

# U3A in Toowoomba Inc

## TOOWOOMBAA



THE UNIVERSITY OF THE THIRD AGE

# COURSE BOOK 2023

### Contact Information

#### Postal Address

P O Box 404  
Drayton North Qld 4350

#### Office Hours

Monday to Friday  
9:00 am to 4:00 pm during term time

#### Location

Philharmonic Performance Complex  
7 Matthews Street  
Harristown  
Toowoomba Qld 4350

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[www.facebook.com/toowoombau3a](https://www.facebook.com/toowoombau3a)



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## PAYMENT OPTIONS

**Current financial members *renewing their membership*** with U3A in Toowoomba Inc. in 2023 pay \$55 if renewing before 20 January. New members are required to pay the full amount of \$65 for the year's subscription.

### **RENEWAL INVOICE**

**Inside the plastic sleeve this Course Book came in, you will have found your renewal notice. Please check the details carefully. If there are any changes to be made to the details we have on record for you, please mark them and return the cut off portion to us with your payment or, if you pay online, scan and email, or drop it into our office.**

**EMERGENCY CONTACT DETAILS** - Should you be taken ill during a class or activity, and are taken to hospital and unable to speak for yourself, we need to know who you would like us to inform.

### **HOW TO PAY**

***IT IS ESSENTIAL TO FOLLOW THE INSTRUCTIONS BELOW TO ENSURE THE ALLOCATION OF YOUR FUNDS TO YOUR MEMBERSHIP NUMBER.***

Choose one of the following options.

1. **Direct Transfer** to our bank account. You can do this over the counter at any Heritage Bank, or on the internet. Our account details are:

**Account Name: U3A in Toowoomba Inc.**

**Heritage Bank: BSB 638070**

**Account 8770239**

**Reference Line** - include your **membership number** [you will find this at the top of your renewal invoice] and **surname** so we can track your payment.

2. **EFTPOS** - is now available ***for the payment of membership fees only.***
3. **By mail** - Send your cheque made out to *U3A in Toowoomba Inc.* to the postal address at the top of your renewal invoice.
4. **In Person** - At our office (check dates below) to pay by cash, cheque or EFTPOS.

**If you pay by options 1 - 3, we will mail your receipt and badge to you. If you have not received these within 10 working days, please contact us.**

**For those wanting to pay in person, our office at the Philharmonic Performance Complex will open in January, from 9am to 11:30am on the following dates for both renewals and new membership enrolments:**

***Wednesday 11 to Friday 13 January 2023  
Monday 16 to Friday 20 January 2023***

If you are attending the office we ask that payment be made by EFTPOS, cheque or as a last resort, cash. To eliminate the handling of cash we would appreciate the correct amount of money be presented.

Please note that, under our Constitution, renewals must be paid by the end of February each year. If you pay after that date you will need to complete and sign a new membership form, however you will still retain your original membership number.

*Michelle Pullinger*  
Membership Officer



## OPEN MORNINGS

These open mornings are an opportunity for you to:

- ⇒ investigate the many courses U3A in Toowoomba Inc. has to offer;
- ⇒ meet the tutors and collect information;
- ⇒ join U3A in Toowoomba Inc. and enrol for classes;
- ⇒ or renew your membership if you haven't already done so. [**Remember**, you pay the full amount of \$65 after **20 January**.]

### **TOOWOOMBA - MONDAY 23 JANUARY 2023**

9-11:30am (tutors in from 8:30am)  
Philharmonic Performance Complex

### **PITTSWORTH - TUESDAY 24 JANUARY 2023**

9:30am - 11:00am  
Sondrio on 67 Gallery  
**67 Yandilla Street, Pittsworth**

### **CROWS NEST - WEDNESDAY 25 JANUARY 2023**

9:30am - 11:00am  
**Community Centre**

**2023 TERM FEES at the Philharmonic Performance Complex are \$25.** Fee is **per person per term for each course** you are enrolled in payable to your tutor no later than the second week of each term.

*FEES FOR CLASSES AT OTHER VENUES—ASK THE TUTOR*

**CASH/CHEQUE ONLY—EXACT MONEY—Please place your payment in an envelope. On the outside, write your name, your membership number and the course you are paying for.**

## INSURANCE

**U3A in Toowoomba Inc. holds Public Liability Insurance with QBE in the amount of \$20,000,000** The age limit for claims under our Personal Accident policy is 100 years

On our WEBPAGE you will find a wealth of information, such as a list of courses, FAQs, calendars, contact details, previous newsletters, policies and procedures (including our constitution), and much more.

Make **<https://u3atoowoomba.au>** your homepage.

To keep up-to-the-minute on activities and events, please like/follow us on Facebook. There's a link on the webpage, or you will find us at - **<https://www.facebook.com/toowoombau3a>**

## PUBLIC HOLIDAYS - 2023

The PPC and our office are closed on public holidays that fall during term time, however some classes meet on public holidays at other venues - see your tutor for more information.

2 January.....New Year's Day  
26 January.....Australia Day  
31 March.....Toowoomba Show  
7 April .....Good Friday  
8 April.....Easter Saturday  
10 April.....Easter Monday

25 April.....Anzac Day  
1 May.....Labour Day  
2 October .....King's Birthday  
25 December .....Christmas Day  
26 December.....Boxing Day

## DIARY DATES - 2023

Toowoomba Open Morning, 9:00am - 11:30am \_\_\_\_\_ 23 January  
Pittsworth Open Morning, 9:30am - 11:00am \_\_\_\_\_ 24 January  
Crows Nest Open Morning, 9:30am - 11:00am \_\_\_\_\_ 25 January  
Annual General Meeting \_\_\_\_\_ 26 June  
Showtime 9:30am—12 noon \_\_\_\_\_ 6 December

## TERM DATES - 2023

Term 1 \_\_\_\_\_ 30 January to 31 March  
Term 2 \_\_\_\_\_ 24 April to 23 June  
Term 3 \_\_\_\_\_ 17 July to 15 September  
Term 4 \_\_\_\_\_ 9 October to 1 December

*Our holidays, while similar to school holidays, do differ slightly. If you care for grand-children during school holidays, check with individual schools for their holiday periods.*

## NEWSLETTER INFORMATION CLOSING DATES - 2023

Term 2 \_\_\_\_\_ 24 March  
Term 3 \_\_\_\_\_ 16 June  
Term 4 \_\_\_\_\_ 8 September  
Term 1/2024 Course Book \_\_\_\_\_ 3 November

*Some of the work to produce your newsletter is carried out during term breaks. We appreciate your efforts to have copy to us by the deadlines, so that we can enjoy some time off too.*

## NEWSLETTER MAILOUT DATES - 2023

Term 2 \_\_\_\_\_ 12 April  
Term 3 \_\_\_\_\_ 5 July  
Term 4 \_\_\_\_\_ 27 September  
2024 Course Book \_\_\_\_\_ 2 January (2024)

## NEWSLETTER DELIVERY INFORMATION

Apart from the course book, which is always a print post issue, we will deliver newsletters to you using the option you chose on your membership application, until you notify us of any changes.

***If you do not advise us of changes to your contact details  
we cannot guarantee delivery of your newsletters  
or any other important information.***

Newsletters via email will be delivered via **Vision6**, a bulk emailing service. If you do not see this arrive in your inbox the second week after terms 1, 2 and 3 end, please check your junk/spam folder. If you see the email in there, please move it to your inbox so that future emails will go into the correct folder. If you continue to have problems, please contact the office to check that we have your correct email address.

## FROM THE PRESIDENT

For someone who does not like writing reports, it sometimes feels like there is a never-ending list of them to produce.

Over the years I have observed many presidents of organisations run by volunteers and noted how everyone has a different leadership style. Some sit in lofty offices and give orders while some are the exact opposite and are very hands on. During my 12 years as your president I have always been an active participant, not an autocrat. My style of leadership is one of taking part in whatever work needs to be done and not asking others to do what I'm not prepared to do myself.

In the very near future our organisation will need new people to step up to take active roles in management. Is that you? As John F Kennedy said: *"if not us, who? If not now, when"*.

Equally as important is the need for a huge intake of new tutors. Once again I ask 'is that you?' If not, who?

At the U3A Network Qld Inc. June AGM, I was elected Network President, a role that I carried out for three years during 2012-2015. The Network is the state body that acts in an advisory and advocacy role to support and develop our organisation. There are 35 autonomous U3A groups in Queensland with 22,000 members. Governments on all three levels should be queuing up to support organisations that offer so much for enriching the lives of seniors. This does happen in Victoria but sadly not in Queensland.

As the Qld Network President, I automatically have a seat on the U3A Alliance Australia committee once again. The U3AAA is also an advisory and advocacy body that works to promote U3A on a federal level. The committee members are representatives of their state.

In this post covid world that we now live in, life is throwing us new challenges. Our member numbers have dropped again this year, as they did in 2021. This has impacted on our finances and for the first time since 2008 the annual membership fee will rise. In 2023 new members will pay \$65 and renewing financial members who pay before the Early Bird Discount closing date will pay \$55. It is a credit to the excellent management of our organisation that the fees have not risen since 2008. Is there any other cost in your life that hasn't risen in 14 years?

I take this opportunity, as I do each year, to sincerely thank our Management Committee for their dedication and hard work. Volunteers all, they are the engine that keeps your U3A running smoothly. Equally important is our wonderful, amazing, remarkable, incredible Office Administrator, Trish Barrett. Those of you who attend classes at the Philharmonic Complex know how valuable Trish is to all aspects of our organisation and we are thankful for her ongoing commitment and loyalty.

*Rhonda Weston AM*

**NOTICE OF GENERAL MEETING  
TO BE HELD ON FRIDAY  
27 JANUARY AT 9AM**

PPC Playhouse, 7 Matthews Street,  
Harristown.

The purpose of the meeting is to: Amend the  
U3A in Toowoomba Inc. Constitution  
Clause 5 Classes of members to include

**Life Member**

**Notice of the U3A in Toowoomba Inc.  
Annual General Meeting**

**9am Monday 26 June 2023**

At Philharmonic Performance Complex,  
7 Matthews Street, Harristown

You must be a financial member of U3A in  
Toowoomba Inc. to serve on the management  
committee and/or cast a vote. Please wear your  
2023 membership badge to the AGM.

## **The Toowoomba U3A Leadlighting Group create Poppies for Remembrance**

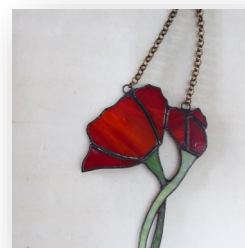
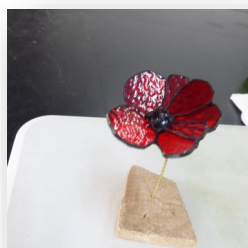
Cheryl and Trevor Fielding are the creative team who tutor the Leadlighting Group at Toowoomba U3A. Cheryl once purchased a book called "Australian Leadlighting" and, being a very creative person who loved to sew and knit, she decided that leadlighting was a craft she wanted to learn when she retired.

Cheryl had a busy life working as a machinist sewing tarps for NJ's Bob Power Canvas, but after having fostered two children, she became passionate about changing the lives of disadvantaged youth. So, as a mature aged student, Cheryl studied Psychology at USQ which gave her the necessary qualifications to commence work as a Case Worker with the local Youth Justice Service.

