

### Sharing the U3A message around the world

Our commitment to Lifelong Learning is enriched when we can share our experience with others. Not just seniors in our community, but seniors in other countries and cultures. We grow as individuals and as an organisation as we share our knowledge and learn from others.

We were delighted to have the opportunity to host Asst Prof Kiriboon Jongwutiwes, Ph.D and seven of her colleagues from Silpakorn University, Bangkok, Thailand, when they included U3A Toowoomba in their recent Study Tour in Australia. U3A in Silpakorn only commenced this year and are researching ways to provide the U3A model that best suits their culture.

A big Thank You to our Tutors and classes - Singing for Fun, Europe in the Middle Ages, Mah Jong, Drawing ABC, Sing....Sing A Song and Yoga, who were happy to share with our visitors.

Members of our committee, May St. John, Anna Carson, Trish Cameron and David Weston joined me in explaining our organisation to our visitors. U3A in Toowoomba Inc. has always been aware of the responsibility it has to "make a difference" to the lives of seniors wherever it can.



Asst Prof Kiriboon Jongwutiwes and her colleagues with President Rhonda Weston and some of the U3A in Toowoomba Committee members

**Term Newsletters advise members of New Classes or Major Changes to existing classes ONLY.**

**For all other information, please refer to your Course Book.**

WE EXTEND  
A WARM WELCOME TO  
**70**

NEW MEMBERS  
WHO JOINED IN TERM 3

### CALENDAR

**2018**

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

**U3A SHOWTIME.....TUES DEC 4**

**TERM 1, 2019 ....TUES JAN 29**

**ALL TERM DATES FOR 2019  
ARE ON OUR WEBSITE.**

### TUTORS PLEASE NOTE 2019 COURSE BOOK DEADLINE

**31 OCTOBER 2018**

**SEND YOUR COURSE INFO  
TO TUTOR COORDINATOR  
BEFORE THAT DATE  
TO AVOID  
MISSING OUT**

**E & O E**

### IN THIS ISSUE

<b>SHARING THE U3A MESSAGE .....</b>	<b>1</b>
<b>PRESIDENT'S REPORT.....</b>	<b>2</b>
<b>VALE, AILEEN DUNKLEY .....</b>	<b>2</b>
<b>SENIORS EXPO REPORT .....</b>	<b>2</b>
<b>U3A AND WELLCAMP</b>	
<b>AIRPORT AMBASSADORS ...</b>	<b>3</b>
<b>CROWS NEST NEWS .....</b>	<b>3</b>
<b>CROWS NEST CLASSES .....</b>	<b>3</b>
<b>CARING FOR CARERS .....</b>	<b>4</b>
<b>HISTORY BOOK .....</b>	<b>4</b>
<b>WANTED .....</b>	<b>4</b>
<b>LUNCH GROUPS: FRIDAY .....</b>	<b>4</b>
<b>NEW COURSES 4TH TERM ...</b>	<b>5</b>
<b>PITTSWORTH CLASSES .....</b>	<b>5</b>
<b>CLASSES IN RECESS .....</b>	<b>5</b>
<b>CLASS CHANGES .....</b>	<b>6</b>
<b>EXPRESSIONS OF INTEREST</b>	
<b>FOR 2019 .....</b>	<b>7</b>
<b>CONTACT DETAILS .....</b>	<b>8</b>

**PRESIDENT'S REPORT**

As we head into Term 4 and you are all busy planning your Christmas parties, spare a thought for your Tutor Coordinator who is busy sourcing new Tutors for 2019.

As I write this in early September our membership stands at 2110. You all know that our biggest challenge is finding enough volunteer Tutors to cater to this growing membership. People join U3A with the expectation that they will receive the opportunities of learning that we say we offer. However it is not the sole responsibility of the Tutor Coordinator or the Management Committee to find these Tutors. Our Constitution clearly states *The association is a mutual aid, self-help movement*. This means that you must take some responsibility to ensure that your U3A continues into the future.

David and I recently joined U3A Warwick to celebrate 25 years of U3A there. They are a small group, but nonetheless they are very active and enthusiastic. It was interesting to note that the Mayor, Tracy Dobie and the Southern Downs Regional Council are very proud and supportive (financially) of Warwick U3A. I was delighted to meet Mayor Dobie and hear of her passion for the Southern Downs. U3A in Toowoomba Inc. was instrumental in starting and mentoring U3A Warwick in their early years. Warwick is one of four U3As started by U3A Toowoomba.

