

#### NEW VENUE

Two years ago we were happily using rooms at The Cedar Centre. Then USQ resumed control of their premises and all community groups had to find new venues. David and I spent many hours researching and visiting potential new venue at that time and after many roadblocks, eventually secured a room at the TAFE.

While this room did not suit everyone, it met most of our requirements. Dealing with TAFE was a complicated business, however we persevered and many of our classes were held there over the last two years.

Our contract with TAFE ended in June and due to renovations they are unable to offer us a further contract for 2018/19. So the search for a new venue resumed and we are now happy to advise that from third term we have a contract for use of **a room** at Seventh Day Adventist Church Complex (SDA) at 669 Greenwattle Street, Glenvale.

Only the classes that were held at TAFE will switch to SDA. The Tutors involved will be given a site visit during the holidays and we anticipate that, while some settling in may occur, the move will proceed smoothly. This venue has ample off-street parking which can (if you choose the lower parking area) be closer to the room, is all on one level, and will offer a quieter environment.

The use of this room will be controlled by U3A, just as the TAFE has been. The classes already using SDA will still make their own arrangements as they have been doing.

The Management Committee endeavor at all times to look at "the big picture" when making decisions and we appreciate your support on this and all management matters.

**EVERYTHING AT PHILO REMAINS THE SAME.**

*Rhonda Weston*

#### U3A SENIORS' INFORMATION EXPO

**WEDNESDAY 22 AUGUST 2018**

HumeRidge Church, 461 Hume Street, Toowoomba.

As always, we are asking for volunteers to help with the many tasks associated with setting up on Tuesday afternoon and assisting on Wednesday during the event. Volunteers are also needed to clean and tidy the venue on Wednesday afternoon.

**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.

WE EXTEND  
A WARM WELCOME TO  
**31**  
NEW MEMBERS  
WHO JOINED IN TERM 2

#### 2018 CALENDAR

**TERM 3 ..... JULY 16 TO SEPT 14**

**TERM 4 ..... OCT 8 TO NOV 30**

#### TUTORS, PLEASE NOTE

**TERM 4 NEWSLETTER  
DEADLINE—7 SEPT 2018**

#### Your 2018 Management Committee

Thank you to the **nine** interested members who attended our recent AGM. The hard working and dedicated members of the 2017 Management Committee were re-elected as the 2018 Management Team.

President Rhonda Weston, commencing her 8th year as your President; May St. John, Vice President/ Membership Secretary commencing her 2nd year in these roles; Irene Bridgeman, Secretary, her 8th year; Liz Watson, Treasurer, 2nd year; David Weston, Tutor Co-ordinator, 9th year. Committee Members - Peter Bright and Leonie Cusack, 8th year; Mick O'Mara - 6th year, Anna Carson, Ass. Secretary and Trish Cameron, Ass. Treasurer, both 2nd year. Without these incredible people, who are all volunteers, there would be no U3A.

#### E & O E

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## PRESIDENT'S REPORT

The winter chills are with us all again and we notice the drop in class attendance at this time of year. If you are suffering, we do hope you will be back with us shortly.

Many of you are aware that there is an ongoing problem with parking at the Philharmonic Performance Complex. Your Management Committee, in partnership with the Management Committee of the Philharmonic Performance Society, has spent countless hours trying to find ways to ease this situation. After all of our efforts it is now clear that the Toowoomba Regional Council is not interested in assisting us in any way with this issue. In fact, they are surveying residents in the area, which may result in further parking restrictions being put into place. Toowoomba Regional Council has also declined my request for them to supply Wifi in the Council operated RSL Community Centre in Crows Nest. U3A uses this facility to hold some activities and would be able to offer more should the TRC supply Wifi.

We will once again organise the Seniors' Information Expo on Wednesday 22nd August. This will be the ninth Expo that we have organised and we look forward to the cheerful support and help that is usually offered by the many volunteers who we require for this event to be successful. If you can help, even just for an hour please contact Irene Bridgeman on 4636 3316 or email [ireneb23@bigpond.com](mailto:ireneb23@bigpond.com).

David and I have recently returned from China, where I was invited to represent Australia at the First U3A World Seniors Tourism Congress. Over 400 delegates from 26 countries gathered to plan for the future. International cooperation between U3As is important as we move forward and this Congress has implemented International Study Tours that will help bridge gaps between cultures. A great honour and a very rewarding experience.

U3A in Toowoomba Inc. has now exceeded 2000 members. This is testament to the quality product that U3A in Toowoomba Inc. offers its members. Word of mouth has always been the best means of advertising (whether good or bad) and your continual positive attitude to your organisation is reflected in our growth.

