



U3A IN TOOWOOMBA INC NEWSLETTER

TERM 2
2014

UNIVERSITY OF THE THIRD AGE in TOOWOOMBA Inc

PRESIDENT'S REPORT

I have mentioned in previous reports, the fact that our membership is experiencing huge growth; I can only repeat the same message as we progress to Term 2, 2014. We have over 130 more members compared with this date in 2013. Membership to the end of Term 1 is 1318; a great achievement.

The appointment of Trish Dagg, as a part-time paid Office Administrator is proving to be an excellent strategy. Trish has fitted into our U3A family and has taken up the challenge with interest, enthusiasm and professionalism. The service to our Tutors, the positive manner in which prospective new members are welcomed and the continuity of day to day operations all add to the benefits that having the same skilled person in our office each day bring to our organisation. Please call in and meet Trish if you are attending a class at PPC.

Our new classes have been very successful and some so popular that a second session has been provided. Our second campus at *The Cedar Centre* is providing a much needed extra venue. I thank the Tutors who use this facility for the way that they have adapted to the slightly different process and the extra work they do in regard to that process.

The Management Committee is always mindful of their responsibility to provide accurate and efficient management of the organisation. To facilitate productive management we now have a Strategic Plan in place which will provide direction into the future. Recent Legislative changes also necessitated the development of a new Privacy Policy. Read these on our website, or see a copy in the office.

State and National News

You will be aware that I have been invited to speak at the 40th Anniversary, U3A International Conference in Toulouse in June. David and I will be travelling to France and attending this Conference representing Toowoomba and Queensland. I am greatly encouraged by your support and interest in my attendance at this event.

The Chair of U3A Alliance Australia rotates each two years and as Queensland President, I now Chair the National Committee.

At the recent AGM, Brian Luttrell and Paul McDonald did not seek re-election to the Management Committee. I thank them both for the many years that they served on the committee. We welcome May St. John and Peter Fleming to our committee and look forward to working with them and sharing the interest and enthusiasm that they bring.

Rhonda Weston

WE EXTEND
A WARM WELCOME TO THE
273 NEW MEMBERS
WHO ENROLLED
DURING TERM 1

2014 CALENDAR

TERM 2 APRIL 28 - JUNE 27
TERM 3 JULY 21 - SEPT 19
TERM 4 OCT 13 - DEC 5

U3A QLD NETWORK
STATE CONFERENCE
REDLANDS, JUNE 17 & 18
SEE PAGE 5

SENIORS' EXPO
WEDNESDAY AUGUST 20

DEADLINES FOR NEWSLETTER COPY ARE:

TERM 3 - JUNE 27
TERM 4 - SEPT 19
2015 COURSE BOOK
NOVEMBER 21

IN THIS ISSUE

PRESIDENT'S REPORT	1
ACTIVE MEMORY	2
PROFILE PETER FLEMING .	2
TOOWOOMBA EDUCATION	
CAPITAL.....	2
SENIORS' EXPO	2
FLEXI SCHOOL	3
SURVEY THANKS	3
TAP DANCE TUTOR	3
CHANGE OF ADDRESS.....	3
POSTAL CONCESSIONS	3
PROFILE MAY ST. JOHN	4
FRIDAY LUNCH CLUB	4
ART SHOW & CONCERT	4
CLASS INFORMATION	5
PITTSWORTH.....	5
U3A CONFERENCE	5
CLASS INFO CONT'D	6
CLASS INFO CONT'D	7
TUTOR WORKSHOP	7
CONTACT DETAILS	BACK

Get the best out of your brain with ABC Active Memory

We put a lot of energy into working out our bodies, but what about training our brains?

Active Memory is the new online brain training program from the ABC that exercises your memory and challenges the cognitive functions you use every day.

Sign up for a **free trial** and try out your very own personalised brain training program for two weeks.

Why try Active Memory?

