

### U3A SENIORS' INFORMATION EXPO

Our annual Seniors' Information Expo will be held on the **17<sup>th</sup> August** at the HumeRidge Church, 461 Hume Street, Toowoomba. This event continues to grow each year, with hundreds flocking to the venue to talk to the different stall holders, not to mention lining up for delicious Devonshire teas, and lunch.

This is our only fund-raising event for the year, the proceeds of which go towards those things not covered by membership fees, such as the Tutors' Appreciation Lunch for example.

The day before the Expo (around midday on **Tuesday 16<sup>th</sup>**) we need volunteers to help set-up - muscle to move furniture and tables and others to help prepare food for salads and sandwiches.

On the day, **Wednesday 17<sup>th</sup>**, we need help for a variety of tasks – manning the door, kitchen duties, traffic duty, and drivers for the courtesy car, to mention just a few. Helpers would be rostered on for 2 hour shifts between 8.30 a.m. to 3.30 p.m.

At 2.30 p.m. we require additional volunteers to restore the rooms to the requirements of the church.

We need many hands for these two days so please ring Irene on 4636 3316 or Rhonda on 4613 6559 if you can help, even if it is only for an hour. This event is a great way of socialising with U3A members from other classes.

The Toowoomba Regional Council will once again sponsor this event, which allows U3A to offer **free access** to the public. Last year over 1600 people visited, and we are confident that 2016 will be just as successful.



U3A in Toowoomba Inc Seniors' Expo is sponsored by  
Toowoomba Regional Council

***We believe that cooperation is better than conflict,  
unity is better than division,  
empowerment is better than resentment,  
and bridges are better than walls.***

**Hillary Clinton**

WE EXTEND  
A WARM WELCOME TO  
**63**  
NEW MEMBERS  
WHO JOINED IN Term 2

### 2016 CALENDAR

#### TERM DATES

TERM 3 ..... JUL 18 - Sept 16  
TERM 4 ..... OCT 10 - Dec 2

#### SENIORS' INFO EXPO

WEDNESDAY ..... AUGUST 17

#### U3A SHOWCASE 2016

TUESDAY.....DECEMBER 6

2016 Newsletter Deadlines  
**Term 4 ..... Sept 9**  
**2017 Course Book ..... Nov 11**

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## VICE-PRESIDENT'S REPORT

As I write this, our President, Rhonda Weston, is travelling back to Australia from Europe, where she and tutor coordinator, David Weston, have been taking a well-deserved long vacation.

Prior to their holiday, Rhonda and David attended the Seniors Revalued Symposium in Singapore. Rhonda accepted an invitation from U3A Singapore President Kim Seng Goh to be a Guest Speaker at this event. She and David were happy to participate in the discussions and they look forward to keeping in touch with our colleagues in Singapore U3A.



*David and Rhonda are pictured here with Dr. Francis Pavri, Dr. Ann Wee, Dr Kanwaljit Soin and Kim Seng Goh.*

At the start of their trip, Rhonda and David attended the IAUTA International Conference in Reims, France, where Rhonda had been invited to present a paper.

Although we have missed our President and Tutor Coordinator, our well-run ship has continued on its course. If there are any errors or omissions in the course details/changes in this newsletter, they will be mine. With so many tutors and courses on offer, David's role as tutor coordinator is not an easy one to step into and I take my hat off to him for the way this is managed. My thanks to Mick O'Mara, who assisted me in chasing up tutors.

Thank you to those who offered to help with the Newsletter Manager position. After some discussion by your management committee, it was decided that the data entry for the newsletter could be carried out by our office administrative assistant, with the newsletter editor and one other committee member overseeing the production.

*Trudy Graham*



*Rhonda and David at AUITA Conference in France*

## U3A Network Qld Conference

U3A in Toowoomba Inc Secretary, Irene Bridgeman, and Committee Member, Leonie Cusack, attended this conference, held on the Sunshine Coast from 2 - 3 June.

A varied range of speakers covered topics such as an expedition to Antarctica, working in research, Rescue and Medical Evacuation, Organ and Tissue Donors, and the aids available for older people, including technology Assistant Aids, and the development of a Telepresence Robot. This can be programmed to live in the house of a person to help them not feel lonely, and to call for help if it's needed.