We recently had a visit from U3A Silpakorn, Thailand while on a Study Tour in Australia. See the report on page 1. We were very pleased to be able to share our knowledge with them and they were keen to take on board information to assist them going forward.

Continuing our "Hands across the world" our Japanese Class regularly has shared lessons via Skype with members of Sister City, Takatsuki's Senior's English Language Class. Members of our Japanese class will be visiting Takatsuki when travelling in Japan during Term 4 with their Tutor George Goodsell. A big Thank You to George for organising and leading this exchange.

Enjoy Term 4.

*Rhonda Weston*

**VALE AILEEN DUNKLEY**

Good Tutors are the cornerstone of U3A and it saddens us all when we lose them. Aileen tutored several writing groups over many years. Her wicked sense of humour and her happy attitude as well as her expertise will be sorely missed.

I share with you a tribute to Aileen from one of her grateful students.

*Rhonda Weston*

**A TRIBUTE TO A GRAND LADY**

A few years ago, I had the privilege of meeting and becoming friends with Aileen Dunkley through U3A.

Sadly, Aileen recently passed away. I have lost a very good friend and mentor. However, Aileen did not seem afraid of what is to come to all of us eventually. In fact, she was making plans for our class to continue when she was still very ill. She did not complain. Aileen will be missed by all of us who had the privilege of knowing her.

Aileen encouraged us, through our Creative Writing Classes, to write and to know that what we were doing is important. She especially encouraged me to continue with my stories and thoughts.

Aileen had a great sense of humour, a real knowledge of the world and she imparted this to us in our classes. On the personal side she prompted me to continue my writing and critiqued what I had done, with superb knowledge, and has given me a real sense that what I am doing is good.

Please know, Aileen, you will be sorely missed by each and every one of us. I, however, know you are somewhere out there causing some havoc with your shenanigans and expertise.

RIP my dear friend, Aileen Dunkley.

*Donna Lynn Duritsa*  
your student

**SENIORS EXPO**

A big Thank You to everyone who volunteered their time and energy to help at the 2018 Seniors Expo. The 9<sup>th</sup> Annual Expo was the usual success and showcased the many organisations that offer services for seniors. Our thanks also to Hume Ridge Church of Christ, who once again were most accommodating with the venue.

Over the nine years that U3A in Toowoomba Inc. has been organising this event, thousands of Toowoomba and District Seniors have benefited by knowledge gained from chatting to stall holders. We have even been able to introduce similar groups to each other.

A great idea from Irene Bridgeman 10 years ago. U3A can only continue to be the valuable community organisation that it is with the generous assistance of its members.

*Rhonda Weston*

## U3A & WELLCAMP AIRPORT VOLUNTEER AMBASSADORS

Our new venture, Airport Ambassadors has launched with great enthusiasm from our team.

We commenced in plenty of time to have our volunteers settled in prior to Carnival and some were lucky enough to share the airport with Keith Urban. The Management at Wellcamp Airport is extremely grateful to U3A for the enthusiastic and generous way we have responded to this community project.

As many of our ambassador team are themselves travellers, and will sometimes miss shifts, we have vacancies for 6 more to join us in October.

Please email [u3atoowoomba@bigpond.com](mailto:u3atoowoomba@bigpond.com) if you would like to be a part of this venture.

*David Weston* – Tutor Coordinator



Left to Right: David Weston, Rhonda Weston, Sara Hales, Izelle Barnard, Con Foley and Allan Langdon

## 'As the Crow Flies...'

As the drought bites harder, those on rural properties in particular find that a much greater effort is required to keep animals and plants alive, with little or no time or energy for fun activities.

The impacts are also felt in our local rural towns. There have certainly been less U3A members able to attend their chosen activities. In addition to drought stress, some are travelling or suffering from the usual round of winter 'bugs'.

Medieval Women Mystics this term had a new enthusiastic class. Their first sessions were devoted to medieval social history before studying in detail the lives of these amazing women. This ten session course is very popular.

Ukulele classes, beginner and advanced, have been quiet this term Marita tells me. Quiet? Not sure about that! There is always so much fun and laughter, as well as ukulele playing, of course.