- Enjoy personalised brain training which can help you remember things, concentrate on tasks and solve problems
- Learn about your brain and discover new ways of thinking
- Developed in partnership with the University of Melbourne and the Florey Institute of Neuroscience and Mental Health
- Play on desktop, laptop, iPad or Android tablet

Try a **free 2-week trial** or access the full suite of brain games and benefits with a **monthly** or **12-month membership**.

Click on the links above, or copy and paste the following into your browser.

For the free trial -

https://activememory.com/campaign/freetrial/u3a?WT.tsrc=Email&WT.mc_id=Commercial_Commercial-active-memory|U3A_Edm_Toowoomba_Freetrial_email|edm

For monthly membership -

https://www.activememory.com/pricing?WT.tsrc=Email&WT.mc_id=Commercial_Commercial-active-memory|U3A_Edm_Toowoomba_Monthly_email|edm

For annual membership -

https://www.activememory.com/pricing?WT.tsrc=Email&WT.mc_id=Commercial_Commercial-active-memory|U3A_Edm_Toowoomba_Annual_email|edm

PROFILE - Peter Fleming, new to our committee in 2014

Peter Fleming first came to Toowoomba in 1975, having left the land around Moree, where he had spent most of his early life.



In Toowoomba, Peter worked for Pacific Seeds until 1980. He then set up Toowoomba's first privately owned Video Production Company.

Starting business from home, it quickly grew and soon rented premises were necessary. Finally, in 1992, Peter made the commitment to construct and move into his own purpose built premises in Neil Street, where he remained until he sold the business in November 2004, and retired.

Peter was in Rotary for about 14 years and has held a number of positions on the board of The Toowoomba Rotary Club.

Since retiring, Peter has joined The Range Probus Club and U3A, both of which he thoroughly enjoys.



TOOWOOMBA EDUCATION CAPITAL

Toowoomba Education Capital is an initiative to establish and promote Toowoomba as a globally recognised education city, like Oxford for example. A company has been formed to drive the concept and create innovative ways to interact with the education providers and the wider community.

Rhonda Weston, President U3A in Toowoomba Inc., State President U3A Network Qld Inc., National Chair U3A Alliance Australia, is a Director on the Board.

U3A are pleased to endorse this concept and look forward to contributing to solutions to the increasing demand for Lifelong Learning. The catchy phrase, that you can receive an education in Toowoomba *from the cradle to the grave*, is very true. The oldest member of U3A in Toowoomba is 99.



SENIORS' EXPO 2014

FREE ENTRY

Hosted by U3A in Toowoomba Inc and sponsored by Toowoomba Regional Council

20th August 2014 : 8:30am-2:30pm
More information in future newsletters

Volunteers wanted

please phone Irene Bridgeman 4636 3316

CAN YOU SPARE ONE HOUR A WEEK?? FLEXI-SCHOOL IS LOOKING FOR MENTORS

Mentoring Program

In 2009 a few people representing the Flexi School, TOMNET, Rotary and USQ saw the wider possibilities of formally connecting the older men from TOMNET and the youth at Flexi, who needed assistance with literary and language skills, including the ordinary skill of civil conversation. This led to the establishment of an inter-generational mentoring program.

The initial objectives of the mentoring program focused on the development of oral and literacy skills. This has now expanded into conversational activities in which students at the Flexi-School get an opportunity to talk to an older person about matters they might raise or on matters introduced by the mentor. It is an opportunity for these students to find a sympathetic ear as well as learn from the mentor's own life experiences. For a mentor to be successful he or she has to learn to appreciate the particular socio-cultural background of these students.

The Mentoring Program is run through TOMNET in association with the Flexi-School. The program requires more mentors in order to cater for a larger number of students. The mentoring occurs on Thursdays between 9 – 10 a.m. Brief information about the Flexi-School and TOMNET is given below.

Toowoomba Flexi School, in Queensland, is a successful and sustainable alternative education site catering for 70 senior secondary school students who, for one reason or another, became disengaged from mainstream schooling. The students come from a variety of backgrounds and many have been challenged by their life experiences.

