.



Ann and Kate welcoming visitors to the AGM

A game of Rumikins. (Nothing to do with RUM)



Philosophy is also offered

Learning the intricacies of Mah-Jong, at the AGM display.

Play Mondays and Fridays at the Thurington Library 9 to 12



Ooh La La the French Connection

History Group News.

The Tuesday afternoon History Group have been collectively studying the Russian Romanov dynasty since the beginning of the year and are now approaching the finale.



The last members of the Romanov family were brutally murdered on July 18th 1918 so this year will be the one hundredth anniversary of that terrible event. We have chosen that day to wrap up our course. The History Group will then take a break until later in the year.

We plan to recommence with a study of the Julio-Claudian emperors of ancient Rome. This will be a short six week offering beginning on Tuesday September 11th 2018 and ending on Tuesday October 16th 2018.

Tuesdays 2pm to 3.30pm at the Vincent campus.

Facilitator Nanette Grace 47214484.

S.T.E.M. (Science Technology Engineering and Maths)

Meets every Thursday 2pm at our Vincent campus.

Sounds a bit academic doesn't it? Well it is, and it isn't. At least half the group have never studied any of these subjects before except at school. However last year we found a course in Astronomy and with the aid of the internet eight of us undertook to present one lesson each week. It was a fantastic experience both for those who came along and for those who did the hard yards preparing.

This year we are exploring other subjects such as physics, genetics the Hubble telescope and other subjects that the group finds an interest in. If you know anything about any of these subjects come along and share your experiences with us or just join in the learning.



Science Technology Engineering and
Maths STEM with John

Smart phones

On the 8th March, eight of our members were treated not just with 'coffee and cake' by Telstra but also received **one on one** instruction from Telstra 'Geeks' on how to set up and use their personal smart phones and tablets. *If you want to be part of the next group (no dates set yet) please contact the office and put your name on the list.* Thanks Josie from Telstra for making this happen.

This comment from one of the attendees Good afternoon Terry

I have just returned from a very productive and enjoyable afternoon at the Telstra Smart Phone Session organised by U3A. My Telstra Guru was most helpful, answered all my questions, showed me some tricks, hints and tips, and seemed to have enjoyed himself as well. I now feel more confident, knowledgeable, and aware of how to get more out of my smart phone. All the Telstra people were very friendly and human, and the one-on-one concept worked for me. I just wanted to give you my positive feedback, and to thank you for organising this session.

With thanks Lorraine Wallis

Bead Class. Cool weather come May. Class commences Thursday 3rd May 2-4pm First project is a Christmas ornament Phone Bev for more information 0413389534

Social Group, meet Saturday mornings at 10.30. a lively noisy group. Outings for theatre, ballet and picnics. Bus tip in May, If you are new to Townsville come join us Phone Bev for more information 0413389534

Tai Chi – says it all doesn't it.

Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits.

As we get older, and lets face it most of are, we need to keep the body going as well as the mind so why not join the Tai Chi group either in Townsville Wednesdays 9-10 or on Magnetic Island (Tuesdays 7-8pm)

Please take time to remember the families of those who have died especially:



Vale John Hunter

John Frederick Hunter passed away on 28th February after a long battle with Alzheimer's Disease. He came to Townsville from England in the 1960s to work at the College of UQ which became James Cook University. After retirement he took over the Walking Group of U3A until he could no longer manage, and I am most grateful to Graham Collins and Alan Williams for their support in those later years. .

Judy Hunter

Vale Peter Burns

After many years of teaching in Victoria, Peter came to Townsville in 1974 to lecture in Indonesian language and culture. He continued in this position until 1996 when J.C.U. shut down most of its Modern Languages Department. In retirement he joined U3A where he taught Indonesian for a couple of years and joined many classes. He believed that every university should teach philosophy and to that end he began the U3A philosophy class which Karl continued when Peter became ill. Peter died on March 14 2018.

Bev Burns

All are invited to:

Seniors Water-Wise Gardening Expo

Date 29th April 2018 10am to 3Pm Rollingstone Community Centre

Food - plenty available Jumping castle for the grand kids

U3A Townsville intends to start a gardening group sometime this year. The Gardening Expo could be an excellent event for our members to attend and we can gauge the level of interest in setting up a group.

You are welcome to attend even if you can't volunteer for the stall or don't intend to join the gardening group – **just come for the fun and the learning.**

If you don't want to drive you can catch a bus from the Orchid Society Hall in Charles St. You will need to register your seat through Jen 0419 711 829. Please mention you are from U3A.

U3A Townsville will be having a stall at the event and we are looking for a half a dozen people to look after the stall through the day. If we have say 6 people, this means that everyone will have time to get around and look at the exhibitions.

Please advise if you are willing to 'man' the stall for a couple of hours during the day. Send an email to u3atownsville@westnet.com.au or call the office (07) 4724 3530 between 9.30 and 11.30 Monday to Friday.

