

PRESIDENT'S REPORT

Term 1 has flown by once again and I continually ask myself 'where does the time go?'. As we settled into 2023 it has been enormously encouraging to have so many of our pre covid members returning to U3A. The natural course of life is to have activities and interests that enable us to engage with our peers and this desire has been a contributory factor in the surge of new members and renewing members coming through our doors.

Increasing membership brings new tutors, who offer additional and interesting classes. Elsewhere in this newsletter you will see information on those.

We have many members who enjoy the benefits of our U3A without ever stopping to think how they can help. Or how much work goes on behind the scenes to ensure that things run smoothly. Everyone is a volunteer, tutors and management committees alike; only our Office Administrator is paid. Over many years U3A in Toowoomba Inc. has evolved into a very efficient, well organised, low cost and well-run association offering you, its members, more classes/activities per capita than most other U3As. That will not continue unless you take an active interest in your organisation.

After many hours of work by Penny Protheroe on a grant application, we have been fortunate in securing a grant to purchase a new photocopier. Our tutors, who have always been able to have their class material printed free of charge at the office, will find our new machine very efficient.

Our current photocopier is leased and is many years old and expensive to operate.

This year, U3As around the world are celebrating 50 years of this eminent organisation in our society. It commenced in Toulouse, France in the summer of 1973 and we are eternally grateful to Professor Pierre Vellas for the vision and foresight which led him to open the first University of the Third Age, offering classes for seniors. I imagine if he could see the results of his farsightedness today, he would be delighted. Over the years I have had so many members say to me that having U3A to go to is what gets them out of bed each day. Also mentioned many times is "U3A has saved my life". All these outcomes only add to the positive benefits of the original idea of Lifelong Learning. Come and join us in Rockhampton, meet the current International President Professor Francois Vellas and celebrate with us 50 years of this awesome organisation.

Rhonda Weston AM

WANTED—NEWSLETTER COMPILER

If you know your way around a computer and want to give back to our great organisation without joining the committee, this is for you.

The compiler works under the direction of the editor and will not be required to write copy. We issue three newsletters each year, and the course book. Training is available. A laptop comes with the position and most of the work can be done from your home.

To discuss in more detail, email info@u3atoowoomba.au

WE WELCOMED
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NEW MEMBERS

In Term 1

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TERM DATES

Term 2 - 24/4/23 to 23/6/23

Term 3 - 17/7/23 to 15/9/23

Term 4 - 9/10/23 to 1/12/23

NEWSLETTER SUBMISSION DATES

Term 3 - 16 June

Term 4 - 8 September

2024 Course Book - 3 Nov 2023

What would we do without U3A

It gives us a chance to learn something new
Some classes are big and some have a few
But we all get together and come along
Joining activities that we feel we belong.

We use our arms, we use our feet
Artwork, exercises and studies are a treat
Don't forget our voices to make you complete
You don't have to stand, you can sit on a seat.

Strum away, enjoy the session
Making weird noises can be in a lesson
We are a University of the Third Age
So give yourself a treat and turn a new page.

Thanks to all the Tutors and Staff
Who can sometimes make us laugh
And don't let a great opportunity slip us by
While you are still able to give it a try.

So, join in the club, and make a fresh start
Join in what you want, and take an active part
You never know what you can achieve
With a little confidence, and just believe.

By member, Joyce Ridgeway,
28 December 2022

DRIVING THROUGH THE PHILO COMPLEX IS ONE-WAY ONLY

TO BE SURE OF YOUR SAFETY, AND THAT OF
OTHERS, PLEASE OBSERVE THE SIGNS.

WHEN PARKING, BE AWARE THAT PARKING
ON THE VERGE MAY ATTRACT A HEFTY
COUNCIL FINE.

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.