The only downside of this growth is the urgent need for more Tutors. Recently, several of our Tutors assisted in making a promotional video outlining the value that they find in being a Tutor. Please look at this on our website [www.u3atoowoomba.com](http://www.u3atoowoomba.com) and share our request with your friends. Email our Tutor Coordinator David Weston, at [kintyre15@bigpond.com](mailto:kintyre15@bigpond.com) for further information. Remember without volunteer Tutors, YOU do not have an organisation.

*Rhonda Weston*

## U3A Network Queensland 2018 Conference

The 2018 Queensland State Conference was held at Redcliffe. Toowoomba was represented by May St. John (Vice-President), Irene Bridgeman (Secretary), Liz Watson (Treasurer), and Leone Cusack (Management Committee).

State conferences have been held every year since 2009, when U3A Network Qld was established. Toowoomba hosted the conference in 2013.

The theme for the 2018 conference was "Big things have small beginnings" and highlighted the 30th anniversary of Redcliffe U3A. Our delegates found the event to be interesting and informative and offered opportunities to Network with members of other Qld U3As.

The 2019 Qld State Conference will be held in Bundaberg.



*L-R: Leone Cusack, Liz Watson, Irene Bridgeman and May St. John.*



It was a very great honour for David and Rhonda Weston to accept this Australian Government Volunteer Award from Federal Member for Groom Hon. Dr. John McVeigh MP.

The volunteers in U3A are the most generous volunteers and we would not have an organisation without each and everyone of you. We share this honour with you all.

## 'As the Crow Flies...'

Winter is upon us, a time of travel for many to warmer climes, or moving house, resulting in some changes to our U3A groups here in Crows Nest.

Delighted that Julie Nairn, a champion supporter of U3A in Crows Nest, continues to offer her two classes. The new course of 'Medieval Women Mystics' has been popular, delving into the remarkable lives of women such as Julian of Norwich and Joan of Arc to name a couple. This course of 10 weeks will be offered again in Term 3 and Term 4. Julie's course in 'Celtic Spirituality' is popular with the new group this year. Some on her waiting list will start this course in Term 3. If others are interested please contact Julie as there are some places available in this class starting Term 3. Great opportunity for a fascinating study. A happy welcoming group.

What a cheerful lot the Mahjong group is! Thank you Sue Groom. They continue to learn new strategies and enjoy themselves. 'Symphonic Sounds' organised by Sally and Ken Johnson is attracting greater interest. They have appreciated and enjoyed works by the great composers such as Hayden, Mozart, Beethoven, Tchaikovsky and Brahms as well as group choices such as Grieg's "Finlandia" and Bryn Terfel's "Going Home". For all lovers of music. New members welcome.

A warm thank you to Graham Blackman, who has led a stimulating course in 'Australian History' with plenty of participant input. Topics this term such as the Suffragists, Industrial relations around the Harvester case, the Conscription Debates, Red Flag Riots, and the first terrorist attack at Broken Hill in 1915 were a real eye opener! Graham will be back in 2019.

We farewell Wayne Smith who helped many learn basic computer skills in accessing information. Thanks for your time and patience Wayne. Graham Moore, with his group offering 'Internet, Cloud and Social Media', kindly offered places to members of Wayne's group. You are appreciated Graham, for helping out and offering your broad range of skills to this diverse group.

Karen Rowe [Family History] came out from Toowoomba briefly this term to pass on her skills to a keen group of locals wanting to get on researching and organising their family history. Thank you Karen. We need another person prepared to assist this keen group in their exciting adventure. Can be addictive and lots of fun! Never know what you might discover.

Other Crows Nest groups continue to gather for fun and friendship and the learning of new skills. Thanks to Marita and David Rayner [Ukulele], Dianne Mesner [Mosaics] and Ken Murchison [Discussion] for your continued support of U3A in Crows Nest.

A very warm thank you to all those wonderful people who joined our classes. If you have particular requests for next year please give me a ring. Will see what can be organised.

Anne-Marie Villiers, thank you for your support and encouragement and for stepping up when I could not be in two places at the one time. Another super supporter and participant.

To those not local, note the distance from Toowoomba to Crows Nest is the same in reverse. You are welcome!

Enjoy warm fires and good health.