Many thanks and appreciation to seven of our Tutors for your continued efforts to ensure opportunities for those able to attend.

Wishing all class groups a fun time in Term 4. May we all be refreshed with good rains!

*Penny Protheroe*  
Crows Nest Coordinator

## CROWS NEST CLASS CHANGES

**For all other class information, refer to your Course Book**

TUESDAY 9:30 - 11:30 Crows Nest RSL Community Centre	<b>AUSTRALIAN HISTORY</b>	Graham Blackman
	<b>CRYPTIC CROSSWORDS at CROWS NEST</b> Having a break. Back Term 1 2019	Yvonne Jackson
FRIDAY 1:00 - 2:00 Crows Nest CWA Hall	<b>UKULELE FOR FUN – ADVANCED</b> <b>New Title</b>	Marita Rayner
FRIDAY 2:15 - 3:15 Crows Nest CWA Hall	<b>UKULELE FOR FUN – BEGINNERS</b> A beginner's course for those who want to have fun playing the ukulele.	Marita Rayner



## CARING FOR CARERS OF PEOPLE WITH DEMENTIA

### A NEW WAY TO SUPPORT ISOLATED CARERS

Are you the main carer for someone with dementia?  
Is it hard to attend things because of your caring duties?  
Does isolation or distance make it difficult to meet people?  
Would you like to join a free program, from home,  
and meet others in a similar circumstance?

Carers are invited to join a chat-based six-week group program

- » To connect with other carers in a similar situation
- » To chat from home in a relaxed, informal atmosphere
- » To learn and share information and experiences with others who understand.

#### FIND OUT MORE

Contact the Project Team  
to find out more or  
register your interest.

Project Manager  
carers@cqu.edu.au  
0437 579 695



## HELP WANTED for our 30 year Anniversary Book

Do you have any U3A Newsletters from the early 1990's?

We need your help to find details for our 30 year anniversary book.

Contact Irene Bridgeman,

## WANTED

**The advanced Guitar Jam group** are seeking a competent **drummer** to join the group.

We meet on Friday mornings 10am to 12noon.

Please contact  
**Joy Farquharson**

**Bruce Arthur**

## Family History Tutor in Crows Nest for 2019

Please contact  
**Penny Protheroe** or  
**David Weston**

## Scrabble Tutor for Toowoomba

Please contact  
**David Weston**

FRIDAY LUNCH GROUPS	19 October	16 November
<b>Group B (12:30)</b> Joan Daly Hazel Fusae	Kingfishers Café 333 Spring Street	George Banks Restaurant Cnr Margaret & Ruthven Sts (above old Westpac Bank Bldg)
<b>Group C (12 noon)</b> Debra Dollisson	Crazy Gallagher's Wilsonton Hotel 40 Richmond Drive	Charred Café 2 Margaret Street
<b>Group D (12 noon)</b> Lorna Hopgood	Urban Grounds Café 210 Herries Street	Muller Bros 25-27 Bell Street Mall
<b>Group E (12 noon)</b> Jan Sissman	Federal Hotel Bistro 111 James Street Cnr Geddes Street	Café Valetta 96 Margaret Street

**PLEASE REFER TO COURSE BOOK FOR ANY CLASSES NOT MENTIONED**

**NEW COURSES for Term 4**

Third FRIDAY each month of term 12 noon	<b>FRIDAY LUNCH GROUP E - NEW LUNCH GROUP</b> Enjoy lunch in the company of fellow U3A members at some of Toowoomba's fine restaurants, cafes, pubs and clubs. This new group will be meeting twice each term – see separate list for Term 4 venues. Enrol today to avoid disappointment, or contact me for more information.	Jan Sissman
FRIDAY 9:00 - 11:00 PPC Playhouse <b>Commencing 19 October</b>	<b>MEDITATION MEDLEY</b> Immerse yourself in the practice of a variety of meditations, including Guided Imagery, Mindfulness, Breathing Techniques and Muscle Relaxation. Some have beautiful music, some are inspirational. Room for everyone. Beginners welcome. Come and enjoy the experience!	Kathleen Howell
FRIDAY Start 5 October	<b>MOVIE GROUP</b> Please contact Di.	Di Turner
TUESDAY 11:30 - 1:30 PPC Lab	<b>NUTRITION and AGEING</b> This is a one-term course discussing the role of nutrition in the chronic diseases that develop progressively, particularly with ageing. These include diabetes, heart and circulation problems, the various forms of dementia and long-term effects related to overweight. Topical issues include dieting (fat v sugar v salt, fast foods, supplements and super foods) and the role of gut microflora, alcohol and caffeine. These will be covered and discussed as a group.	Aub Egan
<b>CONTACT TUTOR TERM 4</b>	<b>READING POETRY FOR PLEASURE</b> For those who have favourite poems, and believe that these can be better appreciated when read aloud in a group of like-minded people.	Michael Rooke

