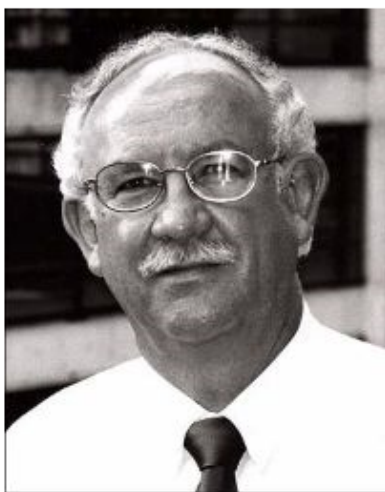


OCTOBER 2020 NEWSLETTER

Contents

from the President.....a tutor profilenew classes offered, including science and local history a great re-bound for U3A Ipswich



...from the president...

This newsletter underlines just how well U3A Ipswich & West Moreton is performing. Sadly, many U3As around the nation have virtually ground to a halt as a result of the pandemic. Queensland's largest, Brisbane U3A, remains in virtual lockdown.

This reflects well on our members who have combined common sense with an insatiable desire to continue with their chosen courses.

Not only have we re-commenced many classes but you will see that we are offering an enticing range of new classes, most of them at the initiative of tutors who have approached the Management Committee with suggestions.

One of our most popular courses pre-COVID was Maria Stevenson's science classes. When Maria advised that she is not likely to recommence her class for some time she suggested we talk with John Price, a retired Ipswich physician who delivers a science class for Brisbane U3A.

John has now agreed to deliver a class focussed on the science behind climate change, an area in which he has become something of an expert.

The course is not for 'flat-earth' philosophers who still question the impact of humans on climate change or whether the problem is serious. The course will encourage discussion in a spirit of open-minded enquiry but it is a course based on the science around climate.

In John's words: "If you just want to tell us that the scientists are wrong, this won't be for you."

Membership – I remind you all that our membership year is now a calendar year, so the membership for 2021 starts on January 1 and extends through to December 31, 2021. The Management Committee continues to monitor the financial situation and a final decision on membership fees has not yet been made.

AGM - We will not be holding our annual general meeting this year and have the option of holding it within 12 months of the end of our financial year, September 30. However, reviewing attendance at our last four or five AGMs it is quite likely that we will be able to hold the AGM in the early part of next year.

Whenever the AGM is held your committee has undertaken to make our audited accounts available to all members. You will also be sent a short President's report with those accounts.

Elections for the Management Committee will be held when we have our AGM. We have one member of the Committee who, under our constitution, cannot re-nominate. We also would like to add depth to the Management Committee and have a good succession plan in place to ensure U3A Ipswich & West Moreton is ably piloted through the many unknowns which we have recently found lurk around corners.

If you would like to nominate contact me at president@u3aipswich.org.au.

Having said that, we are right now talking with three of our members who have indicated an interest in coming onto the Committee and soon as we have confirmation of those decisions you will be notified. Notwithstanding that, please let me know if you want to nominate.

Implementation of MyU3A- (*MyU3A is proprietary software developed by a group of Victorian U3As and now being made available to other U3As*) Volunteers play a vital role in the operation of U3A Ipswich & West Moreton. With our new computer-based administration system about to be rolled out, their roles will be very much front line in its successful implementation. Of particular importance will be the ability to support members who are less comfortable using the on-line self-serve functions the new system provides. This includes processes membership renewal, personal details updates and class registrations.

As a result, a series of training sessions will be held for all front office volunteers to familiarise them with the on-line functions they may be called on to use in support of members.

Our system implementation project leader, Laurie Zaat, will conduct the sessions at U3A House in January 2021. The sessions will be about two hours each and will be held at times convenient for volunteers.

Implementation of the new administration system is key to the growth and success of U3A Ipswich & West Moreton. It will reduce inefficient and redundant manual processes, improve resource, volunteer and tutor efficiencies, and provide in-depth analysis of the organisation and its finances for the Management Committee to make informed decisions.

