



### PRESIDENT'S REPORT

It's time....

As you read this newsletter a new President will have taken on the leadership of our awesome organisation.

Change is a time of reflection and I look back with a deep sense of achievement knowing that under my tenure, U3A has grown into the strong and vibrant association that we all enjoy today.

My journey with U3A in Toowoomba Inc. commenced in August 2004. David and I retired here in May 2004 and as we entered into another chapter of our lives, we discovered U3A. Over the years, between us we have participated in many classes and activities. Many times, in those early years, I was invited to join the management committee, each time declining. In 2009, Irene Bridgeman was busy fund raising and organising an Open Garden Weekend. Irene asked me to join her fundraising sub-committee and I said, "Well, okay, as long as I don't have to join the management committee." Look how that turned out. There began my journey in the leadership of U3A.

I joined the committee in 2010, was appointed as Vice President after two months and elected President at the AGM in February 2011. Some of you will remember those early years. They were anything but easy. Due to a set of unavoidable circumstances, funds were depleted and serious changes needed to take place. And so it began.....

During 2010, U3A moved into its present home at the Philharmonic Performance Complex, a relationship that benefits both organisations. We gradually rented extra rooms and improved the facilities by installing internet, air-conditioning, large smart TV's and, after a long battle, Toowoomba Regional Council eventually heard our pleas and installed extra parking in Lillian Court.

In 2014, our committee made the extraordinary decision to employ an Office Administrator. We are one of only two U3As in Qld who have a paid employee. Trudy Graham, the then Vice President,

and I had the pleasure of interviewing and employing Trish Barrett. This has, beyond doubt, been one of our very best decisions in the management of our organisation and I am grateful every day for the way that Trish has developed the role and her commitment to it.

My journey with U3A took me down roads and on adventures that I had never intended to travel. I am currently the Qld Network President once again, having previously carried out that role 2012-2015. At that time, I was also the Chair of U3A Australia Alliance and U3A Asia Pacific Alliance. In 2019 I was honoured to be the first Australian to be elected to the U3A International Governing Board (AIUTA). Along with the current role of Qld President, comes a seat on the U3A Australia Board of which I am currently the Deputy Chair.

On invitations from the International President, Professor Francois Vellas, I have represented Australia and presented papers at conferences in France (Toulouse & Reims), China (Yantai & Wuhun), Mauritius, Singapore, and Japan. For someone who is neither an academic nor a politician, I feel honoured to promote Toowoomba, Queensland, and Australia on the world stage.

I write this my last report to you, secure in the knowledge that U3A in Toowoomba Inc. will continue to evolve, grow, keep its place, and fulfill its role in the ever changing and challenging world that we live in.

I thank each and every one of you who has been on this journey with me. Your support, friendship and encouragement has been my strength and the cornerstone of our joint success.

To my husband, David, who has always been my greatest supporter, a very special Thank You.

Congratulations to the new team who will, under the proficient leadership of Penny Protheroe, forge ahead with enthusiasm and passion and continue to make U3A in Toowoomba Inc. the premier organisation for seniors and the organisation to belong to.

*Rhonda Weston AM*

## Tribute—Rhonda Weston AM and David Weston

The following comments are excerpts from emailed contributions sent to honour and publicly appreciate the extraordinary contributions of Rhonda Weston AM, President of U3A in Toowoomba Inc., 2011-2023 and David Weston, Tutor Coordinator, 2010-2023. These, and written entries, with photos, have been entered into Memory Tribute books. Rhonda and David continue to be inspirational as Leaders, Members and Mentors.

*Penny Protheroe*



**Rhonda** called me out of my class in 2011, a year after I joined U3A. She asked me to nominate for the Committee, saying she planned on standing as President. I said an emphatic 'no'; I joined U3A only to improve my Italian. However, Rhonda refused to take my 'no' as an answer and we all know what that means! She wasn't content to just sit and wait for things to happen - she set out to make them happen, advocating for U3A wherever she went. Rhonda demonstrates that a good leader doesn't have to know everything or have all the skills necessary to run an organisation like U3A. A true leader identifies those in their group who have the necessary knowledge or skills for a particular role and then convinces them that the organisation will benefit from their help, and that they will gain something from it too.