Trevor, always creative and a talented artist, was a jeweller by trade so he was very interested when Cheryl suggested they learn leadlighting. After retirement, they looked for somewhere they could learn the craft and discovered that U3A had a leadlighting class. This was just five years ago, and Cheryl and Trevor have progressed from being leadlighting students under the guidance of tutors Maria Zelke and Trudy Trussell, to becoming talented and passionate class tutors themselves. Cheryl even has her own 'work shed' in her back yard! And, to ensure the future of leadlighting at U3A, Cheryl and Trevor have passed their skills on to student Sandra McCarthy who has joined the tutoring team this year. A visit to the U3A leadlighting class demonstrates what beautiful items are created there.

When the war in Ukraine began, Cheryl was heartbroken to see the devastation and to hear of the personal sacrifices made by ordinary Ukrainians. This reminded her of the sacrifices made by Australians in the many theatres of war over the years. She thought of the RSL which was originally formed in 1916 during WW1 to support Australian veterans and which continues to support those who have served in more recent conflicts: Vietnam, East Timor, the Gulf Wars, Iraq, Afghanistan, Somalia and many peacekeeping missions around the world. Cheryl decided to create a series of leadlight poppies for the Toowoomba RSL so they could be raffled to raise money to support the RSL's valuable work.

Cheryl discovered that there are four Remembrance Poppies: the red Flanders poppy with which we are all so familiar, the white poppy which is an international symbol of remembrance for all the casualties of war, the purple poppy which remembers animal victims of war, and lastly the black poppy which is a symbol commemorating all those who have died or are still dying due to war and its dreadful legacy. Cheryl included all four poppies on a beautiful photo frame she designed.



The completed leadlight pieces crafted by Cheryl, Trevor and Eunice Dunston were presented to Lindsay Morrison who is the Resource Officer for the Toowoomba RSL Branch. Lindsay was a medic in the Australian Army and served in Vietnam and PNG and various postings around Australia including Oakey. He is also very familiar with Toowoomba U3A having tutored in guitar and written his autobiography assisted by the late U3A Writing tutor, Aileen Dunkley.



Lindsay said that some of the poppies will be used as raffle prizes, but they will keep Cheryl's beautiful frame to display a copy of the Australian Defence Veterans' Covenant. They expressed their thanks by presenting U3A with a framed Certificate of Appreciation.

Cheryl feels it is important to be able to give back to your local community and would like to throw out a challenge to other art and craft classes at Toowoomba U3A. What beautiful items can they produce to donate to local charities who support the vulnerable in our community? It sounds like a very worthwhile challenge.

*Anna Carson*



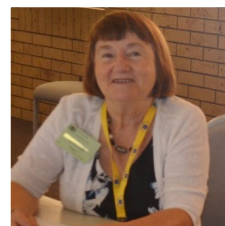
"We will remember them" - a beautiful picture created by Cheryl. The black and white background image shows a line of soldiers trudging along a hilltop shrouded in the mists of time. In the foreground are Cheryl's vibrant red leadlight poppies of remembrance.



## TUTOR PROFILE

### LORNA HOPGOOD

Lorna was born in Toowoomba and educated at South Girls School and Toowoomba State High School. She trained as a primary school teacher at Kelvin Grove College and then taught for three years at Harristown Primary School before being transferred to Crows Nest, Injune and Dalby. In 1967, she went to England and taught in Luton and London. Returning to Australia, she spent two years at Southport State School before teaching remote children on School of the Air at Charleville, Charters Towers and Mount Isa. Lorna then trained as a Teacher Librarian and was posted to West End, Brisbane. While there, she attended Queensland University at night and gained a BA Degree.



When Lorna's father became ill, she returned to Toowoomba and taught in the classroom at Harlaxton State School for seven years. She was then transferred to Crows Nest as Teacher Librarian for three years. Lorna's final posting was Toowoomba East State School where she remained until her retirement in 2004. During her final year of teaching she worked part-time and joined the U3A Walking Group; she has been a member ever since.

Lorna would like to pay tribute to the wonderful group of people who have organized and tutored classes during the past 18 years while she had been a member of U3A. She has attended 15 different classes during that time.

Lorna offers her thanks to the patient and understanding tutors who have kept her physically fit, mentally active and thoroughly entertained. Thank you also to those tutors who welcomed her into their homes when our building was destroyed. Lorna has witnessed first-hand this organisation going from strength to strength. Although she has decided to finishing tutoring - Lorna has been tutoring Cryptic Crosswords for over 15 years - she will still be attending classes next year.

### Our new ARCHIVIST—Joyclyn Mauger



Before retiring, Joyclyn was a teacher working mainly as a teacher-librarian for most of her career. As part of this role, she was also the IT manager at Pittsworth State School where she worked for 25 years. She has various interests but her greatest passion is gardening. She lives on an acre and completes all the tasks herself, negating the need for a gym! She is also an avid reader and dabbles in drawing.

Joyclyn has recently taken up lawn bowls and has discovered the competitive side of her nature which she never knew existed.

As well as being the archivist for U3A, she has been treasurer of the Community Sports Club at Hodgson Vale for some years. Joyclyn also has grandchildren and says that her attempts to grandparent them certainly round out her life.

## TUTOR PROFILE



### CARLO BERTOLDI

Carlo Bertoldi was born in 1952 in a small rural town near the city of Verona in northern Italy. He migrated to Australia with his parents at the age of three and, after a few years in Sydney, settled in Wollongong NSW.

Following primary and high school, Carlo attended the Wollongong college of the University of NSW and completed a degree in Civil Engineering, graduating with Honours in 1975. During his undergraduate studies, he had been introduced to computer programming. He took to it like a duck to water and soon became quite proficient, using computer simulation models he created for his Ph.D. research. He also wrote programs for other researchers at the university.

Carlo met and married his wife Manuela (whose family is German) in early 1978. Their son Daniel was born in late 1979 and so, feeling that he should get a short-term 'real job' while he completed his studies, Carlo accepted a position as computer programmer with the BHP Steel Division Port Kembla Steelworks. This, Carlo said, was a turning point in his life. He loved the computer related work so much that he decided to forego his engineering career for computing (now called IT). Some years later he transferred to the Coal Mining (Collieries) Division of BHP and took on the management of computer networks and the then new Personal Computer technology. During his time with BHP his daughter Alissa (1982) and son Timothy (1987) were born.

After 16 rewarding years with BHP, Manuela and Carlo decided to move their family to Toowoomba where Carlo started his own IT consulting and service company in early 1996. The business grew quickly and he found the work challenging but very rewarding.

In late 2000 he accepted a senior IT management role at the University of Southern Queensland and soon progressed to the executive position of *Director, Information Technology Services*. After eight successful years with USQ, he decided to return to his own IT consulting business. "It seems that I need a change from time to time," Carlo said. He continued with this line of work until his retirement at the end of 2019, when he sold his client base to a competitor and joined the ranks of people of leisure.

Carlo's interests over the years have included computer programming & technology, movies, science fiction, sport and photography. He has played lots of competition tennis and squash although says he has not touched a racquet in over 20 years. The source of his greatest joy and satisfaction has been his family which now includes daughter-in-law Carina and son-in-law Matt. Manuela and Carlo now also have two beautiful grandchildren, Verenna (7) and Leo (3).

Carlo joined U3A Toowoomba in 2021 and is now giving a class called "Extra-terrestrial Contact Today and in Earth's Ancient Past and the Impact on Civilisation and Religion". It is an area that he has been fascinated by since his teen years and now, in retirement, he has finally found the time to pursue it further and share supporting evidence and theories with others. He said he is really enjoying the thought-provoking discussions within the class and will be offering the course again from the beginning in 2023.

**Toowoomba - Roma - Warwick**



# UPSTANDING + OUTSTANDING

At Hede Byrne & Hall Lawyers, our team of trusted, professional lawyers are committed to providing you with quality and timely advice in all areas of law. With over 35 years' of experience delivering quality service and results, Hede Byrne & Hall Lawyers are the local professionals you can trust.

## **Wills and Estate Planning**

If you have recently retired then your will should reflect the changes in your superannuation, or business assets.

If you don't have a will, or if your will is not up to date, then the law may decide what happens with your assets. That might bring about an undesirable result, and may cause costly disputes and angst within your family.

Your will is intended to deliver certainty to you and your family.

We can help you with all of your estate planning needs from a simple will and power of attorney to the more complex testamentary trusts, binding death benefit nominations for your superannuation entitlements, or an effective tailored succession plan for family businesses following retirement or death.

Get in touch with Jon Wiedman to find out how we can assist you.

## **We can also provide you with expert advice in the following areas:**

- Family Law
- Dispute Resolution
- Employment Law
- Commercial & Business Law
- Leasing and Franchise Law
- Criminal Law
- Personal Injury
- Land, Gas & Mining
- Property Law & Conveyancing
- Rural Property & Agribusiness



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**F** 07 4638 2378



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126 Russell Street  
PO Box 1055  
Toowoomba QLD 4350



98 McDowall Street  
PO Box 182  
Roma QLD 4455  
**T** 07 4622 1944  
**F** 07 4622 1956



Lvl 1, 9/91 Grafton Street  
PO Box 59  
Warwick QLD 4370  
**T** 07 4637 6380  
**F** 07 4638 2378



## BEAUDESERT U3A TAG GROUP VISIT

The benefits of belonging to U3A are many and varied. Some are predictable and conventional, others unexpected but nevertheless enjoyable.

Toowoomba President Rhonda Weston AM and the Toowoomba Management Committee were quick to come on board and welcome a meeting of the TAG (Travel and Adventure Group) U3A Beaudesert who were on a week-long visit to Toowoomba. The enthusiastic group of travelers were given a brief tour of the complex and then joined Singing for Fun for some old-time nostalgia followed by afternoon tea and lots of chatting.

U3A is a national and an international organisation. Worldwide we are likeminded folk who enjoy our retirement. I hear so many stories of members who have unintentionally come across other U3A members while traveling. How much more could be gained if we took a few moments to arrange visits before we set out.

The U3A Network Queensland Inc. website has a list and a map of the location of all Queensland U3As. You do not have to belong to a Travel Group to benefit from visiting colleagues around our state or nation. Before you leave home on your next adventure, it may well be enriched by reaching out to U3As on your way.

The Beaudesert TAG would welcome any U3A member to TAG along with them on one of their adventures. If you have an interest in joining them give Ray or Kirtsey Arthy a call or email. Their details are email [raymondarthy@gmail.com](mailto:raymondarthy@gmail.com) or [kirtseyarthy@gmail.com](mailto:kirtseyarthy@gmail.com) 0447554480 or 0447022990.



## **Raise Youth Mentoring at a number of Toowoomba schools in 2023**

**Help young people build  
resilience and hope**

**Volunteer to mentor today**  
[raise.org.au](https://www.raise.org.au)



Young people across Australia are experiencing an increasing number of challenges that impact their wellbeing, yet many are unable to access someone for support during tough teenage years.

This program helps provide that support through one-to-one mentoring. The aim is to make them feel heard, listened to in what is going on in their lives, help them set goals, guide them on how to ask for help, improve their communication skills, and grow in confidence.

Many U3A members would be excellent mentors for this program, which is well established in many other cities, and is now in its second year in Toowoomba. Prior experience in this area is not needed. There is an excellent on-line training program, a comprehensive manual and handouts are available. If mentors need assistance at any stage, a qualified counsellor will be in attendance at all times, and debriefing will follow all sessions. There is to be no contact between sessions, or swapping of phone numbers, so there is no sense of continuing dependency.