Community leaders – I was honoured to have been invited to represent U3A Ipswich & West Moreton at a morning tea hosted by the Governor of Queensland, the Honourable Paul de Jersey AC. The morning tea was held today, Wednesday, in the Ipswich Civic Centre to recognise Ipswich community leaders. Paul de Jersey mentioned that he has quite strong connections with Ipswich – his mother was born here and spent a year at the Ipswich Central School. Ipswich Mayor Theresa Harding accompanied the Governor who was to go on to meet with the Council and then to visit the redevelopment of the CBD.

.....*stay well*.....

Ian Muil
0414 969 648



PROFILE OF A TUTOR: Sandra Kovac

This is a story of war. Of how war devastates and disrupts lives. It is a story of courage, of resilience, of hope and of achievement. It is Sandra Kovac's story.

Sandra tutors Chair Pilates and Yoga with U3A Ipswich & West Moreton, and is to lead a new Singalong choir next year. She was born in Banja Luka, the de facto capital and second largest city of Bosnia. It is the centre of a densely-forested region of north-western Bosnia. The population then was under 200,000, about the size of Ipswich.

The city lies on the Vrbas River. It is home to the University of Banja Luka and is known for its tree-lined avenues, boulevards, gardens, and parks. Banja Luka dates back to ancient times; it was a part of the Roman province of Illyricum. Banja Luka was not modernised until the Austro-Hungarian occupation in the late 19th century. Railroads, schools, factories, and infrastructure appeared, turning Banja Luka into a modern city. After World War I the town was the capital of a province of Yugoslavia.

In October 1969 two devastating earthquakes, 6.0 and 6.4 on the Richter scale, damaged many buildings in Banja Luka, killing 23 people and injuring over 1,000. With contributions from all over Yugoslavia, Banja Luka was rebuilt. During this period a large Serb population moved to the city from surrounding villages.

During the 1990s, the city underwent considerable change when the Bosnian War broke out. On the declaration of Bosnian-Herzegovinian independence Banja Luka's Croats and Bosnians were expelled and all of the city's 16 mosques were stacked with explosives and destroyed. The city became a Serbian military centre and some mosques were allowed to be renovated or re-built – hence the local sarcasm: 'we will build newer and better'.

Sandra and her younger brother are Austro-Hungarian by background. Her grandmother is Austrian. Sandra's mother was a chemical engineer and her father a lawyer and a judge. He also at one stage managed a bank and when Sandra was young he managed a social centre.

The civil war was very hard for them by comparison with peacetime when the standard of living was high and good education available for all.

"When I was a refugee I realised how well we had lived in Yugoslavia. I was in the fourth year of medicine when the civil war started in 1992. I was a nurse, qualified through my secondary education, and was about to become a medical practitioner if I had stayed in the country. I was offered mobilisation and an upgrade to medical practitioner considering I had four years at the Medical School at university. I refused the offer."

The University of Banja Luka is a leading tertiary education institution, and the second largest, in Bosnia.

Sandra enjoyed a grammar school education in combination with nursing training from ages 15 to 18. This school in Banja Luka was called 'Medical School Vahida Maglailic'. It was a grammar school in terms of general education but also offered education in nursing and medical technology. Following that Sandra successfully completed the entry exam for Medical School at the university.

"I finished four years of medicine prior to having to leave the city. We had to leave. My father was threatened that he was going to be killed. Then he was threatened that his children would never finish school. He ended up doing forced labour and so did my mother. My mother was very much against us going. Her family and my dad's family went through the Second World War and her father, my grandfather, was one who stayed. He did a lot for the famous Trappist monastery there, so they were willing to assist him in exiling to Switzerland at the beginning of the Second World War but he refused."

The Mariastern (Maria Star) Trappist Abbey near Banja Luka consists of the Church of the Assumption of the Blessed Virgin Mary and the monastery of Trappist monks. It is the only Trappist monastery in Southeastern Europe and was founded in 1869.

During the civil war Banja Luka was a stronghold of the Serbian army which had a concentration camp in the mountains. "They put anyone they didn't like into that camp, not just Bosnians."

