

## PRESIDENT'S REPORT

Who would have thought as we called a close to what we thought was a stressful and challenging 2021 that we would be faced with an even greater disaster in 2022. With Covid rife in Queensland we were faced with the unenviable task of activating a Covid policy. I can't thank you, our members, enough for the optimistic and positive way that you supported our need to do things a little differently with membership this January. While none of us wanted to be bothered with the Check in Qld App and wearing a mask to class, we had a responsibility to follow the Health Department mandates. Hopefully these requirements will not return. At the time of writing, the vaccination mandate still applies.

Then, like the rest of the world we were shocked and horrified about the war in Ukraine. I have been in touch with our U3A friends and colleagues in Ukraine and have sent messages of support.

Due to COVID-19 our membership numbers declined last year, as did the number of classes/activities that we offer. Several long serving tutors retired and we found that we did not require the extra room that we rented at SDA. Classes currently held at SDA are due to the availability and suitability of the venue required and are organised directly by the tutors.

You will note on Page 3 of this newsletter that our AGM is being held on Monday 27<sup>th</sup> June. At this AGM the Management Committee will submit the

following Notice of Motion. *The U3A in Toowoomba Inc. annual membership fee be increased to \$65 for the U3A financial year commencing 1.1.2023.*

In keeping with our Constitution, this fee increase, recommended by your Management Committee, must be voted on at the AGM. The membership fees have not been increased since 2008. The discounted Early Bird fee, introduced in 2014, is at the discretion of the Management Committee and has been offered to renewing financial members each year since its inception. The Management Committee will vote on offering this for 2023, later in the year. You will all appreciate the fact that we have been able to keep the fees down for 14 years even though costs have escalated. What else in your life costs the same now as it did 14 years ago. Well certainly not food or petrol!

The Management Committee hosted our Regions President's Council and Tutor Co-coordinator's Forum recently. Our region consists of Granite Belt (Stanthorpe), Warwick, Toowoomba, Dalby and Roma. The Qld Network Executive members travelled to Toowoomba to facilitate this meeting and to keep us up to date on what is happening at a State level. These events are extremely important for Management Committee members as they allow a free flowing of ideas and resources between our neighboring U3As.

Let us hope that as the year unfolds, peace is restored to the world, Covid-19 disappears and we all enjoy good health and well-being.

*Rhonda Weston*

WE WELCOMED  
**180**  
NEW MEMBERS  
In Term 1

E & OE

### TERM DATES

Term 2: 26 April – 24 June  
Term 3: 18 July - 16 September  
Term 4, 10 October - 2 December

### NEWSLETTER SUBMISSION DEADLINES

Term 3: 17 June  
Term 4: 9 September  
(2023) Course Book - 4 Nov 2022

## IRENE EARSMAN



Some folk join U3A and stay a year or two or ten; Irene has been a member for 27 years! She is not only a member, she has been a valued tutor or, as she says, “Not really a Tutor but a group organiser.” Whatever the title, her loyalty, enthusiasm, and dedication to U3A is highly appreciated. Over the years, Irene has attended classes such as Understanding Behaviour, Understanding Religion, Travel, Computers, Badminton, Tenpin Bowling, Cards, and Swimming (25 years). She progressed to being Organiser of Cards, Badminton and Tutor of Swimming and Aqua Aerobics four mornings a week. Irene also served for four years on the Management Committee as the Treasurer.

Born in Dalby, Irene spent her early years on a wheat farm and attended school at Malakoff. Moving into town at age 10, she attended school in Dalby and later worked there before moving to Brisbane to work as a travelling sales rep. Then followed a complete change - Irene joined WRAAF and travelled, living in Edinburgh, Garbutt, Richmond and Point Cook before marrying and moving to Wagga. After moving back to Queensland, Irene, her husband and three children had a dairy farm at Goombungee and then owned the Goombungee Newsagency. They moved to Highfields and since 1990 Irene has called Toowoomba home.

Not only is Irene a keen U3A member, she has been involved in Quota, National Seniors, her church and played Table Tennis and lots of cards. When asked why she joined U3A her answer was quick and decisive, “To meet people, to be involved”. U3A has had a very positive influence on her retirement, and it has definitely added to her quality of life. Irene believes that “U3A offers something for everyone, no matter what walk of life you come from and it is a wonderful organisation.” How would we manage without folk like Irene.