A recent survey indicated that 98% of mentees enjoyed the program and over 90% felt better about school, believed that their communication skills had been improved, and would recommend it to a friend. On the other hand, well of over 90% of mentors felt an increased sense of purpose, improved listening skills, and the satisfaction of making an important contribution to the life of a young person, and the community in general. As such it is obviously a "Win-Win" activity.

As one mentor put it "Without previous experience in this area I didn't realise I could make such a meaningful contribution, one that was really appreciated by my mentee. For my part I feel I am a much better person for the involvement."

To find out more, or to participate without any commitment in the short online training sessions go to [www.raise.org.au/mentor](https://www.raise.org.au/mentor). Further enquiries should be made to Carmen Litton the Program Area Manager for Queensland who can be reached on Tuesdays Wednesdays and Thursdays on Mobile 0438 756 572.

# INDEX TO COURSES

## CROWS NEST - Alphabetical Listing

COURSE		DAY	AM	PM	PAGE
BASIC SCRAPBOOKING/CARDMAKING	<b>NEW</b>	MONDAY	X		41
BIRDING - FORTNIGHTLY		TUESDAY	X		41
COMPUTER SKILLS - FORTNIGHTLY		MONDAY	X		41
FORAGING IN YOUR BACKYARD	<b>NEW</b>	TUESDAY		X	42
GERMAN (ELEMENTARY)		MONDAY		X	41
LUNCH IN THE COUNTRY	<b>NEW</b>	THURSDAY		X	43
PHOTOGRAPHY FOR FUN—MONTHLY	<b>NEW</b>	TUESDAY		X	42
SCIENCE, PSYCHOLOGY AND THE MIND OF GOD FORTNIGHTLY	<b>NEW</b>	WEDNESDAY	X		42
SEW EASY COUNTRY CRAFTS—FORTNIGHTLY		THURSDAY	X		43
SYMPHONIC SOUNDS		THURSDAY	X		43
TECHNOLOGY—BE SKILLED ONLINE	<b>NEW</b>	THURSDAY	X		43
TOOWOOMBA CINEMA OUTING AND LUNCH GROUP	<b>NEW</b>	FRIDAY	X	X	43
UKULELE FOR FUN		THURSDAY		X	43
WALKING GROUP		WEDNESDAY	X		42

## PITTSWORTH - Alphabetical Listing

COURSE		DAY	AM	PM	PAGE
ART - WEDNESDAYS		WEDNESDAY	X		44
CRYPTIC CROSSWORDS—ALTERNATE MONDAYS		MONDAY		X	44
IMPROVE YOUR PHOTOGRAPHY—SECOND TUESDAY OF THE MONTH		TUESDAY	X		44
IMPROVE YOUR PHOTOGRAPHY—SECOND WEDNESDAY OF THE MONTH		WEDNESDAY	X		45
LINE DANCING		THURSDAY		X	45
LUNCH GROUP—3RD FRIDAY OF EACH MONTH		FRIDAY		X	45
SINGING FOR FUN—ALTERNATE WEDNESDAYS		WEDNESDAY		X	44
UKULELE		FRIDAY	X		45

*To enrol in any course, you must make arrangements directly with the tutor  
and you must be a financial member of U3A in Toowoomba Inc.  
Please wear your badge to every class.*

## EXPRESSIONS OF INTEREST for 2023

Day, time and venue to be advised Ask Tutor	<b>STRING QUARTET GROUP - INTERMEDIATE</b> String quartet for rusty violin or cello players. I play viola, Duets are another alternative, maximum four people.	
Day, time and venue to be advised Ask Tutor	<b>SHUTTLE TATTING</b> Tatting is lace making using a shuttle and thread. You will learn to make rings and chains, and techniques to broaden the range of possible decorative objects. Also learn how to follow diagrams and instructions to complete the designs.	
Day, time and venue to be advised Ask Tutor	<b>PALEO DIET DISCUSSION GROUP</b> The real diet for humans, Paleo has evolved for over a million years but largely abandoned in recent times. Points for discussion would be: the various kinds of Paleo diet, eg. Basic meat, fish, egg, green vegetables, pescatarian, carnivore, low carb and others. As well, grass-fed meat & eggs. Omega 3/6 ratio, resistant starch and much more on diet content. Individual members experiences (eg, weight loss, health improvement, chronic disease) would also be covered.	

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### VENUES

Classes are held IN Toowoomba at the Philharmonic Performance Complex (PPC), and at various other venues as outlined next to each course. If a venue is not given, contact the tutor for details.

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### TUTOR INFORMATION DAY

Training for volunteers is a vital component of successful management for a non-profit organisation. Those we have held demonstrate this, with positive feedback from participants.

As part of our commitment to good management practice and risk management strategies, we plan to hold tutor information days as regularly as necessary in 2023, with the first on **Tuesday 17 January. BOOKINGS ARE ESSENTIAL.**

*Who can attend Tutor Information days?*

- existing tutors who want to brush up on skills or who just want to see what the day entails
- new tutors who need to learn how our U3A operates
- any member who is thinking of becoming a tutor and wants some idea of what is involved

We aim to keep the day informal - with some fun activities - while at the same time imparting information to aid your tutoring experience.

*What does the day include?*

- information about U3As in general, and U3A in Toowoomba Inc. in particular
- vital information about workplace health and safety and risk management
- a little about our policies and procedures
- details about the paperwork a tutor needs to complete to comply with current legislation and for insurance purposes (we aim to keep paperwork to a minimum!)
- how tutoring works in the U3A environment
- how to approach and deal with difficult class participants

***How can I apply to attend?***

If you would be interested in attending this day, contact David Weston

*The day begins at 9am and concludes early afternoon. Lunch will be provided.*

# COURSES BY DAY—TOOWOOMBA

## MONDAY

Time/Venue	Title and Description	Contact
Terms:1 2 12:15 - 1:30 PPC Playhouse	<b>APPLE iPad - BEGINNERS</b> Don't get left behind with technology. If you have an iPad, learn to use it!	
Terms:1 2 4 10:45 - 12:00 PPC Playhouse	<b>APPLE iPad - REFRESHER</b> This is a course designed especially with Seniors' needs in mind. Having a recent iPad is important. All topics involve "easy, simple, quick" approach. Special advantages of an iPad, key functions especially helpful to Seniors, and learning how to maintain and troubleshoot your iPad are key. Examining Apps assisting Seniors enjoying retirement, and techniques in keeping your personal data safer underpin this course.	
Terms:1 2 4 9:00 - 10:30 PPC Playhouse	<b>APPLE iPhone - REFRESHER</b> "Easy, simple, quick"...our approach to learning about an iPhone based on the needs of Seniors. The basic functions of the iPhone, relevant Apps, gestures, skills important for older people, iPhone maintenance and troubleshooting and safe use, are all part of this course. Keeping safe in the challenging phone environment, and an emphasis on minimising your exposure to your data being used by others, are paramount. The course invites and supports you to learn new, better and quicker ways to use your iPhone.	
Terms:1 2 3 4 11:30 - 1:30 PPC The Lab	<b>AUSTRALIAN HISTORY AND ITS "EXCEPTIONALISM"</b> This course over 2 terms is in 2 parts, each semester. Part 1: pre-history to 1900 and Part 11: 1901 (Federation) to today and the future.  Mark Twain travelled widely in Australia in 1895/96 and later wrote that Australian history "is so curious and strange that it is itself the chiefest novelty the country has to offer. It does not read like history and of all a fresh new sort, no mouldy old ones. It is full of surprises, adventures, incongruities, contradictions and incredibilities, but they are all true, they all happened." This course will prove the "truism" of these words. It is an "exceptionally" different course.	
<b>NEW</b> Terms:1 2 3 4 9:30 - 11:30 TBA / Ask tutor	<b>BOOK CLUB - MODERN AUSTRALIAN WRITERS</b> We will meet on the first Monday of the month. There are many new Australian writers. We will focus on one book per month. The books are available through the Toowoomba Library or members may wish to purchase their own copies.	

## MONDAY cont'd

Time/Venue	Title and Description	Contact
Terms: 1 2 3 4 2:00 - 4:00 PPC Playhouse	<b>CHINESE TAI CHI</b> Tai Chi involves gentle movements which are fluid and graceful. It can be practiced by people of all ages. It's good for your general wellbeing and can help improve fitness, flexibility, relaxation, circulation, and good balance. It strengthens the body and mental concentration and assists with all aspects of health, therefore allowing you to enjoy your lifestyle.	
Terms: 2 3 4 2:00 - 4:00 PPC The Lab	<b>COMPUTER FORUM</b> This forum allows users of computers and related devices, with some experience, to share their knowledge of software, hardware, and sources of information. Bring your own laptop or devices to develop skills interactively. WiFi connection available.	
Terms: 1 2 3 4 2:00 - 4:00 PPC Austral Room	<b>CRYPTIC CROSSWORDS</b> A fun group, where beginners will learn the basic cryptic crossword decoding skills and experienced solvers will be challenged to more difficult puzzles, individually and in discussion with others.	
Terms: 1 2 3 4 1:30 - 3:30 TBA / Ask tutor	<b>DISCUSSION GROUP</b> Unrestricted, generally worldly, current events, with the weekly plan to keep member's selected topics moving so that all participate.	
<b>NEW</b> Terms: 1 2 11:30 - 1:30 PPC Studio	<b>EARLY INDIAN THOUGHT</b> This course will look at two fundamental questions that were asked by the Vedic people of India. (1) How did this universe come about? (2) How do we fit into this world? What is our role? What is the purpose of life? These two fundamental human questions spawn many other related questions and issues including how we know what the truth is. Course is conducted over two terms.	
Terms: 1 2 3 4 11:30 - 1:30 PPC Austral Room	<b>GUITAR FOR FUN</b> A knowledge of basic chords is a must. A variety of genre. A lot of fun jamming.	
Terms: 1 2 3 4 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.	

## MONDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 8:30 - 1:30 St Pauls Lutheran Church	<b>LINE DANCING</b> Dancing for fun, exercise, and enjoyment. Beneficial for mind and body. No partner required. A reasonable level of fitness is required. Morning progresses from Beginners through to Intermediate and Advanced levels.	
Terms:1 2 3 4 10:15 - 1:15 Toowoomba Bowls Club	<b>MAHJONG - BEGINNERS</b> Learn Mahjong in a friendly relaxed environment. This class is suitable for beginner to intermediate level. Please bring your own set of tiles if you have one.	
Terms:1 2 3 4 9:00 - 11:00 PPC Austral Room	<b>MONDAY DISCUSSION GROUP</b> Start the week with a little brain awakening. Come and join the interactive round table discussion group on Monday mornings. There is no set agenda, members bring various topics of interest to them. Any topic can bring a very lively discussion, or not! All that is asked is that you bring with you - tolerance. Topics can be varied. New members can join any-time during the terms, as there is no curriculum.	
Terms:2 3 4 9:00 - 11:00 PPC Studio	<b>PSYCHOLOGY/BEHAVIOURAL SCIENCE</b> The aim of this course is to merge rigorous science with a broad human perspective. The principles and processes of psychology will remain sensitive to the participants' interests while also conveying the inquisitive compassionate and sometimes playful spirit in which psychology can be approached. Course will commence with "The History of Psychology" and an understanding of what psychology is.	
<b>NEW</b> Terms:1 9:00 - 11:00 PPC The Lab	<b>STATISTICS IN MATHEMATICS</b> Introduction to Statistics: Have you ever wondered how decisions are made to approve a drug, or to determine if people in a specific area are different from the rest of the population? This course could be for you. This will most likely be a new topic for our members and is about at the level of Year 10 or 11. It could also prove that you can understand maths when taking things slowly.	
Terms:1 2 3 4 12:00 - 4:00 TTTA Hall 82A Herries St	<b>TABLE TENNIS</b> Suitable for beginners to advanced players. Players need to have their own table tennis bat.	

## MONDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 8:00 - 12:00 Holy Name Courts West St	<b>TENNIS - MORNING</b> We play fun, social tennis with the emphasis on fun. If you would like to get outside in the fresh air and get a bit fitter, come and join us. If you have not played tennis for a while, that is ok. We will help you get back into the game. We play every Monday during the year.	
Terms:1 2 3 4 12:30 - 4:00 Holy Name Courts West St	<b>TENNIS - AFTERNOON</b> A fun afternoon of social doubles tennis. Fun and fitness with a little healthy competition. Afternoon Tea and a chat included. New players welcome.	

## TUESDAY

Terms:1 2 3 4 6:45 Concordia Aquatic Centre	<b>AQUATIC EXERCISE GROUP - TUESDAY</b> Aqua Aerobics. Enjoy gentle exercise in a warm and friendly pool environment.	
Terms:1 2 11:30 - 1:30 PPC The Lab	<b>AUSTRALIAN INDIGENOUS HISTORY</b> Indigenous Australian History pre 1788 to the present. Will be presented with notes, DVD's, movies, guest speakers and questionnaires.	
Terms:1 2 3 4 1:30 - 3:00 City Bowls Club	<b>BOOK DISCUSSION GROUP - 1st Tuesday of Month</b> Our enthusiastic group of 15 read and discuss books of a variety of genres. Class sets of books with discussion notes and questions are hired from the College of Adult Education in Melbourne. Cost: \$87 - \$124. No vacancies at present.	
Terms:1 2 3 4 1:00 - 3:30 Art Society Godsall St	<b>BOTANICAL ART</b> We are a self-help group with varying levels of experience who enjoy botanical drawing and painting. PLEASE NOTE - some experience in botanical art is necessary as there is no teacher.	

FOR YOUR SAFETY AND THE SAFETY OF OTHERS,  
 PLEASE TAKE CARE DRIVING THROUGH AND PARKING  
 AT THE PPC—AND NOTE THE ONE-WAY SIGNS.  
 BE AWARE THAT PARKING ON THE VERGES MAY INCUR  
 A TOOWOOMBA CITY PARKING FINE.

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## TUESDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 8:00 - 12:00 Ballymore Room, Club Toowoomba 331-339 Hume Street	<b>CARDS - 500</b> An enjoyable morning of cards. If you are new to the game of 500, we will teach you, otherwise enjoy playing with very experienced players. New members welcome.	
Terms:1 2 3 4 3:00 - 4:30 Dr Price Rooms Little St	<b>CHINESE - MANDARIN</b> Interested in learning the language that has more native speakers than any other in the world, with nearly a billion users? This fascinating language originated in northern China and is the official language in that country as well as one of the four official languages of Singapore. It is also recognised as one of the six official languages of the United Nations.	
Terms:1 2 3 4 11:30 - 1:30 PPC Studio	<b>DRAWING ABC - GROUP 1</b> More advanced drawing group and a continuing course. No vacancies at present.	
Terms:1 2 3 4 9:00 - 11:00 PPC Studio	<b>FOOD NUTRITION AND HEALTH</b> Life expectancy in Australia continues to increase but so does the incidence of chronic diseases, especially of the cardiovascular and nervous systems (brain). Resuming after a break in 2022, this course covers very recent research into the role of diet and lifestyle on our increasing longevity. The course is descriptive; videos are used, and an email summary of each session is provided.	
Terms:1 2 3 2:00 - 4:00 PPC The Lab	<b>FRENCH - BEGINNERS</b> This course aims to develop basic skills in understanding and communicating in French by introducing a range of basic vocabulary, grammar and sentence patterns. A supportive and interactive approach is used to encourage the development of conversational skills and a gradual increase in the active use of French during class time. The course is suitable for both new and for continuing participants.	
Terms:1 2 3 4 9:00 - 11:00 PPC Austral Room	<b>FRENCH CONVERSATION</b> Members of this relaxed class need to have average skills in speaking and listening in French. The class is conducted in French. All members contribute to improving and encouraging one another. Many interesting topics are discussed in French. No vacancies at present.	

## TUESDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 8:30 Croquet Club Cnr Arthur & Lindsay Sts	<b>GATEBALL</b> An action-packed game played between two teams of five players each, on a half croquet lawn. All equipment supplied.	
Terms:2 1:00 - 5:00 Highfields. Ask tutor.	<b>INTRODUCTION TO GEMSTONES AND MINERALS</b> This course introduces participants to the wide range of gemstones and minerals in the world. Classes focus on gemstone sources, historical uses and gemmological properties to enable gemstones to be identified using basic gem testing equipment. A wide range of natural, synthetic, imitation and treated gemstones and minerals specimens will be discussed and handled in a practical environment.	
Terms:1 2 3 4 2:00 - 4:00 PPC Austral Room	<b>MAHJONG</b> Mahjong is an Ancient Chinese game played for fun and friendship. New members welcome, as well as members wanting to learn.	
Terms:1 2 3 4 1:30 - 4:30 Pete's Place	<b>POTTERY - AFTERNOON</b> Learn a range of basic techniques, including slip casting, press moulding, hand and wheel work, glaze decoration and firing. No vacancies.	
Terms:1 2 3 4 8:30 - 11:30 Pete's Place	<b>POTTERY - MORNING</b> Learn a range of techniques, including slip casting, press moulding, hand and wheel work, glaze decoration and Raku firing. No vacancies	
Terms:1 2 3 4 9:00 - 10:00 PPC Playhouse	<b>SHIBASHI QIGONG</b> Shibashi Qigong is a set of 18 energy enhancing exercises that coordinate slow movements with breathing and concentration. Traditional Chinese medicine believes these exercises can cultivate health and energy throughout the body. It is a gentle and flowing routine, that is both deeply relaxing and a joy to do.	

### DRIVING THROUGH AND PARKING AT THE PPC

The direction of travel for vehicles through the Philharmonic Performance Complex is **ONE WAY** and the speed limit is **10kph**.  
**Parking** on any verge or in any non-parking designated areas may incur Council parking fines



## TUESDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 12:00 - 1:30 PPC Playhouse	<b>SILENT MEDITATION</b> Silent meditation as a life skill. Brief readings on Silent Meditation, Practice with sitting and walking meditation, sharing and discussion of Practice. Common benefits include increased calmness and contentment, improved concentration, focus on the present moment and changes in self-understanding. New learners and those with experience welcome.	
Terms:1 2 3 4 2:00 - 4:00 PPC Studio	<b>SING...SING A SONG</b> "Life without Music is a mistake", Music is a picker-upper and a calmer-downer; a make you feel good activity. Sing...Sing a Song aims to do all these things with our small, friendly group, sitting around the piano, singing the world's best, most loved songs from throughout the decades. Come and join us.	
Terms:1 2 3 4 2:00 - 4:00 PPC Playhouse	<b>SINGING FOR FUN</b> Singing for Fun is just that. A class of friendly folk gather to sing a wide range of songs, just for the love of it. Come join us. Plenty of room. Vacancies exist for Term 1.	
Terms:1 2 3 4 11:30 - 1:00 PPC Austral Room	<b>SPANISH CONVERSATION</b> This fun and interactive class is suitable for those with a sound to good knowledge of Spanish. The focus will be to improve your confidence and ability to converse in Spanish by giving prepared formal presentations and having informal chats and activities, all in Spanish, as well as some grammar revision.	
Terms:1 2 3 4 9:00 - 10:30 PPC The Lab	<b>SPANISH FOR BEGINNERS</b> Do you have a basic knowledge of this beautiful Romance language or are you a complete beginner with Spanish? Then come to this fun and enjoyable class, where we will focus on speaking, listening to, writing and reading Spanish, as well as learning about the culture of Spain and Latin America.	
Terms:1 2 3 4 5:45 Concordia Aquatic Centre	<b>SWIMMING - TUESDAY</b> Stroke swimming at your own pace for competent swimmers.	
Terms:1 2 3 4 9:30 - 11:30 SDA Hall, 669 Greenwattle St	<b>TRAVEL - ARMCHAIR</b> Come and enjoy every corner of the world as we share our travel experiences and photos.	

## TUESDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 11:45 Ask Tutor	<b>TUESDAY LUNCH GROUP - 1st &amp; 3rd Tuesday</b> A great group of diverse people who meet to dine and chat.	
Terms:1 2 3 4 9:30 - 10:30 SDA Hall, 669 Greenwattle St	<b>UKULELE FOR FUN - BEGINNERS</b> A beginner's course for those who want to have fun playing the ukulele.	
Terms:1 2 3 4 11:00 - 12:00 SDA Hall, 669 Greenwattle St	<b>UKULELE FOR FUN - INTERMEDIATE</b> A class for those who have completed the beginners class but are not ready for the advanced class yet.	
Terms:1 2 3 4 1:00 - 2:00 SDA Hall, 669 Greenwattle St	<b>UKULELE FOR FUN - ADVANCED</b> A class for students who can play and want to continue having fun playing the ukulele.	
Terms:1 2 3 4 10:30 - 11:30 PPC Playhouse	<b>YOGA WITH ROS</b> The aim of this course is to enable participants to develop a self-yoga practice to enhance movement, strength and well-being. The classes will incorporate gentle supported movements along with breath awareness, balance and mindfulness. All participants must supply their own equipment.	

## WEDNESDAY

Terms:1 2 2:00 - 4:00 PPC Austral Room	<b>A BRIEF HISTORY OF THE ANCIENT WORLD</b> Travel back in time to the emergence of the world's first civilizations. Starting around 3500 BCE, you will explore and compare the remarkable cultures and foundational events of several ancient societies. Includes Mesopotamia, Egypt, the Mediterranean, the Indus River Valley, China, Central and South America and more. Suitable for lovers of history at all levels.	
Terms:1 3 8:45 Bridge Club Stuart St.	<b>BRIDGE FOR BEGINNERS</b> Bridge is the most interesting card game. It is made up of bidding and playing and both of these aspects are challenging. It is this challenge that has players coming back for more and more. You can learn Bridge at the Toowoomba Bridge Club. The classes will teach bidding, declarer play and defence. Teaching will be conducted by one of our experienced teachers. Players will be able to move into other sessions held at the club as their experience and skills grow.	

## WEDNESDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 2:00 - 4:00 PPC The Lab	<b>GERMAN LANGUAGE AND CULTURE</b> The course is best suited to participants who have as a minimum Year 12 level German language skills. The program uses a variety of course materials, supplemented by authentic texts including songs as well as information on current affairs. Emphasis is placed on the development of reading and listening skills. Please discuss with tutor before enrolling.	
Terms:1 2 3 4 8:30 Croquet Club Cnr Arthur & Lindsay Sts	<b>GOLF CROQUET - WEDNESDAY</b> Easy to learn game, using a full croquet lawn.	
<b>NEW</b> Terms:1 2 11:30 - 1:30 PPC Austral Room	<b>GUITAR - INTERMEDIATE</b> After learning the basics of guitar, this is your next step. You'll learn and use lots of barre chords, extended chords, do some soloing, and participate in exchanges of ideas and techniques and some theory.	
Terms:1 2 3 4 9:30 - 11:30 Drayton Bowls Club	<b>INVESTORS' FORUM</b> The Investors' Forum aims to create a learning environment to provide information on current or topical issues that may influence investing decisions. Guest speakers from all areas of investing are invited to share their knowledge. The Forum encourages members to do their own research - no personal advice is given. This year the Forum will operate during the U3A Terms, however members are encouraged to join at the beginning of the year, and follow our investing journey for the year. A one-off fee of \$80 to cover the venue hire and outgoings, is payable at the beginning of the year.	
Terms:1 2 3 4 2:00 - 4:00 PPC Studio	<b>ITALIAN - ONGOING STUDY</b> Ongoing study of Italian language (reading, writing and speaking) in a non-threatening setting. The first half-hour is for grammar revision.	
Terms:1 2 3 4 2:00 - 4:00 St. Patrick's, Neil Street	<b>ORIGINS OF THE BIBLE</b> The Life and Teachings of Jesus parts 2-4. The course is based on the latest research in Anthropology, Archaeology and Ancient History into the origins of the Gospels of Mark, Matthew and John, all written over a hundred years after the life and death of Jesus of Nazareth. Two vacancies available. Notes and Bible (The Message) supplied.	
Terms:1 2 3 4 9:00 - 11:00 PPC Playhouse	<b>PASTEL DRAWING</b> An introduction to the basic skills of pastel drawing and on-going tutoring to help students develop their own styles. Limited vacancies in Term 1.	

## WEDNESDAY cont'd

Time/Venue	Title and Description	Contact
Terms: 1 2 3 4 8:30 - 10:30 PCYC James St	<b>PICKLEBALL - WEDNESDAY</b> A version of half court tennis that is great fun. A game taking off around the world. All welcome. Come along and have a hit and a laugh.	
<b>NEW</b> Terms: 1 2 9:00 - 11:00 PPC Austral Room	<b>PIONEERS AND PROGRESS - A SOCIAL HISTORY</b> A Social History is the story of People in History: ordinary people from all walks of life who lived "extra-ordinary" lives, in meeting the challenges of isolation and survival in the strange and often hostile environment of the new British Colony. This will be the history and herstory of our early Pioneers, from settlement to the beginning of our fledgling Nation. Our Pioneers, their stories and their contributions to our identity.	
<b>NEW</b> Terms: 1 2 3 4 11:30 - 1:30 PPC Studio	<b>REFORMATION CHURCH HISTORY (16TH CENTURY)</b> During the 16th century, Europe and Britain were convulsed by seismic shifts in political, economic, social and religious settlements. No part of life in Europe was untouched by what became known as the Reformation. While ostensibly a religious realignment of values, the seeds of upheaval were planted in the fertile soil of the background social, political, economic and cultural ferment affecting all of the late medieval world. This course charts these changes and the subsequent realignment of values, modes of worship and cultural norms that set the scene for the modern consensus.	
Terms: 1 2 3 4 11:30 - 1:30 PPC Playhouse	<b>SCRABBLE</b> Join us for a fun game with words. New members are welcome. No experience is necessary. Tuition provided if required.	
Terms: 1 2 3 4 2:00 - 4:00 PPC Playhouse	<b>SEWING CIRCLE</b> Come along and join our sewing circle. We enjoy learning from and teaching others. We do Quilting, Applique and Sashico. Bag Making & Clothing will be incorporated throughout 2023.	
Terms: 1 2 3 4 9:00 - 11:00 PPC The Lab	<b>SHAKESPEARE</b> A Playwright who has so much to tell us. Plays for 2023 - King Lear and Macbeth. Throughout the year we shall be viewing, reading and discussing the set play. Opinions in the group are varied, thoughtful and interesting, so discussion is both vigorous and entertaining. Whether you feel you know a little or a lot, you are welcome.	
Terms: 1 2 3 4 9:30 - 11:30 SDA Hall, 669 Greenwattle St	<b>SING-A-LONG SINGERS</b> We are not a professional group of singers. We require people like you who would like to join a friendly and jovial group to do some singing and enjoy the social morning. If it's a variety of songs you would like to sing, then this is for you and everyone is welcome.	

## WEDNESDAY cont'd

Time/Venue	Title and Description	Contact
Terms:2 10:00 - 12:00 Di's Place	<b>SUDOKU</b> I teach a very easy way to solve this puzzling puzzle. One term course- Term 2 only. Limited to 6 participants. Cost of Sudoku Book, Pen and Notebook-\$15.	
Terms:1 2 3 4 8:00 - 11:00 Ask Tutor	<b>WEDNESDAY WANDERERS WALKING GROUP</b> We are a friendly group who enjoy walking and talking. We walk between 5 and 5.4kms through the parks and shady streets of Toowoomba, Highfields and occasionally other localities a short drive from Toowoomba. We regularly have around 25 members on our walks. We start at 8am in the warmer terms- 1 & 4, and 9am in terms 2 & 3 when it is a little cooler. Last year saw the introduction of a number of new routes, which we will draw on again this year. Morning tea is always a highlight, where the conversations continue and coffee and cakes are enjoyed. Limited vacancies in 2023.	
Terms:1 2 3 4 9:00 - 11:00 PPC Studio	<b>WONDERS OF WATERCOLOUR</b> A class for beginners, or further advanced, to study different aspects of art such as composition and colour. Learn from one another and develop in the Wonders of Watercolour.	
<b>NEW</b> Terms:1 3 11:30 - 1:30 PPC The Lab	<b>WORLD WAR II (1939-45) AUSTRALIAN AND OTHER NATIONS CONTRIBUTIONS</b> As indicated in the title of this course, there will be two parts to this history course with the first term covering the Australian contribution and the second term examining the other nations' - principally the main allied and axis powers - contributions. The course will conclude with a brief survey of the outcomes of World War II on subsequent history. (Includes PowerPoint, Notes & DVDs)	

## THURSDAY

Terms:1 2 3 4 6:45 Concordia Aquatic Centre	<b>AQUATIC EXERCISE GROUP - THURSDAY</b> Aqua Aerobics. Enjoy gentle exercise in a warm and friendly pool environment.	
Terms:1 2 3 4 10:00 - 11:30 Archery Range Charlton	<b>ARCHERY - TARGET ARCHERY</b> Both men and women enjoy this activity. You don't have to be strong or really fit but the exercise is an excellent addition to daily activity and social interaction. The archery takes place using either your own equipment or Toowoomba Company of Archers Equipment. Guidance in the technique used to achieve the best results is provided by an Archery Australia accredited coach. The Archery shooting line now has a shade cover to improve our comfort over summer. We enjoy a chat with morning tea and biscuits after shooting.	

## THURSDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 8:45 - 10:45  PCYC James St	<b>BADMINTON</b> We have community players as well as U3A members. A very friendly group; we enjoy coffee and lunch sometimes. Players must join the PCYC at a very small annual cost and weekly playing fees are paid directly to the PCYC.	
<b>NEW</b>  Terms:1 2  9:00 - 11:00  PPC Austral Room	<b>BECOMING HUMAN - THE MAKING OF MANKIND</b> Where did hominins originate? When did Homo sapiens split away from the anthropoid family tree? What was the name of our earliest bipedal ancestor? How did we become the dominant hominin species on earth? Join Bruce on a journey of discovery with Charles Darwin and many other scientists, as we examine human evolution from 6 million years ago, to today. We will be examining the basics of DNA discoveries, so some knowledge of biology would be desirable for this course. The tutor would like students to read the NY Times Best Seller: "Sapiens, A Brief History of Humankind" by Prof. Yuval Noah Harari, during the two terms of the course.	
Terms:1 2 3 4  12:00 - 4:00  Ballymore Room, 331-339 Hume Street	<b>CANASTA</b> Canasta is a card game played with 2, 3, 4 or 6 players. If you are new to the game we will teach you, otherwise enjoy playing with very experienced players.	
Terms:1 2 3 4  1:30 - 3:00 Ask Tutor	<b>CHRISTIANITY AND FEMINISM</b> We will continue our exploration of women in the Christian churches from early times to the present, focussing on their gifts and vocations and how they attempted to express these. We will particularly follow the struggle for women's ordination. We will also look at how feminists have viewed the church, its hierarchy and doctrines and its attitudes towards women. No vacancies at present.	
Terms:1 2 3 4  9:00 - 11:00  PPC Playhouse	<b>CIRCLE DANCING</b> Circle Dancing is a blend of folk and meditative dance. We dance to music from many countries, celebrating the seasons, nature, the earth, the diversity of different cultures etc. We enjoy the movement of dance. Great for the body, mind and spirit. No vacancies at present.	
Terms:1 2 3 4  12:30 - 2:30  SDA Hall, 669 Greenwattle St	<b>DINKY DI BUSH BALLADS AND COUNTRY</b> Weird instruments (handmade or bought) make up this bush band. We are a small but enthusiastic group. Love to have different created sounds, percussion etc. What sounds great for this style is Kazoo, mouth organ, wobble board or Didgeridoo, gumleaf or comb player, spoons, bottles or similar. Male singers or whistlers are required as well. We look forward to another year filled with fun.	

## THURSDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 9:15 - 10:45 Toowoomba Historical Society Lindsay St	<b>ENJOYING MATHEMATICS - INTERMEDIATE</b> Rediscover the joy of Mathematics. With an emphasis on real life applications, those mathematical skills and concepts that may have been forgotten are reviewed and applied. Some new mathematical topics and associated principles not previously encountered are also featured.	
Terms:1 2 3 4 11:30 - 1:30 PPC The Lab	<b>FAMILY HISTORY GROUP</b> Do you know your Grandparents but want to know more? Join our friendly group who will help you to explore your family history. You will be surprised what you will discover. Must be able to use a computer and the Internet.	
Terms:1 2 3 4 1:00 - 4:00 Art Society Godsall St	<b>GAINING CONFIDENCE IN OILS</b> Students will explore the potential of oil paint using a range of techniques and subject matter. Suitable for beginners to intermediate.	
Terms:1 2 3 4 9:30 - 11:30 TBA / Ask tutor	<b>GREEN CHICKEN WRITERS</b> Members' individual, approx. 1,000 words/week autobiographies - ongoing or new beginning, with helpful critiques after sharing.	
<b>NEW</b> Terms:1 11:30 - 1:30 PPC Studio	<b>HEALTHY WEIGHT LOSS FOREVER</b> Weight loss as a lifestyle change. Working with our bodies to regain optimal health and reduce body fat. The evidence is in: Our modern way of eating is not just making us fat it is making us sick too. Let's get back to basics and learn to work with our bodies to lose fat permanently, feel great again and enjoy eating tasty food. Little tweaks do make a real difference.	
<b>NEW</b> Terms:1 3 11:30 - 1:30 PPC Austral Room	<b>HISTORY OF INDIA FROM THE MUGHALS TO THE NEHRUS</b> This two-term course traces the history of India in the time from the early 1500's to the late 1900's. As indicated in the title, it will commence with a survey of the Mughal Emperors, followed by the British East India Company, the Indian Mutiny of 1857 and the establishment of British Government rule ( the "Raj") from 1858 until Independence in 1947. The course will conclude with a survey of the Nehru family Prime Ministerships up to the 1990's. (Includes PowerPoint, Notes & DVDs)	

*To enrol in any course, you must make arrangements directly with the tutor and you must be a financial member of U3A in Toowoomba Inc. Please wear your badge to every class.*