CROWS NEST NEWS

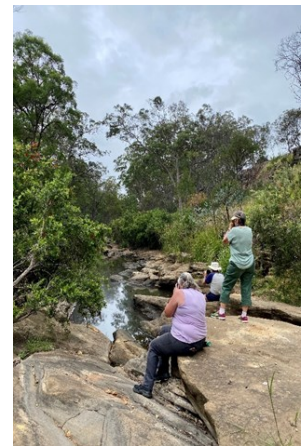
"Time flies when you are having fun", is said. Guess this is true. Term one has been turbo charged!

With new classes offered, new Tutors and members, as well as others returning for another year we got off to a good start. Most of our groups have 3-10 members, all happy and focussed on what they enjoy. Our larger groups, Birding, Ukulele, and Lunch in the Country have been very popular with members from Crows Nest to Toowoomba and places in between. **A reminder to all members of U3A in Toowoomba that once a Member you have the opportunity of joining classes in Toowoomba, Pittsworth and Crows Nest. Enjoy a pleasant country drive.** Our new groups this year, Scrapbooking/Card making, Photography, Psychology and the Cinema&Lunch Group would welcome new members in Term 2.



Technology- Be Skilled Online, a new initiative in 2023 has given us the opportunity to join Workshops in the John French VC Library in Crows Nest run by our Librarian Sharon Brazier in liaison with the U3A Computer Group. Open to the community these sessions are always a lot of fun and Sharon certainly

knows her stuff! Numbers are limited so individual questions, on topic, can be answered. Photo above shows some of the group in the Children's area. Very entertaining. Brings back memories of children and grand children.



Photography For Fun (above left). Small group at Crows Nest Creek on the Applegum Walk. Finally convinced Lyn Wetzig who takes beautiful photographs to offer a class. Thanks Lyn! This is but the start. Will offer again in Term 4.

Birding Group (above right) in the Highfields, Peacehaven and Williams Park. Identified 34 Species. Thanks, Mick

U3A: the fun in learning something new or revisiting something of old; that happy feeling knowing you will see friends in class or go for coffee and do it all again the next week!

Penny Protheroe

Coordinator – Crows Nest

U3A Network QUEENSLAND

STATE CONFERENCE 8-11 MAY 2023 ROCKHAMPTON - AUSTRALIA

Celebrating
50 YEARS
1973
TOULOUSE
2023
WORLDWIDE

This year's U3A Network Queensland State Conference 2023 hosted by U3A Rockhampton in May will celebrate 50 years of U3A worldwide. The conference combines an impressive program of guest speakers and event celebrations that will make for a once in a lifetime U3A experience.

Conference Theme: 'U3A Yesterday, Today and Tomorrow'

Conference Timetable:

9 May – Network Conference & Celebration of 50 years of U3A
10 May – Network Conference & Celebration of 50 Years of U3A
11 May – Network Conference & Network AGM

Events:

Meet and Greet (8 May)
U3A 50th Anniversary Celebration Dinner (9 May)
U3A Network Queensland Dinner (10 May)

OPEN TO ALL U3A MEMBERS

[Register for the Conference at: u3aqlld.au](https://u3aqlld.au)

Conference and Event Venues



ART EXHIBITION/COMPETITION—ART COLLAGE THEME “U3A YESTERDAY, TODAY AND TOMORROW”

You may use all or any of the above words to create your artwork.

ENTRIES CLOSE 21 APRIL 2023

The top 20 entries will be entered into the People's Choice Award, and displayed at the Conference Meet and Greet. The winners (First, Runner-Up and People's Choice) will be announced at the conference dinner on Wednesday 10 May.

See the network website—<https://u3aqlld.au/>—for more details and instructions on how to enter.

CLASS INFORMATION

Please refer to your 2023 Course Book for continuing classes.

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

Ask your Tutor for specific requirements.