**PITTSWORTH CLASS CHANGES**

THURSDAY 3:00 – 5:00 Masonic Hall Short Street	<b>LINE DANCING - NEW CLASS</b> A fun time – if you enjoy movement in good company, then this group is for you.	Barb Vines
Venue & Times Ask Tutor	<b>PITTSWORTH COMMUNITY U3A CHOIR</b> <b>Name Change</b>	Lorraine Barnes

**CLASSES in RECESS**

<b>BALANCE</b> - Bob Reilly on Tuesday <b>COUNTED CROSS STITCH</b> - Elaine Reis, Retired <b>ECONOMICS in ACTION</b> - Mike Smith <b>FRIDAY LUNCH GROUP A</b> - Chris Jordan <b>HEALTHY WEIGHT FOREVER</b> - Vicki Grinham on Thursday	<b>REALITY WORKS</b> – Don Protheroe – Returns in 2019 <b>SUDOKU</b> – Di Turner on Wednesday – returns Term 1, 2019 <b>WOODBURN CARVING</b> – John Masterman on Tuesdays
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## CLASS INFORMATION CHANGES

THURSDAY Archery Range Charlton	<b>ARCHERY—NEW TUTOR</b> Enjoy the ancient art of archery while improving upper body strength. You don't have to be strong. Men and women of varying ages and strengths are successful archers.	Allan Crichton
TUESDAY 8:30 - 11:00 Drayton Bowls Club	<b>CARDS (500 &amp; CONTRACT WHIST)- New Tutor</b>	Ian Kennedy
TUESDAY 9:30 - 11:30 Fortnightly Venue—Ask Tutor	<b>CREATIVE WRITING—NEW TUTOR</b>	Helen Muller
Ask Tutor	<b>CRYPTIC CROSSWORDS – INTERMEDIATE—CHANGE OF VENUE</b>	Lorna Hopgood
THURSDAY 11:30 - 1:30 SDA	<b>HERBS &amp; SPICES—BACK FOR TERM 4</b> 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. <b>VACANCIES</b>	Beau or Carolyn Baudistel
MONDAY From 9am PPC Playhouse	<b>iPAD and iPHONES – BEGINNERS</b> STARTING WEEK 2: for those people new to these devices, wanting to learn basic features and functions important for Seniors, including making free calls, keyboard, Siri, email, messaging, internet, iCloud, Apps, music and books, and of course maps and photos. The approach is based on meeting the needs of Seniors.	Colin McGuire
MONDAY 11:00 - 1:00 PPC Playhouse	<b>iPAD and iPHONES – REFRESHER</b> STARTING WEEK 2: revising key features and functions of the iPhone and iPad, security, maintenance and troubleshooting. Much depends upon the needs, wishes and preferences of the students. The approach is based on meeting the key needs of Seniors.	Colin McGuire
THURSDAY 12 noon PPC Playhouse	<b>MINDEFUL LIVING—New Start Time</b>	Janine Hills
MONDAY 9:00 - 11:00 Holy Name Courts 32 West St	<b>TENNIS – MONDAY MORNING</b>  New players welcome.	Greg Thomas
TUESDAY 12 noon start	<b>TUESDAY LUNCH GROUP</b> 16 Oct - Absolute Grill, Bell Street Mall 6 Nov - South Toowoomba Bowls Club (Melbourne Cup Day) 20 Nov - Zak's, Burke and Wills Hotel 4 Dec - Angel Café, Southtown	Irene Earsman
TUESDAY 1:00 - 2:00 SDA Hall, 669 Greenwattle St	<b>UKULELE FOR FUN – ADVANCED - New Title</b>	Marita Rayner
Ask Tutor <b>NO class on 11 October</b>	<b>Joyce Ridgway's MUSIC and SINGING GROUPS</b> Sing-a-Long Singers - start Wed 3 Oct How to read Music - start Thurs 4 Oct Dinky-Di Bush Band start Thurs 4 Oct Same times as previously advertised.	Joyce Ridgway
FRIDAY 9:30 - 11:30 Art Society Godsall Street	<b>MULTI-MEDIA - New Venue</b> Vacancies.	Ken Matuszczak

