

WELCOME TO CROWS NEST

The Crows Nest Branch of U3A in Toowoomba Inc. was officially launched by Cr. Geoff McDonald at a Public Meeting in the Crows Nest Community Hall on Thursday 2nd March.



Anne-Marie Villiers, Cr. Geoff McDonald, Rhonda Weston, Don Protheroe, Penny Protheroe, Judith St. John, Julie Nairn and David Weston

Crows Nest resident and current member of U3A, Penny Protheroe saw the need for a U3A in Crows Nest and approached Toowoomba President Rhonda Weston to formulate a plan. A small steering group consisting of Penny Protheroe, Don Protheroe, Anne-Marie Villiers, Julie Nairn and Judith St. John was set up.

A public meeting was organized and to the delight of everyone was attended by 100 interested people. Many joined U3A on the spot and 27 offered to be volunteer Tutors. The overwhelming support from the community confirmed that indeed U3A would be welcome and the Crows Nest Branch of U3A in Toowoomba Inc. was under way.

Full details of the classes/activities that will commence in 2nd Term can be found on Pages 6 and 7 of this Newsletter. Lists of classes can also be viewed on our website, www.u3atoowoomba.com which has now been updated and Crows Nest has its own webpages.

Members joining in Crows Nest are full members of U3A in Toowoomba Inc. and therefore have the opportunity to enquire about all classes/activities listed.

U3A in Toowoomba Inc. continues to be a valued community organisation and we welcome new friends from the north of our area. A big Thank You to Penny Protheroe and her Steering Group, and the Management Committee for working in harmony, quickly and efficiently to bring this idea to fruition.

Rhonda Weston

WE EXTEND
A WARM WELCOME TO
360
NEW MEMBERS
WHO JOINED IN TERM 1

2017 CALENDAR

TERM DATES

TERM 1 JAN 30 - MAR 31
TERM 2 APR 24 - JUN 23
TERM 3 JUL 17 - SEPT 15
TERM 4 OCT 9 - DEC 1

SENIORS' EXPO

AUGUST 23

2017 NEWSLETTER DEADLINES

Term 3 Newsletter
June 16

Term 4 Newsletter
September 8

2018 Course Book
Nov 11

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PRESIDENT'S REPORT

As I look around Toowoomba at the beautiful burst of colour that the Autumn Leaves add to the landscape, I am continually reminded and amazed at what we can achieve in the Autumn or 3rd age of our lives. We have so many places still to visit, so much still to learn, so many new friends still to meet and so much of life still to enjoy. While we are doing all of those things, we still have the time, the enthusiasm and the wish to share our life skills and passions with others.

Volunteering is the foundation of our society and many organisations that we enjoy and in truth sometimes take for granted, only function because of volunteers. U3A is right up there on top of the list for organisations run by volunteers. A recent example was the January mailout of the 1800 Course Books. Fifty wonderful members turned up to help. This meant the job was completed in a short time, people made new friends, enjoyed a lovely morning tea and U3A was on its way into 2017.

Sadly we have said farewell to one of our long serving Tutors, Peg Creagh who has retired from Tutoring. Our thanks and appreciation to Peg can be found elsewhere in this Newsletter. Peg would be a perfect example of how a retirement spent helping others has enriched her own life.

We proudly welcomed our new branch at Crows Nest during March. It is an indication of how important organisations such as U3A are when we note that U3A in Toowoomba Inc. now has two branches. While there are no defined "geographic borders" we consider our area to be the Darling Downs. It is interesting to note that we have members from an area that covers 100 kms north/south and 90 kms east/west. Where to next?

I do hope you all have an enjoyable, interesting time at U3A during 2017 and don't forget to appreciate all of our wonderful volunteers.

Rhonda Weston

Our History U3A in Toowoomba Inc

To be published in 2020 to mark and celebrate our 30 year milestone

We are compiling a History of U3A in Toowoomba Inc, assisted by The Rainbow Writers.

We would appreciate any anecdotes, memories or stories you may have from your time at U3A. This may include groups you have been in or characters you have known.

All contributions, suggestions and ideas are welcome for consideration.

Contact Irene Bridgeman on 4636 3316

Volunteering Opportunity at the Toowoomba Visitor Information Centre

Are you an enthusiastic passionate 'local' who loves welcoming guests to Toowoomba region?

Become a volunteer at Toowoomba Visitor Information Centre (VIC) to help visitors enjoy every experience in our region and leave wanting to return.

