

CELEBRATING SENIORS' WEEK Q&A Panel

We were delighted to welcome our Mayor Paul Antonio and David Janetzki, the Member for Toowoomba South and the Shadow Attorney General to our Q&A Panel.

This was our 2019 event celebrating Seniors' Week. Insightful and interesting questions on matters relating to seniors and matters relating to community were answered by Paul and David.

The opportunity to hear directly from these politicians on issues was greatly appreciated by the 180 people who attended.



David Janetzki MP (centre), with two attendees



L-R: Dianne Raymond, Mayor Paul Antonio, Chaseley Lamerton and Donna Moore.



L-R: Mayor Paul Antonio, David Weston, Rhonda Weston and David Janetzki MP

To have an insight into the future of our region, to know a little of the way that decisions are reached and how good strong leadership is essential, were among the points raised.

E & OE

WE WELCOMED

57

NEW MEMBERS

IN TERM 3

DIARY DATES

Term 4....Oct 8 to Nov 29
Showtime.....December 3

TUTORS, PLEASE NOTE

2020 Course Book
Copy DEADLINE is
29 OCTOBER 2019

Copy received after that date
will not be considered

AS THE CROW FLIES

It is true that U3A offers learning to keep the mind busy, activities to encourage a healthy life, and the opportunity to make friends. I have been much encouraged speaking to a number of our Tutors and hearing that over the years good friends are made, and outside class social groups flourish. Well done one and all.

Thanks to our wonderful volunteer Tutors this term, Graham Moore, Allan Langdon, Kerry and Tony Ryan, Julie Nairn, Ken and Sally Johnson, Marita and David Rayner and Lyn Wetzig. Visiting a couple of smaller groups on a very dry mid winter's day always warms 'the cockles of the heart' as my Scottish grandmother used to say. The 'Computer Skills made Easy' class with



Graham Moore is always welcoming. 'The class keeps me organised...I had an idea of how it would run. They soon sorted me out!' Graham said. The class is informal, responding to the needs of the participants and varies in size over the year but it is always relaxed with a real sense of belonging. 'Graham is great at solving problems especially for a novice like me...lots of patience,' said class member Joyce.

Allan Langdon kindly offered to hold a class in Crows Nest this year. This winter term, some are off testing their language skills in Germany, some local travels and others realised that homework needs to be done! Learning a language can be challenging. Allan seems to really enjoy what he offers and so does his class!

Our two largest classes, 'Ukulele' with Marita and David and 'Food and Herbs as Medicine' with Lyn Wetzig give much enjoyment. The Ukulele group played at Crows Nest State School for their Under 8s Day to enthralled students. The ukulele players are in demand as they put on such a great show. Lots of fun! Lyn really knows 'her stuff' and the class get lots of handy information. They have made healthy natural 'concoctions' some to ward off winter colds, as well as herbal teas to enjoy, and lots more. This is a class in which all are actively engaged. Lyn is also a talented photographer. Watch this space!

Once again thanks to Anne-Marie Villiers for her support on home ground and to the mighty Toowoomba team; what a vibrant organization.

Penny Protheroe
Crows Nest Coordinator

PITTSWORTH NEWS

It is most appropriate that this report features a birdwatching photo as the feeling is that the year has just flown by. The two *Birdwatching* groups are still finding enjoyment from their fortnightly trips into the surrounding district - dry as it is - with little hope of change in the near future.

Lorraine's *Singing for Fun* and *Choir* groups meet at the Seniors' Room, but are often out and about, entertaining at Beauaraba Lodge, the Grange Villas, and many community events, including the Leukaemia Postie Party and ANZAC DAY services.

Cecelia's *Painting and Drawing* groups can be found at the Art Gallery every Wednesday. They are a busy and productive lot who obviously love their time together. Trish and the *Ukulele* players are happy at the Grange Recreation Room where they often have an appreciative audience to cheer them on.

Barb has the *Line Dancing* girls well and truly on their toes every Thursday afternoon at the Masonic Hall. We tried a *Scottish Dancing* group during the year but it was not good timing - everyone busy. Margie will try to introduce it at the start of 2020.

Scotia's *Cryptic Crossword* group gives its members plenty of opportunity to test their grey matter and Kathleen's *Writing* group put pen to paper, writing memoirs and stories of the interesting lives they have led. Both groups meet at the Pioneer Village.

Belinda, Louise and Inge hold their classes at the Function Centre. The *Computer* lessons are one-on-one, by appointment, so members can get specific help. Inge is a talented photographer so her *Photography* group will be producing some beautiful photos.

