

GLOBAL FRIENDSHIPS THROUGH U3A

One of the very many benefits of belonging to U3A is the global friendships to be made.

Ian Byers from Bridlington, Yorkshire in the U.K. contacted Toowoomba U3A a year or two ago when he was planning a trip to Australia, to see if he could meet up with our walking group.

Anna Carson, our Walking Group tutor (and current committee member) contacted him, and he came along for a walk. I was unable to be there that day but contacted Ian and his delightful wife Christine, and after their return to the UK, we kept in touch through Facebook.

I finally met Ian and Christine in Toowoomba during a later visit they made to Australia and arranged to meet up with them when I was in the UK.

Late in August, they travelled over to Almondbury, UK, where I was staying with my father, who turned 95 on 3rd September.

We spent a lovely day with them at the Yorkshire Sculpture Park and had a meal at a very quaint English pub.

When we parted company, it felt like we had known each other for years. My dad and Ian had chatted away like long lost friends, yet had only just met.

During my visit, I also met up with Barbara Ashton. Some of you may remember her as a Tap Dance Tutor in Toowoomba. Barbara left a couple of years ago to return to her previous home in Berwick in the UK.

It really is a small world, but thanks to U3A, a huge potential exists for meeting and staying in contact with people across the globe.

Liz Kennedy



Liz Kennedy and Barbara Ashton

Ian Byers (red t-shirt) with the Walking Group, Toowoomba, 2015



WE EXTEND
A WARM WELCOME TO

115

NEW MEMBERS
WHO JOINED IN TERM 3

CALENDAR

2017

TERM DATES

TERM 4 OCT 9–DEC 1

U3A SHOWTIME DEC 5

2018 - TERM DATES

TERM 1 JAN 29 TO MAR 29

TERM 2 APR 23 TO JUNE 22

TERM 3 JULY 16 TO SEPT 14

TERM 4 OCT 8 TO NOV 30

**TUTORS, PLEASE NOTE
2018 COURSE BOOK
DEADLINE
NOVEMBER 11**

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PRESIDENT'S REPORT

One of the key reasons David and I chose Toowoomba as our retirement home was the definite four seasons that nature provides for us here. Spring in Toowoomba - the city ready for Carnival of Flowers - is indeed a beautiful sight and one each of us can appreciate and be grateful that we call Toowoomba home.

So with a spring in your step as 4th Term nears and you are heading back to your class/activity, take a moment to stop and think if you or someone you know would be able to lead a class/activity in 2018. You all know we do not undertake Membership Drives in U3A in Toowoomba Inc. New members continue to find us without any effort on our part. However, this means that we are always happy to talk to prospective new Tutors. I recently came across these wise words "*The best way to predict the future is to create it*". Remember it is **your** U3A.

Your Management Committee has made several changes to procedures in recent months to ensure we have best practice for 2017 and ongoing. We now have EFTPOS facilities, for Membership Fees only. Look in your 2018 Course Book in January for details on how to renew by this method. Class Fees cannot be paid via EFTPOS and will still be paid in cash or by cheque.

If your class is held in the Austral Room, Studio Room or The Lab, you will notice that Air Conditioners have been installed during the holidays. The Philharmonic Performance Society has contributed a small amount towards the cost of these units.

We do not have a Wi-Fi hotspot, nor is Wi-Fi available for your personal use. Of course, it is available to classes who use the internet for U3A activities.

Since 2011 U3A in Toowoomba Inc. membership has continued to grow annually by 10%, however at the time of writing we have reached 1960 members, a 12% growth. We have a great organisation, offering a quality product and each of us must strive to ensure that status continues.

Rhonda Weston

PITTSWORTH HAPPENINGS

Despite the chilly weather and the dreaded 'lurgy' hovering about, Pittsworth Groups have held up remarkably well in Term 3. Those who are also Pittsworth Art Group members are working towards the Spring Art Exhibition programmed for early October. Some of the members are gadding about Australia at this time of the year, chasing warmer weather.

Our Lunch Club had a relaxing and enjoyable lunch at the Brookstead Pub in August and our final lunch for Term 3 is at the Hotel Motel on 15 September, the last day of term. The Lacemaking Group is working on lace they can use for new grand babies and hopefully items for the Pittsworth Show. The singing groups are working towards end of year concerts and will be in Toowoomba for the U3A Showtime on Tuesday 5th December. There is still interest in the computer classes on a one-to-one basis. Birding is still popular, with two different groups on alternate Thursdays.

Lyndall Madden
Pittsworth Coordinator

'As the Crow Flies...'