The Manjača prison camp was used during the Bosnian War and Croatian War of Independence (Balkan Civil War) from 1991 to 1995. It was established by the Yugoslav National Army and was used to hold thousands of male prisoners of Bosnian, Croatian and even Serbian nationals if they were against the new regime.

In 1995 it was estimated 6,000 non-Serbs passed through the camp. When the camp was captured in 1995 by Bosnian troops 85 corpses were found and over 1,000 people deported to the camp are still missing.

The camp was the site of regular and systematic beatings and killings resulting in convictions by the United Nations International Criminal Tribunal for the former Yugoslavia. According to the UN most prisoners were detained because

their age and Bosnian ethnicity made them potential combatants. Prominent individuals, intellectuals, professionals, business, political and religious leaders, were targeted.

"I was aware of what was happening because people were disappearing. My grandmother always told me if the war comes you have to go. So when it did happen, I was prepared. My mother was against me leaving. She only agreed when the family was threatened."

In 1992 Sandra and her brother were on the last plane flying out, a military plane that flew to Belgrade where she had relatives who welcomed them and a few days later had them on a bus to Austria as her mother is Austrian.

"It was difficult fitting in – even though 'they' were my relatives. They were quite different to my brother and I culturally. During my first eight months in Austria I volunteered on my grandmother's farm to help with the animals.

My grandaunt was a very, very strict lady. She said: 'I don't mind if you remember this as the hardest time of your life' "But she helped me organise refugee assistance, a monthly allowance of \$200 a month. I was fortunate I didn't have to live in the refugee centre and in those eight months I caught the train to Vienna to attend German classes because my German was very poor.

"When I arrived in Austria I preferred to speak English. Our nanny at child care was an English teacher who could not get work as a teacher so she got the job as a nanny. So I had first contact with English when I was five."

Sandra decided to leave the farm because her brother was separated from her. "He was a teenager during the war. His age group did not have it easy considering they were teenagers when the war started."

Her grandaunt didn't want her to leave the farm. Others in the family who stayed there had also found it difficult and some had run away. "She told me once she was upset that one girl left and didn't even say goodbye so I made sure I said goodbye when I left. I moved to Vienna and set about trying to reclaim who I am. It was very difficult with extended families in Austria and some, not all, were very harsh with us. Consequently I had to seek legal help to ensure I was able to get that part of my grandmother's property that I was entitled to."

In Vienna she met a woman whose mother was working in a hospital and she arranged for Sandra to be taken on as a nurse assistant and later a nurse.

"That was good because it was very close to my grandmother's house. I did my nursing recognition, and started working shifts as a nurse. I was very well prepared as a refugee, learning from what cousins told us – have all your papers in order. That's something refugees often don't have – make sure you have your documents with you all the time. So we were prepared as I realised our lives were to change."

She was then 21 and Damir, her partner and future husband, returned from Sweden. He had been sent to Sweden as a refugee, boarding one of the last flights out. Soon he realised he would have to wait a long time to get permission to work and he knew Sandra was struggling in Vienna so he joined her there.

"Refugee life is different – you think just about how you are going to survive from day to day. And because I could easily become an Austrian citizen I could have remained there with good prospects. But in 1993 the Serbians wanted to exchange Serbian prisoners, Croatian soldiers and non-Serbian citizens for Serbian soldiers. Damir's parents were in camps in Bosnia and we could not bring them into Austria. Austria was overloaded with refugees at the time.

"During this period I recognised a man in a tram – it was someone I knew from my kindergarten class. I decided to approach him and it was him – my best friend in kindergarten. Just picture this – a little girl in a red dress, clutching a basketball and holding the hand of this little boy. That was the man I recognised in the tram.

"He, his wife and son were planning to leave for Australia soon. At the time Damir and I were going for Red Cross interviews in order to find a country where we could reunite with Damir's parents. Things had become quite desperate for Damir work-wise as well. So I was quite happy to leave. My childhood friend said he was sponsored by the Adventist Church to go to Australia. So we were motivated to visit the Australian embassy for an interview which was successful. We were accepted under the professional migrants category sponsored by the Adventist Church.