It was announced that U3A Queensland Network have received a grant of \$23,000 from the Queensland Government, to promote Life-Long Learning throughout the state.

The 2017 U3A Queensland Network Conference will be held at Twin Towns U3A.



*Irene Bridgeman, thanking speaker Major John Campbell DFC.*

## MUSIC/DANCE/ART CAN YOU HELP?

**Toowoomba Endeavour Foundation** are seeking tutors to work with people with moderate to severe disabilities.

Times would be very flexible; an hour session in music/dance/art once a week or fortnight at the Endeavour complex in Stenner/Ramsay St.

Contact Dainie Richardson on 4613 6926



## U3A Showcase 2016

Formerly called The Art Show and Concert

Thanks to the early support of many Tutors and Classes, the U3A Showcase is now going to be held again this year. So put the date in your diary now.

**Tuesday 6<sup>th</sup> December 2016**

**Time: 10am to 2pm**



For classes that have not yet confirmed their intention to participate please do so within the first two weeks of Term 3.

We still require a few more volunteers willing to put their hand up. Your support will make this a very special day.

So please email Peter Fleming at: [peterfleming@goorawin.com.au](mailto:peterfleming@goorawin.com.au) if you have not already done so.

### PITTSWORTH NEWS CLIPPINGS

Membership in Pittsworth continues to grow and classes are popular. The new Community Choir is proving to be popular. Within the choir are several smaller groups which will take part in Dalby Eisteddfod this year. They have several engagements coming up so are quite busy. At the end of the year they have a concert and join with the Primary state School to sing songs from a musical. This year it is *The Lion King*.



The new Pittsworth U3A Community Choir singing at Yallambee Nursing Home, Millmerran.

### Want to learn or improve your Spanish?

Currently there are no vacancies in the Spanish for Beginners classes if you are a raw beginner. There are a limited number of spaces in the current Tuesday class.

A new Spanish for Beginners class starts term 1 in 2017. An Intermediate Spanish class is also planned for next year. For the more experienced Spanish students, please contact Edwin Willey (details in Course Book) for information on his Advanced Spanish class on Monday afternoons.

Contact details are in the Course Book.

### WANTED

Volunteer to operate the music tower for U3A Old Time Dance Group, who meet Friday 2:00 - 4:30 at Drayton Hall. Call Desley Banks on 4696 2401 if you can help. Instruction will be given.



### LIFE AS A GREEN CHICKEN

Read the article about our Green Chicken Writing Group on the Chronicle website : <http://www.thechronicle.com.au/news/u3a-writers-group-members-share-their-stories/3037973/>

### COURSES DISCONTINUED

- INTRODUCTION TO COMPUTING
- PAPERMAKING

### FRIDAY LUNCH CLUBS

#### 19th August

#### 16th September

<b>Group A (12 noon)</b> Barbara Jonsson	The Engine Room (12 August) 1 Railway Street	Grumpy's Steakhouse 48 Brisbane Street, Drayton
<b>Group B (12 noon)</b> Bev Frizzell	Club Glenvale 564 Boundary Road	Fiveways Hotel (Great Northern Hotel) 39 Mort Street
<b>Group C (12 noon)</b> Jan Preston	Grumpy's Steakhouse 48 Brisbane Street Drayton	The Garden Restaurant 732 Ruthven Street
<b>Group D (12 noon)</b> Lorna Hopgood	The Engine Room 1 Railway Street	The Garden Restaurant 732 Ruthven Street
<b>Group E (12:30)</b> Lina Pervan Diann O'Mara	Rudd's Pub 45 Tooth Street Nobby	Club Glenvale 564 Boundary Road

