

### SENIORS' INFORMATION EXPO

Another successful Expo has come and gone. The 80 organisations who proudly displayed all things "senior" were once again impressed with the response. From the 1650 persons who attended, nothing but praise for the efficient organisation of the Expo and the quality, relevance and diversity of the exhibitors.

Officially opened by Councillor Geoff McDonald, and proudly sponsored by Toowoomba Regional Council, the



Expo buzzed from the moment the doors opened. Most organisations were completely out of information brochures by lunch time. The Café workers were run off their feet, making and serving endless Devonshire Teas and Lunches. Standing room only was the norm for the Guest Speakers in the Red Room. The car park was full to overflowing and despite a full time parking attendant and a courtesy car many still found it challenging.

The Expo was fully booked by early June and 20 plus interested organisations were unable to be included due to space constraints.

The Management Committee would like to thank all of the Volunteers who came along and worked tirelessly alongside the committee to construct this event. U3A Toowoomba is in the enviable position of never being short of volunteers without whom this and other U3A events would not be possible.

A big *Thank You* once again to Irene Bridgeman, who six years ago came up with the idea to organise a Seniors' Expo and it has gone on to bigger and greater things each successive year.

A huge achievement and a huge benefit to the retired members of our community.

*Rhonda Weston*



WE EXTEND  
A WARM WELCOME TO  
**85**  
NEW MEMBERS  
WHO JOINED IN TERM 3

### 2015 CALENDAR

TERM 4      OCT 12 - DEC 4  
ART SHOW &  
CONCERT - DECEMBER 8

### 2016 CALENDAR

TERM 1      FEB 1 - APRIL 1  
OPEN MORNINGS  
TOOWOOMBA      JANUARY 25  
PITTSWORTH      JANUARY 27  
AGM      APRIL 13

**2016 COURSE BOOK  
DEADLINE  
20 NOVEMBER 2015**

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## EXTENDED OFFICE HOURS

**Office Open 9am to 1pm  
Thursday 8th & Friday 9th Oct 2015**

***Tutors, don't wait until the busy first day or first week of term to photocopy your class notes.***

In future, our office will open on the Thursday and Friday in the week prior to the commencement of 2nd, 3rd and 4th terms, from 9am until 1pm.

**See below for extended *open hours* prior to 1st term.**

Tutors are invited to come in and use the photocopier during these hours, or leave their material to be copied for collection in week 1.

**EARLY BIRD DISCOUNT 2016**

Your Management Committee continues to manage your finances efficiently and are pleased to announce that once again there will be a 20% Early Bird discount for renewing memberships for 2016.

**The cut off date for the discount is 22 January.**

Your Course Book will be mailed on 4 January and will include your renewal form. **You will find this inside the pack. Please look for it before discarding the plastic sleeve and cover sheet.**

Payment can be made by direct bank transfer, cheque or cash. **Please note that we cannot accept payment before 1 January.**

Our office will be open in January for renewals (and new memberships) from 9am to 11:30am, on

**Wednesday 13 to Friday 15  
Monday 18 to Friday 22**

**TUTORS**  
PLEASE NOTE  
the deadline for  
2016 Course Book  
**is 20 NOV 2015**

*Trudy Graham*

As Regents on the Lake is a popular venue, if you wish to take advantage of this special offer please ring him and book as soon as possible. Phone 46325226, or email him on [me-n-u@bigpond.com](mailto:me-n-u@bigpond.com)

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*Trudy Graham*

### A letter of thanks from an International visitor



I would like to thank the Toowoomba U3A walking Group for the warm welcome they gave me on my recent visit. As a big fan of what the U3A can offer us as members, I think the welcome I received in Toowoomba (The Garden City), Qld, Australia, shows why it is such a worthwhile organization. Please give my thanks to Lorna Hopgood who was very welcoming when I both spoke on the phone to her and eventually met her for the actual walk. Have just returned to Bridlington, East Yorkshire, UK to rain and a temperature of 16C. I have sent my story to Lynne Stanley the Chair of Bridlington U3A for publishing on our website—you can read it here <http://u3asites.org.uk/code/u3asite.php?site=747&page=51920> I will of course send you a copy.