The Older Men's Network (TOMNET) is a not-for-profit community organisation established in Toowoomba in 2001 to support older men in regional, rural and remote locations in southern and south-west Queensland. TOMNET facilitates the capacity of older men to participate in and contribute to their local communities, helping members to lead rich and fulfilled lives. You can read more about the Flexi-School at <https://toowoombaflex.eq.edu.au/Pages/default.aspx> and TOMNET at www.tomnet.org.au or contact Francis as below.

IF YOU ARE INTERESTED AND WANT FURTHER INFORMATION PLEASE CONTACT
FRANCIS MANGUBHAI ON 4635 9730

Thank you for participating in my survey on Health and Well-being!

Last year you kindly completed a questionnaire about your well-being and community involvement. I greatly appreciate you taking your valuable time to share your thoughts and feedback. Your input will be used to help community organisations to improve services that support transitions into healthy and successful ageing.

Later this year I will be looking for participants who completed the survey to share their feedback during small group discussions. Please look out for more information in the next few months.

I sincerely thank you for your time and interest in this study.

Kind regards,
Sylwia Wood, PhD Candidate
School of Psychology, Counselling and Community
University of Southern Queensland
Email: sylwia.wood@usq.edu.au

NEW MAILING ADDRESS FOR U3A in TOOWOOMBA Inc
PLEASE NOTE AND USE OUR NEW MAILING ADDRESS:
POST OFFICE BOX 404 DRAYTON NORTH QLD 4350

CAN YOU TAP DANCE? LIKE TO TRY HELPING OTHERS LEARN?



Our Tap Dance tutor goes back to the UK in November and this enthusiastic group are keen to keep going. If you feel you can help, please contact the tutor coordinator, David Weston, 4613 6559

POSTAGE CONCESSION

The cost of posting a letter has risen to 70 cents but are you aware that concession card holders are able to apply for a MYPOST account? This will entitle you to some concessions for postage stamps.

[Click here to apply](#) or ask at any post office.

PROFILE - May St. John, new to our committee in 2014

One of my favourite childhood memories is standing around the piano enjoying a good old fashioned family sing song.

My parents owned a dairy farm and raised our family consisting of my five brothers and two sisters at Proston in the South Burnett. I attended the local primary school then travelled daily by school bus to Murgon high.

My first job was in the Proston branch of the Commercial Bank of Australia until I was transferred to relief staff then finally West End in Brisbane as the ledger keeper. After several years at West End, and wanting a change from banking, I took leave of absence and spent a little over two years on a working holiday in New Zealand.

Upon my return to Brisbane, and banking, I was customer service officer in the consumer finance department until the emergence of Westpac when I took on a position as collections officer, also in the consumer finance section. It was during this time I met and married my husband Alan, also a bank employee. We were blessed with two children, Adam and Nathan, and took transfers to Proserpine, Barcaldine and Oakey, where Alan retired from banking due to health issues.

Both Alan & I were active members of the communities in these small towns, being involved in swimming, little athletics, junior league and tennis.

In recent years we moved to Toowoomba and thanks to U3A, I now play table tennis both Monday and Friday and have enjoyed computer & iPad classes. Another of my current favourite activities is sitting with a group of people participating in a morning of much chatter and laughter at U3A "Singing for Fun". My interests outside U3A include tennis, gardening and reading.

I am grateful to U3A Toowoomba for allowing me, like numerous seniors, to spend my retirement pursuing activities I enjoy most, making new friends and meeting interesting people whilst taking the opportunity to learn.

May St. John



FRIDAY LUNCH CLUB

GROUP A

Barbara Jonsson
4696 9883

May 16th

Meringandan Hotel
Meringandan

June 20th

Efendi's Turkish Restaurant
Wilsonton Shopping Ctr

GROUP B

Margaret Ball
4634 4574

Two Birds Café
Duggan Street

Angelo's House
Herries Street

GROUP C

Shirley Dornbusch
4635 1592

Shamrock Hotel
Ruthven Street

Royal Hotel
Ruthven Street

GROUP D

Lorna Hopgood
4635 5050

Christophers
Blue Mtn Hotel
New England Hwy

Fitzy's on Church
Margaret Street

GROUP E

Lina Pervan
4639 5708
Diann O'Mara
4635 5652

Ni Hao Chinese Rest.
92 Ruthven Street

Picnic Point Café & Rest.
164 Tourist Road

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 at home with your computer phone 4634 2223 or mobile 0449 156 580

ART SHOW & CONCERT

The Management Committee is looking for members interested in forming a sub-committee to organise an annual Art Show and Concert.