On a personal level, I count Rhonda as one of my best friends. Although she's a busy lady, she is always available at the end of the phone for a chat. I know that if I need help with anything, she'd be the first to step forward. **David** - At the end of year committee lunch in 2011, Peter Bright and Brian Luttrell presented David with the *All-rounder Award*. "David," they said, "is a skilful and dependable all-rounder with a very detailed technical knowledge of the game." David's bright yellow car is very distinctive, and he made it more so with the addition of U3A magnetic panels so he's now a 'moving' advertisement for the organisation. On a personal note, David is a true gentleman. I have noticed over the years that he floats quietly around a room at any U3A function ensuring that everyone is greeted when they arrive or that they are not left standing alone, and that they have a drink or a chair or whatever else is required. You will never feel left out if David is present. **Trudy Graham**

My association with **Rhonda and David** started in 2008 when the U3A Committee placed a notice in the Newsletter asking for ideas for fund raising as their finances were low. I put a notice in asking if anyone had a garden they were willing to open to the public. Rhonda rang and said, "I have a garden with 200 roses. Will that do?" I said, "Do not go anywhere, I am coming around." In February 2009, we opened twelve gardens and raised \$11,893. Entry fee was \$3 per garden. Each garden had a fund-raising activity. **David** took over the position as Tutor Coordinator, in 2010. He was given one sheet of paper with a few details re classes and tutors. David made the Tutor Coordinator position one that has grown, giving support to all tutors. **Rhonda** came on the committee in 2010, and became President in 2011. She brought her business knowledge with her, changing U3A from a club to a business. All necessary policies and procedures were brought up to date. We still needed money, so I suggested we organize a Senior's Expo. Rhonda said, "Let's give it a go." We organised this for nine years. Many people joined U3A after visiting Expo. **Irene Bridgeman**

As Tutor Coordinator of the Pittsworth Branch of U3A since its inception in 2012, it gives me great pleasure to congratulate Rhonda and David on the tireless commitment they have shown to U3A and to our Branch and its wellbeing over the years. **Lyndall Madden**

I served 10 years on the U3A committee under Rhonda's professional administration. I doubt that there is a better run U3A group anywhere, thanks to the combined efforts of Rhonda and David. The President and Tutor Coordinator roles are essential to a smooth-running organisation. Rhonda and David filled these roles expertly. **Peter Bright**

**Rhonda**, I joined U3A just a year after you did, so I experienced U3A in Toowoomba "BRW" - before Rhonda Weston! The depth and breadth of your knowledge never fails to astound me and having you as a guide and mentor made my initiation as Secretary of U3A in Toowoomba Inc. so much easier. Thank you, Rhonda, from the bottom of my heart. The experience of working on the committee has added so much richness to my Third Age. Your belief in the importance of U3A to the seniors in our community, your management skills, your energy and understanding, and your sheer hard work have contributed not only to the success of U3A in Toowoomba but also to the high profile of U3A in Queensland, Australia and across the world. How proud we all were when you and David were

awarded "Toowoomba Citizens of the Year" and "Toowoomba Regional Citizens of the Year" in 2019 for your work with U3A. And then came the ultimate honour – your AM, Member of the Order of Australia, in 2021. **David**, I met you through the Dynamic Life Lectures. It may have been Rhonda on stage behind the microphone commanding the audience, but you were always the calming influence behind the scenes, sorting out difficulties with technology, soothing ruffled feathers, greeting people and generally spreading bonhomie. At Management Committee meetings, you were the voice of reason offering sage advice, giving credit where it was due, but never suffering fools gladly. Thanks for everything. **Anna Carson**

You have overseen the growth of a robust, creative organisation, highly respected within the broader Toowoomba community. You have provided leadership, inspiration and direction and allowed the concept of U3A to flourish in Toowoomba and beyond. Thousands of seniors have had their retirement enriched by your selfless leadership.

**Con Foley**

Thank you so much for all that you have done for U3A and its members over the past 13 years. You make a great team, supporting each other and supporting all of us. You have enriched our retirement with the many courses offered, both as a Tutor (Allan) and as participants. **Angela and Allan Langdon**

I have known and been good friends with **David and Rhonda** since 2004. We became good, talkative, helpful neighbours, discussing our experiences. We talked about the Toowoomba U3A, the courses and opportunities. Rhonda's organisational talents and David's optimistic "I'll fix that" approach, were the early signs they would be a force to be reckoned with in the Toowoomba U3A. David and Rhonda's friendship to all, and synergy as they worked, continues to have profound, long-lasting results. Their changes were far reaching and always surprising. Thank you both heaps. **Colin McGuire**

**David**, you spent endless hours looking for suitable venues, listening to tutor's complaints about the seating, lighting, equipment etc. However, in all that time you always just stood and listened calmly, then explained why things could or couldn't be changed. You are a worker, casually fixing anything electrical, mechanical, broken or chipped - one minute crawling around under a desk and next thing in the roof cavity doing something magical or printing out flyers, invitations, name tags for events, table numbers for lunches, being the driver on all our trips to Pittsworth, Crows Nest and various other venues over the years. A job well done. The first time I saw you, **Rhonda**, you were preparing to give a speech. Amazingly, as you walked onto the stage, everyone instantly sat to attention and all chatter ceased. Wow, I thought, how impressive is that. I admire the way you tackle every problem head on, are never afraid to stand up for what you think but, at the same time, have the innate ability to listen to another person's point of view. I felt one of our biggest challenges was the preparation and proof reading of the annual Course Book and end of term Newsletter. We had many good times but also a few sad days - remember the day we had a meeting with one of our Tutors who had to unwillingly leave due to illness? You and I both ended up in tears! In 2019 our final membership tally was 2270 - I wonder how our membership would look today if we had not encountered COVID. **May St John**