With great fanfare and much enthusiasm, over 100 people attended the initial public meeting and U3A Crows Nest was launched in March this year. Thank you Tutors and participants for bringing a great idea into reality! We particularly appreciate all members who actually joined classes.

Bruce Arthur kindly travelled out from Toowoomba to give classes on Ancient Greece. Thanks Bruce.

Julie Nairn's Celtic Spirituality group enthusiastically returned for another term of exploring the traditional stories, poems, prayers and insights of Celtic Spirituality which enhance our lifestyle and encourage our journey of life in the twenty-first century.

Wayne Smith has helped each member of his beginner IT group with endless patience, in spite of the variety of operating systems and computers presented.

The Discussion Group with Jennifer Savory is a lively lot. They are pleased to welcome people with divergent views. More ladies are encouraged to join!

Mahjong with Sue Groom is seeing increased numbers with two tables of players. They are an enthusiastic group who can't wait to start scoring! A visit by an experienced player will help.

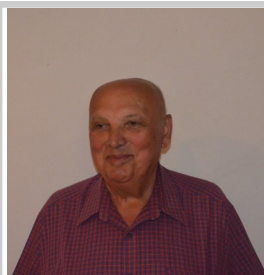
The Mosaic group with Dianne Menser has enjoyed working on their individual projects or those suggested by Dianne. Smashing up pottery can be so exciting.

Anne Neave's Wearable Art group has been set a challenge to create something to wear out to coffee. They are busily hunting Op shops and sorting through their 'stash'.

Ukulele with Marita and David Rayner is great fun. They are such patient, talented and well-organized teachers. Thank you both for travelling out from Toowoomba.

I want to give thanks to our parent Toowoomba U3A for all your help this year; to Rhonda and David Weston for your great support and thanks and appreciation to Julie Nairn, Judith St. John, and Anne-Marie Villiers for help and encouragement on the home front.

Penny Protheroe
Crows Nest Coordinator



VALE JOE SPADARO

A smile speaks a thousand words and our friend and Italian Tutor Joseph Spadaro had such a smile.

U3A has been enriched by the cheerfulness and brightness that came into the room with Joe.

Joe joined U3A in 2012, and he promptly offered to Tutor a class - *Italian for Beginners* - which he offered each year and was leading until his passing on the 10th September.

We will miss Joe on many levels, and those members who have learnt or improved their Italian with Joe's help are grateful for the opportunity to have been a small part of his life.

A true Gentleman, a caring and lovable man and a talented Tutor.

Addio al nostro caro amico

U3A SHOWTIME - Tuesday December 5 Seventh Day Adventist Complex, 669 Greenwattle Street, Glenvale.

As our organisation grows and evolves so do the events that we host. Ever mindful of your comfort, the Management Committee has organised a new and much larger venue for our end-of-year U3A Showtime. Not only will there be ample OFF STREET parking, there will also be ample seating and no-one will need to stand to watch the Drama and Music.

This end-of-year Showtime is to enable groups to share what they have learnt/created during 2017. If your group wishes to be included please book in by contacting:

Art/Craft Peter Bright
Kay Black

Music or Drama Marita & David Rayner

The Management Committee will once again provide a **free** sausage sizzle.

Timetable for the full days events:

<i>Art/Craft Stalls</i>	10 a.m. - 3 p.m.
<i>Drama</i>	10 a.m. - 12 p.m.
<i>Sausage Sizzle</i>	12 p.m. - 1 p.m.
<i>Music</i>	1 p.m. - 4 p.m.

All U3A activities are only successful if **YOU** volunteer to help on the day.

Rhonda Weston - President
David Weston - Tutor Coordinator

SENIORS INFORMATION EXPO.

The 8th Expo was a huge event once again. This enormous undertaking is a success because we have so many wonderful volunteers who assist in many different ways. I am particularly proud of how this event show-cases to the community the way that great outcomes can be achieved when people "just get in and get it done". Thank you, one and all.

The 75 organisations on display, with some 30 organisations on the waiting list for 2018, prove that events of this calibre for Seniors are an essential item on our calendar, and very important to our community. Feedback indicates that organisations benefit from this day, not only promoting and sharing their business or group but by networking with other organisations which, in turn, improves the flow of services across our community.

Our appreciation once again to Toowoomba Regional Council for their continued sponsorship of this Expo, and especially to Councilor Geoff McDonald, who officially opens the Expo, for his interest in our organisation.

When Irene Bridgeman had this innovative idea 9 years ago, we never imagined it would evolve into the key Senior's event in our region during Seniors' week.

Thank you, Irene.