You will inspire visitors to enjoy our regional events, four seasons, natural beauty, history and 'must see' experiences; bringing value to our tourism industry and your local community.

We will provide you with all the training and support you need, including a fun, friendly team environment, and regular visits to our local attractions.

We are currently recruiting for shifts on Monday and Wednesday mornings.

Contact Joanne Bray, VIC Coordinator on 4639 6055 to learn more.

MEMBER NOTICES:

PLEASE WEAR YOUR
NAME BADGE
TO ALL CLASSES

CHILDREN
ARE NOT PERMITTED
TO ACCOMPANY MEMBERS
TO ANY U3A CLASS

The 2017 U3A Network Queensland Conference "Live, Laugh, Learn without boundaries"

18-19 May 2017

Tweed Civic Centre, Brett Street, Tweed Heads.

Hosted by U3A Twin Towns

For more information, program, venue, places to stay, and registration, [go here](https://www.u3aqlconference.org/) - <https://www.u3aqlconference.org/>

Twin Towns, who recently celebrated 25 years since they were founded in 1991, are looking forward to welcoming all Queensland and interstate U3A members at the Conference to share an interesting few days on the Gold Coast.



THANK YOU PEGGY CREAGH

When U3A commenced in Toowoomba in 1990, Peggy Creagh and her husband Bevan drove up the range from Helidon to take part in the classes. These were held in Russell Street. The office at this stage was in Bell Street.

She recalls that they had very small rooms which were originally the garage and the laundry of the building. The rooms were set up for lectures so each week they had to rearrange the furniture.

Peggy commenced as the art tutor in 1990 and organised several classes per week until the end of 2016.

When the classes started to fill up she held two classes a week in Toowoomba and one class per week in the Helidon CWA rooms. This proved to be an excellent venue for artists with plenty of room and light. Eight members drove to Helidon each week from Toowoomba. They experienced a bit of excitement one day when a flying fox entered the room and made itself at home before biting one of the men, who had to be taken to hospital for injections and treatment.

Jenny Geddes, Julie Stower, Rita Lavelle, Chris East, Pat Lunney, Aster Carnegie, Jillian Whitehouse and Carol Franklin were in Peg's first class and continued until 2016.

The classes moved from Russell Street to the Education Centre in Jellicoe Street. The facilities were excellent, but the cost proved to be prohibitive. The art classes then met at the Art Society in Godsall Street for a short time before moving to U3A's new venue, Village on the Downs. It was good to have most classes at the same venue however the rooms were too small.

Peggy served on the Committee in various roles over many years - Secretary, Membership Secretary and Vice President - but she says mostly she was the peacemaker as the committee did not always agree. She enjoyed a day when she and the then President, Norman Luke, took part in U3A Dalby's birthday celebrations.

Peggy and June Higdon were both members of the U3A art classes and the Range Artists Group. They took their art work to many country shows, including Goondiwindi and Bell. Those days were great to catch up with other artists and ideas, not to mention the many prizes they won.

Peggy's little dog, Izzy, had favourites among the artists who came each week. One of the ladies lived at Brodribb Home and each week her husband would bring her to Peggy's class and Izzy would jump up on her lap and stay there.

When there was a disruption to their meeting venue in 2008, committee meetings and art classes were held at Peggy's home. In 2009, Peggy moved her art classes to her garage.

Today, some of the group still meet informally at Peggy's home and she is hopeful that they will continue. She says they not only produce some great art but they drink gallons of coffee and change the world each week.

Irene Bridgeman

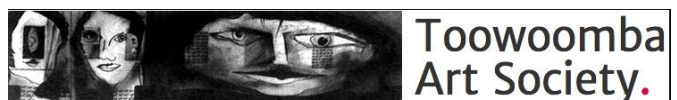
NOTICE RE PARKING AT THE PPC

**PLEASE TAKE NOTE OF THE
PARKING SIGNS AT THE COMPLEX
MORE DETAILS CAN BE FOUND
ON NOTICES IN EACH ROOM**

**ALSO NOTE THAT PARKING
IN THE PARK OR ON ANY VERGE
may incur Council parking fines.**

TOOWOOMBA ART SOCIETY

TAS host various Art Shows during the year. Check out their website www.toowoombaartsociety.com.au for full details of U3A Art Class Displays.