Thank you again Toowoomba U3A; like many other U3As I am sure you know any of your members will be warmly welcomed to visit the lovely County of Yorkshire, UK and meet our U3A members.

**Ian Byers** (Ian is pictured above, front row in the red shirt)

### TUESDAY LUNCH CLUB

6 October	Coffee House
20 October	Crazy Galaghers Wilsonston Shop Ctre
3 November	Melbourne Cup
17 November	Cube Hotel
1 December	Downs Hotel
15 December	Encores

### FRIDAY LUNCH CLUBS

	16 <sup>th</sup> October	20 <sup>th</sup> November
<b>Group A</b> Barbara Jonsson	Christophers Blue Mountain Hotel	Veraison Central Plaza
<b>Group B</b> Bev Frizzell	Abbey's Cottage Bernoth Centre 663 Ruthven Street	Park House Cafe 92 Margaret Street
<b>Group C</b> Shirley Dornbusch Val Bell	Sizzlers Cnr James & Hume Sts	Inbound Toowoomba Toowoomba Railway Station Russell Street
<b>Group D</b> Lorna Hopgood	Crazy Gallagher's Wilsonston Hotel 40 Richmond Drive	Encores Restaurant 56 Neil Street
<b>Group E</b> Lina Pervan or Diann O'Mara	Inbound Toowoomba Toowoomba Railway Station	Abbey's Cottage Bernoth Centre 663 Ruthven Street

*Old wood turners never die,  
they just collect dust.*



Sally Hayes, one of the woodturning students is shown above displaying a camphor laurel platter for biscuits and dips, which she recently made. The wood-working tutor, Keith, says that there are some vacancies in the Tuesday class and that anyone is able to learn woodturning. All equipment is supplied but many of the students have gone on to purchase their own tools and lathes.

### U3A ART SHOW AND CONCERT

It's on again! The U3A Art Show and Concert will take place at the Philharmonic Performance Centre on Tuesday 8 December (the week after the end of Term 4). As usual, the art show will take place in the morning. There will be some food and coffee around midday, and the concert will begin at 1 pm.

We invite all members to make a day of it. Come in the morning and look at a high quality array of arts and crafts; have something to eat; and then be entertained by our quality performers in the concert.

We expect to have a colourful variety of performances in the concert. The Italian class will present a play about Ned Kelly, and the French classes are planning a brief excerpt from "Les Mis", with some rousing choruses and touching moments. We hope to have three dance classes this year, including two who have not been in the concert before. Pittsworth Singing for Fun are very enthusiastic about making their debut (no appearance from Toowoomba Singing for Fun this year), and we will have the Chamber Singers, ukuleles and guitars. Another debut group is the Green Chicken Writers, who will entertain us with some of their work, and we will once again have Tai Chi and Shibashi Qigong. Something for everyone there!

I do encourage concert attendees to stay till the end, to encourage all our classes by your presence. Thank you, and see you on 8 December!

*Marie Cameron*

**NEW – NEW - NEW**

<b>BIRD BIOLOGY &amp; FIELD IDENTIFICATION</b>	Friday 9:00 - 12:00	Neil McKilligan
Friday 9 – 12 Various Places		
Basic bird biology and ID for beginners. Most sessions will comprise a one hour tutorial followed by an easy walk in local bushland spotting birds. Binoculars and bird book needed but what to buy to be announced.		
<b>CIRCLE DANCING for BEGINNERS</b>	Tuesday afternoon	Michael Rooke
<b>WEDNESDAY LUNCH GROUP</b>	Commencing at 12:30	Irene Earsman
<b>14<sup>th</sup> October - A Bowl of Nourishment</b> Prescott Street		

