

PRESIDENT'S REPORT

Welcome to Term 2 of what we all hope will be a year when we see the return to some sense of normality.

What will be the new normal is slowly building each day and U3A, like all other sectors of the community, is meeting the challenges with a positive attitude. We hope for a bright, but perhaps a different future than the one we had assumed would be ours.

Change is inevitable and we were saddened last year when several long serving tutors decided to retire. We understand their reasons and we most certainly appreciate their years of commitment to U3A. Irene Earsman had been the Tutor of Swimming and Aqua Aerobics for some 27 years...four mornings a week. That is dedication. Irene has remained as the Tutor for the Tuesday Lunch Group. Another dedicated Tutor, Anne Bryan, who had been leading the Thursday French Class for 20+ years also decided to retire. Their contribution will be missed.

You will see elsewhere in this newsletter that several more classes have now resumed and we look forward to being able to offer more places in class as restrictions ease. We are not

yet in a position to require the room that U3A previously hired at the Seventh Day Adventist (SDA) complex. Having said that, you will note that several tutors chose to hire a larger room at SDA to accommodate their class, and this is working well.

All U3A classes and activities are still governed by the COVID plan that we instigated in 2020. You must adhere carefully to all of the rules around social distancing and hygiene. We will be able to re-introduce the tea/coffee etc. at Philo when restrictions are lifted.

To the Tutors and members who have happily adapted to the extra sanitising and cleaning required, I say a big Thank You. Trish does an amazing job of keeping you all up to the task and your cheerful cooperation lightens her load and makes for a happy and positive work environment.

For 31 years, U3A in Toowoomba Inc. has played an important role in providing opportunities for Lifelong Learning, Physical Activities and Social Inclusiveness for seniors in our community. U3A on a local, state, national and international level has never been as important as it is now. It is essential for us to continue to provide these opportunities as we move forward into a different normal.

Rhonda Weston

"Life is about accepting the challenges along the way, choosing to keep moving forward, and savoring the journey."
Roy T. Bennett

WE WELCOMED
155

NEW MEMBERS
In Term 1

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TERM DATES

Term 2 - 27 April to 25 June

Term 3 - 19 July to 17 Sept

Term 4 - 11 October to 3 Dec

NEWSLETTER SUBMISSION DATES

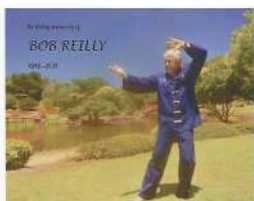
Term 3 - 18 June

Term 4 - 10 Sept

(2022) Course Book - 5 Nov 2021

VALE BOB REILLY

In 2013 Bob came along and offered to Tutor Shibashi Qigong. *If you are not familiar with Shibashi it is a series of 18 energy-enhancing exercises that co-ordinate movement with breathing and concentration. It is a gentle, beautiful and flowing Tai Chi Qigong exercise routine that is both a joy to do and deeply relaxing for people of any age.*



Bob was indeed a gentle man and with patience and kindness he encouraged his class to reap the benefits of his expertise. As his health failed, Bob carried on teaching his class and his dedication was an inspiration to all.

Bob is missed on a professional and personal level and his years of contribution and commitment to U3A are greatly appreciated.

Rest in Peace our friend.

VALE LORRAINE BARNES

After Roy and her family, music was Lorraine's passion in life. Lorraine shared her love of music, and through music brought joy to thousands in England and Africa, and then in Australia at Surat, Glenmorgan and Pittsworth.

Lorraine joined U3A in 2013. She was the tutor of the U3A Pittsworth Singing for Fun and Harmony Group and also brought Pittsworth Community Choir under the U3A umbrella. Lorraine and her groups always performed at the end of year Showtime in Toowoomba and she held a very entertaining and fun end-of-year concert in Pittsworth.



Lorraine and her music will be greatly missed.