NEW CLASSES FOR TERM 2 2017

Tuesday 2:00 - 4:00 7 th Day Adventist Church Glenvale	GUITAR <ul style="list-style-type: none"> The learning will be around songs the students select so as to learn theory and gain practical skills together Learning the theory of chords, what they are and how they are created Learning to play chords. Open chords to start followed by more difficult chords Learning the scales and theory whilst studying and playing songs of the students selection 	Ray Baron
Thursday 11:30 - 1:30 TAFE Room A2.70	HERBS <ul style="list-style-type: none"> How to incorporate herbs into your diet Health properties of common herbs Herbs in the kitchen Herbs in tea What herbs can I grow Suggested reading and access to internet How can I use herbs in my daily life 	Beau Baudistel Carolyn Baudistel
Monday 3:00 - 5:00 Toowoomba Bowls Club	LAWN BOWLS – INTRODUCTION Learn to play lawn bowls with qualified coaches in a friendly and fun atmosphere. Bowls are supplied, you will need a hat, water and flat-soled shoes.	Len Rassmussen
Thursday 3:00 - 5:00 Toowoomba Bowls Club	LAWN BOWLS – INTRODUCTION Learn to play lawn bowls with qualified coaches in a friendly and fun atmosphere. Bowls are supplied, you will need a hat, water and flat-soled shoes.	Len Rassmussen
Wednesday 2:00 - 4:00 PPC The Lab	NEW ANTARCTICA - EXPLORATION & ECOLOGY This course will be run in Terms 2 and 3. It will focus on human exploration of this vast continent along with the ecology as well including various animal and bird species. Course will include Power Point, DVD's and notes.	John Pryce-Davies
Tuesday 11:30-1:30 PPC The Lab	SPACE EXPLORATION and BASIC ASTRONOMY Early developments in rocketry. The 'Space Race' between USA and Russia. Various explorations of the Moon by USA Astronauts (1969-72). Probes to Mars and other planets. Basic astronomy of our solar system. Theories of the origin of the universe.	John Pryce-Davies
Thursday 9:00 - 1:00 TAFE Room A2.70 Thursday 2:00 - 4:00 TAFE Room A2.70	WORLD'S GREATEST ARCHAEOLOGICAL DISCOVERIES 2 Classes : Morning or Afternoon 'How did Tutankhamen die?', How was the Great Pyramid at Giza built?', Why were The Dead Sea Scrolls hidden in caves at Qumran?'. Find the answers to these questions and many more, at this lecture series. From 30,000BP Neolithic Cave Paintings in France, to the search for Richard III at Greyfriar's Priory, Leicester. Other topics include 'Oetzi - The Ice Man', 'The nine layers of Troy', and 'Pompeii and Herculaneum'. Each two hour lecture is accompanied by colour Power Points and the latest video documentaries on each site.	Bruce Arthur
Saturday 8:00 - 9:00 Harristown SHS	SWIMMING and AQUA AEROBICS A happy group, keeping fit doing aqua aerobics or swimming.	Irene Earsman

CLASSES IN RECESS OR NOT CONTINUING

- ANCIENT MYSTERIES & NEW AGE TEACHINGS
- BODY / MIND CONNECTION
- CREATIVE JOURNALING
- JOURNEY INSIDE THE HUMAN BODY
- LAUGHING YOGA
- MATHEMATICS FOR ACCOUNTING & FINANCE
- PEACE EDUCATION PROGRAMME
- POSITIVE LIVING
- TALKFEST
- WINDOWS 10 & OFFICE - INTRO for Term 2

