

YOU CAN SHAPE THE FUTURE

Sylwia Wood is a delightful young lady, who is genuinely interested in how volunteering affects your life and lifestyle.

U3A is the perfect organisation to assist surveys of this kind and who better to pass on the benefits of their experience. I would urge you to consider taking the small amount of time from your busy day to read the information below and take the opportunity to have your say. If you do not have access to a computer contact Sylwia and she will forward paper copies to you.

Calling all



Your opinion counts!

You are invited to take part in a survey that explores how your participation in the community impacts on your health and well-being. This survey is part of research being conducted at the University of Southern Queensland (USQ) investigating expectations, needs and experiences of people who are preparing for retirement or have already retired. We would love to know your thoughts about well-being and community involvement. Your participation in this survey will help government agencies and community organisations to improve services assisting people to make informed decisions regarding their health and well-being. The survey is available online and should take approximately 30 minutes to complete. Simply copy and paste the following link into your browser: <https://psych.sci.usq.edu.au/ols/?p=FIQL2013>

If you have any questions or would prefer to complete a paper survey please call Sylwia Wood on 0408 371 606 or email sylwia.wood@usq.edu.au. Your input is very important to us and will be kept strictly confidential (used only for the purposes of research for this project).

We would appreciate your response by **20 October 2013**.

Thank you for your interest!

Yours sincerely,
Sylwia Wood
PhD Candidate
Faculty of Health, Engineering and Sciences
School of Psychology, Counselling and Community
University of Southern Queensland
Toowoomba | Queensland | 4350 | Australia
Email: sylwia.wood@usq.edu.au

WE EXTEND
A WARM WELCOME TO THE
62 NEW MEMBERS
WHO ENROLLED
DURING TERM 3

2013 CALENDAR

Oct 8 to Nov 29 : Term 4
[Public Holiday Mon Oct 7]
Oct 23 : Circle Dance,
Free Workshop
Nov 8 : Art Show &
Concert

2014 COURSE BOOK
Copy Deadline is
22 NOVEMBER 2013

Copy received after that
date will not be included

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ART SHOW & CONCERT

FRIDAY 8th November
CONCERT HALL, PPC
ART SHOW OPENS 11am
FREE SAUSAGE SIZZLE
11.30 - 12.30
CONCERT AT 1 pm

**GOLD COIN DONATION
for CANCER FUND**

PRESIDENT'S REPORT

2013 has been a year of rapid growth. Each term the membership continues to increase - now 1320 - and we are constantly challenged to find new and efficient ways to effectively manage all that this implies. The workload for the committee is increasing and we have to be careful we do not overload our volunteers. Several new and innovative ideas are being considered; we will bring you more news as decisions are finalised. Necessary changes will occur to secure efficient management.

Members join us with an expectation of receiving a product. U3A offers a quality product and we strive to fulfil that expectation at all times. Having said that, I remind you that U3A is run by the members for the members and each person should consider how they can help.

You will notice elsewhere in this newsletter that we have several new classes/activities on offer for 2014, and yes, we need more. Rooms at the PPC are fully booked and we now hold several classes at The Cedar Centre, Baker Street. More classes will be held there during 2014.

I have been invited to be the Guest Speaker at *Probus* and the *Day View Club* and I also spoke at *The Older Person's Interest Group*. As your Qld State President I have attended events in Brisbane, Warwick, Boonah and Redlands. I will also represent Qld and Toowoomba at the International Asia Pacific & Network Victorian Conference to be held in Melbourne during October.

There is much to share and much to learn in our Organisation which focuses on *Learning for Pleasure*.

Rhonda Weston

DYNAMIC LIFE

LECTURE SERIES - Coming in 2014

WOW – this won't be boring

Are you curious of mind? Are you interested in stimulating discussions? Would you like to hear from experts in fields of key importance to contemporary society? Find out how technology, globalization and demographic changes are affecting our society?

If this is you, reserve **Monday mornings in 2014**. These lectures will, during the first term, be offered by members of the Regional Community Development Department, USQ, under the leadership of Professor Michael Cuthill.

The lectures will be held in The Blue Room, Cedar Centre, Baker Street, 9am to 11am.

To express interest in this stimulating, interesting and challenging course, phone Rhonda Weston, 4613 6559.

Full details in our 2014 Course Book.