IN A COVID-19 WORLD

A pandemic changed the world and made us look at different ways of staying connected in isolation. Our U3A Rainbow Writers' tutor, Irene Bridgeman, came up with the idea for her group to collectively write a book. What is so different about that you may ask?



"Heartbeat of the Outback" was written by nine different members of the group. Chapter One is based on events experienced by the author of chapter one. *During a mid-summer heatwave, he saved the lives of a doctor and his young family stranded on a lonely track in the Outback.* While this chapter is true, the names have been changed for privacy and all subsequent chapters are fictional and were each written by a different member of the group. Each chapter picked up where the previous chapter ended.

The book was written while face-to-face U3A was closed and we were all in isolation. The Rainbow Writers found value in the experience and enjoyed this unusual manner of a) writing a book, and b) staying connected.

Copies are for sale and proceeds have already been donated to Heart-of-Australia Heart Truck and the Royal Flying Doctor Service (RFDS).

Irene Bridgeman would be happy to hear from you. 4636 3316. ireneb23@bigpond.com

AS THE CROW FLIES ...

Off to a 'flying start'! Good crowd to our sign on day. Thanks to Rhonda & David Weston and the Toowoomba U3A team who were there to sign up new members and answer questions. Amazingly, whilst the whole large auditorium was abuzz, Rhonda Weston and David Villiers were also able to sort out the connection of the U3A NBN for the Community Centre. U3A Tutors using the facility now have access to the internet for their classes, supported generously by David Villiers offering technical assistance. Thank you Rhonda for the difficult negotiations needed to finally get this to happen!

Pleased to welcome back many of our Tutors from previous years as well as new ones. Generally, there has been a good increase in class numbers. Lots of happy faces! Sending appreciation to all our Tutors.



Marlene Norris and Mary McEvoy have energetically formed our first 'Walking Group' by popular demand. Their walks this term through the Applegum Walk, Crows Nest Falls Walk, Ravensbourne National Park and Munro Tramway Historical Walk (postponed) have all been very popular.

Bob Campbell offered to teach and convene the Plein Air Drawing & Painting. He looks forward to welcoming new members in Term 2. Such a talented group.



Planning to Write Class
March 2021

Congratulations to Liz Easterbrook (right) for the publication of her book, 'The Kindy Toys Rescue Possum'. Liz was a member of Lexia Mackin's 'Planning to Write' class in 2020 and again this year where members are taught strategies to ensure a successfully completed and published book.



Lee King (pictured left) and other members of the 'Silk Painting Fun' group with tutor Lynda Georgeson, have created a great variety of beautiful pieces.

For Terms 2 and 4, we welcome a new Tutor, Robyn Pigozzo, who will offer 'Ayurveda and Yoga' on a Tuesday afternoon, fortnightly.

Thanks to Anne-Marie Villiers for your encouragement and back up when needed.

Penny Protheroe
Crows Nest Coordinator

CLASS INFORMATION

Due to COVID-19 restrictions, class arrangements have been modified to fall in line with social distancing.

Some classes unfortunately will be unable to restart.
Please refer to your 2021 Course Book in conjunction with this newsletter.

Only classes that are RESTARTING or have a CHANGE OF VENUE or OTHER INFORMATION are listed below.

Ask your Tutor for specific requirements.

