



U3A IN TOOWOOMBA INC NEWSLETTER

TERM 2
2018

UNIVERSITY OF THE THIRD AGE in TOOWOOMBA Inc

HOW YOU CAN HELP

U3A is similar to a jigsaw and each member an important piece of the whole.

With almost 2000 members now enjoying all that U3A has to offer we need to be even more mindful that U3A is a self-help group, managed and run by volunteers from its membership.

Every member is **expected** to participate in some way. Our greatest challenge is our need for more Tutors and while we know that you can't all be Tutors there are numerous small ways that you can help.

If you attend classes at the Philharmonic Complex you can help by **PARKING** correctly and legally. Residents living around the Philo do not want you parking over their driveways or inconsiderately blocking the collection of their rubbish. The more complaints that the Toowoomba Regional Council receive from residents, the more difficult legal parking will become. Management is in continual discussion with TRC to try and alleviate this problem. The management of Philo has also added 5 parking spaces on the lawn in front of the Concert Hall. These are nose-in parking, not parallel to the footpath as I noticed recently.

You can also help by not assuming that if a room is casually vacant at Philo, you can start class early or pop in and use the internet. Room scheduling is a complex and challenging business and rooms are allocated by the Tutor Coordinator. You do not know what arrangements the Management has for casually vacant rooms.

You can help by not booking into classes that you do not intend to attend. If you over commit yourself or find that the class is not for you, please have the good manners to advise the Tutor. Someone else would love to have that opportunity. More than 70% of our classes are full with a full waiting list. Having said that please know that we constantly strive to add more classes/activities.

A big Thank You to all of the unsung heroes out there quietly putting out chairs, putting the kettle on, setting up IT, collating photocopying, collecting class fees and checking rolls, opening rooms and sporting venues - and the list goes on. Your piece of the jigsaw is extremely important.



WE EXTEND
A WARM WELCOME TO
412
NEW MEMBERS
WHO JOINED IN TERM 1

CALENDAR

2018

TERM 2 APR 23 TO JUNE 22

TERM 3 JULY 16 TO SEPT 14

TERM 4 OCT 8 TO NOV 30

THE 9TH U3A SENIORS' INFORMATION EXPO

**WILL BE HELD ON
WEDNESDAY 22 AUGUST 2018**

Not to be missed! This event continues to grow each year, with hundreds flocking to the venue to talk to the different stall holders, not to mention the delicious scones with jam and cream.

Watch for more details in Term 3 Newsletter.

**TUTORS, PLEASE NOTE
TERM 3 NEWSLETTER
DEADLINE
JUNE 15**

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PRESIDENT'S REPORT

Welcome to U3A for 2018. The new year has seen a record number of new members and a record number of classes across Toowoomba, Pittsworth and Crows Nest. This success brings additional challenges regarding availability of places in classes and the need for more Tutors. Several of our current Tutors are leading multiple classes (one Tutor taking 6 classes) each week to try to accommodate as many members as possible. How many volunteer hours do you do each week? See the article, A Tutor is ... on page 3 and How You can Help on the front page.

Another AGM will have been and gone by the time you are reading this and I take this opportunity, on your behalf, to thank the Management Committee for another year of progress and growth. We are indeed fortunate to have a happy, enthusiastic, committed hard working team to lead our organisation. Each committee member brings special skills to our team and each is valued.

As usual Management works to maintain up-to-date policies and procedures to ensure the efficient running of our organisation. These policies are constantly updated to keep within the requirements of Incorporated Associations, Safety Standards and other government regulations. It is your responsibility as a member to keep up to date with these. Our website at www.u3atoowoomba.com is updated regularly by our wonderful webmaster Des Venz and I encourage you to look to these policies and procedures for guidance. If you are a new member I trust you have read all of the information contained in your Welcome Pack.

Our Facebook Page has 403 "Likes" and I am always happy to put photos from your class activities up on this. If you are emailing a photo to me for inclusion, please ensure you have permission from all those who are pictured.