SENIORS' INFORMATION EXPO

Last year I asked - Can it get any bigger or better? The answer was YES. This year there were 79 (up from 70 last year and 4 more than we really had room for) different organisations or groups represented and the diversity of information available made for an interesting and enjoyable day. Most of the Organisations are local, however we do have exhibitors from Gold Coast, Brisbane and the Sunshine Coast.



The publicity has proved so successful, that there were 10 organisations who had to be placed on a waiting list for 2014, and more groups have contacted us since asking to be included for next year. As the event evolves and grows we will be looking at additional ways to manage it.

The Toowoomba Regional Council continues to sponsor us for this event, which allows us to make it free entry to the public and over 1250 came through the door during the 6 hours that the event was open. Interesting guest speakers, the enjoyment of listening to our U3A Singing for Fun Group, the chances to win exciting prizes, and the opportunity to catch up with friends over a cuppa as well as the information gathering from the stalls, all made for a great day.

A big THANK YOU to everyone who worked for and on this day. Like all U3A events, they only happen because we have such wonderful and willing volunteers.

The Seniors' Information Expo was the "brainchild" of Irene Bridgeman, and this, the 4th successful Expo proves that it is an important date on the Community Calender. A special *Thank You* to Irene for the great job she does in organising this Expo and to all of the volunteers who worked tirelessly for many hours **THANK YOU**.

Rhonda Weston

THOUGHTS FROM A NEW TUTOR - JIM HARVEY



I was born in Nambour in 1952 and grew up in Woombye (Sunshine Coast). I worked on a pineapple farm on weekends and school holidays. I began full time work (aged 15) as a Railway Clerk. At 18, I joined the RAAF as a Radar Operator.

After 6 years I left the RAAF and moved to Bundaberg to begin employment with Bundaberg Sugar Co. blending Bundaberg Rum for 2 years and then moved to the Accounting Department as a Cane Pay Clerk and also Creditors' Clerk.

Our family moved to Toowoomba in 1995 when our daughter attended USQ. I worked as a Call Centre Operator with Telstra and retired in 2006.

After travelling extensively throughout Eastern Australia I joined U3A in February 2013 and was amazed at the number of courses and activities available. On the application form was a question "Would you like to become a Tutor?" After some consideration I thought that the only activity I could teach was *500* (cards).

I approached David Weston (Tutor Co-Ordinator) and was encouraged to begin in Term 2. David found a venue at the Cedar Centre, Baker Street. I also introduced *Contract Whist* to our group - currently 9 members - which has proved to be popular as well.

I play Table Tennis with U3A on both Monday and Friday and have never met a more friendly and sociable group.

Becoming a Tutor has proven to be very rewarding because the members of our group enjoy attending each week.

CONGRATULATIONS - *Glenda Tolley*

Member of U3A Rainbow Writers' Group

Her short story was placed 6th in the Qld Rural, Regional and Remote Women's Network and WEB Cultural Competition.

Glenda's work is to be included in an ebook collection, to be released on World Women's Day, 8 October 2013.

Age wrinkles the skin, but cynicism and lack of enthusiasm wrinkle the soul.

CIRCLE DANCE – A WORKSHOP

A special workshop for members who are interested in this delightful form of dance and expression will be held on 23rd October 2013.

Circle Dance can be described as a blend of folk dance and meditative dance. Circle dance can be gentle or more vigorous depending on the needs of those coming together for the activity. It requires no previous dance experience and suits those who are reasonably mobile (eg: can walk up a dozen steps with relative ease). There is a saying within circle dancing that "there are no wrong steps, just variations.



The beauty of circle dancing is that dancers come together for the session, to be part of the circle, and to transcend their individual selves through the dance. Some well-known circle dances are based on: a traditional fisherfolk dance from the Greek Islands; a Native American dance celebrating our oneness with each other and the earth. Our indigenous people have used and continue to use the circle in many contexts. The modern circle dance music was born from the New Age movement, primarily Findhorn in North Scotland in the 1970s.

Interested in circle dancing class, or want to find out more? Come along to the workshop on Wednesday 23rd October at *The Cedar Centre*, Baker Street at 9.30am to 12. The workshop will be conducted by Annie Rooke-Frizell, of Newcastle. Annie has been teaching circle dance in the Newcastle area for several years and leads classes for U3A there.

Women and men are welcome at the workshop; wear loose clothing and comfortable footwear.

Depending on interest, it is intended that a regular Toowoomba U3A class will be held.

A "special" morning tea will be served at this **FREE** workshop.