RESTARTING

Monday 11:30 – 1:00 PPC Lab	<p>APPLE IPAD – BEGINNERS</p> <p>Surprise your family with new-found knowledge on your iPad. Easy to learn classes designed for those who think learning is a bit harder as they age.</p>	
1 st Tuesday of the month 1:30 – 3:00 City Bowls Club	<p>BOOK DISCUSSION GROUP</p> <p>The group has recommenced, receiving class sets of books and study guides from the CAE in Melbourne. No vacancies at present.</p>	
Thursday 12:30 – 4:30 Drayton Bowls Club	<p>CANASTA</p> <p>This class will commence on the 22nd April. Maximum of 24 players catered for. Play to start at 12.30 and finish 4.30.</p>	
Tuesday 8:30 – 11:30 Drayton Bowls Club	<p>CARDS (500 & CONTRACT WHIST)</p> <p>Hooray! We are recommencing on Tuesday, 27th April, beginning play at 8.30 am. Ian and Andrew, who have both done a wonderful job in the past, will be handing down their responsibilities to Jeanine Andrews and Ron McDougall, who both welcome back all of our experienced players, along with beginners, with tuition provided.</p> <p>Due to the continuing COVID restrictions, social distancing, along with sanitising requirements will apply. Tea, coffee, milk and sugar will be provided. Players bring their own mugs and morning tea.</p> <p>It is most imperative that every player is a member of U3A. Please wear name tags.</p>	
Tuesday 2:00 – 4:00 PPC Playhouse	<p>MAHJONG</p> <p>Mahjong is an ancient Chinese game played for fun and friendship. It is a real mind teaser. Played at a table with 3 or 4 players.</p>	
Wednesday 1:30 – 3:30 Drayton Bowls Club 46 Gipps Street	<p>SCRABBLE</p> <p>Join us for a fun game with words. New members are welcome. No experience is necessary.</p>	

CHANGES TO VENUE or OTHER INFORMATION

Monday 11:30 – 1:00 PPC Lab	<p>APPLE IPAD – BEGINNERS</p> <p>Surprise your family with new-found knowledge on your iPad. Easy to learn classes designed for those who think learning is a bit harder as they age.</p> <p style="text-align: right;">lizkennedyu3a@gmail.com</p>	
Monday Wednesday Friday 7:00 – 9:00 Harristown SHS	<p>AQUATIC EXERCISE GROUP</p> <p>Lap Swimming 7:15am to 7:50am Aqua Aerobics 8:00am to 8:45am No Vacancies.</p>	
Thursday Ask Tutor	<p>GARDENING – U3A CLASS</p> <p>Time Change, 9am – 11am.</p> <p style="text-align: right;">Terms 2 & 3</p>	
Wednesday Ask Tutor	<p>INVESTORS' FORUM</p> <p>No vacancies at present.</p>	
	<p>ITALIAN CONVERSATION – Discontinued</p>	
1:30 – 3:30 St Patrick's, Neil St	<p>ORIGINS of the BIBLE</p> <p>Vacancies available.</p>	
Wednesday 9:00 – 11:00 PPC Playhouse	<p>PASTEL DRAWING</p> <p>Limited number of vacancies.</p>	
	<p>TUESDAY LUNCH GROUP – 1st & 3rd Tuesday</p> <p>Contact for Term 2, Rosalie Treglown</p>	
Thursday 9:00 – 11:00 PPC Lab	<p>WEBSITE – MAKE A SIMPLE EFFECTIVE WEBSITE</p> <p>If you can use Microsoft Word or Publisher you can build a first-class website using easy to use and simple online free templates from www.wix.com. No knowledge of code needed. Easy to use menus allow for shops, blogs and forms. You only pay Wix if your website goes live. In other words, you can play and practice all day or night. Bring your laptop. Limited loaner laptops may be available.</p> <p>A ONE TERM ONLY COURSE - OFFERED EACH TERM</p>	
	<p>WRITERS AT WORK - Discontinued</p>	

EXPRESSIONS OF INTEREST

<p>Wednesday 11:30 – 1:30 PPC Lab</p>	<p>MATHEMATICS for ECONOMICS and FINANCE Synopsis: Properties of Equations and Algebraic transformations, Exponents and Logarithms, Arithmetic and Geometric Series, Compound Interest and Compound Discount Calculations, Simple Annuities, General and Other Annuities, Amortization and Sinking Funds, Bonds, Capital Budgeting and Depreciation, Contingent Payments, Mortgage and Superannuation Calculations, Life Annuities and Life Insurance.</p> <p>There will be Handout Notes, Worked Examples, Spreadsheet Examples and Tutorial Discussions. Attendees are encouraged to bring Topics for group participation and discussion.</p> <p>A Scientific Calculator or preferably a Laptop Computer with Windows 10, (or greater) and Microsoft Office Suite installed will be necessary.</p>	
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CLASSES IN RECESS