NEW CLASSES

Tuesday 2:00 - 4:00 Studio Room PPC Term 2 only	ARCHAEOLOGY Series of 8 lectures covering sites on each continent and famous archaeologists. PowerPoint of sites and ancient ruins.	Robyn Adams
Thursday 11:30 - 1:30 Austral Room PPC	COMPUTER-BASED FAMILY HISTORY This is a "hands-on" structured course, suitable for absolute beginners. You will learn how to use the Internet and your computer/tablet to get the best information about your ancestors and their way of life; and how to best store/record it. You will learn how to: join the Family History Website (Ancestry) for free, to start your Tree; use effective methodology for finding and recording family data: find which country your ancestors are from & how to find records: how to use free websites to find records about your family; search for family photographs; find out the social conditions & how your family lived; effectively use Google Search for family history; use maps to show where your ancestors lived & travelled; use DNA results to find your cousins/ancestors; effectively use the Major Family History Websites: use computer/tablet family history software. You will need your own laptop/tablet.	Rick Aindow
Monday 9:00 - 11:00 The Lab PPC	DYNAMIC GEOGRAPHICAL PROCESSES Geographical studies are dynamic because they describe processes continually at work and ever changing. This course will not be like the subject 'Geography' that you studied at Secondary School. This course (introductory) is an introduction to the many and varied aspects of this adventure!	John Newport
Friday 1:00 - 3:00 Lindsay's Place	GUITAR FOR BEGINNERS This course is to teach basic guitar skills so that you can play and sing along to popular songs. You will learn to tune the instrument, how to play popular chords and strum along to accompany singing, how to follow a chord chart and how to look after the instrument. No previous experience necessary. No vacancies for second term.	Lindsay Morrison
Wednesday 11:30 - 1:30 PPC	JAPANESE FOR BEGINNERS いっしょに たのしく 日本語を 学びましょう！ This course is suitable for complete beginners and participants who are in the beginner level and is delivered by a native Japanese speaker. In this course, we will focus on basic skills, such as the pronunciation, the basic grammar and the basic vocabulary, in understanding and communicating in Japanese. We will also talk about Japanese culture with a different topic (food, lifestyle, tradition, travel, history, etc.) each week.	Jun Doherty

NEW CLASSES Cont'd

Wednesday 11:30 - 1:30 PPC	TATTING Tatting is lace making using shuttle and thread. You will learn to make rings, chains and techniques to broaden the range of possible decorative objects. Also learn how to follow diagrams and instructions to complete designs.	Rosie Trim
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EXPRESSION of INTEREST

Day, Time, and Venue to be determined	BOLIVIA (CARD GAME) For four to six players. Learn to play this challenging game of strategy and teamwork. Experienced players welcome.	Shirley Stevenson
Wednesday 11:30 - 1:30 The Lab PPC	BUSH POETRY Introduction to the joy of history and laughter in verse. Share – Read- Write or Listen	Peter Frazer

TOOWOOMBA CLASSES NO MORE

FAMILY HISTORY GROUP with Karen Rowe
SING, SING A SONG on Tuesday with Jeanette Zeller
TAI CHI on Thursday with Nancy Fung
WEAVING A FAMILY HISTORY with Karen Rowe
WOMEN of WINDSOR with Don Stansbie

CROWS NEST CLASSES IN RECESS

BASIC SCRAPBOOKING	Lynelle Kruger
PHOTOGRAPHY	Return in Term 4

“Benvenuto a te Luca!”

We have had the good fortune to have Luca Ferrerio join our group, *Italian-Ongoing Study*.

Luca is an Italian with a love of his native language and is encouraging the class to speak in Italian. This is of great benefit and is increasing the enthusiasm of the class.

We look forward to ongoing progress in the Italian spoken language.

Neil Grayson, tutor

Four things you can't recover:

1. The stone after it's thrown
2. The word after it's said.
3. The occasion after it's missed.
4. The time after it's gone.

Live your life and forget your age.

Retirement is waking up in the morning with nothing to do and by bedtime having done only half of it.