*Penny Protheroe*  
Crows Nest Coordinator



*Graham Moore, computers.  
Part group with new members*



*Mahjong Group,  
2018*

## CROWS NEST CLASSES

Friday 9:00 – 11:00 Crows Nest Library	<b>CROSSWORDS</b> Dates – 27th July, 10th, 24th August, 7th September	Yvonne Jackson
In Recess	<b>INTRODUCTION to INFORMATION TECHNOLOGY</b> Wayne has moved from Crows Nest. We wish him all the best and thank him for his time and patience.	
In Recess	<b>GENEALOGY – CROWS NEST</b> <b>Tutor not available</b>	Karen Rowe



## AIRPORT AMBASSADORS

U3A in Toowoomba Inc. is known for "looking outside the box" and taking steps into the unknown.

Our negotiations with Wellcamp Airport certainly fit into this category and I thank the many members who have indicated interest in this initiative. Our members who are on our mailout list received this flyer early in June and have responded quickly.

For this to proceed we will need approximately 50 volunteers so there is still room for you to put your name on the list. All available details are on the flyer and when we have sufficient numbers a meeting will be held to discuss and progress this activity.

(To participate you need to be contactable by email).



## AIRPORT VOLUNTEER PROGRAM

EXPRESSION OF INTEREST

**Toowoomba Wellcamp Airport** is launching a volunteer program with the support of **U3A Toowoomba** - and you are invited to join in! The program will compliment the existing services at the Airport by providing valuable support to passengers and visitors. The program will commence as soon as possible.

### VOLUNTEER DUTIES

Volunteers will often be the first point of contact for arriving and departing passengers. Working in shifts to meet all arriving and departing flights, volunteers will make themselves available across the terminal to provide:

- visitor, airport and transport information;
- assistance to parents with children;
- luggage assistance; and
- mobility assistance.

### VOLUNTEER QUALITIES

A Wellcamp Volunteer...

- has the ability to work co-operatively in a team.
- is passionate about Customer Care.
- has a good general knowledge of the region.
- possesses well developed communication skills.
- is outgoing, friendly and has a can-do personality.
- can travel to and from the Airport independently.
- is an Australian Resident.

### VOLUNTEER BENEFITS

Wellcamp Volunteers will receive:

- an behind-the-scenes experience to learn about the inner workings of an airport;
- a branded U3A and Toowoomba Wellcamp Airport shirt, which can be worn together with their U3A name badge and comfortable smart-casual attire.
- complimentary parking when performing volunteer duties at the airport;
- tea, coffee and a snack whilst on duty; and
- relevant training.

### EXPRESSIONS OF INTEREST

If you are interested in becoming a volunteer at Toowoomba Wellcamp Airport, please send your expression of interest directly to:

[u3atoooomba@bigpond.com](mailto:u3atoooomba@bigpond.com)

More detailed information will be provided to respondents once all expressions of interest have been received.



1511 Toowoomba - Cecil Plains Road Wellcamp Queensland 4350  
[www.wellcamp.com.au](http://www.wellcamp.com.au)



FRIDAY LUNCH GROUPS	20th July	17th August
<b>Group A (12 noon)</b> Chris Jordan	Kingfishers Café 333 Spring Street	Christopher's, Blue Mtn Hotel 264 New England Highway
<b>Group B (12:30)</b> Joan Daly Hazel Fusae 4613 3476	The Bavarian Grand Central Shopping Centre	Urban Grounds Café 210 Herries Street
<b>Group C (12 noon)</b> Debra Dollisson	Two Birds Café 2 Duggan Street	Thai on High, Meibusch Street Rangeville
<b>Group D (12 noon)</b> Lorna Hopgood	The Sauce Kitchen 1 Station Street	The Spotted Cow Cnr Campbell and Ruthven Sts