Please remember that our wonderful Office Administrator, Trish, is busy managing her workload. While friendliness and interest is important at U3A, Trish does not have **all** day to chat to you. Please do not put her in a position where she feels she has to take work home to catch up.

Assisting with a Healthy and Active ageing is the cornerstone of U3A and the opportunities offered at U3A in Toowoomba Inc. are among the best in the state. Let's work together to ensure that continues.

Rhonda Weston



The class roll for Dynamic Life Lecture Series will reopen for Term 2.

Email Tutor

'As the Crow Flies...'

Happy first Birthday to Crows Nest U3A!

Interest in joining U3A was demonstrated on our open morning at the end of January when Rhonda Weston was heard to exclaim, 'If I had known so many people would turn up I would have brought our whole team!' Thanks once again to Toowoomba U3A for your on-going support.

History is always a popular choice. 'Australian History', a new class for 2018, tutored by Graham Blackman, reports that there have been 'no detentions, nor expulsions, nor bad reports of any kind, only about the Tutor's jokes and lies about his baking skills!' The group has particularly thrived on being given topics to research - historical stories behind the names and dates.

Julie Nairn has continued to offer 'Celtic Spirituality' and this year added 'Medieval Women Mystics'. Both classes filled quickly with enthusiastic people. A very happy lot, especially over a morning cuppa! Thanks Julie for your considerable knowledge and skill.

Another new course offered is 'Symphonic Sounds'. Ken and Sally Johnson's knowledge and appreciation of music is gathering a promising following.

The new Internet, Cloud and Social Media group meet on an informal basis and Graham Moore tailors each class to meet needs.

Ukulele with David and Marita continues to be lots of fun with a new beginners group added.

The 'Mosaicing' ladies have been most creative, learning from Jennifer Savory and Dianne Mesner, the talented Tutors, that about anything can be mosaiced and turned into a unique and attractive object; pots, tiles, table tops or photo frames.

By popular request a new and eagerly awaited 'Family History Workshop' will start in Term 2. Thanks to Karen Rowe who offers similar classes in Toowoomba.

A warm thanks to all Tutors and participants of our 11 classes offered in first Term. Great opportunities!

Penny Protheroe
Crows Nest Coordinator



A Tutor is.....

They are the treasures of our organisation, they give above and beyond and they are our inspirations and mentors.

U3A uses the term Tutor to describe a task that has many variations. A Tutor can be a Teacher, a Leader, an Organiser, a Go Between, a Greeter, an Instructor, a Lecturer, a Coach, a Trainer or a Helper within a class.

So it is not difficult to be a Tutor with U3A. Someone who enjoys sharing their experiences or skills and who may not have a teaching or university qualification, all are equally valued as a "Tutor" at U3A.

PITTSWORTH HAPPENINGS

All systems "GO" at Pittsworth with all classes bouncing along in tune to the new Ukulele class. Trish has 8 -12 members joining in on Friday morning for a happy session at the Art Gallery. Lorraine has made some changes to the Singing Groups which should work well and Cecelia's Art classes continue to be very popular, particularly the beginners' groups. Alistair's Birding Groups have had a bit of a lean time with the very dry weather, but there are enough spottings to keep interest alive. Greg Wilkes was awarded the McGregor Winter School Bursary which will give him free tuition for a week in June. Wonderful and justly deserved.

Inga and the photography group has been practicing in the rooms of the Function Centre to up-skill on different aperture settings and to experience the different outcomes to their photos. The group plan on meeting at the Toowoomba Japanese Gardens for more practice.

Barb ensures that every week we are in for a surprise at Writing for Pleasure. Last week our homework topic was to write a story about a piece of furniture. Intertwined in some of those stories, all factual, was murder, mayhem and mischief. Who would have thought?

We have also learned local history and many experiences of people who are common to our own story. For instance how many of you knew that there was a condensed milk factory at Wyreema which was subsequently bought out by Nestles and then closed down. There are a few remaining ruins if you know where to look.