We met while admiring the very beginnings of Rhonda's now mature and incredible rose garden and became friends. Later we were all members of U3A. In those early days, our membership of U3A became the friendly conduit for us to belong to Toowoomba. Both Rhonda and I enjoyed belly dancing, more formally known as Arabic Women's Dance – such good fun! Nowadays we are more sedate and enjoying Tuesday morning Yoga with Ros. I've always been in total awe of **Rhonda and David's** boundless energy and talent. **Roswitha McGuire**

Congratulations on an amazing Presidency...truly remarkable! **Rhonda** we often wondered when you slept! **Janelle Connolly**.



## 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.

## EXPRESSIONS of INTEREST

Wednesday 2:00 – 4:00 PPC Austral Room <b>Term 4 only</b>	<b>AGE OF THE VIKINGS</b> From 793 to 1066, Viking fleets fanned out across Europe, raiding, plundering, and overwhelming every army that opposed them. Follow their bold expeditions and discover the real Vikings: not just warriors and raiders but extraordinarily capable traders, settlers and writers as well. Suitable for lovers of European history as well as those wanting to investigate their own Scandinavian heritage.	Jan Sissman
Thursday 9:00 – 11:00 PPC Austral Room  Terms 3 & 4	<b>AUSTRALIA...DIGGING INTO THE PAST</b> Part (a) The tutor will endeavour to use the latest scientific and archaeological evidence to unearth some of Australia's mysteries: Lasseter's Lost Gold Reef, What happened to Ludwig Leichhardt? Is there a Spanish Galleon wreck buried under the sand on Stradbroke Is. Where is Ned Kelly's Skull? Part (b) Colonial Aust. Archaeology. The Big Dig, The Rocks, Sydney; Burke & Wills Camp 46, Betoota; Restoring Mawson's Hut; Failed Settlements and much more. Limited numbers.	Bruce Arthur  Dinah Leigh Smith
Monday 8:00 – 11:00 PCYC James St	<b>PICKLEBALL</b> New day	Dan Blackburn
Wellcamp Airport	<b>WELLCAMP AIRPORT AMBASSADORS</b> Come and join our happy band. We assist and chat to air bound travellers as well as visitors to our wonderful new airport. A small amount of training is provided in orientation, induction and travel. Learn what goes on behind the scenes and be informed of upcoming events.	David Weston
Wednesday 2:00 – 4:00 PPC Austral Room <b>Term 3 only</b>	<b>WHO WERE THE CELTS?</b> Discover the remarkable story of the Celtic-speaking peoples of Europe whose distinctive art, language, and culture continue to fascinate. You will explore modern evidence from DNA and archaeology as you build your understanding of who the Celts really were. Suitable for lovers of European history, as well as those who simply want to investigate their own Celtic heritage.	Jan Sissman

## TOOWOOMBA CLASSES IN RECESS

<b>TATTING</b>	Rosie Trim
<b>AUSTRALIAN HISTORY</b>	Grahame Blackmann

## CHANGES TO CLASS INFORMATION—TOOWOOMBA

<p>Monday 12:15 – 1:30 PPC Playhouse</p>	<p><b>APPLE iPad – REFRESHER</b> The iPad Refresher Class will continue in term 3 while Colin has a well-deserved break. Tom Fusae, Liz Kennedy and contributions from Peter Hatch will be on offer and hopefully we together can answer some of your iPad questions and offer topics you would like to know more about.</p>	<p>Liz Kennedy</p>
<p>Thursday 9:00 – 11:00 PPC The Lab</p>	<p><b>FAMILY HISTORY INTERMEDIATE</b> Finding your Ancestors from all over the world, writing your family history - how to get started, what programmes are available to help.</p>	<p>Rick Aindow</p>
<p>Thursday 2:00 – 4:00 PPC Austral Room</p>	<p><b>GUITAR II INTERMEDIATE</b> Several different tutors will take you through mastering chords, finger picking, basic music and singing theory. Good acoustic guitar and music stand reqd. Limited places.</p>	<p>Bruce Arthur Lee Wellington</p>
<p>Thursday 11:30-1:30 PPC The Studio</p>	<p><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 but 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.</p>	<p>Vicki Grinham</p>
<p>Thursday 11:30 – 1:30 PPC Austral Room</p>	<p><b>HISTORY OF INDIA</b></p>	<p>John Pryce-Davies</p>
<p>Tuesday 11:30 – 1:30 PPC The Lab</p>	<p><b>HISTORY OF MEDIEVAL EUROPE</b></p>	<p>John Pryce-Davies</p>
<p>Tuesday 1:00 – 3:00 Toowoomba Bowls Club Victoria St</p>	<p><b>LAWN BOWLS</b> Coaching by accredited coaches, all equipment provided, please bring water, hat and flat sole shoes.</p>	<p>Kerry Gleeson</p>
<p>PCYC James St</p>	<p><b>PICKLEBALL</b> Wednesday 8:30 – 11:00 Waiting List Friday 8:30 – 11:00 Vacancies Saturday 8:30 – 12:00 Vacancies</p>	<p>Dan Blackburn</p>