CHANGES to CLASS INFORMATION

Monday 11:30 - 1:30 The Lab PPC	AUSTRALIAN HISTORY & ITS EXCEPTIONALISM Two places available	Graham Blackman
Thursday 12:00 - 4:00 Ballymore Room 331-339 Hume St	CANASTA Please note there is a waiting list	Charlie Russell
Monday 2:00 - 4:00 The Lab PPC	COMPUTER FORUM Recommencing – The Forum is a guided, interactive discussion of information about our modern digital world. The focus is on Windows computers and associated devices including Android tablets and mobile phones. All of us have experiences to share, things to learn, and problems to solve. WiFi is available. Bring your own laptop or device. Numbers are limited.	Jan Mather or Rob Barnes
Tuesday 9:00 - 11:00 Studio PPC	FOOD, NUTRITION and HEALTH In terms of our individual lives and health, ageing is now the most important scientific challenge of our time. There is increased focus on lifestyle factors, especially nutrition, on ageing. The new focus of research has been called “The New Science of Getting Older Without Getting Old” or by Dr Norman Swan in his recent book – “So you want to Live Younger Longer?” In Term 1 we covered the nutrients in foods. In Term 2 we will review in practical terms the new information that is emerging – especially what to eat, when to eat it and why. New class members are welcome.	Aub Egan
Tuesday 9:00 - 11:00 Austral Room PPC	FRENCH CONVERSATIONAL Two vacancies	Cheryl Feeney
Monday 11:30 - 1:30 Austral Room PPC	GUITAR FOR FUN New contact for Term 2	Dave Mathers
Thursday 11:30 - 1:30 Studio Room PPC	HEALTHY WEIGHT LOSS FOREVER The program will be starting fresh at the beginning of each term. New and current students are welcome.	Vicki Grinham
Wednesday 8:30 - 10:30 PCYC James St	PICKLEBALL – WEDNESDAY Vacancies	Dan Blackburn
Friday 9:00 - 11:00 PCYC James St	PICKLEBALL – FRIDAY Vacancies	Dan Blackburn

CHANGES to CLASS INFORMATION Cont'd

Friday 9:00 - 11:00 Playhouse PPC	QUILTING FOR BEGINNERS No Vacancies	Michele McGill
Thursday 9:00 - 12:00 Greek Ortho- dox Community Hall	SCOTTISH COUNTRY DANCING This year we will be starting our last 3 terms when school starts. <ul style="list-style-type: none"> • Term 2 : 20 Apr to 22 Jun - that is 10 weeks • Term 3 : 13 Jul to 14 Sep - that is 10 weeks • Term 4 : 5 Oct to 30 Nov - that is 9 weeks 	Margaret Connell
Friday 11:30 - 1:30 Studio Room PPC	SING A SONG OF SIXPENCE No Vacancies	Jeannette Zeller
Wednesday 10:00 - 12:00 Di's Place	SUDOKU Two Vacancies	Di Turner
Tuesday & Thursday Concordia Aquatic Centre	SWIMMING & AQUA AEROBICS Winter months changes to times - <ul style="list-style-type: none"> • Swimming 6:45 - 7:30 • Aqua aerobics 7:45 - 8:30 No Vacancies	Judy McWilliam
Monday 12:30 - 4:00 Holy Name Courts West St	TENNIS - MONDAY AFTERNOON Vacancies	Dan Blackburn
Thursday 2:00 - 4:00 Studio Room PPC	TOPICS IN GEOLOGY First class on 4 th May with 'Wild rocks – Pet rocks', and then continue with mineralogy on 11 th May.	Edwin Willey

CROWS NEST CLASSES RECOMMENCING/CHANGES

Tuesday 1:00 - Crows Nest Community Centre	FORAGING IN OUR BACKYARD 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.	Lyn Wetzig
Wednesday 9:30 - Crows Nest Community Centre Fortnightly	THE PSYCHOLOGY OF THE GREAT MEN – IT WORKS Wisdom of the ages and how we can use this to enrich our lives today. Plato, Einstein, Newton, Glasser chose to share the way they saw Reality.	Don Protheroe
Wednesday 8:00 - Ask Tutor	WALKING GROUP	Gabrielle McLennan

TOOWOOMBA



THE UNIVERSITY OF THE THIRD AGE

New Interests—New Friends

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U3A NEWSLETTER

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Like us on Face Book:

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

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