Irene has retired from all of her “tutoring” roles with us, but continues to enjoy the friendship of the Lunch Club.

We sincerely thank you Irene for your many years of volunteering and your contribution to U3A.

*Rhonda Weston*

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## Music, music, music

Almost fifty years ago in France, a group of motivated people recognized the need for retired over 50s to have an outlet for their talents, energies and thirst for learning, something to pass the free time newly acquired in their retirement. Thus, U3A was born. The organisation has gone from strength to strength worldwide in the ensuing years and the Toowoomba Branch has been blessed with a dedicated management team that gives our own community the wherewithal to while away the hours in our “golden years” – or our “second spring” as my friend from Broken Hill puts it.

It is not always easy to get involved in something new and different: painting, sewing, knitting, jewellery-making and lead lighting all **sate one's creative juices**. History, a new language, science or math and political discussions **all stimulate the old brain cells**. Tennis, swimming, line dancing, walking and the like, all good physical activities that **get the blood flowing**. But it is music, **music**, which “lifts us up when we are down”. It is music that “calms us down when we are tightened up”.

U3A has varying music groups: a small family circle, a large chorus, a somewhat challenging group for the serious music lover, and a traditional bush band group for the “bushies” amongst us. Whatever your preference, there are no qualifications required and no judgments made. Just turn up and sing! It is guaranteed that you will arrive home in a happier mindset than when you left; guaranteed you will have a smile on your face, a spring in your step and a tune in your ear to last the day through. To quote a friend from Ohio, **“Life Without Music, Would be a Mistake!”**

**Jeannette Zeller**

Sing, Sing A Song Tutor

*(We meet on Tuesdays and have several openings. We would welcome new music lovers into our family.)*

## CROWS NEST NEWS

**U3A** offers such a rich choice of activities to enjoy and make friends. In these challenging times, Government regulations about Covid, and personal choices have resulted in changes to our class offerings here in Crows Nest. Looking forward to **welcoming new class members** in Term 2.

Mick Atzeni who leads the **Birding** group, recorded this species list of 40 birds on a recent outing. Well worth getting up early for would you agree? Great U3A group. **To view this list and an extended Crows Nest News** click [here](#) or scan the QR code.



Left: **The Sew Easy Country Crafts** group definitely had Easter in mind! Thanks, Stella



Left: **Ukulele at Downs Steam.** Fun group to join. Thanks, Helen



Left: **Crows Nest History.** "Barry has a wealth of knowledge he shares willingly and with humour" - Pauline. "Marvellous to find out about our street" - Sally. Lots of class contribution from those related to founding pioneer families. "Lovely chatting" - Anna. Thanks Bazza.

Special appreciation to all our Tutors who offered classes this term, and to those who chose to join groups - thank you. **Tell a friend and join U3A in Term 2.**

***Penny Protheroe***

Coordinator, Crows Nest

### Notice of the U3A in Toowoomba Inc.

#### ANNUAL GENERAL MEETING

**9am Monday 27<sup>th</sup> June 2022**

The Playhouse, Philharmonic Performance Complex,  
7 Matthews Street, Harristown

Nomination forms for positions on the Management Committee may be collected from our office. *These must be returned to the Secretary by Monday 13 June 2022.*

#### NOTICE OF MOTION:

*That: the U3A in Toowoomba Inc. annual membership fee be increased to \$65 for the U3A financial year commencing 1.1.2023.*

You must be a financial member of U3A in Toowoomba Inc. in order to serve on the management committee and/or cast a vote.

Please wear your 2022 membership badge to the AGM.

### U3A Network Qld Inc

#### ART COMPETITION 2022

Two categories—Drawing and Painting

Open to all U3A Members

Closes 29 May and winners announced at the State Conference, 8 June 2022.

"Spread Your Wings" and give it a go.  
Details, Conditions and Entry Forms [here](#)

or go to

<https://www.u3aqld.org.au/quac.html>

#### NOTICE

#### CLASSES AT THE PHILO

We supply tea, coffee, sugar, milk, and biscuits for all classes at the Philo but you must bring your own cup if you wish to have a cuppa.

## CLASS INFORMATION

Please refer to your 2022 Course Book for continuing classes.