Bookings are essential – phone Michael on 4638 4753. If you have your name on the "Expressions of Interest List" please **reconfirm** your interest. This workshop will cater for a limited number.

Thank you for your patience while we have been organising this event.



MARIE CAMERON - PROFILE

When I retired in 2000, after a career largely spent as a teacher and a human resources professional, I looked around for what I might do to occupy my time, and found U3A. My French had become rusty over the years, and as I loved the language and wanted to improve my competence in it, I joined the Conversational French class.

The class was then, and is now, full of delightful people, all passionate about France and the French language. After a couple of years, the tutor, Peter Turner, decided to retire from tutoring, and the class members decided that I should take over the role. I can attest that tutoring is the best possible way to learn more about your chosen subject, as you have to do a lot of work in preparation for classes, and I continue to enjoy the role immensely. A highlight was when class members travelled together to Noumea to take classes with a native French speaker, stay with French host families, do the tourist thing and in general practise their French conversation. That is the one and only time I will act as a travel agent — the organisation of the trip was not easy!

I was Tutor Co-ordinator for several years during a particularly stressful and turbulent period of U3A's existence. Now happily retired from that role, I enjoy a number of U3A classes such as tennis, Scottish Country Dancing, genealogy, chamber singers, world religions, and meditation. I still organise the annual concert, a leftover task from my Tutor Co-ordinator days. I am contemplating offering another class, on a completely different subject, when I get time to prepare it!

I try to attend as many plays and classical music performances as I can, and volunteer with the Empire Theatre and am on the committee of the Toowoomba Historical Society. Together with frequent trips to the cricket in the summer and ongoing elder care responsibilities, this makes for an extremely busy life! However, when I can, I am determined to return to France and visit more of that beautiful country.



Expo photographs (below) by our official photographer, Dianne Turner



Lynette Shailer &
Joan Falvey,
Toowoomba
Hospice



Margaret, Jane
and June,
Toowoomba
Library

NEWS FLASH - RENEWAL FEES, 2014

The Management Committee are pleased to announce that *U3A in Toowoomba Inc* will offer an **early bird discount of 20%** off 2014 fees, **for renewing members only**. You will find your renewal invoice BEHIND the cover sheet in your course book pack; watch for delivery of this early in January and note that ***the discount period will end on 24th January 2014***. Payment options and office opening hours will be listed on your invoice.

FRIDAY LUNCH CLUB

	<u>October 18</u>	<u>November 15</u>
GROUP A Barbara	<i>Farmers' Arms</i> Cabarlah	<i>Spring Gardens</i> Spring Street
GROUP B Margaret	<i>Encore's</i> Neil Street	<i>Fire & Ice</i> Southern Hotel Ruthven Street
GROUP C Lorna	<i>Two Birds</i> Duggan Street	<i>Angelos</i> Herries Street

COMPUTER HELP— MetaWebIT

Carl Kruck is our IT Consultant, managing Computer problems in consultation with the Computer Tutors.

Carl can offer his expertise to you, our members, at a special U3A hourly rate.

Please ring Carl if you need any assistance at home with your computer

CLASS INFORMATION

COMPUTER CLASSES TERM 4

Introduction to Computers 9:00 – 11:00 Monday - Kevin

Publisher 2010 will not be running in term 4

Computer Workshop Monday 2:00 – 4:00 Des

Picasa (photo editing) Tuesday 9:00 – 11:00 Don

Facebook Tues (4wksOct)11:30-1:30 Trudy

Intro to Internet /Emailing

Tuesday (4 wks Nov) 11:30 – 1:30 Trudy

Fun with Computers Tuesday 2:00 – 4:00 Trudy

Excel/Beginners from Wed 16 Oct. 10:00 – 12:00 Meryl

Word processing from Thur. 17 Oct. 10:00 – 12:00 Meryl

Excel/Beginners from Thur. 17 Oct. 2:00 – 4:00 Meryl

Skype Friday (2 wk course) 9:30 – 11:30 Trudy

Fun with Computers Friday 1:00 – 3:00 Lee



WANTED

Computer Leader and Computer Tutors

These positions require that you are knowledgeable about computers, computer software and relevant programs and that you are willing to share your knowledge.

Teaching experience
IS NOT necessary.

In most instances, we have sets of lesson plans available for many applications.

*For further information or to
apply for any of these positions,
contact David*

LOOK WHO'S BACK!