**NEW IN TERM 3***Contact tutor to book into a class or to ask for more information*

<b>COURSE DETAILS</b>	<b>VENUE/DAY/TIME</b>	<b>TUTOR</b>
<b>AN INTRODUCTION TO INDIAN PHILOSOPHY</b> This course runs over Terms 3 and 4 on Wednesdays from 2-4 pm and covers the six schools of Indian philosophy. ("The point of philosophy is to start with something so simple as to seem not worth stating, and to end with something so paradoxical that no one will believe it." Bertrand Russell).	Venue ask Tutor Wednesday 2:00 - 4:00	Francis Mangubhai
<b>ANTARCTICA</b> Want to find out more about a little known continent, Antarctica? This course will be for you! Over two terms we will be finding out about Exploration and Ecology of this vast continent. The course will be presented in PowerPoint, DVD's and outline notes will be distributed.	PPC Playhouse Tuesday 11:30 - 1:30	John Pryce-Davies
<b>ART (ELEMENTS OF MYSTERY)</b> Learn new techniques to capture movement in art, using charcoal, oil pastels and ink, and print making.	PPC Playhouse Tuesday 2:00 - 4:00	Maree Ann Cameron
<b>BONSAI</b> 5 people per class. See Course Book, page 30, for details		Stephen Jones
<b>FROM MUHAMMAD TO ISLAM TODAY</b> We will look at Arabia before the Prophet, his life, teaching, commandments, alter conquests, the Crusades, his successors and contemporary practice, endeavouring to be as objective as possible. Total cost \$30 (includes \$20 for venue)	PPC Austral Room Wednesday 11:30 - 1:30	Matthew Weatherley
<b>MEDITATION &amp; MINDFULNESS</b> Details in Course Book. Limited places available. If you were on the waiting list and DID NOT confirm by 14 June, call tutor to be placed back on the list.	Venue, Ask Tutor Friday 9:30 - 11:30	Kathleen Howell
<b>OIL PAINTING</b> Details in Course Book Course aimed at beginning artists and artists who usually work in other mediums	T'ba Art Soc. Godsell Street (Confirm with tutor) Thursday 1:00 - 4:00	Catherine Ketton
<b>PITTSWORTH COMMUNITY U3A CHOIR</b> We sing in four or three part harmony. We have a wide repertoire ranging from a cappella songs to modern musicals, folk tunes and spirituals. Within the choir are several smaller groups which will take part in Dalby Eisteddfod this year. We have several engagements coming up so we are quite busy. At the end of the year we have a concert and join with the Primary state School to sing songs from a musical. This year it is <i>The Lion King</i> . Despite the hard work to get our music to a reasonable standard we are a light-hearted friendly group and always welcome new members.	Senior Citizens Rooms in Pittsworth Every Monday 7pm	Lorraine Barnes

**NEW IN TERM 3 Cont'd**

<b>COURSE DETAILS</b>	<b>VENUE/DAY/TIME</b>	<b>TUTOR</b>
<b>WHAT IS LANGUAGE</b> We use language from (almost) the time we are born. How does it work? How is it different from non-human languages? How do we use language to negotiate our way through social interactions? Are there different patterns of interaction because of cultural elements of language use? Are men's and women's use of language conversation different? We will explore these facets of language, drawing upon yours and others experiences. Term 3 Only.	TAFE Room A2.70 Thursday 2:00 – 4:00	Francis Mangubhai

**COURSES COMING IN TERM 4 - *Contact tutor to express your interest***

<b>COURSE</b>	<b>VENUE/DAY/TIME</b>	<b>TUTOR</b>
<b>COMPARISONS of Pre SOCRATIC &amp; EARLY INDIAN THINKING</b> See full description in Course book, page 31	TAFE Room A2.70 Thursday 2:00 – 4:00	Francis Mangubhai
<b>FACEBOOK</b> A 4 week course—setting up and using safely.	To be Advised Must have own laptop	Trudy Graham
<b>WINDOWS SMART PHONES FOR BEGINNERS</b> These phones are made by Nokia and may be branded as Lumia or Microsoft. They have the typical Microsoft Windows 10 large tiles on the screen. Commonly, you will use them as a phone, and to: store contacts, do messaging and emails, read books, play games, take photos, driving navigation, play music and video clips.	Friday PPC The Lab Ask Tutor re times	Jeff Martens