Also, did you know that during the second world war some residents around Sydney had to destroy all their crops and bury their precious belongings in case of invasion? One of our writers did. Our group is true to its name...we write and we derive a great deal of pleasure from each other's works.

Lyndall Madden
Pittsworth Coordinator

Woodburn Carving Class

Woodburn Carving is a light two-dimensional carve on a soft wood, usually pine. The wood is firstly burnt with a blow torch giving a light tan on both sides. A design is transferred to the wood using carbon paper. The design is then carved with a fine gouge. When the outline is completed a gouge is used to lift out certain areas to give picture depth.

This craft is a joy to learn and vacancies exist in this class. Contact Tutor for more information.



NEW COURSES FOR TERM 2 2018

Tuesday 10:30 – 11:00 PPC Playhouse	BALANCE Gentle Exercise to reduce the possibility of falls. Suitable for those who were unable to enrol into Yoga, Tai Chi or Shibashi Qigong.	Bob Reilly
Friday 9:00 – 11:30 Toowoomba Bridge Club Stuart Street	BRIDGE FOR BEGINNERS Bridge is the most interesting card game. It is made up of bidding and playing and both of these aspects are challenging. It is this challenge that has players coming back for more and more. You can learn Bridge at the Toowoomba Bridge Club. The classes will teach bidding, declarer play and defence. Teaching will be conducted by one of our experienced teachers (Chris Snook, Trudy Dunne and Denise Hartwig). The class meets at the Toowoomba Bridge Club in Stuart Street. Players will be able to move into other sessions held at the club as their experience and skills grow.	Dave Roberts
Thursday 9:00 – 11:00 TAFE A2.70	DIGITAL PHOTOGRAPHY This course will cover the basics of digital photography for beginner to intermediate users. It will include basic camera theory, fun activities in the classroom & occasional field trips around Toowoomba. All students will receive guidance and positive feedback on improving their images & skills.	Don Hildred
Tuesday 11:30 – 1:30 PPC Austral Room	ELECTRICITY in OUR LIFE The aim of this course is to develop a simple understanding of how electricity is used in our environment to improve our lives. The course runs for two terms and is for EVERYONE who uses electrical equipment. During the course you will develop a better understanding of: terms, name plate information on batteries and appliances, various types of lighting, circuit protection, safety switches, batteries, power generation and fibre optics. Any questions you may have on these or other related topics will be addressed.	Bob Campbell
Wednesday 9:00 – 11:00 Ask Tutor	FAMILY HISTORY WORKSHOP – BEGINNERS 2 Classes will contain information with the beginner and novice in mind. We will start from the very beginning showing how to research, store and find information relating to your family. Laptop/iPad is an advantage. If you require information please email me with your questions.	Karen Rowe
Thursday 2:00 – 4:00 TAFE A2.70	HEALTHY WEIGHT FOREVER This class involves education of how the mind works for and against you and I use group hypnosis to help you use the imagination and emotion of the mind instead of the weaker "Will Power". Have you noticed the food rules have changed? Research and experience has changed a lot of the diet rules we have lived through and it takes a bit of getting used to. We know that diets don't work but life-style changes do.	Vicki Grinham
Thursday 2:30 – 4:00 PPC Playhouse	MINDFUL LIVING Mindfulness practices are simple tools to be used in everyday life to manage stress and live life in the present. This 8 week course is practice-based with weekly handouts and suggested home practice. The class is full at present, however Janine will place your name on her waiting list.	Janine Hills