BIRD BIOLOGY & FIELD IDENTIFICATION

Thursday 9 – 12, Contact Neil

This short one term course will introduce you to basic bird biology and identification for beginners. Most sessions will comprise a one hour tutorial followed by an easy walk in local bushland spotting birds. Binoculars and bird book needed but what to buy will be discussed.

DRAMA CLUB

Wednesday 9 – 12, PPC Playhouse, Contact Jean

Try acting, directing or script writing and have plenty of fun by joining the Dramatic Club. Men and women with all levels of ability and experience are made most welcome by this friendly group. A great activity to add to your 'bucket' list.

SILVERCRAFT Thursday 9 – 12:30 & 1:30 – 4 Highfields Pioneer Village

Contact Aileen

Basic Silvercraft for beginners. Learn to make lovely hand- made Sterling Silver jewellery pieces.

Silver available at low cost from Tutor. Advanced for those who have successfully completed at least two terms (10 weeks) of basics prior to this class. Design & make your own projects in this class. All details from Tutor.

LOOK WHAT'S COMING!

DYNAMIC LIFE - Lecture Series

Monday 9 – 11 Cedar Centre, Baker St,
Contact David Weston 4613 6559

A new concept involving some of our top educators from the
USQ talking on various subjects.

See page 2 for more details.

APPLE/MAC COMPUTERS
for EXPERIENCED USERS
Tuesday 10:30-12:30
PPC Playhouse



Still going, with vacancies for
new users. Come along and advance your
knowledge.

Contact Colin

WHAT'S NEW IN TERM 4

DIGITAL COMPACT CAMERA COURSE for the NOVICE
PPC Studio Room, Thurs 1 – 4 Learn how to effectively use your Digital Compact Camera. A short course.

Contact Gordon

UKULELE FOR FUN

Tuesday 1 – 2, A beginners course for those who want to have fun playing the Ukulele. It's Easy.

Contact Marita

CLASSES HAVING A HOLIDAY

- AN INTRODUCTORY COURSE TO GEMSTONES & MINERALS
- BRIDGE
- CRACKING the CRYPTICS
- CALLIGRAPHY
- GEOGRAPHY
- INTRODUCTION to STRINGED INSTRUMENT PLAYING
- QUILTING

**EXCITING NEW COURSES - TO START IN TERM 1, 2014
EXPRESS YOUR INTEREST**

GREEK ODYSSEY 1

Contact Greg

This course will examine the classical age of Greece in the fifth century BCE. It will cover myths and legends, the theatre and masked performance, love and marriage, the development of democracy and significant naval and military conflicts. Each week we will study one of the surviving tragedies by Sophocles from dramatic and theatrical viewpoints.

INDONESIAN LANGUAGE and CULTURE

Contact Ted

This course is set around an upper primary school level progressing to junior secondary and covers such topics as pronunciation, introductions, greetings, restaurant food and drinks, colours, hiring a car, asking and giving directions, basic construction of verbs, adjectives and adverbs from nouns, simple conversation. Behaviour in public and dress codes based on cultural norms. Easy going relaxed approach with lots of repetition. Maximum of 8 per class.

PERIPATETICS

Contact Alan

Need to look up a dictionary? I will try in a few words to explain this course. Taken from the high point of ancient Greek philosophical thought from the time of Socrates, basically a reliable framework in which people can analyse their life's journey! The origins of the approach come from two Greek derivations; one pertaining to walking while engaging a companion in conversation. The other in which Aristotle took his students on 'walkie-talkies' along the colonnades of the Lyceum in Athens. The idea is that the Tutor will pose a thought provoking question and whilst you are contemplating the answer, you are being exercised in both mind and body!!

QUEENSLAND HISTORY

Contact John

Are you interested in finding out more of the – Cultural, - Socio-economic, - Political, and other aspects of the history of our state? Then join us for an interesting journey from our past to our present. The course will include outline notes and opportunities to discuss the important issues of our great state.

CHANGES, ALTERATIONS and SMALL ADJUSTMENTS**BOOK DISCUSSION GROUP**

1st Tuesday each month 1:30-3, Toowoomba Regional Library

Contact Julia

New Book Group members need to be enrolled before end of year. Book orders for the forthcoming year need to be sent off and paid for prior to Christmas. Limited vacancies. Please contact Julia before end November.