The *Lunch Club* continues to provide a happy meeting place for members from all our groups. Many attended the June lunch when Rhonda and David gave an account of their China trip.

I look forward to a fruitful and happy 2020 with new members joining us.

Lyndall Madden
Pittsworth Coordinator



A pair of tawny frogmouths at the Pioneer Village, August 2019, looking cryptic. (Photo by Alastair Silcock)

PRESIDENT'S REPORT

In 2011 when I was elected as President little did I realise that I would still be in the Chair in 2019. During that time, as State President, Australian Chair and Chair of the Asia Pacific, I have written hundreds of reports. For someone who is not a writer, nor an academic, writing reports is not my favourite pastime.

After all how many times can you say:

- What an amazing group of people we have on the Management Committee
- How our Tutors are the backbone of our organisation
- How hiring Trish was one of the best decisions the Management has ever made
- How U3A in Toowoomba Inc. is one of the leading U3As in our State and now the first Australian U3A to join the Association of International Universities of the Third Age
- How blessed we are to have a stable "home" to operate from
- How fortunate we are to have so many behind the scenes volunteers

The list goes on.

What we need to do now is not just to sit back and say "Well done". We need to be innovative and insightful in our plans and our direction for the future. If we are to be in a position to sustain the growth, we need to reach out to those who can assist us with our greatest challenge and our greatest need – many more Tutors. Some of our wonderful Tutors are leading four classes a week for all four terms. What an incredible commitment. Seven members of our Management Committee are also Tutors.

It is the responsibility of you all to contribute to our organisation, to be a giver not just a taker. Volunteering will change your life.

Rhonda Weston

VOLUNTEER AMBASSADORS AT WELLCAMP AIRPORT

Our ambassador program, which has been operating now for 12 months, has proven to be not only great fun but an important learning opportunity for our ambassadors.

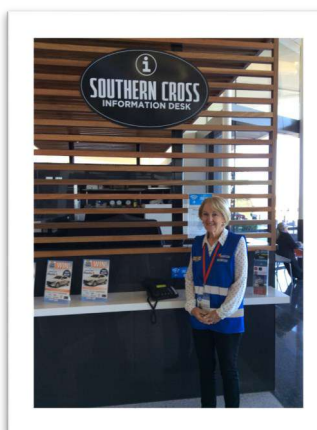
A full tour of the "airside" and "behind the scenes" of our airport, a Famil to the Western Downs, another to Quest Apartments, briefings on the future of the Wellcamp Business Park, and opportunities to participate in major events at the airport are a few of the extra bonuses of being an Airport Ambassador. Of course assisting our visitors and other passengers is also an important role.

A new intake of Ambassadors will be trained during October. Please email the office if you would like to be included in this intake.

U3atoowoomba@bigpond.com

Ambassadors are asked to commit to a shift every two weeks and full training will be given.

Here's what volunteer Wellcamp Ambassador Frances Mottram (pictured below) had to say:



After retiring, I looked for a volunteer job and chose U3A's Airport Ambassadors.

The job gives me the opportunity to interact with travellers, assist them with queries relating to their flight and most of all to anticipate their needs.

If you're thinking of joining Airport Ambassadors you'll learn a lot about airports, from the safety aspect to

the freight carried internationally.

Some travellers just want to be met by a friendly face. They might ask: 'Where do I check in? What weight can I carry on board? Where do I check in my pet? Where can we go for a coffee?' I also assist with the trolley to carry luggage from the drop off point, and man the information booth where arriving passengers may ask about maps and/or directions or a cab to pick them up.

My favourite thing to do is to hand out the sticker to children which says 'From Toowoomba to the World'.

Volunteering is the ultimate exercise in democracy. You vote in elections once a year but when you volunteer, you vote every day about the kind of community you want to live in.

NEW COURSES

Monday 11:00 - 12:30 PPC Playhouse	IPHONE FOR SENIORS This course is about the changing needs of Seniors, and how the iPhone can enhance retirement, in many (surprising, simple, quick and easy) ways.	Colin McGuire
Wednesday 9:00 – 11:00 Ask Tutor	LOCAL NATIVE PLANTS A one-term course for beginners, repeating much of the content of the 2018 course. Learn about the plants by our local roadsides, on our farms and in our National Parks and nature reserves. Will include some (very) simple botany, how plants work in the ecology, and how to grow the best plants to attract birds and butterflies to your garden.	Trish Gardner
Monday 9:00 - 10:30 PPC Playhouse	MORE ON THE iPad We will check out the best functions of an iPad that can help Seniors day-to-day in retirement. As well we will field, analyse and solve any student iPad concerns.	Colin McGuire
Tuesday 11:30 – 1:30 PPC Lab	FOOD, NUTRITION AND HEALTH The course will continue in Term 4 with the emphasis on the effects of diet and lifestyle on our health as we age. Sessions will be in the form of a discussion group. The first few sessions will cover hunger and its control, the development of insulin resistance and type 2 diabetes, inflammation in chronic disease and anti-oxidants in food.	Aub Egan
Contact Tutor	POETRY READING Do you have favourite poems that you would be happy to read aloud, and comment on if you wish, in a small group of like-minded people? Listening to others in the group will be as important as reading.	Michael Rooke