**Only classes that are RESTARTING or have a CHANGE are listed below.**

Ask your Tutor for specific requirements.

### CLASSES RESTARTING in TOOWOOMBA

<b>Monday</b> 11:30 - 1:30 PPC The Lab	<b>AUSTRALIAN HISTORY AND ITS 'EXCEPTIONALISM'</b> The class will recommence, Monday 9 May. Term 2 will be a 7 week term for this class. Any members may join, subject to number limitations, at this time for part II of our history which covers post WWI until present day and the " <i>possible future</i> ."	Graham Blackman
<b>Monday</b> 2:00 - 4:00 PPC The Lab	<b>COMPUTER FORUM</b> The Forum is for those wanting to make the most of their computers and associated devices through sharing information and experiences. Bring your own laptop or device. WiFi is available. Numbers are limited.	Rob Barnes Jan Mather
<b>Monday</b> 2:00 - 4:00 PPC Studio	<b>KNITTING &amp; CROCHET</b> We are a 'chat and do' group, helping and encouraging each other. We make articles for our families and a variety of charities.	Carmel Ryan
<b>Thursday</b> 9:00 - 12:00 Greek Orthodox Community Hall	<b>SCOTTISH COUNTRY DANCING</b> Commencing Term 2, Thursday 21 April at the Greek Orthodox Community Hall corner Hume and Perth Streets. This will give us a 10 weeks term and I am taking beginners this coming term.	Margaret Connell

### CHANGES TO CLASS INFORMATION in TOOWOOMBA

6:45 - 7:30 Concordia Aquatic Centre	<b>SWIMMING - Tuesday and Thursday</b> New Times	Judy McWilliam
7:45 - 8:30 Concordia Aquatic Centre	<b>AQUA AEROBICS - Tuesday &amp; Thursday</b> New Times	Judy McWilliam
<b>Monday</b> 12:15-1:30 PPC Playhouse	<b>iPAD &amp; iPHONE for BEGINNERS</b> Setting up your iPad, read the news, send and receive emails, send and receive messages, play your favourite music, Google things of interest on the internet.	Tom Fusae

## CHANGES TO CLASS INFORMATION in TOOWOOMBA Cont'd

<b>Tuesday</b> 3:00-4:30 Dr Price Rooms Little St	<b>CHINESE – MANDARIN</b> <b>Change of Day</b>	Lucy White
<b>Tuesday</b> 2:00 - 4:00 PPC Studio	<b>SING...SING A SONG</b> A cosy friendly and fun group, sitting around the piano - as we did growing up. Singing beloved songs from 1880 through 1980. <b>New Music Lovers Welcome</b>	Jeannette Zeller
<b>Tuesday</b> 12:00 - 1:30 PPC Playhouse	<b>SILENT MEDITATION</b> Positions available.	Bob Knight
<b>Wednesday</b> 11:30 - 1:30 PPC Austral Room	<b>REGAIN YOUR BRAIN</b> Refer to 2022 Course Book	Eileen Munro
<b>Wednesday</b> 9am start	<b>WEDNESDAY WANDERERS</b> We regularly have more than 25 members on our walks starting at 8 am and we average about 5.3 kilometres through the parks and shady streets of Toowoomba, Torrington and Highfields. This year has seen the introduction of a few new routes planned by some of our members. Many thanks to those who have contributed. Morning tea is always a highlight, where the conversations continue and the coffee and cakes enjoyed! For terms 2 and 3 the walks will start at 9am as hopefully the days will be a little cooler. Unfortunately, our group is currently full.	Sheila Donaldson  Barbara Luther
<b>Thursday</b> 12:00—4:00 Drayton Bowls Club	<b>CANASTA</b> New players welcome. If you don't know how to play, we will teach you.	Charlie Russell
<b>Thursday</b> 8:45 - 12:00 Bridge Club, Stuart St	<b>MAHJONG FOR FUN</b> New 2IC.	Cherryl Gilchrist  Diane Van Zeeland
<b>Thursday</b> 9:30 - 11:30 SDA Hall, 669 Greenwattle St	<b>GARDENING</b> Various guest presenters will talk each week on a different garden subject, for example roses, Australian natives, soil preparation.	Dianne Turner
<b>Friday</b> 9:00—11:00 Ask Tutor	<b>TATTING</b> Tatting is lace making using a shuttle and thread. We will learn to make rings and chains, techniques to expand the range of possible objects and how to translate instructions into actions.	Rosalie Trim