CIRCLE DANCING

Wednesday 9:30 – 12 Cedar Centre

Contact Michael before 8pm

A FREE WORKSHOP will be held on the 23rd October; see the article on page 3 for more information.

JAPANESE

Wednesday 9:30 – 11

Contact George

Has moved to the Austral room on Wednesdays 9.30 – 11.00 and has a new Tutor.

iPad CLASSES

Due to the overwhelming demand for this technology we have expanded the scope as well as the number of classes.

Monday 9 – 10:30 PPC Playhouse	Beginners iPad	Colin
Monday 11:30 – 12:30 PPC Playhouse	iPAD/iPAD Experienced On the iPad/iPad Mini you can learn to do many things such as email, internet browsing, on-line banking, keeping a calendar of events and appointments, take photos, read eBooks, word processing to write letters and documents and use maps to find your way about. The iPad makes doing these things simple. Subjects covered will depend on group progress.	Colin
Tuesday 12:30 – 1:30 PPC Studio Room	iPad Starter Group The out of the box basics	Liz
Friday 9-11 PPC Austral Room	iPad Advanced Learn to use your iPad to create documents using the Pages APP and use Photogene to edit and produce photo collages. The course will focus on how to use the various features of these APPLE APPS using your own content (photos, scans and text) to create a Pages document and edit your photos using Photogene. You should have in mind a subject of your liking to use for your Pages document and some photos to use for your editing. This course will be limited to 12 participants who have attended some of the iPad beginner courses and/or are familiar with basic iPad use. A six week course.	Tom
Friday 12- 1:30 PPC Studio Room	iPad Starter Group The out of the box basics	Liz
Friday 12:30-2 PPC Playhouse	Experienced iPad	Colin

Computer Classes Survey

We would like to be able to offer the type of computer class that our members really would enjoy participating in. If you have any suggestions or special request please let us know.

- Would you like to be able to bring in your own laptop?
- Do you need help with understanding Windows 8?
- Do you need help with an Android Tablet (the alternative to an iPad)?
- Do you need help with understanding your mobile phone?
- What content or programs would you like to do in a group or class?

If you need more space please attach a sheet of paper. There will be boxes both in the office and computer room where you can leave your survey results or Post to: P O Box 1504, Toowoomba 4350 or email u3atoowoomba@bigpond.com

Thank you for helping us to help you



U3A is the University of the Third Age, which is the age of active retirement, coming after the age of youth and the age of working life.

U3A began in France in 1973 and has since spread to countries around the world. It promotes learning for personal enjoyment and satisfaction.

U3A requires no prior learning or knowledge of a subject. An eager anticipation of stretching the mind and building new friendships are important reasons to participate.

U3A is run entirely by volunteers and therefore is low cost and affordable.

U3A courses cover interests such as sport, craft, exercise, swimming, the arts, language, technology, travel, dance, games, gardening, geology, religions, history, and the sharemarket.

U3A – Toowoomba Branch celebrated its 20th Anniversary during 2010.

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U3A in Toowoomba Inc
PO Box 1504
TOOWOOMBA 4350

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QLD 4350

Contact Detail s

U3A in Toowoomba Inc
Philharmonic Performance Complex
7 Matthews Street, Harristown
Toowoomba Qld 4350

MAIL TO: PO Box 1504
Toowoomba Qld 4350

Phone: 4687 7659

E: u3atoowoomba@bigpond.com
www.u3atoowoomba.com

Management Committee

PRESIDENT: Rhonda Weston - 4613 6559
VICE PRESIDENT: Trudy Graham - 4630 5084
OFFICE MANAGER: Shirley Stevenson - 4638 1787
SECRETARY: Irene Bridgeman - 4636 3316
TREASURER: Helen Fitzgerald - 4635 9125
TUTOR COORDINATOR: David Weston - 4613 6559
MEMBERSHIP OFFICER: Trudy Graham - 4630 5084
Committee: Paul McDonald 4638 0878; Leonie Cusack 4638 5603; Brian Luttrell 0448 447 251; Peter Bright 4698 7343

NEWSLETTER COMMITTEE: newsu3atoowoomba@bigpond.com
Manager: Trudy Graham, Ph 4630 5084
Editor: Rhonda Weston, Ph 4613 6559
Proofing: Shirley Stevenson and Helen Fitzgerald
WEBMASTER: Des Venz, E-mail: webu3atoowoomba@bigpond.com
COMPUTER LEADER - [Acting]: Trudy Graham 4630 5084