Regards Terry Lambrose President U3A Townsville (for 2018)

Note: exhibitions and demonstrations include:

Mulching	Aquaponics wicking beds
Composting	Soil health
Worm Farming	Maintaining moisture
Plant Selection	



COURSE COORDINATORS REPORT

Firstly, may I say thank you to all the facilitators and members for your kind words, support and help over the last year. It is so much appreciated; I couldn't do my job without you. Many thanks to all who pitched in for the AGM showcase.

The good news is we have several new classes and apart from Saturday the U3A training room is booked every day, although, I have heard if the Saturday social group grows any bigger they may have to move in! Well done Beverly.

All the new courses are underway and all of the classes I have visited are happy and enthusiastic.

I'd like to welcome the new committee members and say 'you don't need to be crazy, but it sure helps if you are!'. Seriously, welcome aboard.

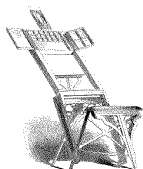
Thank you once again Ann Krome Course coordinator.

ATTENTION NEW CLASS NEWS

9AM – 10.30 AM TUESDAY SPANISH SELF HELP GROUP

CONTACT GRAHAM COLLINS PHONE 4789 0590

STARTED LAST WEEK AND A GOOD RESPONSE



10 AM – 12 NOON WEDNESDAY ART GROUP

CONTACT HEATHER 0408 737 021 – IRENE 0417 639 795

STARTED LAST WEEK – BRING WHAT EVER YOU ARE WORKING ON

1.30 PM – 3.30 PM EVERY 2ND & 4TH WEDNESDAY MONTHLY

RUSSIAN LANGUAGE CLASS

CONTACT LUCY FIGG PHONE 0455 108 955

STARTS THIS WEEK- HERES A CHALLENGE FOR YOU.



TAI CHI WEDNESDAY 9 – 10

am. Church of Christ hall.

Tai Chi classes. Resume WEDNESDAY 18th April. Beginners welcome please register with Ann Krome Ph; 0400822973 Tai Chi for health, wellness and balance. \$2.00 per class.

WRITERS WORKSHOP U3A TRAINING

ROOM Please note class resumes the 16th April. 2pm – 3.30

Canasta Group

Wed mornings 9 for a 9.30 start
April's game of the month is "Hand and Foot with a twist". May is Pennies from Heaven". Beginners welcome, learn a new game with like minded people. Cost \$4. Phone Bev for more information 0413389534

MAH JONG

Our Classes on Mondays and Fridays are filling up. Mah-Jong is a Chinese Game with 144 beautiful tiles, which we form into games. It is quite varied and enjoyable. It does not concern itself so much with beating other players, but more rewarding to yourself when completing a hand. To keep your brain active, there is no better way than playing Mah Jong. Come join us.

New Facilitator = Gwen Wilson

New Tutor = Hanna Wiskar

SUNDAY Games Group

1.30pm at Vincent Campus Office training room. A variety of board and card games are offered. (Friendly folk don't stare at four walls) Come and Join us

Contact; Bev 0413389534

Walking Group Timetable for May to August 2018

Day Friday; time 7.30am for 7.45 to 8.45am

Map ref: from 2016-2017 Telephone directory

Contact Margaret Cuthbert to Check any changes 4779 1882.

Month date	Meet	Walk	Month date	Meet	Walk
May 4th	Murray Lyons Cr. Annandale Skate park near bridge Map 14 ; N12	Fairfield waters Downstream	June 23rd	Cape pall Rd/Esk St Rowes Bay Carpark Map6 H3	Soropotomist Park, Foreshore
May 11th	Paxton St. North Ward Queens Gardens gate Map 6 R 9	North Ward	June 29th	Cap Pallarenda Rd. far end carpark	Lagoon Trail
May 18th	Tyack St. Rosslea Near Viles St. map 14 N10	Around Golf Club boundary	July 6th	O'Reilly St Mundingburra Cnr Burt St . Map 14 D 11	Downstream Sheriff park
June 1st	Tobruk Pool, The Strand, North ward Map 7A; 7H	Jupiter's and Anzac Park	July 13th	Loam Island Comm. Centre Riverway drive Rasmussen (Opp. Santal Ave) Map16 R13	Ross river Up- stream
June 8th	The Rockpool North ward Map 6 Q3	Jezzine (heights)	July 27th	The Rockpool North ward Map 6 Q3	Ephemera
June 15th	Dean Car park; S Tsv. Rooney St. end Map 7A H17	Sth Townville	Aug 3rd	Tobruk Pool, The Strand, North ward Map 7A; 7H	Ephemera

Come and join us, get some fresh air, exercise and explore Townsville. We walk at a pleasant pace that allows for charting and stopping to explore the flora and fauna. The itinerary above gives you the idea of where we walk, mostly on walking paths. This is a very social group; many of the walkers regularly adjourn to a coffee shop afterwards.

MAGNETIC ISLAND TMETABLE.