Rhonda Weston

FEES FOR 2018 are due 1 JANUARY

If not received by the end of February you will be unfinancial and removed from our database.

HOW THE RENEWING PROCESS WORKS

1. We cannot take payments until **on or after** 1 January. Payment may be by bank transfer, or you may come into the office to pay. We are now able to accept payment by card. Office opening hours for January will be advertised in the course book.
2. Your Course Book for 2018 will be mailed to you early in January. The book will be inside a plastic sleeve, with a cover sheet.
3. Behind the cover sheet you will find your renewal invoice, with instructions on how to pay in the course book.
4. You may phone and book into a class before paying, but you must have paid and have your new badge before term commences in order to attend any class.

WARNING!! PARKING AT THE PHILO

Several members have received \$40 fines in recent weeks for parking on the reserve or on footpaths. There are signs in every room about parking and Toowoomba Regional Council workers are making regular patrols, so please **be aware and avoid a fine**.

NB : Speed limit 10km/hr ONE WAY

NEW CLASSES FOR TERM 4 2017

Thursday 8:00 - 11:00	BIRD BIOLOGY & FIELD IDENTIFICATION Basic bird biology and ID for beginners. Most sessions 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. Run for 7 weeks.	Neil McKilligan
Friday October 13th Dr Price Room Little St 9:30 Cost \$3	CULTURES – FOOD NOT PEOPLE One morning only. Demonstration, tasting and recipes of 3 very common and easily made-at-home probiotics, which help to keep our digestive tract working properly. Learn to make your own yoghurt, kefir (fermented milk or water) and Kombucha (ancient fermented tea) at 1/4 supermarket cost or less. Class members will take home a starter kit for Kombucha.	Barbara Manuel
Monday 10:30 - PPC Playhouse	FUN WITH THE IPAD An investigation into your various iPad functions, and Apps ideally suited for times of relaxation, enjoyment and putting a smile on your face. There are opportunities for student input into what areas may be covered: photos, videos, music, astronomy apps, ABC Radio, Pandora, Spotify, Facebook, Instagram, Podcasts, writing short stories, communication Apps such as FaceTime, Viber, Skype, Messenger, FireChat; playing games, exercise and more. Much depends upon student suggestions and choices.	Colin McGuire
Friday Oct 20 & 27 9:30 Dr Price Room Little St Cost \$5	MINI WICKING BEDS for POT PLANTS Two sessions only, demonstration and discussion on the easy way to keep pot plants alive and looking good. Will even thrive with this method while you holiday for a few weeks. Week 2 - prepare one of your own pot plants for conversion and make a small "never fail" seed-raising bed to take home.	Barbara Manuel
Monday 10:45 - 12:45 PPC Playhouse	THE IPHONE CLASS Much depends upon the needs and preferences of those wanting to join the class - maybe covering Quick and Easy iPhone basics, based on using voice; special iPhone applications such as Apple Pay, basic troubleshooting, and more. Interested? Ring me.	Colin McGuire

EXPRESSIONS of INTEREST FOR TERM 1 2018

Tuesday RSL Highfields Time TBA	ANCIENT BELIEF from STONE AGE to about 100 A.D. This course will be offered from 1 st Term 2018 on Tuesdays. Those interested or who missed out in a place in 2017 are invited to contact Matthew.	Matthew Weatherley
Day, Time and Venue depending on numbers	AUSSIE AUSSIE BUSH BALLADS or PIONEER BASHERS The focus is on Australian Bush Ballads or Stories in song of the Pioneer days of Australia. (eg Botany Bay, Click go the Shears, Drovers Dream etc.) <i>All types of voices and instruments are required for this new venture.</i> If you have the enjoyment of opening your mouth to enjoy songs, whistling OR playing an instrument suitable for bush music (eg. Mouthorgan, fiddle, gum leaf. Lagerphone etc, etc, then please express your interest. If you don't have any musical talent, but you are prepared to learn something to be part of this new venture, then climb aboard the wagon and experience our own bush ballads.	Joyce Ridgway
Time, Day and Venue to be discussed	DOWNSIZING YOUR HOME All you need to know about selling your house, in an informal, simple and consultative fashion. Why and When would I sell? How to go about selling. Are there any pitfalls? What needs to be done to get ready to sell? Tips to prepare your home for sale. Understanding the paperwork and the legalities of appointing an agent. (Legal advice). Also covering getting a contract and explaining this and its implications. (Legal advice.) Ready for the market. Time frames, the pros and cons of how and why to market your property. The process is starting, what to expect. How long will it take. You are the seller, what are your rights? You have a contract, where to now. What could go wrong!	Helen Austin