## NEW COURSES

Wednesday 11:30 – 1:30 PPC Austral Room	<b>ARCHAEOLOGY of ANCIENT AUSTRALIA Part II</b> Conducted tour Gumbi Gumbi Gardens USQ, Famous Aboriginals, Extinction Aust. Megafauna, Eddie Mabo case. 3-4 Places available. No need to have attended Term 2 classes.	Bruce Arthur
Friday 8:30 - 11:00 Croquet Club Cnr Arthur & Lindsay Sts	<b>GOLF CROQUET</b> Easy version of Croquet, teaching basic mallet skills.	Beth Sutcliffe
Tuesday 9:00 – 11:30 Ramsay St Ask Tutor	<b>LOCAL NATIVE PLANTS</b> A one-term course, part theory, part practical. Learn about the plants by our local roadsides, on our farms and in our National Parks and nature reserves. There will be some simple botany to help with identifying and understanding the plants, but not too much difficult jargon or botanical names. We'll talk about how plants work in the ecology, and how to grow the best plants to attract birds and butterflies to your garden. A practical session on growing the plants will follow as we work with the volunteers of the new Toowoomba branch of the Crows Nest Community Nursery.	Trish Gardner
1 <sup>st</sup> Friday each month, time depending on movie	<b>MOVIE GROUP—EXPRESSIONS OF INTEREST</b> I am looking for people interested in forming this group. If there is enough interest, we will commence in Term 4.	Dianne Turner
Ask Tutor	<b>NUTRITION AND AGEING-EXPRESSIONS OF INTEREST</b> The importance of nutrition in auto-immune disease. This contributes to chronic inflammation, which is characteristic of the chronic diseases of ageing, including overweight and obesity. The course to focus on this health problem area. It would be descriptive (less background science) and suitable for a wider range of people.	Aub Egan
Wednesday 1:30 – 3:30 227 Spring St Middle Ridge	<b>ORIGINS of the BIBLE</b> The course returns with a fresh look at the Book of Genesis. Part 1: Adam & Eve to Noah, Part 2: Abraham to Jacob. This collection of myths has caused more controversy among Christians than any other part of the Bible except the New Testament Book of Revelations. Experience the opinions of reputable 21 <sup>st</sup> century scholars on this topic. See why Eve is called the "mother of the human race". The course is non-sectarian and avoids theological controversy. Bible and notes provided.	Ted Hanlon
Thursday 9:30 - 11:00 89 Anzac Ave	<b>STEPPING STONES-MEDITATION</b> Meditation to tame and master the Mind, Calm the Body and regulate the Emotions. Stepping Stones are guided Mindful Meditations to attain personal liberation and move towards wholeness, soothing the Body-Mind and freeing the soul. Each Stepping Stone is a specific tool, a skill to enable you to proceed to the next step. When all the steps are in place you have a useful path to liberate and empower the self. When using these tools in daily life your awareness is heightened, and you may experience the world in a more spiritual sense, gaining access to your intuition by building a stronger connection between your personal and the higher self.	Vicki Grinham

## CLASS INFORMATION CHANGES

Thursday 2:00 – 4:00 PPC Austral Room	<b>ANTARCTICA: EXPLORATION &amp; ECOLOGY-Vacancies</b>	John Pryce-Davies
Wednesday 9:00 – 11:30 Stuart St	<b>BRIDGE FOR BEGINNERS-New day and Vacancies</b> The classes will teach bidding, declarer play and defence by experienced teachers.	Dave Roberts
Wednesday 11:30 – 1:30 PPC Playhouse	<b>CHESS-New Contacts for Term 3</b> Social Chess only this term. Come along to the gymnasium of the mind.	Barbie Sealey Charlie Russell
Thursday From 9am PPC Playhouse	<b>CIRCLE DANCE-Vacancies</b> Vacancies for beginners are now available in Circle Dancing. Circle Dance is a blend of folk and meditative dance; no partner is needed and both men and women are welcome. Beginners to start at 9 am on Thursdays from the beginning of Term 3. Continuing dancers will join in at 9.30.	Michael Rooke
Tuesday Fortnightly 9:00 – 11:00 Ask Tutor	<b>CREATIVE WRITING-New Tutor</b>	Helen Muller
Monday 11:30 – 1:30 PPC Playhouse	<b>CRYPTIC CROSSWORDS-INTERMEDIATE</b> Practice and revision class for people who have completed the beginner's class this year or in previous years. Also suitable for people who can do cryptic crosswords in magazines and would like to consolidate their skills.	Lorna Hopgood
Thursday 12:30 – 2:30 SDA, 669 Greenwattle St	<b>DINKY-DI BUSH BALLADS and COUNTRY-New venue and vacancies</b> If you can play a melody, strum along, enjoy singing songs, or just experiment with percussion instruments, then come along and join this happy group. It's loads of fun.	Joyce Ridgway
Friday 10:00 – 12:00 SDA, 669 Greenwattle St	<b>GUITAR JAM SESSION-New Tutor</b>	Joy Farquharson Bruce Arthur
Thursday 2:00 – 4:00 89 Anzac Ave	<b>HEALTHY WEIGHT FOREVER-New Venue</b>	Vicki Grinham
Wednesday 11:30 – 1:30 SDA, 669 Greenwattle St	<b>HERBS and SPICES-New Day and Venue</b> Learn the nutritional value of vegetables, health properties of common herbs and spices and how to incorporate them into your daily diet. Ayurvedic, TCM and western herbalism.	Beau or Carol Baudistel
Thursday 9:00 – 10:00 Joyce's Place	<b>HOW TO READ MUSIC-Vacancies</b> For those who would like to learn music from the very beginning. This will be done over a period of two terms and in a slow and more thorough manner. You will be required to bring a few things with you for these classes. Folder for handouts, pencil or Biro, and a ruler.	Joyce Ridgway
Thursday 3:00 – 5:00 T'ba Bowls Club	<b>LAWN BOWLS – Lindsay Street-Vacancies</b>	Ruth Farr
Thursday 2:00 – 4:00 PPC Playhouse	<b>LEAD LIGHTING for BEGINNERS-Two positions available</b>	Maria Zielke