**Please contact
David Weston, 4613 6559**

WHAT'S NEW IN TERM 2

FRIDAY LUNCH CLUB - Last term, there was a large increase in members wishing to join our lunch club. This term, we have formed two more groups to cater for this interest. Vacancies now exist in Group C and Group D.

Rainbow Writers Group No 2 - 1:00 to 3:30 Friday – Irene Bridgeman 4636 3316 - This class has been so successful that a second group has been formed. We write about given topics, such as “lost and found”, and life memories.

Swimming and Aqua Aerobics – Monday 8:00 to 9:00 – Irene Earsman 4636 0445 - new class commenced Term 1.

Yoga – 9:00 to 11:00 and 2:00 to 4:00 Wednesday – Jan Sissman 4635 9961. Due to a large number of enquiries, a second yoga class was formed in Term 1, and is held on Wednesday mornings at 9:00 in the PPC Playhouse. This class has a small number of vacancies. For more information see the Course Booklet – details are the same as for the 2pm class.

See more on Page 6

REDLANDS RENDEZVOUS U3A QLD CONFERENCE

U3A in Toowoomba Inc is offering support to members wishing to attend the Conference at Redlands in June.
(See course book for details of the conference)

If you would like to know more please phone
Rhonda Weston, 4613 6559

PITTSWORTH

Pittsworth U3A members are enjoying 10 classes which commenced in Term 1 2014. Space does not allow for the positive comments which have been received from the classes, except for perhaps one comment from RJF in the Laptop computer class. *The U3A computer/internet class has opened up a whole new world for me. It has made me feel very confident with my laptop and helped me understand the technology as I progress at my own pace. Going to the course has made me feel great and given me a new lease of life. The way you are introduced to computers makes you want to learn more. I learn something new every week and cannot wait for the next lesson.*

Gordon Baidon will run his DSLR Camera course over 4 weeks starting on Monday 5th May at the Art Gallery - 12:30.

Lunch Club dates:

- Friday 23 May, 12 noon at Rusty's
- Friday 20 June, 12 noon at the Hotel Motel

Please be aware that *all* U3A members and partners are welcome, or if you have an *interesting* visitor please bring them along. Please RSVP Lyndall on the Wednesday prior.

Thankfully we were under the rain clouds for the recent rainy period so Term 2 will kick-off on 28 April to a bright start!

Tutor Co-ordinator - *Lyndall Madden*

TERM 2 CLASS CHANGES

Apple / Mac – 11:30 to 1:30 Tuesday – New Tutor, Michael Jefferies 0402 052 121.

Basic Silvercraft and More – Highfields on Thursday. Just to confirm there will be no new intake to *Basic Silvercraft and More* this year. Places open in level two if you have completed two terms or equal prior. Remember the new class in *Silverwirework* with optional beads is for THIRD term only.

Ballroom or Old Time Dancing – 2:00 to 4:30 Friday at Drayton Hall. More Gentlemen needed. It is out of the way so your mates will not see you enjoying yourselves!

Circle Dancing 9:00 to 11:00 Thursday Michael Rooke 4638 4753 or Jo Anderson 4633 2081. This folk/meditative dance class continues with an increasing repertoire of dances. Vacancies [class maximum of 20].

Enjoying Mathematics – 9:30 to 11:30 Thursday – Noel Lipp 4634 3577 New venue - Toowoomba Historical Society, Lindsay Street.

Lead Lighting – 1:00 to 4:00 Wednesday – Barry Wallis 4636 4314 - Change of venue and day, *The Cedar Centre* on Wednesday.