**IN RECESS**

<b>ANCIENT HISTORY</b>		Bruce Arthur
Bruce is taking a break for Term 4 to further his studies, and should be back next year, this time with ANCIENT GREECE.		
<b>GEOGRAPHY</b>		Dell Reinbott
Dell is having a break and should be back in the new year		
<b>INTERNET BASICS and BEYOND</b>		Trudy Graham
Trudy is having a break; she will be back in the new year		
<b>LATIN and GREEK ROOTS</b>		Phil

**CLASS VACANCIES and UPDATES**

<b>ANCIENT BELIEF THAT EVOLVED INTO MODERN BELIEF</b>		Matthew Weatherley
Term 4 will cover Bronze and Early Age from c.2,000 BC to c. 587 BC.		
<b>ARCHERY</b>	Vacancies	Kevin Smith
We teach the necessary skills to do target archery. We supply all the required equipment and safety gear.		
<b>JAPANESE</b>	Wednesday 9:00 - 11:00	George Goodsell
Continuing study of the Japanese language and culture, incorporating script and foods		
<b>MUSIC the A to G OF IT</b>	Tuesday 12:00 - 1:00	Mac Macdonnell
Have you always wanted to know what those 'squiggles' are on sheet music, well here is your chance - an Introduction to learning and reading of sheet music. Due to the popularity of this class Mac has offered to run it again in Term 4.		
<b>PicMONKEY / IMIKIMI (photo editing)</b>	Tuesday 9:00 - 11:00	Don Bysouth
PPC Computer Lab	Some vacancies still available.	
<b>PICTURE FRAMING</b>		Margaret Cruickshank
Some vacancies, day of week and times to be negotiated by participants		

**TUTOR ORIENTATION      Tuesday 19 January 2016      9:00 am to 2:30 pm**

For new tutors, prospective tutors, current tutors. Have your questions about tutoring answered, learn about YOUR U3A, and more. Morning tea and lunch supplied. To reserve a place, call or email David Weston, Tutor Coordinator

**EXPRESSION OF INTEREST – With Enough Interest to start in 2016, Term 1****ANCIENT MYSTERIES & NEW AGE TEACHINGS**

Kathy How-ell

In this course I will present information & thoughts about Chakras, our auras and the theory of this connection of our physical and spiritual bodies to our Higher Selves on a soul level, the theory of the Birth of Consciousness and intelligent design of the universe, Karma and multiple lives, the legends of Atlantis & Lemuria, the conundrum of whether or not there are Aliens and what Earth means to them in the scheme of the universe as well as the beings that look after the universe (some of whom are mentioned in the Bible). Spirituality (not the ghost-oriented kind!) is a passion of mine, though I might deal with the theories behind if and why there are ghosts, just for good measure!!

**AUSTRALIAN HISTORY**

John Pryce-Davies

Want to know more about: The Ancient pre-history and our Indigenous history (Aboriginal & Torres Strait Islanders)? Early European exploration and settlement of our country? Gold discoveries and their impact? Our various levels of Government, politics and politicians? The ANZAC tradition? Education, Religion, Culture and Sport? Our Emerging Australian identity?

**COMPACT INCAMERA BASIC TECHNIQUES**

Gordon Baildon

Structured for beginners. Covering, but not limited to, camera operation, memory cards, batteries, file quality, etc. Numbers are limited to six— a four week course.

**CRAFT BOXES**

Barbara Manuel

**ECONOMICS in ACTION**

Michael Smith

Have fun learning some basic economic concepts and discussing topics like: Does Aldi lower all supermarket prices in Toowoomba? How do changes in the value of the \$A affect YOU? Will higher taxes stop people smoking? Any chance Australia ending up like the Greek economy? What do we mean by economic growth?