**CLASS INFORMATION CHANGES Cont'd**

Friday PPC The Lab	<b>ANDROID PHONE and ANDROID TABLET - T3 and T4</b> Users of either android tablets or phones are welcome to the combined class.	Jeff Martens
Thursday 2:00 – 3:30 PPC Playhouse	<b>MINDFUL LIVING-New Time and Vacancies</b>	Janine Hills
Thursday 1:00 – 4:00 Art Society Godsall St	<b>OIL PAINTING-Resuming 26th July</b>	Catherine Ketton
Wednesday 9:00 – 11:00 PPC Playhouse	<b>PASTEL DRAWING-Vacancies</b>	Stephen Jones
Friday 2:00 – 4:00 PPC Playhouse	<b>RAMBLING WRITERS-Vacancies</b>	Irene Bridgeman
Monday 9:00 – 11:00 PPC Austral Room	<b>ROUND TABLE DISCUSSION GROUP-New Tutor, Class name and Format</b> (was DISCUSSION GROUP – Morning) Members introduce subjects that have amused, annoyed, angered or inspired them to the table, where they bounce around the group, meeting agreement or sometimes fuelling intense debate.	Wendy Briggs
Tuesday 2:00 – 4:00 PPC Playhouse	<b>SING....SING A SONG-New Phone Number</b>	Jeannette Zeller
Friday 11:30 – 1:30 PPC Studio	<b>SING....SING A SONG OF SIXPENCE-New Phone Number</b>	Jeannette Zeller
Wednesday 9:30 – 11:30 SDA 669 Greenwattle St	<b>SING-A-LONG SINGERS-New Venue and Vacancies</b>	Joyce Ridgway
Tuesday 9:00 – 11:00 PPC Austral	<b>SINGING FOR FUN-New Tutor</b>	Barry Lotz
Wednesday 11:00 – 1:00 Dianne's Place	<b>SUDOKU – EASY-Vacancies</b>	Dianne Turner
Start 12:15	<b>TUESDAY LUNCH GROUP</b> 3rd July Vietnamese Restaurant, Margaret St 17th July Wendland Fine Foods, Bridge & Mary 7th Aug Wendland Fine Foods, Range Shopping Ctr 21st Aug West Lake Chinese, Anzac Avenue 4th Sept Wrangler's Bistro, Anzac Avenue 18th Sept Wyalla Pump, Taylor Street 2nd Oct A Bowl of Nourishment, Prescott Street	Irene Earsman

**CLASSES IN RECESS**

**COMPUTER SKILLS** – with David Orton on Tuesday  
**THE NANNAS & POPPAS** – No lead guitarist available  
**SILVERCRAFT & SILVERWIRE** – Tutor retiring, thank you Aileen for your wonderful Tutoring.  
**Colin's iPADS** - Back in Term 4  
**FOOD & NUTRITION** – Returning 2019  
**ITALIAN LANGUAGE INTRODUCTION**—Erroll Klibbe

**WANTED**

**Harmonica Player**  
 Contact Joyce Ridgway  
[joyce.ridgway@bigpond.com](mailto:joyce.ridgway@bigpond.com)



## *New Interests - New Friends*

**Return Address:**

U3A in Toowoomba Inc  
PO Box 404  
DRAYTON NORTH 4350

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QLD 4350


**CONTACT DETAILS**

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: May St. John - 0408 775 446  
SECRETARY: Irene Bridgeman - 4636 3316  
TREASURER: Liz Watson - 4659 0201  
TUTOR COORDINATOR: David Weston - 4613 6559  
MEMBERSHIP OFFICER: May St. John  
Committee: Peter Bright, Mick O'Mara, Leonie Cusack, Anna Carson, and Trish Cameron

NEWSLETTER COMMITTEE: [u3atoowoomba@bigpond.com](mailto:u3atoowoomba@bigpond.com)  
Editor: Rhonda Weston, Ph 4613 6559 : Compiler: Trudy Graham

CROW'S NEST COORDINATOR: Penny Protheroe, 4698 2021  
PITTSWORTH COORDINATOR: Lyndall Madden, 4693 2510  
WEBMASTER - Des Venz  
ARCHIVIST - Diann O'Mara  
PHOTOGRAPHER - Dianne Turner