NEW COURSES FOR TERM 2 cont'd

<p>Tuesday 2:00 – 4:00</p> <p>TAFE A2.70</p>	<p>SUSTAINABILITY MADE SIMPLE</p> <p>The course will present the concepts of triple bottom line and ecological sustainability as both a set of ideas and of practices which can be integrated into the lives of those people who wish to discover what "living sustainably" might mean to them. This course is aligned with the principles of Education for Sustainable Development and the objectives of the 2030 Agenda for Sustainable Development and the Sustainable Development Goals introduced in 2015. These global initiatives aim to position education as a process which empowers citizens to take informed decisions and responsible actions which help promote environmental integrity, economic viability and a just and fair society for all. These principles will be used to encourage participants to develop their own visions for a future, genuinely sustainable culture in their own communities.</p>	<p>Frank Ondrus</p> <p>Andrew Nicholson</p>
<p>Monday 9:00 – 11:00 Holy Name Courts West Street</p>	<p>TENNIS – MORNINGS</p> <p>We enjoy a morning of mixed, social tennis. Good fun and healthy exercise. We play all year.</p>	<p>Greg Thomas</p>
<p>Thursday 2:00 – 4:00 SDA Hall 669 Greenwattle St</p>	<p>THE NANNAS and the POPPAS BAND</p> <p>Play Guitar / Ukulele / Mandolin etc, sing interesting songs and try out simple arrangements and harmonies. MUST be competent in playing the common chords in the keys of A, C, D, E and G</p>	<p>Len Harding</p> <p>Joy Farquharson</p>

COMING SOON – TERM 3

<p>Monday 11:30 – 1:30 PPC Playhouse</p>	<p>RISE & FALL of the BRITISH EMPIRE</p> <p>The British Empires' "jewel in the crown". India? Why Britain lost its American Colonies? How it gained Canada, Australia, New Zealand and South Africa? The Empire's 'opium wars' with China? Britain's many and various African Colonies? Why Britain and Ireland had a stormy relationship?</p>	<p>John Pryce-Davies</p>
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FRIDAY LUNCH GROUPS	18th May	15th June
<p>Group A (12 noon) Chris Jordan</p>	<p>Kingfishers Café 333 Spring Street</p>	<p>Encores Restaurant 56 Neil St</p>
<p>Group B (12:30) Joan Daly</p> <p>Hazel Fusae</p>	<p>Inbound Toowoomba Railway Station</p>	<p>The Sauce Kitchen 1 Station Street</p>
<p>Group C (12 noon) Debra Dollison</p>	<p>Café 63 Eastville 11 Herries Street</p>	<p>Royal Hotel 189 Ruthven Street</p>
<p>Group D (12 noon) Lorna Hopgood</p>	<p>Picnic Point 164 Tourist Road</p>	<p>The Garden Restaurant 732 Ruthven Street Cnr Beirne Street</p>

CLASS CHANGES FOR TERM 2 2018

Tuesday & Friday 8:00 – 9:00 Harristown SHS	AQUATIC EXERCISE GROUP (was SWIMMING & AQUA AEROBICS) Enjoy the benefits of swimming and aqua aerobics for fitness. Participate in one or both forms of exercise. Afterwards stay for a cuppa and enjoy the social aspect of the group. Sorry no vacancies.	David Bradford Judy McWilliam
Wednesday 11:30 – 1:30 PPC Playhouse	ARCHAEOLOGY OF ANCIENT AUSTRALIA Take a journey back in time. Explore the birth of the Great South Land, first Aboriginal migrations, life in Pleistocene era and what caused the death of Australia's megafauna. We will have stone tool flaking demonstrations and visit the Gumbi Gumbi gardens. Also looking at the Eddie Mabo case, famous Aboriginals and much more. Just bring parchment and quill. Tutor will email those participants with an email address, a week before lessons commence.	Bruce Arthur
Wednesday 11:30 – 1:30 PPC Austral Room	CHESS Old landline not in use.	Ted Kitto
Friday 9:00 – 11:00 PPC Austral Room	FOOD AND NUTRITION Term 2 will be a continuing class, with the emphasis on types and role of bodily fat, diets and dieting, nutrition and chronic diseases, gut microbiome, dietary supplements and complementary medicines.	Aub Egan
Monday 10:00 – 11:30 SDA Hall 669 Greenwattle Street	GUITAR TUITION (continuing guitar) Students must be able to play basic chords.	Raymond Baron
Wednesday 9:00 – 11:00 PPC Studio	INTRODUCTION to the WONDERS of WATERCOLOUR (Replacing DEVELOPING ARTISTS class) This course will introduce the beginner to watercolour, paints, brushes, paper, watercolour techniques, perspective and basic composition of a picture.	Ngaire Sorrensen Lyn Backhouse
Friday 9:00 – 11:00 PPC Playhouse	METAPHYSICAL CONCEPTS This term we will discuss the Body/Mind Connection while we examine the layers of the auric field that surrounds the physical body and the connected chakras. It will give you an understanding how you can help yourself to better health and master your own life in directing a focused thought pattern. No previous knowledge required, so new participants are welcome! We always conclude each session with a guided meditation.	Anne Maria Winter
Thursday 11:30 – 1:30 PPC Studio	PRE-SOCRATIC GREEK AND EARLY INDIAN THOUGHT: A COMPARISON This class will look at the ideas of pre-Socratic Greek thinkers such as the Milesians, Pythagoras, Xenophanes, Heraclitus, Democritus and compare them with the ideas that Indian thinkers were tossing around during (roughly) the same period.	Francis Mangubhai
Friday 2:00 – 4:00 PPC Playhouse	SING....SING A SONG A musical get-together, singing the songs that we grew up with, sitting closely around the piano as we did in days gone by. No experience necessary, just a sense of fun and a love of singing - anything from Music Hall to Musicals to Mowtown.	Jeanette Zeller