**ESCALATING PEACE**

Pat Lleiss

When confronted with the escalating violence in our world, do you feel a passion to bring about change? Is this followed by feelings of helplessness, a sense of not knowing what to do? If so, this course may be for you. We will be examining ways to create peace in our hearts, homes, communities...changing our world.

**FIRST TIME OVERSEAS TRAVELLERS**

John

Dooley

**GUITAR – INTERMEDIATE**

Len Har-

ding

**HEALING YOURSELF FROM WITHIN**

Sue

Peel

A course to empower YOU to heal yourself physically, emotionally, mentally and spiritually. The majority of physical problems we encounter stem from our belief systems. You will learn strategies to reclaim and enrich your own healing powers.

**LIFE REVIEW THROUGH AUTOBIOGRAPHY**

Bob

Knight

**OIL PAINTING**

Catherine Ketton

This introduction to traditional oil painting techniques is aimed at beginning artists and artists who usually work in other mediums. Students will build artwork in layers beginning with charcoal drawing, moving to a monochromatic layer and finishing with colour. Estimated cost of materials \$150

**PUBLIC SPEAKING You can easily learn to speak in front of people!**

Harold

Clark

This is an easy to follow course delivered in a very encouraging, supportive and fun environment. And you'll discover that you can be an interesting speaker who knows what they are talking about. Developing the ability to speak effectively in public, group, or conversational situations helps develop greater self-confidence, self-esteem and personal growth. Participants limited to 12

**SPANISH FOR BEGINNERS**

Steve Walker

Interested in learning a new language and/or travel to Spain or Latin America? Then come to our new class in 2016, where we will focus on basic conversation and reading in Spanish, as well as learning about some of their fascinating culture. I have just finished my Diploma in Spanish and lived last year in Spain, and now am looking forward to sharing my experiences with you.

**WINDOWS 10**

Jeff Martens

Understand the new operating system from Microsoft.

**TERM 4 iPad CLASSES**

In Term 4 there will be two classes for students to choose from.

**(a) Beginners Classes**

1. Colin McGuire's Class: Monday 12:00 noon. Before term starts contact Colin.
2. Liz Kennedy's class- Friday 9:00am "Out of the Box". Contact Liz.

Note: If there are only a small number of Beginners the two classes may be combined.

**(b) Classes for iPad Users**

# There are four classes for you to select from: Monday 9:00am or 10:30am; Friday 11:00am or 12:45pm

# The term is 8 weeks long and Term begins October 12

Class 1 Topic: **Pages** (Monday 9:00am)

Class 2 Topic: **iPad Security** (Monday 10:30am)

Class 3 Topic: **iPad Camera/Photos** (Friday 11:00am)

Class 4 Topic: **iPad Basics** (Friday 12:45pm)

On Nov 2 select from:

Class 1 Topic: **Writing a book** (Monday 9:00am)

Class 2 Topic: **Sharing Photos** (Monday 10:30am)

Class 3 Topic: **Contacts, Messages, Email** (Friday 11:00am)

Class 4 Topic: **Travel, Maps4, Facebook, Instagram** (Friday 12:45pm)

On Nov 23:

Class 1 Topic: **Dictation/Siri** (Monday 9:00am)

Class 2 Topic: **Apps 4 Seniors** Monday 10:30am)

Class 3 Topic: **Apps, iBooks and iTunes Stores** (Friday 11:00am)

Class 4 Topic: **FaceTime, Skype, Viber** (Friday 12:45pm)

- The \$15 term fee enables you to select three topics; \$30/6 topics; \$45/9 topics and so on.
- Check the matrix on the following page and decide what is best for you and how you use your iPad.