## CHANGES to CLASS INFORMATION—TOOWOOMBA Cont'd

Wednesday 9:00 – 11:00 PPC Austral Room	<p><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 Colony.</p> <p>This Course will continue to look at the stories of new Settlers on the Darling Downs, the People of the Bush from 1840s onwards – the days of the first settlers and selectors. How they lived their lives, adapted to the challenges of their pioneering lifestyle and their interaction with traditional people</p>	Glynne HILTON
Friday 2:00 – 4:00 PPC Playhouse	<p><b>SIMPLE SCRAPBOOKING</b> Vacancies</p>	Diana Cotterell
Tuesday 11:30 – 1:00 PPC Austral Room	<p><b>SPANISH CONVERSATION</b> If anyone has some Spanish knowledge and wants to improve their ability to speak this wonderful language, please let me know, as there are a few vacancies.</p>	Steve Walker
Monday 12:30 – 4:00 Holy Name Courts West St	<p><b>TENNIS - AFTERNOON</b></p>	Dan Blackburn
Wednesday 11:30 – 1:30 PPC Austral Room Term 3	<p><b>WORLD WAR II – AUSTRALIA &amp; OTHER NATIONS CONTRIBUTIONS</b></p>	John Pryce-Davies

## CROWS NEST CLASSES , RECOMMENCING/CHANGES

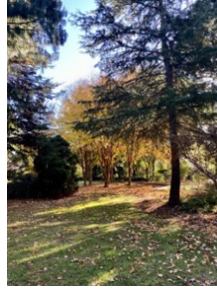
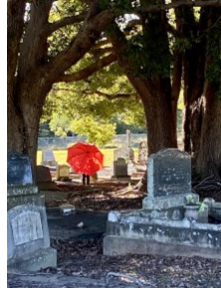
Tuesday From 1:00 Crows Nest Community Centre	<p><b>PHOTOGRAPHY FOR FUN – MONTHLY</b></p>	Lyn Wetzig
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## CROWS NEST CLASSES IN RECESS

<p><b>BASIC SCRAPBOOKING with Lyn Kruger</b></p>	Will return 2024
<p><b>FORAGING IN YOUR BACKYARD</b></p>	Will return Term 4
<p><b>WALKING GROUP with Gabrielle McLennan</b></p>	Will return 2024

# CROWS NEST NEWS

**Photography for Fun** enjoyed our sessions so much in first term that we decided to keep going for term two. We find places that most people can walk around and spend an hour or two together taking photos and getting to know our cameras. The Crows Nest cemetery, Davidson's Arboretum at Highfields and Haden. We will be continuing our Photography group in Term 3.



Did you know that some weeds can be more nutritious than some vegetables you pick up at the supermarket and some are used in herbal medicine? **Foraging in your Backyard** looks at useful weeds and herbs discovering food and medicinal uses for common weeds such as Dandelion, Plantain, Herb Robert and *Sida rhombifolia* and herbs like rosemary, parsley and ginger. We have a simple workshop each lesson and have made an Oxy-mel, Four Thieves Vinegar and Quinoa Tabbouleh.

Our **Computer classes** are always huge fun. Learn the skills and practical applications of Google maps, Excel/Google Sheets whilst planning a trip from Crows Nest to Cooktown. Lots of laughs!

All welcome to come and join classes in Crows Nest next term.

**Penny Protheroe**  
Coordinator

## IMPORTANT INFORMATION ABOUT YOUR NEWSLETTER

From April 2024, only digital or email newsletters will be circulated.  
Hard copies can be collected from the office; they will no longer be posted out.

Your Course Book will continue to be mailed to you.

WE WELCOMED  
**43**  
NEW MEMBERS  
In Term 2

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### TERM DATES

**Term 3: 17/7/23 - 15/9/23**  
**Term 4: 9/10/23 - 1/12/23**  
**Term 1, 2024: To be advised**

### NEWSLETTER SUBMISSION DATES

Term 4 : 1 September 2023  
Term 1, 2024 - 3 November 2023

# TOOWOOMBA



THE UNIVERSITY OF THE THIRD AGE

## *New Interests—New Friends*

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