ANCIENT BELIEF - TUESDAY	Resuming Term 1 2022
JOHN PRYCE-DAVIES CLASSES	Will resume in Term 4
MINDFUL LIVING	Resuming in Term 3
REGAIN YOUR BRAIN	Resuming in Term 3

FRIDAY LUNCH GROUP

Group B (12.30)	21 May Advised by the tutor.	18 June Advised by the tutor.
Group C (12 noon)	Two Birds Café 2 Duggan Street (Contact Dianne this Semester.)	Federal Hotel 111 James Street
Group D (12 noon)	Chong Co Thai Dent Street Grand Central	Café 63 Southtown 140 South Street Centenary Heights
Group E (12 noon)	Fire and Ice Southern Hotel 839 Ruthven Street	The Farmers Arms New England Highway Cabarlah

CROWS NEST NEW CLASS

Tuesday 1:00 – 3:00 Crows Nest Community Centre Terms 2 & 4 fortnightly	AYURVEDA & YOGA- Self Healing & Natural Medicine This course covers the fundamental principles of Ayurveda and Yoga, two sciences which include how food, herbs, emotions and the climate we live in affect our daily life. Learn how to make 'food your medicine'.	
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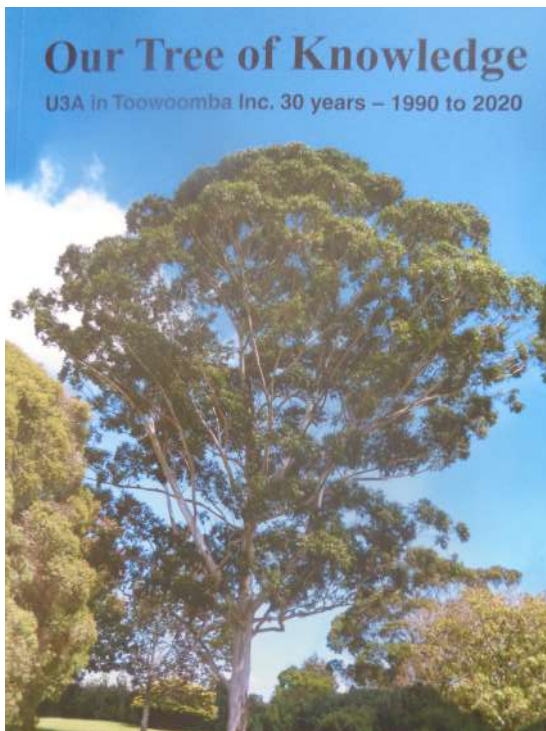
CROWS NEST CLASS IN RECESS

FOOD and HERBS as MEDICINE	Resuming in Term 3.
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PITTSWORTH NEW CLASSES

Wednesday 9:00 – 12:30 alternative Wed 9:00 – 4:00 Pittsworth Art Gallery	WEDNESDAY ART CLASSES Join us for art classes, any subject, any medium drawing, inks and coloured pencils included. Bring any materials needed for your choice of mediums and I will help you develop your painting to a successful art work.	
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U3A 30 YEAR HISTORY BOOK



This book has been written and compiled from research carried out by Irene Bridgeman, Jill Cory, Liz Whatson, Leonie Cusack and other members of the Rainbow Writers. It was a huge undertaking and has resulted in an excellent volume of work.

Copies of the book are available
for \$15 from the office.

If the office is closed, phone
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4636 3316 or 0423 073 753
or email her - ireneb23@bigpond.com



New Interests—New Friends

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Registered Australia Post
Print Post Approved
100018628

POSTAGE PAID

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