***What do you do after checking out the Matrix Topics?***

- First decide whether you want to stick to the one weekly time slot, or several.
- Second. Decide whether to do 3 Topics or 6 (or 9 or 12 if you are REALLY enthusiastic!!).
- Select your topics for the term
- BEFORE TERM BEGINS, RING UP the Tutor for your first period - Weeks 1-3:

Some examples to guide you:

1. You may decide on one time slot, say Friday 11:00am, and do iPad Basics in weeks 1-3, followed by Travel/Maps (weeks 4 - 6) Friday 11:00am, followed by FaceTime, Skype, Viber (weeks 7 - 8). OR
2. You may decide to do use several time slots: iPad Basics Friday morning 12:45pm (weeks 1 - 3; (October 12, 19, 26), followed by Contacts Book, Messaging and Email Friday 11:00am (weeks 4 - 6; November 2, 9, 16); and followed by Apps for Seniors on Monday 10:30am (weeks 7-9; Nov 23 and Nov 30). OR
3. You may only be here for a short time in Term 4, say only for weeks 1-3. You could select Pages Basics: Monday 9:00am, (weeks 1-3); Camera, Photo, Editing, Friday 11:00am (weeks 1-3) and iPad Basics, Friday 12:45pm (weeks 1-3).

**If you still need help, make sure you ring one of the Tutors listed.**

**YOU DECIDE. Check out the Matrix. Need help? Ring us immediately!**



**IPAD CLASS MATRIX FOR TERM 4**

		MONDAY			FRIDAY	
	9:00	10:30	12:00	9:00	11:00	12:45
WEEKS 1 - 3	Pages Basic Word Processing  Tom Fusae	Security Maintenance Trouble- shooting  Tom Fusae	Beginners  Colin McGuire	Out of the Box  Liz Kennedy	Camera Photos/Video Editing Geotagging  Liz Kennedy	Basics  Liz Kennedy
WEEKS 4 - 6	Writing/ Producing a Story Book (Pages App)  Colin McGuire	Sharing Photos Photo Books Printing & more  Colin McGuire	Beginners  Colin McGuire	Out of the Box  Liz Kennedy	Contacts Book Messages/ Email  Colin McGuire	Travel/Maps Facebook Instagram  Liz Kennedy
WEEKS 7 - 8	Dictation Siri in Apps  Colin McGuire	Apps for Seniors MyGov, eTax, Centrelink, Medicare  Colin McGuire	Beginners  Colin McGuire	Out of the Box  Liz Kennedy	Apps Store, iTunes iBooks, Vide- os, Podcasts  Liz Kennedy	FaceTime, Skype, Viber and more  Liz Kennedy

**CONTACTS:** Tom Fusae

Liz Kennedy

Colin McGuire

**PHILHARMONIC PERFORMANCE CENTRE CLASS COST 2016**

You will all know that the class cost at the PPC have not increased for several years. This is despite the fact that each year the rent that we pay to the Philharmonic Society increases, the wages paid to the cleaner increases, the cost of providing refreshments increases, and the cost of providing wi-fi access increases as does the cost of all other consumables.

Due to the fact that we have 130 Volunteer Tutors/Facilitators who donate their time and expertise free each week we are able to keep the cost to a minimum.

After much careful consideration the Management Committee has voted to increase the 2016 Class Cost to \$20 per person per class per term.

**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

**DYNAMIC LIFE LECTURE SERIES**

A sneak preview of some of the Guest Speakers for Term 4:

- Professor Lindsay Brown USQ
- Scott Mullaly – Telstra & Cyber Safety
- Peter Cullen – Toowoomba Historian
- Alison Nugent – Experiences on Young Endeavour
- Dr. Lisa McDonald – USQ – Digital Future
- Stella Romagnoli – Machu Picchu & the Inca Mystery

For more information  
or to book into the group  
contact Rhonda Weston



## *New Interests - New Friends*

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Like us on Face Book:  
<https://www.facebook.com/toowoombau3a>

**MANAGEMENT COMMITTEE - after hours contacts**

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SECRETARY: Irene Bridgeman - 4636 3316  
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Committee: Peter Fleming; Leonie Cusack; May St John, Peter Bright and Mick O'Mara

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