CROWS NEST CLASSES

IN RECESS	BASIC NUTRITION FOR HEALTH In recess during Term 4	Lynette Wetzig
RESUMING Monday 4:00 – dark Crows Nest Centenary Park	PLEIN AIR DRAWING AND PAINTING A jovial meeting of artists in the outdoors – 'plein air'. Any skill level - beginners onwards. Bring your own art equipment, afternoon tea and a folding chair.	Jennepher Hope Patti Bowman

A UNIQUE OPPORTUNITY AWAITS YOU

Are you interested in sharing an interest or skill? Do you have a desire to help others in our U3A? If so, we have a place for you. No qualifications are necessary - all that is required is a willingness to share your knowledge or skill, or to lead a group. We have a wonderful band of volunteer tutors but more are needed to fulfil the needs of our growing membership.

To discuss your idea for a class or group to commence in 2020,
 contact David Weston on 4613 6559 or email kintyre15@bigpond.com

*(To ensure that your new class or group is listed in our course book for 2020,
 contact David before 20th October 2019)*

EXPRESSIONS OF INTEREST FOR 2020

Day, Venue and Time to be determined	<p>CARD GAME 'JOEY' Similar to "May I?", the name picks up on the kangaroo tokens used as part of the game. The benefit of this game is that you play (and score) as an individual at a table of three to five players. It is a very social game with talking positively encouraged. There are seven rounds using playing cards in combinations of three of a kind and four in a straight (same suit). Each round ends when the first player gets rid of all their cards. The remaining players add up the points for the cards left in their hand. At the end of all seven rounds the winner is the player with the lowest overall score.</p>	Colleen Taylor
To be advised	<p>GARDENING A class calling on friends with specialities in various subjects to actually give the talks. Ideas for subjects include - propagation, waterwise, vegetable garden, fruit trees, roses, natives, and orchids. I am open to more suggestions. I envisage a one term project to be held in 2nd Term 2020.</p>	Dianne Turner
Day, Venue and Time to be determined	<p>GLOBAL ECONOMICS IN THE DIGITAL AGE What is Money and how is it created?</p> <ul style="list-style-type: none"> • A brief History of Money • Gold and Silver Standards • Function of the Federal Reserve • The Petrodollar • Currency Wars • The World Bank and The International Monetary Fund • Cryptocurrencies <p>The sessions will be illustrated with Power-Point and video presentations. Participants will be encouraged to contribute to discussions and suggest additional topics of interest for further investigation. Personal laptops will be useful but not essential.</p>	Bryan Kimbley
Day, Venue and Time to be determined	<p>MAKE A SIMPLE EFFECTIVE WEBSITE If you can use Microsoft Word or Publisher you can build a first-class website using easy to use and simple online free templates from www.wix.com. No knowledge of code needed. Easy to use menus allow for shops, blogs and forms. You only pay Wix if your website goes live. In other words, you can play and practice all day or night. Bring laptop or tablet.</p>	Peter Nicol
Day, Venue and Time to be determined	<p>TRIVIA Fun trivia with no teams or formal scoring so cut-throat competitors need not apply. At least six rounds of 10 questions to test your memory or learn new facts. Some rounds will be themed. You can self-score your answers if you want to beat your personal best each week but there will be no prizes and no announced scores.</p>	Colleen Taylor

CLASS INFORMATION CHANGES

Wednesday 11:30 – 1:00 PPC Lab	iPAD BEGINNERS NEW DAY & VENUE	Liz Kennedy
Wednesday 1:30 – 3:00 PPC Lab	iPAD FORUM NEW DAY & VENUE	Liz Kennedy