EXPRESSIONS of INTEREST Cont'd FOR TERM 1 2018

Tuesday 11:30 - 1:30 PPC The Lab	EUROPE IN THE MIDDLE AGES (476 – 1453 AD) This will include such topics as: Charlemagne, the Vikings, Celtic and Anglo-Saxon Britain, the place of women in medieval society, the Gothic cathedral, the first Universities, the Crusades, the Black Death (Plague) and much more!	John Pryce-Davies
Wednesday 2:00 - 4:00 PPC The Lab	EXPLORATION : AUSTRALIA AND THE WORLD This will include such explorers as: Sturt, Mitchell, Leichhardt, Eyre, Burke & Wills along with Cook, Magellan, Columbus etc.	John Pryce-Davies
Friday 9:00 - 11:00 PPC Austral Room	FOOD and NUTRITION This course will provide an overview of the production and consumption of food. The safety and nutritional value of our modern diet and its long term health implications will be reviewed in interactive sessions. Current and controversial issues to be included are the effects of modern diets on wellbeing, life expectancy and degenerative diseases – eg fat v. sugar v. salt, "junk" foods, brown fat, gut microflora, "super foods", alcohol and caffeine.	Aub Egan
Day, Time and Venue depending on numbers	LEARN HOW TO READ MUSIC Have a better understanding of the theory side of music and also know how you can apply it for your own requirements or maybe have a little knowledge which could help the grand-children. This will NOT be set on any examination theory, but to give you a better understanding of the ground rules of reading music and how to apply it on a keyboard. It will be set for the beginner and have the initial ground work right from the beginning. You don't need to have any instrument to learn the basics. If you have no knowledge whatsoever but would like to learn, then you are most welcome. If you want to refresh your knowledge please advise accordingly so I know what you would like to study. If you could spare ½ hour each fortnight this would give time for the information to be absorbed. I would commence in the first term 2018 and maybe the third term.	Joyce Ridgway
Wednesday 11:30 - 1:30 TAFE	COUNTED CROSS STITCH – BEGINNERS Step by step instructions on learning the art of Counted Cross Stitch. Informative advice is given on different types of fabrics, understanding the chart, sewing techniques, thread variances and stitching an actual design. Time and patience required to master this craft. BEWARE! Cross stitch is addictive.	Elaine Reis
	SILVERCRAFT Due to an error in last term's Newsletter we wish to inform our members that this class will recommence in 2018 if there is sufficient numbers. Aileen does not plan to retire just yet!	Aileen Flood

FRIDAY LUNCH GROUPS**20 October****17 November**

Group A (12 noon) Barbara Jonsson	Christophers <i>Blue Mountain Hotel 264 Ruthven Street</i>	Parkhouse Café <i>92 Margaret Street</i>
Group C (12 noon) Jan Preston	Engine Room Café <i>1 Railway Street</i>	Christophers <i>Blue Mountain Hotel 264 Ruthven Street</i>
Group D (12 noon) Lorna Hopgood	Café Valetta <i>96 Margaret Street</i>	Urban Grounds Café <i>210 Herries Street</i>
Group E (12:30) Lina Pervan or Diann O'Mara	The Two Birds Café <i>Duggan Street</i>	Kingfisher Café <i>333 Spring Street</i>