Greek Odyssey 2

This course continues the examination of the classical age of Greece in the fifth century BC. It traces the political, military, social and artistic developments through the eyes of the playwright and statesman, Sophocles. It will include study of his surviving tragedies.



Whitehouse
Audit

Our Thanks to Eamon Lynch (Head of Audit) and his Assistant Carolyn Stark for the assistance and advice they give to U3A in Toowoomba Inc.



focused caring effective

Our thanks also to Rees Law, for their pro-bono services in drawing up an employee contract for our paid office administrator.

NEW COURSES FOR TERM 2 - at the PPC

Android Tablets for Beginners **Thursday 12:45 to 2:30** Jeff Martens 0418987709

This course will have very limited numbers to allow for some one-on-one work. The aim is to help new users get started with their new Android tablets. It is likely attendees will have a Samsung tablet. You may have a wireless modem at home connecting you to the internet, or you may have a tablet already connected to the 3G mobile phone network, for example. The topics we will deal with will be determined after we discuss what users know already about using their tablet, and what they want to do with their tablet. Topics may include: How to move around the menus; Email; Internet browsing; Maps; Skype; storing Photos; Calendar; Note taking; getting suitable Apps (applications from the AppStore – free and purchased); Reading books.

iPad Q and A Workshop **Friday 11:30 to 12:30** Tom Fusae 0408 981 334, 4638 3923

Setting up home WiFi, understanding an ISP contract (internet contract) either for home or mobile use, printers for use with iPads. Good for those wanting to get to grips with a new set up like the NBN or getting rid of old computer equipment and simplifying life with an iPad, buying a new printer, signing up for a new or renewing an internet access contract. Conducted as a “workshop” with questions and answers on various subjects and problems.

iPad Beginners with Liz Kennedy **Tuesday 11:00 to 12:00 / Friday 12:00 to 1:00** Liz Kennedy 4630 5345

These classes are designed to build on the introductory or ‘out of the box’ classes. (or see email below)

iPad ‘Out of the Box’ **Tuesday 11:30 to 12:30/Friday 12:30 to 1:30** Liz Kennedy 4630 5345

You have just purchased or have been given an iPad. What do you do with it? Learn from Liz.

Liz prefers email contact if possible. Her email is lizkennedy274@hotmail.com

MS Excel for Beginners **Wednesday 9:30 to 11:30** Meryl Wallis 4636 4314

Internet—basics and beyond **Tuesday 2:00 - 4:00** Trudy Graham 4630 5084

This course offers everything you need to know about the internet to begin using it - how it works, security and safety, and what you can do on the internet (shopping, travelling, research and more). If participants ask for it, we will look at emailing. Limit of 8 participants. You may bring and use your laptop if you wish.

Peace Education Programme **Friday 2:00 to 4:00** Anne Stuart 0404 015 909

A new Peace Education Programme will start in second term. As this is an innovative course only recently available in Australia, members are welcome to attend the first session free to enable them to gauge their interest. For further information about the Programme go to <http://tprf.org/en/programs/peace-education-program>

U3A Dynamic Life Lecture Series in conjunction with USQ – Term 2, 2014

Following the successful and well received presentations in Term 1, next term’s USQ/U3A series will focus more on audience interaction and feedback, with some sessions taking the format of workshops rather than lectures.

The lecture series to date has proved to be a win-win situation for both parties, with the USQ presenters very much enjoying the experience and appreciating the positive feedback given. It is hoped that the insights and experiences offered by U3A participants during Term 2 will bring further healthy discussion and generate valuable data for some of the research projects currently underway at USQ.



Subject to final confirmation, topics covered in Term 2 will hopefully include Food Narrative and Memory, Intergenerational Mentoring, Memory and Life Writing, Seniors’ Perceptions of their life in Toowoomba, plus more.