CLASS INFORMATION CHANGES – CONTINUED

<p>Thursday 3:00 - 5:00 40 Lindsay St</p>	<p>LAWN BOWLS – LINDSAY STREET NEW TUTOR & CONTACT DETAILS</p> <p>Learn to play lawn bowls with qualified coaches in a friendly and fun atmosphere. Bowls supplied. You will require a hat, water and flat-soled shoes.</p>	<p>Diane Van Zeeland</p> <p><i>Bowls Club</i> 4632 3174</p>
<p>Thursday Joyce's Place</p>	<p>LEARN TO READ MUSIC</p> <p>No new members in Term 4. A beginners class will commence in 2020.</p>	<p>Joyce Ridgway</p>
<p>Monday 11:30 – 1:30 PPC Lab</p>	<p>MINDFUL LIVING A CHANGE OF ROOM AND DAY</p>	<p>Janine Hills</p>
<p>First Friday of the Month Ask Tutor</p>	<p>MOVIE CLUB CLASS DETAILS CHANGED</p> <p>We meet for ten months each year, regardless of holidays, February to November. We attend a movie and lunch (optional) after the movie.</p>	<p>Dianne Turner</p>
<p>Monday 12:30 - 4:00 TTTA Hall 82A Herries St</p>	<p>TABLE TENNIS STAND-IN TUTOR</p>	<p>Jim Harvey</p>
<p>Monday 8:30 – 11:30 Holy Name Courts West Street</p>	<p>TENNIS - MORNING CLASS DETAILS CHANGED</p> <p>The Monday morning Tennis group play a very happy and social game. Laughter and fun is the theme of the morning. If you are looking for a really friendly social game where there are more laughs across the net than good shots, give us a call and we will see if we can fit you in. We have no champions just a group who love playing social tennis.</p>	<p>Alf Sullivan Maureen Dunn</p>
<p>Monday 12:30 - 4:30 Holy Name Courts West Street</p>	<p>TENNIS – AFTERNOON CLASS DETAILS CHANGED</p> <p>Limited vacancies available for experienced players, not suitable for beginners.</p>	<p>Sue Doyle</p>
<p>Wednesday 11:30 – 1:30 PPC Studio Room</p>	<p>WESTERN PHILOSOPHY CLASS DETAILS CHANGED</p> <p>Lenin described Marxism as comprising materialist philosophy, the critique of political economy, and socialist politics. Term 4 will include a review of Marx's politics with a reading of <i>The Communist Manifesto</i> (1848) and <i>The Paris Commune</i> (1871). Marx's philosophy will be reviewed through a reading of <i>Idealism and Materialism</i> (1845) and Engel's short work <i>Socialism: Utopian and Scientific</i>, written in 1880 with the purpose of popularising Marx's ideas. To follow through from Term 3 and to remind us of the lessons of the Stoic ideal, we will begin each week with a reading from <i>The Enchiridion of Epictetus</i>.</p>	<p>Greg Lewis</p>
<p>Wednesday 2:00 - 4:00 Ask Tutor</p>	<p>WRITERS AT WORK WORKSHOP NEW TUTOR & VENUE</p> <p>New members welcome. Bring your poetry, your novel or your short stories and share them with a friendly group of writers.</p>	<p>Antonia Hildebrand</p>

COFFEE & CHAT

When: Thursday 11.30am to 3.30pm
 Where: Studio Room PPC
 Cost: FREE
 Bookings: None
 Drop In: Yes
 Company: Maybe



This initiative will be trialled each week during Term 4.

FRIDAY LUNCH GROUPS	18th October	15th November
Group B (12:30) Joan Daly Hazel Fusae	Farmers Arms Hotel 9864 New England Highway Cabarlah	Encores at the Empire 56 Neil Street
Group C (12:00) Debra Dollisson	Federal Hotel 111 James Street	Royal Hotel 189 Ruthven Street
Group D (12:00) Lorna Hopgood	Federal Hotel 111 James Street	Urban Grounds 210 Herries Street
Group E (12:00) Jan Sissman	Club Glenvale 564 Boundary Street	Parkhouse Café 92 Margaret Street

THURSDAY LUNCH GROUP

Start 12:15
Helen Geyer

10th October
 Emeraude Restaurant
 8616 New England Highway
 Hampton

14th November
 Encores at the Empire
 56 Neil Street
 Toowoomba

12th December
 Meringandan Hotel
 30 Main Street
 Meringandan

TUESDAY LUNCH GROUP

Start 12:00 : Irene Earsman

1st Oct
 Federal Hotel, 111 James Street

15th Oct
 Fire & Ice, 839 Ruthven Street

5th Nov - MELBOURNE CUP
 South Toowoomba Bowls Club
 331 Hume Street

19th Nov
 Fitzzy's on Church
 153 Margaret Street

3rd Dec
 George Banks, Cnr Ruthven & Margaret Streets



New Interests—New Friends

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U3A NEWSLETTER

Registered Australia Post
Print Post Approved
100018628

POSTAGE PAID

TOOWOOMBA
QLD 4350

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