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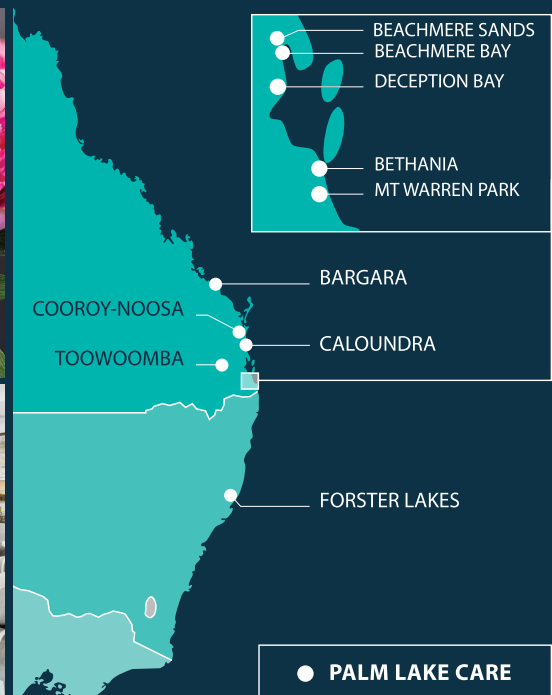
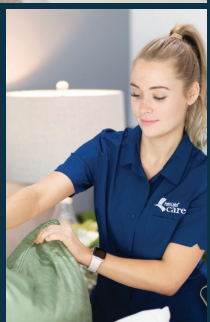
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## THURSDAY cont'd

Time/Venue	Title and Description	Contact
<b>NEW</b> Terms:1 3 2:00 - 4:00 PPC Austral Room	<b>HISTORY OF MEDIEVAL EUROPE FROM 476 - 1453AD</b> This course will commence with the fall of the Roman Empire in 476AD and cover the almost thousand-year period up to and including the fall of Constantinople in 1453AD. In between it will include various aspects of the socio-economic and political history of western Europe during the course of this overall period. (Includes PowerPoint, Notes & DVDs)	
Terms:1 2 3 4 2:00 - 4:00 PPC The Lab	<b>ITALIAN FOR BEGINNERS</b> Introduction to reading, writing, listening, speaking and understanding this beautiful romance language. The course includes grammar, conjugation of verbs, tenses and pronunciation. Suitable for first timers and those who have completed an introductory course previously. Please bring writing materials, notebook and be prepared to purchase a dictionary and/or Collins Easy Learning Italian Grammar.	
Terms:1 2 3 4 2:30 - 4:30 Toowoomba Bowls Club	<b>LAWN BOWLS - LINDSAY STREET</b> Learn the art of lawn bowls while enjoying an active healthy hobby and making new friends. All equipment supplied. Bring water, hat, sunscreen and flat shoes.	
Terms:1 2 3 4 2:00 - 4:00 PPC Playhouse	<b>LEAD LIGHTING - BEGINNERS</b> The course is conducted over two terms, during which students are introduced to the fundamentals of leadlighting, through the completion of a number of projects. All tools are supplied. Students pay for the cost of project materials. Intake for new members is Terms 1 and 3.	
Terms:1 2 3 4 11:30 - 1:30 PPC Playhouse	<b>LEAD LIGHTING - CONTINUING STUDENTS</b> The continuing class builds on the foundations of the beginner's class. Students work on their own projects, try more advanced techniques and share ideas with their peers. Access to this class is gained on completion of the Beginners course.	
Terms:1 2 3 4 8:45 - 12:00 Bridge Club Stuart St.	<b>MAHJONG FOR FUN</b> Games of Mahjong stimulate the brain as well as being fun and making new friends. We do not score. New players will be coached. Experienced players welcome.	

## THURSDAY cont'd

Time/Venue	Title and Description	Contact
<p>Terms:2</p> <p>2:00 - 4:00</p> <p>PPC</p> <p>Austral Room</p>	<p><b>REGAIN YOUR BRAIN</b></p> <p>Whether you are experiencing "senior moments" or would simply like to boost your memory and cognitive ability, this course will be of interest. We will watch a series of 12 interviews with world's leading experts at the cutting edge of discoveries in brain health. They will present us with ideas and evidence on how to maintain our brains, or, in some cases even reverse damage. Topics will include new discoveries about the brain, exercise, nutrition, sleep, stress, mental stimulation, hormones and social connections. After watching each video we will allow approximately half an hour for discussion.</p>	
<p>Terms:1 2 3 4</p> <p>9:00 - 12:00</p> <p>Greek Orthodox Community Hall</p>	<p><b>SCOTTISH COUNTRY DANCING</b></p> <p>We dance a variety of dances each term from 300 years ago to dances devised in recent times. Beginners are welcome in Term 1, 9:15 - 10:45 with intermediate dancers. 10:45 - 12:00 is for experienced dancers interested in more complex dances.</p>	
<p>Terms:1 2 3 4</p> <p>5:45</p> <p>Concordia Aquatic Centre</p>	<p><b>SWIMMING - THURSDAY</b></p> <p>Stroke swimming at your own pace for competent swimmers.</p>	
<p>Terms:1 2 3 4</p> <p>9:00 - 10:15</p> <p>St Thomas More Hall, 71A Ramsay St</p>	<p><b>TAI CHI</b></p> <p>Tai Chi and Qigong 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. eg: 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 and supple. Tai Chi moves from the YANG style long form will be taught as well as Shibashi Qigong.</p>	
<p>Terms:1 2 3 4</p> <p>2:00 - 4:00</p> <p>PPC Studio</p>	<p><b>TOPICS IN GEOLOGY</b></p> <p>First week of each Term: 'Wild rocks - Pet rocks'. Then a course in Mineralogy leading to Petrology.</p>	
<p>Terms:1 2 3 4</p> <p>8:00 - 11:00</p> <p>Ask Tutor</p>	<p><b>WALKING GROUP - THURSDAY</b></p> <p>We are a friendly group who enjoy walking and talking in our beautiful city and surrounding areas. Walks are about 5kms long. Relaxing over a coffee after the walk is fun but optional. Limited spaces available.</p> <p>8am start Terms 1 and 4</p> <p>9am start Terms 2 and 3</p>	

## THURSDAY cont'd

Time/Venue	Title and Description	Contact
Terms: 1 2 3 4 9:00 - 11:00 PPC The Lab	<b>WEAVING A FAMILY HISTORY</b> Our group is passionate about writing and researching our family stories. Each week ideas are given for you to write a story which is then read in class. We have a wonderful time discussing our stories.	
<b>NEW</b> Terms: 1 2 3 4 9:00 - 11:00 PPC Studio	<b>WOMEN OF WINDSOR</b> By combining the history of our monarchy and the Wise, Witty, Weird & Wonderful Women who wove the Web that wound up being the Women of Windsor - the WOW factor - we not only get a picture of Royal females, good and bad, but also an understanding of the women's world, as the men went off exploring, conquering and fighting, maybe never to return.	

## FRIDAY

Terms: 1 2 3 4 11:30 - 1:30 PPC The Lab	<b>ANDROID PHONES AND TABLETS</b> Android (NOT Apple) smart phones have touch screens and are similar to Android tablets in the way they may be used. Commonly, you will use them as a phone, and to: store contacts, do emails, read books, play games, take photos and for driving navigation and playing music and video clips.	
Terms: 1 2 3 4 11:30 - 1:00 PPC Austral Room	<b>CHAMBER SINGERS</b> This group is for those who enjoy singing in a choir in three and four part harmony. Four or five songs of various styles are introduced each term from folk, popular, jazz and classical arrangements. We welcome new and continuing Sopranos, Altos, Tenors and Bases.	
Terms: 1 2 3 4 11:30 - 1:30 PPC Playhouse	<b>DRAWING ABC - GROUP 2</b> Discover your hidden talents. This is a continuing course; no vacancies at present.	



**THINKING OF PURCHASING  
 an iPad or SIMILAR  
 PRIOR to JOINING a CLASS?  
 Colin CAN HELP  
 WITH QUESTIONS YOU MAY HAVE**

## FRIDAY cont'd

Time/Venue	Title and Description	Contact
Terms: 1 2 3 4 2:00 - 4:00 PPC The Lab	<b>EXTRA-TERRESTRIAL CONTACT TODAY AND IN EARTH'S ANCIENT PAST AND THE IMPACT ON CIVILISATION AND RELIGION</b> This course explores evidence from around the world indicating that Earth has been visited by advanced extra-terrestrial beings both today and throughout history. We will explore modern day sightings of UFOs and stories of encounters with extra-terrestrials. We will also explore significant evidence that our planet's ancient civilisations were aided and influenced by extra-terrestrial visitors. Almost every past civilisation has stories of visitors from the heavens, who came and taught them culture, agriculture, animal husbandry, astronomy and the construction of buildings and cities. The influence of these visitations has shaped religious beliefs and cultures. Other areas that we will explore include unexplained mysteries, ancient civilisations, religion, spirituality, life, consciousness and reality. Course delivery is by formal presentation and group discussion. This course is restarting from the beginning in 2023.	
Terms: 1 2 3 2:00 - 4:00 PPC Austral Room	<b>FRENCH INTERMEDIATE</b> Participants require a sound knowledge and understanding of basic French vocabulary and grammar (2-3 years). Theme based texts, written in French, provide activities for the ongoing development of listening, speaking, reading and writing skills and includes grammatical exercises and cultural information. Participants will also have opportunities to practise their conversational skills in a collaborative and supportive environment.	
Terms: 1 2 3 4 12:00 Ask Tutor	<b>FRIDAY LUNCH GROUP B - 3rd Friday of Month</b> An informal group meeting for lunch once per month. Various venues. Currently no vacancies.	
Terms: 1 2 3 4 12 noon Ask Tutor	<b>FRIDAY LUNCH GROUP C - 3rd Friday of Month</b> Meet for lunch and chat. Occasional vacancies occur- contact Tutor.	
Terms: 1 2 3 4 12 noon Ask Tutor	<b>FRIDAY LUNCH GROUP D - 3rd Friday of Month</b> A group meeting for lunch at various restaurants.	
Terms: 1 2 3 4 12 noon Ask Tutor	<b>FRIDAY LUNCH GROUP E - 3rd Friday of Month</b> Enjoy lunch and social interaction at various restaurants, cafes, pubs and clubs. Occasional vacancies occur.	

## FRIDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 8:15 Croquet Club Cnr Arthur & Lindsay Sts	<b>GOLF CROQUET - FRIDAY</b> Easy to learn game, using a full croquet lawn.	
Terms:1 2 3 4 10:00 - 12:00 SDA Hall, 669 Greenwattle St	<b>GUITAR - JAM SESSION - ADVANCED</b> Must be able to play all Open Chords and Barre Chords. This is an advanced class where we play and sing in a band setting, with drums and bass guitar accompanying us. We enjoy playing and singing a variety of genres of music including Rock & Roll (60's to 90's), Folk, Country and some Jazz songs.	
Terms:1 2 3 4 Ask Tutor	<b>MOVIE GROUP - First Friday of Month</b> Every month we go to a Movie and have lunch afterwards as an optional extra. No limit on participants.	
Terms:1 2 3 4 9:30 - 11:30 Art Society Godsall St	<b>MULTIMEDIA</b> The members in our group are free to choose any medium to work with - pencil, oil, watercolour, acrylic etc. If a member has a problem there is usually someone in the group who can help them out. No vacancies at this time.	
Terms:1 2 3 4 9:00 - 11:00 PCYC James St	<b>PICKLEBALL - FRIDAY</b> A version of half court tennis that is great fun. A game taking off around the world. All welcome. Come along and have a hit and a laugh.	
Terms:1 2 3 4 9:00 - 11:00 PPC Austral Room	<b>PILGRIMS and PALADINS: EUROPE EMERGES</b> This course offers participants the opportunity to encounter the Movers and Shakers of the Mediterranean culture during the High Middle Ages. We will walk and ride the pilgrim trails, where you will meet colourful and exotic characters including the wild, the wilful and the wicked. Roland, Charlemagne, Anna Comnena, Eleanor of Aquitaine, and the Pied Piper will be among the stars. Central to our activities will be the interrogation of primary sources, both literary and archaeological. There are no course prerequisites. Just bring a sense of curiosity, wit and wonder.	
<b>NEW</b> Terms:1 2 3 4 9:00 - 11:00 PPC Playhouse	<b>QUILTING FOR BEGINNERS</b> We will begin with a basic block, building into a small lap quilt. Focus will be on techniques and tips for producing a finished product. Two sewing machines are available. Members will need to supply their own materials, thread and basic tools.	

## FRIDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 9:00 - 11:00  PPC Studio	<b>RAINBOW WRITERS</b> Writing is fun and brings back many memories. It is good to record these stories for future generations to enjoy.	
Terms:1 2 3 4 2:00 - 4:00  PPC Studio	<b>RAMBLING WRITERS</b> Writing is fun. It brings back many memories as we share our stories. It is important to record these for future generations to enjoy.	
<b>NEW</b> Terms:1 2 3 4 2:00 - 4:00  PPC Playhouse	<b>SIMPLE SCRAPBOOKING</b> We will be looking at our scrapbooking supplies to complete albums or assemble others, Weekly demonstrations from various members should increase our knowledge of many techniques. By swapping ideas and skills we should enjoy each other's company while learning.	
Terms:1 2 3 4 11:30 - 1:30  PPC Studio	<b>SING...SING A SONG OF SIXPENCE</b> A cosy, friendly fun group, sitting around the piano - as we did growing up - singing beloved melodies from 1880 through to 1980.	
Terms:1 2 3 4 2:00 - 4:00  Drayton Hall	<b>SOCIAL DANCING - A MIXTURE OF OLD TIME/NEW VOGUE</b> This course would not suit Beginners. This session offers two hours of dancing to recorded music and the opportunity to socialise and make new friends. Dances are varied and include Pride of Erin, Gypsy Tap, Evening 3 Step, Merrilyn, Carousel etc. Our emphasis is on practising those dances most popular at a variety of venues throughout the Toowoomba region. You <b>MUST</b> have a partner and you will also need to have had previous Old Time dancing experience or be a capable "self-learner" as we do not teach but do offer guidance. Enquiries are most welcome - there are no vacancies at present.	
Terms:1 2 3 4 8:00 - 12:00  TTTA Hall 82A Herries St	<b>TABLE TENNIS - ADVANCED</b> An enjoyable activity for experienced players. Interested members must contact the Tutor before enrolling.	



## FRIDAY cont'd

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 9:00 - 11:00 PPC The Lab	<b>WINDOWS 11 AND MICROSOFT 365 - WORD AND POWER-POINT</b> This course is for people who have had some experience with Windows and Microsoft 365. Bring your own Windows laptop. The aim is to extend your use of Windows and the Microsoft 365 suite (Word, Excel, PowerPoint, Outlook, OneNote, OneDrive). There may be a loaner laptop available.	

## CROWS NEST CLASSES BY DAY

### MONDAY

<b>NEW</b> Terms:1 2 3 4 9:30 Crows Nest Community	<b>BASIC SCRAPBOOKING/CARDMAKING</b> Learn how to journal and mount your photos. Bring your own albums to work on. Some paper etc. will be available. Tools will be provided for use.	
Terms:1 2 3 4 9:30 - 11:30 Crows Nest Community Centre	<b>COMPUTER SKILLS - FORTNIGHTLY</b> Discussions, information, tips & tricks to get the most out of the many services and facilities available using devices (computers, phones, tablets) in the on-line world.	
Terms:1 2 3 4 2:00 - 3:30 Crows Nest Community Centre	<b>GERMAN (ELEMENTARY) - LANGUAGE AND CULTURE</b> The course is best suited to participants who have had some exposure to German language and are looking to extend their language skills. The program uses a variety of course materials, supplemented by authentic texts including songs as well as information on current affairs. Emphasis is placed on the development of reading and listening skills. Please discuss with tutor before enrolling.	

### TUESDAY

Terms:1 2 3 4 7:00 TBA / Ask tutor	<b>BIRDING - FORTNIGHTLY</b> Discover the diverse birdlife of the Crows Nest/Toowoomba/Lockyer Valley regions. Expect 40+ species each outing. Learn identification skills and when and where to find particular species. Requirements: binoculars, walking shoes, hat, water bottle, morning tea. Outings are usually 3-4 hrs duration. Term 1 & 4 7:00am start Term 2 & 3 8.00am start	
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*To enrol in any course, you must make arrangements directly with the tutor and you must be a financial member of U3A in Toowoomba Inc. Please wear your badge to every class.*

# CROWS NEST COURSES by DAY cont'd

## TUESDAY cont'd

Time/Venue	Title and Description	Contact
<b>NEW</b>  Terms:2  1:00  Crows Nest Community Centre	<b>FORAGING IN YOUR BACKYARD - FORTNIGHTLY</b> Looking at everyday weeds and herbs found in our gardens and backyards for their nutritional and medicinal uses. Simple workshops are included. Lyn is a qualified nutritionist and herbalist.	
<b>NEW</b>  Terms:1 4  1:00  Crows Nest Community Centre	<b>PHOTOGRAPHY FOR FUN - MONTHLY</b> First meeting 31st January 1pm at the Crows Nest Community Centre. Lyn is convening a general interest group for people who want to get out and about and take photographs and learn from each other. Bring cameras and/or phones, tripods and other photography gear you like. We will gather for 1 - 2 hours.	

## WEDNESDAY

<b>NEW</b>  Terms:1 2  9:30  Crows Nest Community Centre	<b>SCIENCE, PSYCHOLOGY &amp; THE MIND OF GOD - FORTNIGHTLY</b> Computers and TV screens teach us about virtual reality and feedback systems. When Plato, Jesus, Newton and Einstein chose to share the way they saw reality, it was hard to describe the pictures in their heads.  1. We start with Einstein, using games, pictures and his own words to see the relative reality he saw. 2. We use role plays to show the reality Dr. Glasser taught world wide. 3. We see how needs, wants and behaviours describe a positive feedback system.  When you can see and do what Einstein called Relativity, and Glasser called Choice Theory, it is possible for you too, to build a better reality. Do this and expect change for the better.	
Terms:1 2 3 4  8:00  Ask Tutor	<b>WALKING GROUP</b> "Wandering The Neighbourhood" This group will endeavour to take into account the reasons people like to walk and the ability of the participants, whether they be temporary or permanent. We will be aiming to take in the local Crows Nest area and surrounding towns, parks and dams. First and Third Wednesday each month. Term 1 and 4 - 8am Term 2 and 3 - 9am	

# CROWS NEST COURSES by DAY cont'd

## THURSDAY

Time/Venue	Title and Description	Contact
<b>NEW</b> Terms:1 2 3 4 12 Noon Ask Tutor	<b>LUNCH IN THE COUNTRY</b> A friendly gathering, once a month, to share stories, tell tall tales and enjoy good food. Open to all U3A members. Come and enjoy.	
Terms:1 2 3 4 9:00 - 11:00 Crows Nest Community Centre	<b>SEW EASY COUNTRY CRAFTS - FORTNIGHTLY</b> Beginners course in hand applique & candle wicking (whitework embroidery). Members can create a variety of personalised projects using a needle & thread, completing at home on machine.	
Terms:1 2 3 4 10:00 - 12:00 Crows Nest CWA Hall	<b>SYMPHONIC SOUNDS</b> Listening to and discussing Classical music in a relaxed, social setting.	
<b>NEW</b> Terms:1 2 10:00 - 11:30 Crows Nest Library	<b>TECHNOLOGY - BE SKILLED ONLINE</b> Classes are conducted in a friendly and supportive manner that enables you to learn at your own pace: basics to building on skills you have. Topics (to be advised) may include: cybersafety, social media including Facebook, tablets/smart phones, Microsoft Publisher and Powerpoint, navigating TRC and Library websites, accessing electronic resources, Ancestry and local History websites. Workshops by TRC Librarians. There is no Term class fee; but U3A membership is required.	
Terms:1 2 3 4 1:30 Crows Nest Community Centre	<b>UKULELE FOR FUN</b> From Beginners to Advanced players - we use U3A Ukulele music books and recorded backing music to play, and sing to, our favourite tunes as well as some challenging ones. All for Fun - Come Along!	

## FRIDAY

<b>NEW</b> Terms:1 2 3 4 8:30 Ask Tutor	<b>TOOWOOMBA CINEMA OUTING &amp; LUNCH GROUP</b> Like minded people gather to watch, enjoy, then review a movie, over lunch. Hoping to establish a car pool, for members to travel together.	
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# PITTSWORTH CLASSES BY DAY

## MONDAY

Time/Venue	Title and Description	Contact
Terms:1 2 3 4 4:00 - 5:00 Pittsworth Pioneer Village	<b>CRYPTIC CROSSWORDS - ALTERNATE MONDAYS</b> The aim is for participants to experience the pleasing satisfaction of successfully solving a variety of cryptic puzzles and crosswords.	

## TUESDAY

Terms:1 2 3 4 9:30 - 11:30 Pittsworth Function Centre 42 Hume St	<b>IMPROVE YOUR PHOTOGRAPHY- SECOND TUESDAY OF THE MONTH</b> Knowing your camera. Getting out of the Automatic mode. Learn about Aperture, Shutter Speed and ISO. How to take good photographs and much more.	
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## WEDNESDAY

Terms:1 2 3 4 9:00 Pittsworth Art Gallery	<b>ART - WEDNESDAYS</b> Join us for a day of learning, laughing and productivity. All welcome, no matter what level of experience you have or what medium you would like to use. I can help and encourage you to develop your own style with artistic techniques. We are a cheerful bunch of fellow artists all happy to work side by side and share our Wednesdays.	
Terms:1 2 3 4 9:30 - 11:30 Pittsworth Pioneer Village	<b>IMPROVE YOUR PHOTOGRAPHY - SECOND WEDNESDAY OF THE MONTH</b> Knowing your camera. Getting out of the Automatic mode. Learn about Aperture, Shutter Speed and ISO. How to take a good photograph and much more.	
Terms:1 2 3 4 1:30 Pittsworth Senior Citizens Rooms	<b>SINGING FOR FUN - ALTERNATE WEDNESDAYS</b> Join a friendly group of people to sing a variety of songs from the genres of Musical Theatre, Pop and Golden Oldies.	

## PITTSWORTH CLASSES BY DAY - cont'd

### THURSDAY

Time/Venue	Title and Description	Contact
Terms: 1 2 3 4  4:00 - 5:30 Ask Tutor	<b>LINE DANCING</b> A fun time - if you enjoy movement in good company, then this is the group for you.	