CLASSES CHANGES FOR TERM 2 2018

Friday 11:30 – 1:30 PPC Studio	SING...SING A SONG OF SIXPENCE A musical get-together, singing the songs that we grew up with, sitting around the piano as we did in days gone by. No experience necessary, just a sense of fun and a love of singing - anything from Music Hall to Musicals to Mowtown.	Jeanette Zeller
Tuesday 9:00 – 11:00 PPC Austral Room	SINGING FOR FUN Change of Tutor.	Barry Lotz
Start 12:15	TUESDAY LUNCH GROUP 17 th April The Office, Duggan Street 1 st May Toowoomba Thai, Mary / Bridge Streets 15 th May Two Birds, Duggan Street 5 th June Urban Grounds, Herries House 19 th June Urth Café, Hume Street 3 rd July Vietnamese Restaurant, Margaret Street	Irene Earsman

CLASSES NOT CONTINUING

CIRCLE DANCE Beginners on Tuesdays (combining with the Thursday class.)

DEVELOPING ARTISTS (New Tutor and name; now called INTRODUCTION to the WONDERS of WATERCOLOUR)

ARCHERY on Tuesday (combining with Thursday group)

GENEALOGY

CROWS NEST CLASSES

Monday 9:30 – 11:30 Crows Nest Community Centre	AUSTRALIAN HISTORY Term 1 (Part 1) covered up to the 1890's, Term 2 (Part 2) carries on from Federation. Places are available for Term 2. Part 1 will repeat in 2019.	Graham Blackman
Friday 10:00 – 12:00 Crows Nest Library	FAMILY HISTORY If you have started your family history journey but need some help sorting through all that information you have, come along and join our group. You will be shown various ways of sorting and keeping everything together. We will also be looking at how and where to continue our research. Laptop or other Wifi device an advantage but not essential. Anyone who expressed an interest, if they could please contact the Tutor for confirmation.	Karen Rowe

PITTSWORTH CLASSES

By appointment Ask Tutor	iPADS and iPHONES One-on-one instructions for using iPads and iPhones targeting the specific needs of individual students.	Louise Ross
Wednesday 4:00 – 5:30pm Pittsworth Senior Citizens Rooms	COMMUNITY U3A HARMONY CHOIR The Choir sings a wide variety of songs in three or four part harmony. New members welcome.	Lorraine Barnes
Friday From 10:30 Pittsworth Art Gallery	WRITING FOR PLEASURE We have seen exciting writing produced by participants, laughs shared over numerous topics and tears over nostalgic reminiscing. The weekly topics are varied, giving writers opportunities to explore their abilities to write in different ways.	Barbara Harris Leila Osborn



New Interests - New Friends

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