



### SENIORS' EXPO

**Wednesday 19th August 2015**  
**HumeRidge Church of Christ**  
**9am to 3pm**

*This annual event does not happen  
without a team of volunteers*

**Helpers are needed for the following:**

**Set up - Tuesday 18th, midday to 4pm**

**Kitchen duties - Wednesday 19th**  
**(Roster 8:30 am to 3pm, name your time)**

**Dismantle - Wednesday 19th**  
**from 2:30pm**

*Volunteering is rewarding. Even an hour of your  
time will help make this annual event as  
successful as those in past years.*

*Volunteering is an opportunity to meet  
like-minded people.*

**Please contact Irene on 4636 3316**  
**or Rhonda on 4613 6559**

**See enclosed leaflet for more details  
of this informative and highly  
successful FREE annual event**



Member Betty Tan, left, graduated MA (Visual Arts) in April this year.

Betty is now telling her grandchildren that achievement at any age is fun!

Betty is enjoying having the time to attend the U3A Monday 'Dynamic Life Lecture Series'.

Congratulations Betty.

WE EXTEND  
A WARM WELCOME TO

**33**

NEW MEMBERS  
WHO JOINED IN Term 2

### 2015 CALENDAR

Term 3      Jul 20 - Sept 18  
Term 4      Oct 12 - Dec 4

**SENIORS' EXPO      AUGUST 19**

Art Show & Concert - see  
page 6 for more details

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## PRESIDENT'S REPORT

As winter settles in each year, the dynamics of our classes can undergo a change. While we certainly live in the best state in Australia, it can get cold in Toowoomba and many of our members join the Grey Nomads and head for the warmer north. If you are a new Tutor and wonder why the class attendance has dropped - look no further.

The overall membership continues to grow and the need is still the same. Increased membership demands increased activities and as we are a self-driven organisation we need commitment from all of our membership.

I would encourage you all to attend the 6<sup>th</sup> Seniors' Information Expo which will be held, as usual during Seniors' Week. We are appreciative of the ongoing sponsorship by the Toowoomba Regional Council, which enables us to offer this event free to the public. The overwhelming success of The Seniors' Expo has seen it fully booked already. Of course it would not be possible without the continued effort by the volunteers who work extremely hard to put it all together.

Our two year relationship with the Cedar Centre has been of mutual benefit and while we had hoped it would continue and grow we have now been advised that due to circumstances beyond their control, Cedar Centre will not be in a position to continue offering rooms for community rental. Therefore classes will not be held at that venue after the end of the year. Your Management Committee is working hard to find new venues and hopefully a permanent second campus to allow for growth.

At the recent Network Qld AGM, my three year term as State President was completed. I would like to thank the Toowoomba Management Committee and those members who fully supported me while carrying out this role. It was a journey of incredible "firsts" for Network Qld and I leave the state committee confident that my contribution has been a benefit to U3As locally, state-wide, nation-wide and also in the international U3A arena.

I look forward to continuing in the role as Chair of the U3A Asia Pacific Alliance Steering Committee and working to bring U3As to all corners of the world.

Enjoy our winter term.

*Rhonda Weston*

## HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Many people are alone when they suffer a heart attack. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm.

*Tell as many other people as possible about this. It could save their lives!*

## PHOTOGRAPHS OF TOOWOOMBA

Do you have a favourite photograph of Toowoomba that you would be willing to share?

We need a variety of pictures to use as Cover Photos for our Facebook Page. Please send as jpg file, as an attachment to an email, to:

newsu3atoowoomba@bigpond.com

**PLEASE LIKE OUR FACEBOOK PAGE** and help us reach 200 by the end of this year. It would also be nice if you would 'like' and make comments on our postings as they appear in your newsfeed too.



## INTERNATIONAL CONFERENCE

The International Conference surpassed all expectations. The inspiring Guest Speakers, the venue, the gala dinner, the food, the opportunity to make new friendships and even the weather all combined to make this conference an outstanding success. If you were one of the 17 Toowoomba members who attended you will have been pleased.