### FRIDAY

Terms: 1 2 3 4  12:00 Ask Tutor	<b>LUNCH GROUP- 3RD FRIDAY OF EACH MONTH</b> Members meet socially for lunch at a venue designated by the Tutor once a month during term. All members from other U3A courses are most welcome. RSVP the Wednesday before for catering purposes and car-pooling arrangements, if necessary, when travelling outside of Pittsworth.	
Terms: 1 2 3 4  9:00 - 10:30  Pittsworth The Grange Village	<b>UKULELE</b> Ukulele classes for beginners to intermediate. All you need is a ukulele, song sheets provided. A morning of music, fun and great company.	

## ART COMPETITION

### ART COLLAGE

**Theme: U3A 'Yesterday, today & tomorrow'**

**First Prize \$200, Second \$150 plus People's Choice Award \$50**

This competition will be a major part of the 50th anniversary of U3A worldwide Network Qld Conference in Rockhampton, 8-12 May 2023.

Now is the time to start planning your entry  
to showcase your talent to an international audience.

Collages may be in any materials to depict the artist's interpretation of the theme.

*The competition opens on 1 February and closes on 21 April 2023. It's open to members of all U3As in Queensland; you do not have to be enrolled in an art class to enter.*

*Full details are available now on the network website - [u3anetworkqld.au](http://u3anetworkqld.au) or see Trish at the office.*

## Crows Nest News

**U3A is about people:** generous, dedicated, learning, engaged, friendly, quirky, skilled, supportive. We are an organization of volunteers, whether you have stepped forward to share your skills as a Tutor or one of the 1900 members of U3A who choose to enrich life by joining a group. Appreciation to all our Tutors, without you we wouldn't be. **The special thing is, that U3A gives us all the opportunity to be with people who put 'a spark' into our life. Happiness and wellbeing!**



One of our new subjects in 2022 was **Crows Nest and District History**. When I placed a 1951 photo of our town on the Community Facebook page there were 85 responses! About 12 signed for the U3A class.

Age? What is 'U3A'? Worth thinking about.

"Birds have provided a lifetime of enjoyment and interest for me. As a kid, visiting Fleahy's Reserve was part and parcel of our Gold Coast holiday. I was 17 when I joined the Toowoomba Bird Observers and had my first outing to Redwood Park. It was an epiphany! **Running U3A bird outings has been a pleasure.** Lately, **my band of merry birders** have enjoyed seeing some of the specialty species around the area like the beautiful White-winged Fairy-wren and the threatened Painted Honeyeater. Such species attract birders from far and wide to our region so it's important to protect their habitats."-Mick. **Birding Group.**



**Ken & Sally Johnson and Graham Moore are our longest serving volunteer Tutors.**

**Ken** - "At **Symphonic Sounds**, we spend the first hour listening to my selection of music from the theme chosen by the group. 2022 it has been programme music -Battles, e.g. 1812 overture. After coffee, members present pieces of their own choice, from medieval to opera; there is discussion." Visiting the group, the theme was 'Flying Things' eg. 'The Birds'- Respighi, 'Gadfly' by Shostakovich. Ken and Sally are supporters of local organisations, attending a number of our U3A classes as well as offering Symphonic Sounds. Sally was President of the Crows Nest Arts Council for 4 years, receiving in the Australia Day Awards the TRC 'Cultural Award'. Ken has a long history of being involved in music from the age of 7 years. He sang in church choirs in the U.K and was a member of the Royal School of Church Music. At Reading University, he was selected into the Choral Society. He joined the Gilbert and Sullivan Society, UK. He was in the chorus of the 'Pirates of Penzance' performed by the Toowoomba Choral Society at the Empire Theatre and the Schubert Mass directed by Elaine Coates.



**Graham** - "I attended the meeting to launch the Crows Nest Branch of U3A in Crows Nest. I did not expect that I would be encouraged to become a Tutor. I have a background in engineering and **computer** science and thought I would try to share my experiences with potential U3A members. My class tries to stimulate an interest in devices by showing the benefits present in an on-line world. This is done in an unstructured way addressing the needs of the class as presented on the day. As we never know which way the discussion will head, we have some fun along the way."



## Crows Nest News Cont'd



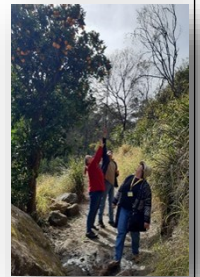
Graham, like many of our Tutors, has also volunteered to support other community initiatives such as the S.E.S, the development of Crows Nest as a motorcycle friendly town, Crows Nest Men's Shed, TaiChi at Bullocky's Rest and English Conversation Groups.



**Foraging Class:** "Today we made spring tonic with calendula, plantain, violet, dandelion, all **Foraged from my backyard** and added to apple cider vinegar." – Lyn.



**Country Walks:** 'A variety of **walks** in 2022 when weather allowed: **town and country:** Goombungee residents with a rich identity and pride reflected in their homes and gardens, Highfields with lot of streets, parks, Williams Park a surprise and coffee shops. Crows Nest country and town history walks. Seeing areas on foot changes one's perception of an area from hurtling through in a car. The finding of plants, birds, koalas and a python; talking to a family renovating a house over a hundred years old gives hope for the future generations cherishing the past.' - Gabrielle



**Country Crafts Group** - a happy, peaceful, industrious lot and so creative. New projects with Christmas coming up as well as ongoing creations.



**Lunch Group** welcomes U3A members and Tutors. We have lunched at 'The Potager Tea House', 'My Little Blueberry', 'Harpers', 'The Vintage Cow', Meringandan pub and waiting for the 'Clock&Bull' to open at Cabarlah. Come join in 2023. Good food, lots of laughs.



Ukulele since 2017

U3A in Crows Nest continues to flourish. We have a number of new options for 2023 kindly offered by volunteer Tutors. Many thanks to Rhonda and the Toowoomba team for your support, we operate under your wing. Appreciation to all the Crows Nest crew especially to David Villiers who manages our technology and Anne-Marie Villiers who is my amazing 'sounding board'. Great coffee!

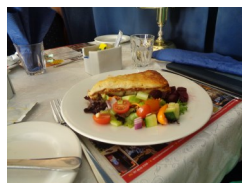
**See Crows Nest classes live! Scan the 2 QR codes. Each contain a short video. Thanks to Graham M & David V.**

Looking forward to 2023.

**Penny Protheroe, Crows Nest Coordinator**



## PITTSWORTH



The end of another year of U3A activities in Pittsworth was celebrated with a delicious lunch at Downs Steam in Drayton on 19 November 2022. Members were joined by President Rhonda Weston AM and Roz Scotney OAM. Also attending were Trudy Graham and Helen Fitzgerald, both U3A Toowoomba committee members at the time the Pittsworth branch came into being 11 years ago. After lunch, members were invited to view the Dreamtime Journey Coach for a fascinating insight into indigenous culture.



## U3A Network Queensland State Conference 2023



U3A Network Queensland in conjunction with the Rockhampton & District U3A invite you to join us and our national and international guests, in Rockhampton, 'the Beef Capital of the World' to celebrate this significantly important occasion of 50 years of U3A worldwide.

### **ALL U3A MEMBERS WELCOME**

### **MAY 2023 IS THE TIME WE CELEBRATE 50 YEARS OF U3A**

Get ready to celebrate a major U3A milestone in Rockhampton Queensland. We will celebrate the achievements of the U3A movement that worldwide facilitates an enriching life for seniors.

During its first 50 years, U3A has grown from a somewhat insular academic group into a worldwide organisation that offers the education, health and lifestyle choices we enjoy today.

Having enriched the lives of countless U3A members, this is the time to join with other U3A delegates in Rockhampton in May 2023 for an event that recognises the importance and value of local U3As in our communities.

The organising committee at U3A Rockhampton will be offering an interesting and stimulating program of memorable guest speakers and activities.

Registrations for the Conference will open in February 2023 and can be accessed through the Network website at [u3aqlld.au](http://u3aqlld.au)

### **GREETINGS FROM PROFESSOR FRANÇOIS VELLAS – IAUTA**

*President, International Association of Universities of the Third Age  
(IAUTA)*

"As President of IAUTA, I would like to congratulate the wonderful incentive of U3A Network Queensland Australia for organising in Rockhampton the very important event of the 50th anniversary of the University of the Third Age."

"The Universities from all around the world will be aware of this event and a lot of Universities of the Third Age will come to Rockhampton to celebrate with Australia's U3A the 50th anniversary of the University of the Third Age."



**[u3aqlld.au/conference2023](http://u3aqlld.au/conference2023)  
Hosted by U3A Rockhampton & Districts  
8th to 12th May 2023**



## TUTORS APPRECIATION LUNCH



Deputy Mayor,  
Cr Geoff McDonald



Rhonda Weston AM, Cr Geoff McDonald,  
Penny Protheroe and Lyndall Madden







**Tutors are the backbone and the life blood of our organisation.**

The annual tutors appreciation lunch is our way of thanking those who give so generously of their time and expertise to lead a class or group.

Our tutors don't often get the chance to meet up socially so the room was buzzing with conversations and laughter at the 2022 lunch.

Thanks also to guest speaker, Deputy Mayor, Cr Geoff McDonald.

If you have something of interest to share with fellow members and would like join our team of tutors, please email [info@u3atoowoomba.au](mailto:info@u3atoowoomba.au) to discuss your ideas for a class or group.

*Copies of photos are available from Di Turner.*

## **MANAGEMENT COMMITTEE**

**[after hours EMERGENCY contact only]**

PRESIDENT: Rhonda Weston AM  
VICE-PRESIDENT: Penny Protheroe  
SECRETARY: Anna Carson  
TREASURER: Julie Grant  
TUTOR COORDINATOR: David Weston  
MEMBERSHIP OFFICER: Michelle Pullinger

### ***COMMITTEE:***

Sue Doyle  
Janelle Connolly  
Rod Pullinger  
Warren Dutton

### ***NEWSLETTER:***

Email: [info@u3atoowoomba.au](mailto:info@u3atoowoomba.au)  
Editor: Rhonda Weston AM  
Compiler: Trudy Graham

*ASSISTANT TO SECRETARY*  
Janelle Connolly

*ASSISTANT TO TREASURER*  
Warren Dutton

*ASSISTANT TO TUTOR COORDINATOR*  
Sue Doyle

*COMPLAINTS OFFICER/RISK MANAGEMENT OFFICER and POLICY MANAGER*  
Rod Pullinger

### **OTHER**

*ARCHIVIST:* Joyclyn Mauger

*WEBMASTER:* Carlo Bertoldi

*FACEBOOK PAGE:* Administrators - Trudy Graham and Rhonda Weston AM

*PHOTOGRAPHER:* Dianne Turner

*PITTSWORTH COORDINATOR:* Lyndall Madden

*CROWS NEST COORDINATOR:* Penny Protheroe

*OFFICE ADMINISTRATIVE SUPPORT:* Patricia (Trish) Barrett

**All members of the Management Committee are Volunteers  
and are elected from the financial members of U3A in Toowoomba Inc.**





# U3A in TOOWOOMBA Inc MANAGEMENT COMMITTEE



David Weston

Back : Rod Pullinger, Sue Doyle, Julie Grant, Warren Dutton,  
Front : Michelle Pullinger, Anna Carson, Rhonda Weston AM,  
Penny Protheroe, and Janelle Connolly.



Penny Protheroe (Crows Nest Coordinator),  
David Weston (Tutor Coordinator) and Lyndall  
Madden (Pittsworth Coordinator),



Carlo Bertoldi  
Web Master



Joyclyn Mauger  
Archivist)



Trudy Graham Newsletter  
Manager, and Rhonda  
Weston Newsletter Editor



Trish Barrett  
Office Administrator



Dianne Turner  
Photographer