**CLASSES IN RECESS**

<b>COURSE</b>	<b>IN RECESS UNTIL</b>	<b>TUTOR</b>
ART—NUTS AND BOLTS	Term 4, 2016	Judy Ross
CHESS	2017	Ted Kitto
CREATIVE WRITING	4 AUGUST 2016	Aileen Dunkley
GEOGRAPHY	2017, TERM 1	Del Reinbott
HEALING YOURSELF FROM WITHIN	FURTHER NOTICE	Sue Peel
iPAD BEGINNERS	TERM 4, 2016	Colin McGuire
iPHONE	TERM 4, 2016	Colin McGuire
MINDFUL LIVING	TERM 4, 2016	Janine Hills
PICTURE FRAMING FOR BEGINNERS	TERM 4, 2016	Pre-bookings will be honoured Contact Margy
REFRESHERS iPAD	TERM 4, 2016	Colin McGuire
TATTING	2017	Ted Siebuhr
WOODTURNING	TERM 4, 2016	Keith Gwynne

<b>COURSE CHANGES and UPDATES</b>		
<b>COURSE</b>	<b>CHANGES</b>	<b>TUTOR</b>
<b>ANCIENT GREECE</b> Wednesday 11:30 - 1:30 TAFE	Take a trip back to the Greek Bronze Age using videos, powerpoint and 'collector's corner' presentations. Room for more. We will be examining Greek Democracy, the Peloponnesian Wars, and Alexander's Conquests of Persia and Egypt. New class members will not feel that they have missed much as one term's teaching does not depend on another.	Bruce Arthur
<b>BONSAI</b> <b>An Introduction</b> Thursday	This course will begin on 28 July. Some members indicated interest early in the year. Please contact the tutor <u>ON 21/7/16</u> to confirm your place and get extra details. Ask tutor for venue details.	Stephen Jones
<b>BOTANICAL ART</b>	<b>NEW TIMES</b> Class extended by 1 hour, now 12:30 - 3:30 Tuesdays at Toowoomba Art Society. Participants may come early or late, or stay for the full 3 hours.	Diane Reid
<b>CIRCLE DANCING</b>	Two groups combined into one, still on Thursday, new time 9:30 - 11:00	Michael Rooke
<b>CREATIVE WRITING</b>	Change of Venue from 4 August 2016, 2 Storey Street, Centenary Heights	Aileen Dunkley
<b>CRYPTIC XWORDS</b> <b>INTERMEDIATE</b> MONDAY 1:00 - 2:00 PPC Austral Room	Practice and Revision class for people who have completed the beginner's course this year or in previous years or those who can solve basic cryptics but have not yet reached the advanced stage.	Lorna Hopgood
<b>CRYPTIC XWORDS</b> <b>ELEMENTARY</b> PITTSWORTH	New time – 4:00 – 5:00 Alternate Mondays EARLY START FOR TERM 3 - COMMENCES 11 JULY	Scotia McCawley
<b>EXTENDED DRAWING</b>	Tutor is taking a break. New tutor for Term 3.	John Swarbrick
<b>FAMILY HISTORY</b> <b>WORKSHOP</b>	New Venue: PPC, Lab, Tuesday 2:00 – 4:00	Karen Rowe
<b>FRENCH</b> <b>INTERMEDIATE</b>	Tutor is travelling and not available Term 3. This course has no tutor but class meet and help each other, studying from a text and listening to tapes.	Contact Judy Horsburgh
<b>HEALTH &amp; MOVEMENT</b> PPC Studio Room Friday 11:30 – 1:30	Limited spaces – The Feldenkrois method offers benefits for everyone including better balance, increased flexibility, calmer mind, all through increasing awareness of small slow movement.	Joanna De Burgh
<b>ORIGINS OF THE BIBLE</b> Wednesday St Anthony's Parish Centre, Memory St. 1:30 – 3:30	Having completed the origins and message of Matthew's Gospel, we will return to the Old Testament studying the Books of Joshua, Judges, Samuel and Kings. The focus of the study will be the emergence of monotheism from 1200 to 200 bce, with the national God of Israel taking on the main characteristics of the surrounding gods of Mesopotamia and Canaan. A few places available.	Ted Hanlon