As promised we have now put some of the Power Point Presentations on the conference website - [www.u3aqldconference.org](http://www.u3aqldconference.org). On the Home Page, click **Presentations** then click on the one you wish to open. Those that are not listed are ones that required the presence of the vibrant speaker to give full impact to the message. It will have been an unexpected pleasure to be part of the 210 strong delegates who gave a standing ovation to Toowoomba's Sophie Ryan who delivered an inspiring address on the challenges facing youth today. Sophie is a graduate of St. Ursula's and now an undergraduate of University of Queensland. Also now on the website are photos taken by the official conference photographer, Deslyn Taylor. On the Home Page, click **Gallery** and then the photos will scroll through.

It has been my great pleasure to be the Chair of the Conference Committee and to have been instrumental in bringing this International U3A event to Queensland.

***The challenge was met and we can now cherish our memories.***

*Rhonda Weston*



Prof Jan Thomas, Mrs Barbara Lewis, Lord Mayor Graham Quirk, Rhonda Weston and Prof Carlos Santos

Pictured (right) are some of the 17 delegates from Toowoomba who attended the conference, at the AGM on Saturday, 30th May, celebrating Rhonda Weston's birthday.



## Letter from a Tutor to Tutor Coordinator, David Weston.

*Dear David,*

*I just wanted to let you know how hard it has been for me to stand down from being tutor of the Walking Group. Over the last seventeen years, I have met many people from all walks of life, happy, funny, and caring and always willing to help me in every way; these people have been like family to me. However it was made easier for me as Anna Carson offered to take over for me. She is a very capable, kind and caring person and I can't thank her enough, God bless you Anna.*

*Each Thursday I do the walks in my mind. I think, "they will be nearing that quaint little Preston's Chapel about now", or "they will be climbing that dreaded hill at Gowrie Junction."*

*Thank you everyone and thank you Rhonda and David for all the time and effort you both have put into making U3A the wonderful organisation it is today.*

Best wishes,

Marj. [Phillips]

It's people and tutors like Marj and Anna who make our U3A what it is - a vibrant, caring group of people from all walks of life, sharing their knowledge, experience and time in order to make a difference. Thank **YOU** Marj.

**NEW – NEW - NEW****ANCIENT BELIEF that evolved into Modern Belief**

Thursday 9.30 – 11.30 St. Alban's House Cnr Hill St. & Anzac Avenue

We will begin by reflecting on probable belief during the Stone, Copper and early Bronze Age studying Aboriginal, Mesopotamian, Egyptian, Middle East, early European and British belief to about 2,000 B.C., setting the base for studying belief that evolved to the present time. Illustrated detailed information, maps, and timelines becoming a reference source will be provided to promote discussion. Minimum cost and what to bring will be decided at the first session.

**FACEBOOK**

Tuesday 11:30 – 1:30 PPC Computer Lab, Cost \$10

A four week short course (21<sup>st</sup> July to 11<sup>th</sup> August) to discover the joys of Facebook.

**JP (Justice of the Peace) SERVICE**

Bruce Arthur JP (Qual)

See article on page 5 for more details

**U3A HARMONY GROUP – PITTSWORTH**

Wednesday 3:30 Pittsworth Senior Citizens Room

A relaxing introduction to part singing featuring well known, easy two-part songs.

**WINDOWS 8.1 for PHONE or TABLET**

Day and Time to be advised, PPC Computer Lab

**CLASS CHANGES, UPDATES and AMENDMENTS**

Due to changes at the Cedar Centre some of the following classes will be relocating, no change to day and time.

**A COMPARISON of GREEK PRE-SOCRATIC IDEAS and EARLY INDIAN PHILOSOPHIES**

Thursday 2:00 – 4:00 Cedar Centre Lounge Room

We will look at the ideas of Pre-Socratic thinkers such as the Milesians, Pythagoras, Xenophanes, Heraclitus and compare them with the ideas that were being tossed around at about the same time in India. While information about the ideas from the two cultures will be provided, the focus of the class will be to discuss them in the context in which they have arisen.