CHANGES TO COURSES TERM 2 2017

Tuesday 9:00-11:00 PPC The Lab	<p style="text-align: center;">CHANGE of Day and Time</p> <p>APPLE PAGES WORD PROCESSOR on your iPad Learn to use the word processor PAGES on your iPad. Create documents, letters, a diary, leaflets, a photo page, a table of sortable items such as a list of accounts and due dates. Also learn to use PHOTOGENE to edit photos for use in PAGES documents. Term 2 will repeat Term 1 and extend some content.</p>	Tom Fusae
Tuesday 2:00 - 4:00 City Bowls Club Victoria St	<p style="text-align: center;">COACH Now Available</p> <p>LAWN BOWLS Learn to play lawn bowls with a qualified coach in a friendly atmosphere. Bowls are supplied. You will need a hat, water and flat-soled shoes.</p>	Kerry Gleeson
Thursday 9:00 – lunch meet at K-Mart	<p style="text-align: center;">CONTACT For Term 2</p> <p>WALKING GROUP Ours is a fun-loving group who enjoy walking and talking in our beautiful city and surrounding areas.</p>	Elaine Stansbie
	<p style="text-align: center;">IN RECESS</p> <p>PICTURE FRAMING</p>	Margy Cruickshank
Tuesday 12:30 - 3:30 Toowoomba Art Society Godsall St	<p style="text-align: center;">NEW TUTOR</p> <p>BOTANICAL ART We are a self-help group with varying levels of experience who enjoy botanical drawing and painting. PLEASE NOTE - some experience in botanical art is necessary as there is no teacher.</p>	Jane Dalby Andy Yates
Tuesday 2:00 - 4:00 PPC The Lab	<p style="text-align: center;">NEW TUTOR</p> <p>COMPUTER SKILLS This course follows on from the basic computer skills course. It covers Windows 8, 10, Email, Web-browsing, File management, Virus & Malware, Displays including television, other ways to use and display in the home, etc.</p>	David Orton
9:00 - 12:30 1:30 - 4:30 Alt Wed. P'W Art Gallery	<p style="text-align: center;">PHONE NUMBER CORRECTION</p> <p>PITTSWORTH ART - 2 Groups (Both on alternate Wednesdays)</p>	Cecelia Krieg
Wednesday 11:00 - 1:00 10 Bottlebrush Court	<p style="text-align: center;">START NEW GROUP</p> <p>SUDOKU Each class is only required for one term so this will be for a new group, limited vacancies.</p>	Dianne Turner
1:30 – (alternate Wednesdays) Senior Citizens Room	<p style="text-align: center;">TIME CORRECTION</p> <p>PITTSWORTH – SINGING FOR FUN This is a non-technical group of people who enjoy singing but may not have enough confidence to join a choir. We will be singing lovely well-known songs, as well as a few new ones, in a relaxed friendly atmosphere.</p>	Lorraine Barnes
Thursday 2:30 - 4:00 PPC Playhouse	<p style="text-align: center;">TIME CORRECTION</p> <p>MINDFUL LIVING</p>	Janine Hills
Monday 9:00 - 1:00 Lutheran Hall	<p style="text-align: center;">TIME CORRECTION</p> <p>LINE DANCING</p>	Bev English
Friday PPC The Lab 9:00 - 11:00 & 2:00 - 4:00	<p>WINDOWS 10 AND OFFICE 2016 For Term 2 Advanced only.</p>	Jeff Martens

CHANGES TO COURSES TERM 2 2017 Cont'd

Tuesday 2:00 - 4:00 PPC Playhouse	VACANCIES UP-CYCLING CLOTHING or HOUSEHOLD LINENS Tap into the living with less philosophy, and use the plentiful natural fibres sourced from op shops to revamp your wardrobe and create unique wearable items. Skills gained include: • Optimising your body shape and colouring • basic pattern fitting and alterations • matching complementary patterned fabrics and colours • basic sewing techniques. Men MOST welcome.	Margy Cruickshank
Friday 9:30 - 11:30 Lutheran Redeemer Hall Annand St	VENUE CHANGE TRAVEL We enjoy each others trips and photos as well as listening to guest speakers. This is the cheapest and easiest way to experience and enjoy other places.	Irene Bridgeman
Monday	NO VACANCIES THIS TERM TENNIS	Greg Thomas Nick Clarkson

CROWS NEST CLASSES

MONDAY		
Monday 2:00 - 4:00 RSL C'ty Centre Dining Room Start 1st May	ANCIENT HISTORY - GREECE Take a trip back to the Greek Bronze Age using videos, PowerPoints and 'collector's corner' presentations. Decipher a 'linear B' tablet and lose yourself with Persephone.	Bruce Arthur
TUESDAY		
Tuesday 9:30 - 11:30 Fortnightly Start 2nd May RSL C'ty Centre	DISCUSSION GROUP Open discussion over a wide range of subjects covering worldwide and local current affairs plus topics put forward by group members. We aim for lively stimulated conversation brought about by many varied opinions.	Jennifer Savory
Tuesday 9:30 - Library Start 2 nd May	INTRODUCTION to IT (Information Technology) Intro to hardware, choice of software, Internet	Wayne Smith
Tuesday Afternoon RSL Community Centre Community Room	MEDITATION PLUS Different forms of meditation - Visual - Silent - Vibrational through music, chanting, sounds, mantras - Commune with Nature : Meditation Techniques - Breathing - Energy flow - Grounding - Vibrational sound eg. OM Chakras Intuition Mindful living, Body mind connection, Gratitude, Forgiveness Positive thoughts, Thoughts create your reality, Past, Present, Future Mandala boards - Goals	Sandy Sharp
Tuesday 2:00 - 3:30 RSL C'ty Centre Start 2nd May Fortnightly	ARMCHAIR TRAVEL Everyone has a story to tell, especially of their travels. This course is for those stories to be shared. Learn about new places or others opinions of places you have been. Come along and tell us of your adventures nearby or far away.	Ann Norris
WEDNESDAY		
Wednesday from 9:30 RSL Community Centre Dining Room Alternate Wednesdays	CELTIC SPIRITUALITY This course explores Celtic spirituality through the study of the history of early Christianity in Britain and Ireland. It also examines the spirituality of two sixth century saints, Columba and Columban, with a view to developing and enhancing our own spirituality because of the inclusive nature of Celtic spirituality, the course is structured to appeal to those of all faiths and beliefs, including atheism.	Julie Nairn