CLASS CHANGES for Term 4 2017

Thursday 9:30 - 11:30 RSL Room Highfields	ANCIENT BELIEF from STONE AGE to about 100 A.D. If you completed Unit 18 of Matthew Weatherley's Thursday course in 2016 and would like to continue in 4 th term this year (2017) please contact Matthew ASAP. There might be a place for you in this term's Thursday course. As requested, the existing Thursday course continues in 2018 on Thursdays with year two.	Matthew Weatherley
Tuesday 2:00 - 4:00 PPC The Lab	BASIC COMPUTING SKILLS with David This course covers Windows 8 & 10, Email, Web-browsing, File management, Virus & Malware, Displays including television, other ways to use and display in the home, etc.	David Orton
Tuesday 1:00 - 3:30 Tba Art Society	BOTANICAL ART at Toowoomba Art Society Contact and Time Change.	Jane Dalby Andy Yates
Friday PPC Lab 9:00 - 11:00 11:30 - 1:30 2:00 - 4:00	COMPUTER CLASSES with Jeff Martens For Term 4 Windows 10 & Office 2016 - Advanced This course is for people who have had some experience with Windows and Office. Bring your own Windows 10 laptop. The aim is to give you an introduction to basic operations using Office – Word – Excel – PowerPoint etc. There may be a loaner laptop available. Android Phone No changes – Refer to the Course Book Windows 10 & Office 2016 - Beginners This course is for people who have had some experience with Windows and Office. Bring your own Windows 10 laptop. The aim is to help you become familiar with the Windows 10 desktop and Office menus. There may be a loaner laptop available.	Jeff Martens
Thursday 11:15 - 12:45	ENJOYING MATHEMATICS – Beginners Noel is Back.	Noel Lipp
Thursday 9:15 - 10:45	ENJOYING MATHEMATICS – Continuing Class Held in the Toowoomba Historical Society Rooms Lindsay St.	Carolyn Roberts
	GENEALOGY Change of tutor, 4th term only.	Christine Mackay
Day & Time ask Tutor Toowoomba Bowls Club Lindsay St	LAWN BOWLS Learn the art of playing bowls. We have a qualified coach and tutor prepared to take a group for lessons. A minimum of six needed for this to proceed. No maximum limit.	Ruth Farr
Thursday 2:30 - 4:00 PPC Studio	MINDFUL LIVING Mindfulness practices are simple tools to be used in everyday life to manage stress and live life in the present. The 8 week course is practice-based, with weekly handouts and suggested home practice.	Janine Hills
Monday 9:00 - 11:00 PPC The Lab	OUT of the BOX – iPADS – Resuming after a break A Simple easy-to-grasp beginner's course for those with a new iPad, or a refresher for those who struggle to get their head around the iPad technology.	Liz Kennedy
Wednesday 9:00 - 11:00 PPC The Lab	SHAKESPEARE – The Comedy of Errors Commencing week two, (Oct 18) away for first week.	Helen Forster
	SILVERCRAFT Due to an error in last term's Newsletter we wish to inform our members that this class will recommence in 2018 if there are sufficient numbers. Aileen does not plan to retire just yet!	Aileen Flood

CLASS CHANGES for Term 4 2017 Cont'd

Thursday	WALKING GROUP – Just the one contact.	Anna Carson
Tuesday 9:30 - 11:30 1:30 - 3:30 Glenvale	WOODTURNING – Groups 1 & 2 Learn basic wood turning, design and tool sharpening skills from beginner to intermediate standard. First four participants will be in the morning class, the remainder in the afternoon class.	Keith Gwynne

CLASSES IN RECESS or NOT CONTINUING

ANCIENT HISTORY - GREECE with Bruce Arthur – In recess until further notice
ANTARCTICA – Having a break, returning in 2018
CROWS NEST CRYPTIC CROSSWORDS – In recess until further notice
CROWS NEST LAWN BOWLS – Not continuing
DOODLE ZEN – Having a break in Term 4, back Term 1 2018
HEALTH & MOVEMENT – In recess until further notice
HERBS & SPICES - Having a break in Term 4, back next year
HYPNO-MEDITATION - Having a break in Term 4, back Term 1 2018
METAPHYSICAL CONCEPTS – In recess until further notice
SPACE EXPLORATION – Having a break, returning in 2018
THE DRAWING GROUP – Not continuing
WORLD'S GREAT ARCHAEOLOGICAL DISCOVERIES with Bruce Arthur – In recess until further notice
YOGA with Jan Sissman – Not continuing

CROWS NEST—New CLASS for Term 4 2017

Day, Time and Venue depending on numbers	SYMPHONIC SOUNDS This course is designed to be un-designed and to evolve. We will be listening to classical music and talking about it. We are not experts, but appreciate this sort of music and hope we will entice like-listening people, from un-initiated beginners to local maestros. We envisage a two-hour session with a major piece, and a break for discussion and refreshments, followed by shorter pieces - but you may know better.	Ken Johnson
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CROWS NEST—EXPRESSIONS OF INTEREST FOR 2018

Day, Time and Venue depending on numbers	UNDERSTANDING BEHAVIOUR BY CHOICE Based on the Choice Psychology of William Glasser, we look at how different people see the world quite differently; what motivates our behaviour and how can we be the person we really want to be, recognise choices and opportunities, clarify our values, and get things to happen that we want. Will lead to "How Newton and Einstein cracked the reality code" and "how Einstein knew reality can't work by quantum theory."	Don Protheroe
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TUESDAY LUNCH GROUP - Irene Earsman

Start 12:15	17 th Oct: <i>Sauce Kitchen</i> - Station St 7 th Nov: <i>Sth Tmba Bowls Club</i> - Hume St 21 st Nov: <i>Shamrock Hotel</i> - Ruthven St	5 th Dec: <i>Sofra Turkish Cuisine</i> - Margaret St 19 th Dec: <i>Southtown Royal Thai</i> - South St
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New Interests - New Friends

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