**CARDS (500)****VENUE CHANGE**

Tuesday 9:00 – 11:00 Drayton Bowls Club

**CROQUET Basics for Beginners**

Wednesday 1:00 – 3:00 Toowoomba Croquet Club, Cnr Arthur & Lindsay Sts

Enjoy now on a Wednesday afternoon.

**CRYPTIC CROSSWORDS – Intermediate**

Monday 1:00 - 2:00 PPC Austral Room

Practice & revision class for people who have completed the Beginners Cryptic Class this year or in previous years.

**DRAWING**

Friday 9:30 – 11:30 PPC Studio Room

Yvonne is returning, thank you Ian for filling in and keeping the class running. (Vacancies)

**DRAWING – PITTSWORTH**

Alternate Wednesdays 9:30 – 1:30 Pittsworth Art Gallery

Lyndall is looking after the class whilst Cecelia takes a break.

**GEOGRAPHY**

Wednesday 11:30 – 1:30 PPC Austral Room

Extended for another term.

**GEOLOGY**

Friday 9:00 – 11:00 Cedar Centre Middle Ridge Room

First class (each term) 'Wild rocks – Pet rocks'. Then concluding the discussion of mass extinctions (the K/T boundary) followed by aspects of vertebrate evolution. After that, start of a series on Geomorphology.

<b>GREEK and LATIN ROOTS</b>	<b>VENUE CHANGE</b>
Tuesday 2:00 – 4:00 PPC Playhouse	
<b>INTRODUCTION to INVESTING</b>	<b>VENUE CHANGE</b>
Thursday 9:00 – 11:00 PPC Computer Lab	
<b>IPADS - MONDAYS</b>	
<b>iPad lessons for Term 3 are taking a new twist.</b>	
There will not be the usual Beginner's or Out of the Box classes but instead there will be an iPad Workshop class. This will be held on each Monday morning in the Playhouse Theatre from 9am to 11am. It is open to anyone with an iPad and a little bit of experience (so not geared for total beginners, but better suited to those who have already completed an iPad course). Bring along your learning hat and you have the opportunity to share what you know.	
<b>LEAD LIGHTING – Beginners</b>	<b>VENUE CHANGE</b>
Thursday 11:30 – 1:30 PPC Studio Room	
<b>LEAD LIGHTING – Beginners</b>	<b>VENUE CHANGE</b>
Thursday 2:00 – 4:00 PPC Studio Room	
<b>LETS MAKE MUSIC</b>	
Teaching one-on-one the piano and organ. No vacancies at present	
<b>PASTEL DRAWING</b>	<b>VENUE CHANGE</b>
Wednesday 9:00 – 11:00 PPC Playhouse	
<b>QUEENSLAND HISTORY</b>	<b>VENUE CHANGE</b>
Thursday 11:30 - 1:30 PPC Computer Lab	
<b>SILVERCRAFT</b>	
Thursday 9:30 – 12:30 Highfields Pioneer Village	
Now with indoor heated hall.	
<b>SING-A-LONG</b>	<b>VENUE CHANGE</b>
Joyce's Place (Ask Tutor)	
Group of members to enjoy a " SING- A-LONG" ,which will include a variety of songs. I will endeavour to make it as interesting as possible. Singing will be with the accompaniment of a Piano Accordion, but I may use the Ukulele for certain songs. Vacancies; new members welcome.	
<b>TABLE TENNIS – Advanced</b>	
Friday 8:30 – 12:00 TTTA 82A Herries St	
We now can accommodate a couple of extra players. Anyone interested, please ring.	
<b>TATTING</b>	<b>VENUE CHANGE</b>
Friday 2:00 – 4:00 PPC Studio Room	
<b>UNDERSTANDING BEHAVIOUR – Afternoon Group</b>	<b>VENUE CHANGE</b>
Wednesday 2:00 – 4:00 PPC Computer Lab	
<b>J P SERVICE</b> Bruce Arthur J.P. (Qualified)  Thanks to the generosity of U3A member and Tutor Bruce Arthur, U3A can now offer Justice of the Peace Services to our members. During <b>Term 3</b> , Bruce will be available at the U3A Office, Philharmonic Performance Complex, 7 Matthews Street, Harristown each Wednesday between 10am and 11am.  Appointments <b>are necessary</b> and can be made by phoning the U3A office, 9am to 4pm Monday to Friday. Phone 4687 7659	<b>CLASS VACANCIES</b>
	<b>PicMONKEY/MIKIMI (photo editing)</b> Tuesday 9:00 – 11:00 PPC Computer Lab Some vacancies still available.
	<b>MUSIC the A to G OF IT</b> Tuesday 12:00 – 1:00 PPC Studio Room Due to the popularity of this class Mac has offered to run it again in Term 3.
	<b>EXPRESSION of INTEREST for Term 1 2016</b>
	<b>AUSTRALIAN HISTORY</b>
	Venue and Day to be advised.