CROWS NEST CLASSES Cont'd

WEDNESDAY Cont'd

Wednesday 9:30 - 11:30 RSL Community Centre, Room 1	THE WAY PEOPLE WORK BEST BY CHOICE Based on the choice psychology of William Glasser, this course will help you: increase happiness and get on better with people, gain control over guilt, anger and depression, resolve conflicts inside and with others, gain flexibility and recognise choices and opportunities, clarify your own values, get things to happen that you want.	Don Protheroe
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THURSDAY

Thursday 9:30 - 11:30 5wks start 27/4 CNest B.Club	LAWN BOWLS Learn to play Lawn Bowls	Therese Smith
Thursday 10:00 - 12:30 Anne's Place	WEARABLE ART Create clothing that reflects your personality, or extreme outfits that WOW judges of competitions. Support offered for sourcing ways of making your design ideas come to fruition.	Anne Neave

FRIDAY

Friday 9:30 - Library	INTERNET, CLOUD and SOCIAL MEDIA Introduction to the internet, web sites and search engines, cloud facilities like storage, applications on demand. Social media introduction - Facebook, Twitter, YouTube, Instagram.	Graham Moore
Friday 9:30 - 10:30 RSL Community Centre Dining Room	POLITICS EXPLAINED in PLAIN ENGLISH A look at the systems that underpin the Political systems and how they have influenced what we have now. From our constitution through the three levels of Government to the people who make up Politicians, we will unravel the web called Politics.	Jacqueline Argent
Friday 9:30 - 11:30 RSL Community Centre, Room 1	CROSSWORDS / CRYPTIC CROSSWORDS / SUDOKU A chance to make new friends while learning strategies to solve cryptic crosswords, regular crosswords or sudoku. I'm thinking just a few group meetings will move into Email or text contact to beat that tricky clue.	Yvonne Jackson
Friday 1:00 - 2:00 CWA Hall	UKULELE A beginners course for those who want to have fun playing the Ukulele.	Marita Rayner

TUESDAY LUNCH GROUP 12:30 Starts

Irene Earsman

- 18 April** - *Ni Hao*
Ruthven St
- 2 May** - *Ocean Breeze,*
Ruthven St
- 16 May** - *Parkhouse Café,*
Margaret St

6 June - *Picnic Point Restaurant*

20 June - *Pink Peppercorn,*
4/15 Scott St

4 July - *Qi Lin*

FRIDAY LUNCH CLUBS

19th May

16th June

Group A (12 noon) Barbara Jonsson	Danish Flower Art 10347 New England Highway, Highfields	Urban Grounds Café 210 Herries St
Group C (12 noon) Jan Preston	Picnic Point Restaurant 164 Tourist Road	The Spotted Cow Cnr Campbell & Ruthven Sts
Group D (12 noon) Lorna Hopgood	Café 63 11 Herries Street, Eastville	Parkhouse Café 92 Margaret Street
Group E (12:30) Lina Pervan or Diann O'Mara	Café Valetta 96 Margaret Street	Urban Grounds Café 210 Herries Street



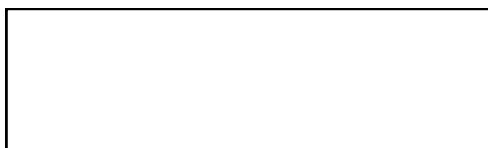
New Interests - New Friends

Return Address:

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U3A NEWSLETTER
Registered Australia Post
Print Post Approved
100018628

POSTAGE PAID
TOOWOOMBA
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