*Spaces available for Term 2
Contact Rhonda Weston 4613 6559
or Trudy Graham 4630 5084*

ERRORS AND OMISSIONS and LATE AMENDMENTS to the 2014 COURSE BOOK

Page 19 - Book Discussion Group Now meeting at Toowoomba City Bowls Club. Phone Yvonne Lewis 4614 0493 or Jocelyn Say, 4635 8057

Page 21 - Peripatetics Tutor has cancelled this class due to lack of numbers

Page 22 - Ukelele for Fun now weekly, 1:00 - 2:00 and 2:00 - 3:00

Page 23 - Tap Dancing now on Thursday, 1:00 - 3:00

Page 24 - The Torah Explained Ralph is still unwell and unable to start this class; we wish him a speedy recovery.

Page 28 - World Religions 1:00 - 3:00 Thursdays Gordon Lilley 4630 1891 after 6pm

Please Note: Due to a mix up in the 2014 Course Book the following is the correct information.

We will begin this year by going back to square one, investigating the origins, history and nature of religion as a phenomenon in human cultures. As is usual for this class, we will undoubtedly wander up all sorts of side tracks and dry gullies, finding out about the dragons, tygres and demons that lurk there.

Page 31 - Nuts & Bolts meet at Toowoomba Art Society, Godsall Street, 9:30 - 11:30am. We will look at the basic principles of perspective, colour theory, colour composition, etc. **SOME EXPERIENCE REQUIRED**

NEW COURSES FOR TERM 3

Expressions of Interest are sought for the following proposed new courses

Please phone the tutor for more information or to have your name added to their list

Assessing the Value to Society of Large Projects – Day, Time and Venue to be advised – Ian Whan 0412 473 202
Learn something different! Learn how large projects are assessed in terms of their expected economic, social and environmental consequences. Find out how to clarify and quantify public interest in large projects and much more.

Bonsai, an Introduction – 9:30 to 11:30 Thursday – Stephen Jones 4637 8238

Digital SLR Cameras – 1:00 – 4:00 Thursday – Gordon Baildon 4528 2169. An in-camera techniques class over four weeks commencing 31st July.

Italian Conversational – Day, Time and Venue to be finalised – Frank Borg 0429 169 074

A basic knowledge of Italian required. Class is conducted solely in Italian – simple, everyday Italian. We will encourage each other to speak – without fear of incorrect grammar. A fun class with lots of laughter and mistakes.

Silverwirework with optional beads – 9:30 to 12 Thursday, Highfields Pioneer Village – Aileen Flood 4638 1294 (answering service) This is a course over six weeks using silverwire with optional beadwork. Easy but very satisfying results. No skills needed. Indoor venue.

Introduction to Investing – 2 to 4 Thursday at *The Cedar Centre*.

Expressions of interest; please phone Pauline Gordon 46388518 before May 15

Learn the language and the processes, we are looking at a course to inform people of the basic language used by Investment Brokers, financial institutions etc. This should, could, may, take the mystery out of making a good financial decision?

TUTORING AT U3A in TOOWOOMBA Inc
EXPRESSIONS OF INTEREST - PROPOSED WORKSHOP

THINKING ABOUT TUTORING BUT DON'T KNOW WHERE TO START?
ALREADY TUTORING BUT INTERESTED IN DEVELOPING YOUR SKILLS?

The majority of our Tutors are not trained teachers, they are people with a special interest, some practical experience, an interest in people and a desire to share knowledge. Without our Tutors, we would not exist.

This Workshop, to be run later in the year, will provide tutors and prospective tutors with the opportunity to learn about teaching approaches, planning and presentation, helpful tips and more. We will learn from each other.

To register your interest, please phone David Weston 4613 6559 or Trudy Graham 4630 5084



New Interests - New Friends

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QLD 4350

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Toowoomba Qld 4350

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Drayton North Qld 4350

Phone: 4687 7659

Email: u3atoowoomba@bigpond.com

<http://www.u3atoowoomba.com>

Like us on Face Book:

<https://www.facebook.com/toowoombau3a>

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VICE PRESIDENT: Trudy Graham - 4630 5084
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