**FRIDAY LUNCH CLUB**

	<b>August 21</b>	<b>September 18</b>
<b>Group A (12 noon)</b>	<i>Platform 9 T'ba Railway Station</i>	<i>Bull &amp; Barley Inn 61 Eton Street Cambooya</i>
<b>Group B (12 noon)</b>	<i>Cino's on Bridge Bridge St Plaza 546 Bridge Street</i>	<i>Angelo's House 210 Herries Street</i>
<b>Group C (12 noon)</b>	<i>Toowoomba Golf Club Middle Ridge 235 Rowbotham St</i>	<i>Outpost Café Drayton Shopping Ctr 48 Brisbane Street Drayton</i>
<b>Group D (12 noon)</b>	<i>Fire and Ice Southern Hotel 839 Ruthven Street</i>	<i>Club Glenvale 564 Boundary Street</i>
<b>Group E (12.30 pm)</b>	<i>Federal Hotel 111 James Street</i>	<i>Crazy Galagher's Wilson Hotel 40 Richmond Drive</i>

**ART SHOW & CONCERT  
2015**

The Management Committee is calling for members interested in forming a sub-committee to organise the annual Art Show and Concert. We have had a few members say that they would be willing to help but we need someone to organise and run this event.

If we have not had a response by **21st August** the Art Show and Concert will not be held in 2015.

**If you feel that you would be able to organise these events, please contact David Weston**

**on 4613 6559**

**or email**

**kintyre15@bigpond.com**

**CLASS VACANCIES****PICTURE FRAMING for  
BEGINNERS**

Monday 1:00–3:00 Margy's Place  
Calling all artists who want to present their unique art work in a professional manner. Learn how to cut mat-boards and glass, mitre moulding and v nailing the finished frame to achieve that professional look.

Classes will provide access to professional framing equipment and the option of joining the NFP Darling Downs Framing Cooperative.

**The class is up and running and a few vacancies exist.**

**LUNCH GROUP TUESDAY 12:30pm start**

<b>July 7</b> Burkes Bar & Bistro Ruthven St	<b>July 21</b> Café Valetta Margaret St	<b>August 4</b> Christopher's Restaurant Blue Mountain Hotel
<b>August 18</b> Club Glenvale Boundary St	<b>September 1</b> Cobb & Co Lindsay St	<b>September 15</b> Coffee Club Cnr Margaret & Victoria

**NEW COMPUTER TUTOR LEADER**—Tutor Jeff Martens has been appointed as the Computer Tutor Leader, replacing Meryl Wallis who has relocated from Toowoomba. Please contact Jeff with any questions about computer courses or equipment.

Jeff can be contacted on:  
0418 987 709 or email [jmartens@ozemail.com.au](mailto:jmartens@ozemail.com.au)

**IN RECESS**

**BOLIVIA** THURSDAY 2:00 - 4:00

**BONSAI**

**IPADS - FRIDAYS**

See iPADS – Mondays under CLASS CHANGES, UPDATES and AMENDMENTS

**IPHONE**

**INTERNET BASICS and BEYOND**

**MS POWERPOINT**

**ANDROID PHONE on THURSDAY**

The Friday class will be on

**ANDROID TABLET on THURSDAY**

[No change to the Friday class]

## CEDAR CENTRE

As mentioned in my Presidents Report, the rooms that we are renting at the Cedar Centre will not be available after the end of 2015. Two years ago when we made the arrangements to rent rooms at this facility we were anticipating an ongoing relationship. As happens, situations change and USQ will be using that location for further development of their University programmes.