<i>Time</i>	<i>Class</i>	<i>Contact / Facilitator</i>	<i>Venue</i>
MONDAY			
10.00 – 12.00*	Monday Talk /Short course	Michael Keating 0408 072 251	RSL, Arcadia
TUESDAY			
7.00 – 8.00	Tai chi – Chi Kung exercise class	Peter Duckworth Tania Thoreau 4758 1981	<i>Phone for venue</i>
1.30 – 3.30	Recorder ensemble	Ros Burry 4778 5082 Kelly Marlin-Zwa 4758 1426	<i>Phone for venue</i>
WEDNESDAY			
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
THURSDAY			
9.30 – 11.00	Spanish conversation	Tania Thoreau 4758 1981	<i>Phone for venue</i>
9.30 – 11.00	Health & weight management	Bette Davis 4758 1113	<i>Phone for venue</i>
FRIDAY			
7.00 – 8.00	Tai chi – Yang 85	Peter Duckworth 4758 1981	<i>Phone for venue</i>

TOWNSVILLE MAINLAND TIMETABLE			
<i>Time</i>	<i>Class</i>	<i>Contact /</i>	<i>Venue</i>
MONDAY			
9.00 – 10.00	Book Club (on 2 nd Mon of each month)	Jenny Marks 0407 484 249	Aitkenvale Library foyer
9.00 – 10.00	Exercise Class	Thea Eastwood 0407 961 623	Health Studio, Hyde Park Centre
9.00 – 12.00	Mah Jong	Gwen Wilson 0419 189 151	Thuringowa library
12.30 – 6	Social Art (no tutor)	Patricia Jones 4723 4298 Judy Osborne 0409764184	Sound Shell Building in Dan Gleeson Gardens (near library) Thuringowa
1.00 – 2.00	Indonesian	Eric Campbell 4779 8947	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
2-3pm 1 st & 3 rd Mon	Writers workshop	Peter Hurst 4780 4731 Ann Krome 0400822973	U3A Vincent
2.30 – 4.00	Philosophy	Lyam Morris 0439 281 883	Aitkenvale Library
TUESDAY			
9.00 – 12.00	Craft & Cardmaking	June Lorrimer 4771 6227	Upper Ross Community Centre Allambie Lane, Rasmussen
10.00 – 12.00	Creative Writing	Valda Spencer 47236083 Ann 0400 822 973	Vale Hotel
9 – 10.20 am	Self-help Spanish	Graham Collins	U3A Vincent
2.00 – 3.30	History	Nanette Grace 4721 4484	U3A Vincent
WEDNESDAY			
9.00 – 10.00	Exercise Class	Viv Watkins 4773 5287	Health Studio, Hyde Park Centre 17 Woolcock St
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	U3A Vincent
1.30 – 3pm	Russian Language	Lucy Figg	U3A Vincent
7.00 – 9 pm 2 nd & 4 th Wed.	Fact or Fiction writers group	Peter Hurst 4780 4731	U3A Vincent Campus
3rd Weds	Committee meeting		U3A Vincent

THURSDAY

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
9.30 – 12.00	Successful Investor	John Weil 4723 8615	Heatley Community Centre
12.15-1.30	Conversational French	Georgina Valdeter 0410 454 420	U3A Vincent
2.00 – 3.00	S.T.E.M	Terry Lambrose 0434 634 822	U3A Vincent
2.00 – 4.00	Beading	Bev Ponder 0413 389 534	<i>Phone Bev</i>

FRIDAY

7.30 – 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 Wilson 0419 189 151	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

SATURDAY

9.00 – 10.00	Exercise Class	Jenny Nyambane 4725 0434	Health Studio, Hyde Park Centre 17 Woolcock St
10.00	Social Group	Bev Ponder 0413 389 534	<i>Phone Bev</i>

SUNDAY

1.30	Social Games	Bev Ponder 0413 389 534	U3A Vincent
------	--------------	----------------------------	-------------

VARIOUS DAYS

Various	James Cook University (many courses, audit only)	Terry Lambrose 0434 634 822	James Cook University
---------	-----------------------------------------------------	--------------------------------	-----------------------

ANY DAY

Any time	U3A online (many courses, fee for use)	Terry Lambrose 0434 634 822	www.u3aonline.org.au
----------	----------------------------------------	--------------------------------	----------------------------------------------------------------

NEWS LETTER INFORMATION

Hi all, My name is Christine Douglas and I have taken on the role as editor for the U3A news-letter. When sending in news it would be appreciated if you could email me as it saves a lot of writing. *However the old snail mail is still accepted..* The only experience I have in this area is that for many years I wrote the bulletins for my church group. In this first edition from me I have tried to follow a similar format to previous editors and hopefully included the right information. If you find something amiss please contact me, I appreciate constructive criticism and any help you may offer.!!

All reports are important as are comments and feedback. We do have limited space but I will endeavour to include you all.

My email cjdouglas11@bigpond.com and my phone is 4431 0085 or mobile 0439 517 470
Thanks CHRISTINE