<b>EXPRESSIONS OF INTEREST for 2019</b>
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<b>TUESDAY</b> 9:00 - 11:00 Commence 31 January 2019 Highfields RSL	<b>ANCIENT BELIEF, EXPERIENCE &amp; HISTORY from the STONE AGE from about 100AD</b> Those who have completed year one are invited to continue in Year Two, starting Term 1, 2019.	Matthew Weatherley
<b>THURSDAY</b> 9:00 - 11:00 Commence 31 January 2019 Highfields RSL	<b>ANCIENT BELIEF, EXPERIENCE &amp; HISTORY from the STONE AGE to about 100AD</b> Year One of this popular course to commence in Term 1, 2019	Matthew Weatherley
<b>FRIDAY</b> 2:00 - 4:00 PPC Studio	<b>FICTION ACTION</b> Imagine a place you can go to forget about your busy life for a while; a place where you can let your imagination run free. Sound like fun? It is. This course will help you enrich your imagination and improve your writing in a supportive environment. The only rule is to have fun.	Carol Hoger
To commence 2019 Time and venue ask Tutor	<b>John Pryce-Davies POSSIBLE CLASSES for 2019</b> <b>1. BRITISH EMPIRE – RISE &amp; FALL</b> <b>2. EUROPE in the MIDDLE AGES</b> <b>3. VICTORIAN BRITAIN (1837-1901)</b> <b>4. ANTARCTICA; EXPLORATION &amp; ECOLOGY</b> If you wish to do one or more of the above courses please contact the Tutor.	John Pryce-Davies
TERM 1 2019 contact Tutor	<b>GLOBAL ECONOMICS in the DIGITAL AGE</b> What is Money and how is it created? : A brief History of Money : Gold and Silver Standards : Function of the Federal Reserve : The Petrodollar : Currency Wars : The World Bank and the International Monetary Fund : Cryptocurrencies.  The sessions will be illustrated with Power Point and Video Presentations. Participants will be encouraged to contribute to discussions and suggest additional topics of interest for further investigation. Personal Laptops will be useful but not essential.	Bryan Kimbley
<b>MONDAY</b> 9:00 - 11:00 SDA	<b>PERSIAN WONDER –The Making of Modern Iran</b> This course will cover the history of Iran with emphasis on the First Persian Empire (The Achaemenids), Alexander and his successors, the Second Persian Empire (The Sassanids) and the emergence and development of Islamic Persia culminating in the Republic of Iran. There will be special emphasis put upon sources, both literary and archaeological. There are no course prerequisites. Just bring your wit, wisdom and wonder!	Owen Wheatley
<b>WEDNESDAY</b> 9:30 - 11:30 Mount Lofty (Ask Tutor)	<b>PYROGRAPHY</b> An introduction to the art of wood burning using the Razortip machines and pens provided. Techniques are taught on inexpensive plywood. Once mastered you can decorate any raw timber item including furniture, plaques, boxes, wood turned items, etc.	Linda Barrett
<b>WEDNESDAY</b> 2:00 - 4:00 SDA	<b>THE NATURE of SANITY</b> Sanity allows the creation of a shared Understanding: a Society: Superior to single understanding; Manifested as a tribe, community, nation; Its wisdom expressed and accumulated as tradition; Preserved by passing its beliefs onto successive generations; How and Why a civilisation loses its sanity and collapses.	Philip Atkinson





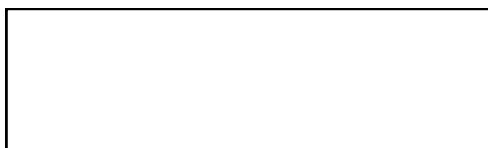
## *New Interests - New Friends*

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