The Management of the Cedar Centre will be searching for premises to continue to operate the business of the Cedar Centre. It will be unlikely that they will secure premises similar to the arrangement that they now have and generously share with the community.

Your Management Committee is working hard to find rooms to offer our Tutors. We appreciate that some of you have very generously made a few small changes to your times to enable greater use of our rooms at the Philharmonic Performance Complex. This has enabled us to relocate some classes. It is a great feeling that as soon as we ask, Tutors are willing to reshape their class to accommodate others. This is the true generous spirit of our members and the ethos that U3A is built on.

At the time of writing we do not yet have a complete solution. We do have some options open to us and we will keep you all up to date as arrangements are made.

Your understanding and assistance is greatly appreciated.

*Rhonda Weston*



Crime Stoppers Queensland Limited is a registered charity and community volunteer organisation working in partnership with the Queensland Police Service and all communities in Queensland.

**The local area committee based in Toowoomba is looking for new members to help fill the positions of treasurer and chairperson.**

YOU could be the newest member of a growing force of like-minded citizens who are actively making a difference, by helping Crime Stoppers to deliver a safer Queensland for all. More information about volunteering can be found on the website at [qld.crimestoppers.com](http://qld.crimestoppers.com) or by contacting Selena Mitchell (CSQL - Operations Assistant)

[opsadmin@crimestoppersqld.com.au](mailto:opsadmin@crimestoppersqld.com.au)

(All forms of contact with Crime Stoppers allow the information provider to remain anonymous, thereby removing the fear of retaliation or becoming involved in court proceedings)

**Warwick Combined Probus Club** invites members of U3A and friends to join a tour to Canberra, featuring Floriade and Canberra Attractions, departing Warwick 21<sup>st</sup> September 2015.

Cost of the 9 day/8 night tour is \$2,600 twin share. Full details available from Arthur Maynard 4661 2447 or Crisps Coaches 4661 8333

### COMPUTER HELP—MetaWebIT

Carl Kruck is our IT Consultant, managing Computer problems in consultation with the Computer Tutors.

Carl offers his expertise to our members, at a special U3A hourly rate. Please ring Carl if you need any assistance with your computer 4633 2196 or 0449 156 580

Like MetaWebIT at <https://www.facebook.com/metawebit>

Visit Web Page at <http://www.metawebit.com>

or Skype call Metawebit

### EXPRESSIONS OF INTEREST

#### Term 4

#### One-off, 2-3 hour workshop

1. Little boxes (for small gifts)
2. Tags, Bags and Bows, (personalise gifts)
3. Christmas Decorations (earrings or pendant) or tree.

Expected cost per class \$2—\$5



## *New Interests - New Friends*

**Return Address:**

U3A in Toowoomba Inc  
PO Box 404  
DRAYTON NORTH 4350

U3A NEWSLETTER  
Registered Australia Post  
Print Post Approved  
100018628

POSTAGE PAID  
TOOWOOMBA  
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Phone: 4687 7659

Email: [u3atoowoomba@bigpond.com](mailto:u3atoowoomba@bigpond.com)

<http://www.u3atoowoomba.com>

Like us on Face Book:

<https://www.facebook.com/toowoombau3a>

**Management Committee - after hours contacts**

PRESIDENT: Rhonda Weston - 4613 6559  
VICE PRESIDENT: Trudy Graham - 4630 5084  
SECRETARY: Irene Bridgeman - 4636 3316  
TREASURER: Helen Fitzgerald - 4635 9125  
OFFICE MANAGER: Shirley Stevenson - 4638 1787  
TUTOR COORDINATOR: David Weston - 4613 6559  
MEMBERSHIP OFFICER: Trudy Graham - 4630 5084  
Committee: Peter Fleming; Leonie Cusack; May St John, Peter Bright and  
**Mick O'Mara**

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