## NEW CLASSES TOOWOOMBA

<b>Monday</b> 9:00-11:00 PPC The Lab	<b>WORD PROCESSING USING APPLE PAGES ON IPAD AND MAC</b> Write your daily diary, create a newsletter, put together an advert, create a Christmas card, export your document as a WORD or PDF file.	Tom Fusae
<b>Wednesday</b> 8:30-10:30 PCYC	<b>PICKLEBALL WEDNESDAY GROUP</b>	Dan Blackburn  Sue Crocombe
<b>Friday</b> 8:30-10:30 PCYC	<b>PICKLEBALL FRIDAY GROUP</b>	Dan Blackburn  Kathleen Starr
<b>Friday</b> 9:00-11:00 PPC Playhouse	<b>TAI CHI / SHIBASHI QIGONG</b> <b>Tai Chi</b> improves your general health and well-being. By learning some simple basic principles, exercises and practising them diligently it can be applied to your everyday life. e.g. finding your centre to be more balanced; weight bearing exercises by dropping correctly and dropping to strengthen your legs; turning on the spine to be more flexible. <b>Shibashi Qigong</b> is a set of 18 energy enhancing exercises that co-ordinate slow rhythmic movements with breathing and concentration. By applying tai chi principles to the set you can perform your Shibashi Qigong with confidence and extra enjoyment. <b>Email: <a href="mailto:hinkwan@gmail.com">hinkwan@gmail.com</a></b>	Nancy Fung  John Ferguson

## EXPRESSION of INTEREST

Ask Tutor	<b>SONG-WRITING SUPPORT GROUP</b> All musical genres welcome  One can construct a song and it will be quite workable, but songs that spring from an uncontrolled magic will touch the heart of more listeners. The magic is the inspiration, however growing the song more often than not takes time. When Leonard Cohen was asked by Bob Dylan how long it took to write Hallelujah, he lied and said two years. Later he admitted that it had taken 10 years. If you have a song in you that you want to write down, then come and join us. We assist each other to recognise a good idea when it comes, and then to encourage each other as you refine the words, melody and rhythm into something that is quintessentially you.  This group will be conducted via Messenger, so it is highly desirable that you have Facebook and know how to use Messenger to communicate. I will also be sending out material via email. The course cost is \$15 per term. <b><a href="mailto:mal@malmac.net">mal@malmac.net</a></b>	Mal McIlwraith
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## TOOWOOMBA CLASSES IN RECESS

<b>MINDFUL LIVING</b>	Will return Term 3
<b>CHESS</b>	Will return
<b>Intro to Gemstones &amp; Minerals</b>	In recess for Term 2 and Term 3

## CLASSES NO MORE

GREEN CHICKEN WRITERS - MEMOIR SHARING	<b>No Longer Connected to U3A</b>
DISCUSSION GROUP - Monday	<b>No Longer Connected to U3A</b>

## CROWS NEST CLASSES RESTARTING

<b>Tuesday</b> 1:00 – 2:30 Crows Nest Community Centre fortnightly	<b>FOOD and HERBS and USEFUL WEEDS</b> This class looks at how to utilise food, herbs and other useful plants as medicine. Includes a couple of workshops. Commencing 3 <sup>rd</sup> May.  <b>Email: <a href="mailto:wholeoflifenutrition@gmail.com">wholeoflifenutrition@gmail.com</a></b>	Lyn Wetzig
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## CROWS NEST CLASSES IN RECESS

<b>COMPUTER SKILLS</b>	Will return Term 3
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**We value our Tutors**

**They are the backbone of our organisation**

We would not have a U3A without our volunteer tutors.

They generously dedicate their time and their skills and knowledge for our benefit.

Please show them the respect that they deserve when you enrol, and when attending a class.



**Above: Wednesday Wanderers**



## *New Interests—New Friends*

### Return Address:

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PO Box 404  
DRAYTON NORTH 4350

### U3A NEWSLETTER

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QLD 4350



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<http://www.u3atoowoomba.com>

Like us on Face Book:

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

### Management Committee - after hours contacts

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