COURSE CHANGES and UPDATES Cont'd		
COURSE	CHANGES	TUTOR
<b>INTRO TO GEM-STONES &amp; MINERALS</b> Highfields (ask tutor) Thursday 1:00 – 5:00	Class full but names can be added to waiting list.	Rod Brightman
<b>PUBLIC SPEAKING</b>  WED 2:00 – 4:00 TAFE Room A2.70	<b>VACANCIES</b> This is an easy to follow course delivered in a very encouraging, supportive and fun environment. Developing the ability to speak effectively in public, a group, or in conversational situations helps develop greater self-confidence, self-esteem and personal growth.	Harold Clark
<b>PAINTING</b> Pittsworth	There are two groups, meeting Alternate Wednesdays—mornings and afternoons. This class is for ALL mediums and there is room for more artists.	Cecelia Krieg
<b>PHOTO EDITING PIC MONKEY &amp; IMIKIMI</b>  TUES 9:00 – 11:00 PPC, The Lab	<b>RETURNING IN TERM 3—VACANCIES</b> If you're keen to learn how to improve and build on your photographs, this course is for you. These are excellent photo editing programs, user friendly and no need to install on your computer – both are accessed from the internet. You can also learn how to scan print photos to your computer and create stunning finished results.	Don Bysouth
<b>RSQ ART/MUSIC STUDIO</b> Monday & Tuesday 37 Prosser Street	Formerly titled 'Let's Make Music'  Piano Lessons - Tuesday 9:00 - 12:00 and 1:00 to 2:00 Recorder - Descant and Tenor beginners - Monday 1:00 - 1:45; Treble/Alto Intermediate jam session 2:00 - 2:45	Denise Nys
<b>SHAKESPEARE</b> PPC The Lab 9.30-11am	This term we will be studying <i>King Lear</i> .	Helen Forster
<b>SING-ALONG</b> Joyce's Place Wed 9.30 to 11	Tutor away from 21 August until 18 September so during Term 3 group will meet from 20 July until 17 August 2016 For Term 4, they will meet from 21 Sept and continue until 7 December 2016.	Joyce Ridgeway

**TUESDAY LUNCH GROUP**

Commencing 12:30

Irene Earsman

16 August	Jamaica Blue @The Ridge
6 September	Jareds @ Clifford Gardens
20 September	Jilly's— in Margaret St
4 October	Kajoku—Upstairs in Ruthven St
18 October	Kingfisher Restaurant
1 November Melbourne Cup Day	South Toowoomba Bowls Club in Hume St

**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. Call Carl if you need computer help; 4633 2196 or 0449 156 580

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

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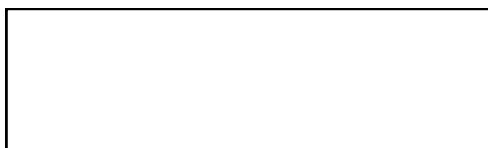
## *New Interests - New Friends*

**Return Address:**

U3A in Toowoomba Inc  
PO Box 404  
DRAYTON NORTH 4350

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QLD 4350



### Contact Detail s

U3A in Toowoomba Inc  
Philharmonic Performance Complex  
7 Matthews Street, Harristown  
Toowoomba Qld 4350

MAIL TO: PO Box 404  
Drayton North Qld 4350

Phone: 4687 7659

Email: [u3atoowoomba@bigpond.com](mailto:u3atoowoomba@bigpond.com)  
<http://www.u3atoowoomba.com>  
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### 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

NEWSLETTER COMMITTEE: [newsu3atoowoomba@bigpond.com](mailto:newsu3atoowoomba@bigpond.com)  
Manager: Trudy Graham, Ph 4630 5084  
Editor: Rhonda Weston, Ph 4613 6559  
Proofing: Shirley Stevenson and Helen Fitzgerald

WEBMASTER: Des Venz, E-mail: [webu3atoowoomba@bigpond.com](mailto:webu3atoowoomba@bigpond.com)  
ARCHIVIST - Diann O'Mara PHOTOGRAPHER - Dianne Turner  
COMPUTER TUTOR LEADER - Jeff Martens