"But I was still unsure – my family, my brother, were all in Europe. I wanted to finish uni in Vienna and qualify as a medical practitioner. At the interview at the Australian embassy I was told I would definitely get into medical school in Brisbane where we had to go under our visa.

"I believed it. I was very gullible."

They arrived in Brisbane in January 1994 and were looked after by the Adventist Church until they settled in.

"But my big shock was medical school. My gut feeling was that something was not right so I kept my University of Vienna admission and student number just in case.

"At the beginning UQ told me I was in. The admissions registrar told me I was accepted and she organised an interview with a professor who was very kind and didn't give me the impression I would not get in. Three months later I was told it was the year of the transition so places for refugees were capped."

This was the year UQ transitioned medicine to a post graduate degree.

“Everyone agreed it was unfair but nothing could be done. I just had to move on. I was very disappointed and frightened for my professional future. I took my medicine uni subject transcripts and nursing paper documents to QUT, put them on the table and asked: ‘What can you do with these documents?’ The professor was very kind and said: ‘Of course we can do something, you have so much medical training.’”

Sandra completed the bridging course and graduated Bachelor of Nursing. She was a surgical nurse from former Yugoslavia so successfully asked to do her practicals at St Andrews Hospital surgical ward in Ipswich.

“At this time my parents-in-law arrived and both had suffered a lot of trauma. Both were in forced labour. My father-in-law was dragged to the front to dig trenches and canals and mother-in-law was engaged in washing wool in the river. My mother-in-law was very outspoken and would not put up with something wrong. When she went to help a woman who fell into the fast-flowing river a soldier stopped her. She questioned him and he hit her. She fell, hit her head on rocks and suffered severe injury.

“Nothing was done for them medically in the camps. When they arrived in Australia, my father-in-law had a lot of internal damage caused by the rough work on the front lines. I knew not much about psychiatry, but I felt something was very wrong with my mother-in-law whose behavioural changes were intense since the injury. I then realised I wanted to be a mental health nurse so went back to uni and graduated with a Masters in Mental Health from Griffith University.”

Sandra then spent 25 years working in mental health, specifically multicultural mental health in the last 15 years.

Fast track to Sandra and U3A Ipswich & West Moreton and, apart from already tutoring, Sandra has agreed to lead a Singalong choir starting from next year.

“I always had music and dancing in my life as my maternal grandmother was a pianist and choreographer. My uncle, who managed the Wiener Saenger Runde (Viennese Singing Circle) of Vienna’s 18th district, used to say: ‘in order to manage a newly spoken language well, learn how to sing it’. Music and dancing were priorities for me all through school and I played lots of sports, especially basketball, hand ball and volleyball and have been passionate for snow skiing since aged four. I was a ski teacher from ages 17 to 19.”

Her mother enrolled her in dancing school at a young age because she was born with a dislocated hip.

“I was never graceful in my build so I often performed strong roles. I was once the leader of the dwarfs in the Snow White children's ballet.”

In Vienna she became an aerobics teacher and took up yoga as a coping strategy. Then in Brisbane she ran fitness and yoga classes at the Adventist Refugee Centre. In 1996 she started teaching yoga and in 2006 graduated from a five-year course with Yoga in Daily Life, qualifying as a teacher.

“As a refugee you learn to develop other interests and now I can give back to the people who helped me.”

That determination and resilience mentioned at the start of this story – well, Sandra is now in the final stages of enrolling for the Master of Counselling degree with QUT.

NEW CLASSES COMING UP

Science: Understanding Climate Change – your tutor, John Price, is a retired physician who has studied the climate problem over a decade in order to understand what it means for his grandchildren, and what we ought to be doing about it. In his words: “The discovery of this problem is a bit like a planetary physician diagnosing a planetary ailment. Without the work of thousands of scientists who study the Earth’s climate system, we would know nothing about it. So if we want to understand it, we need to see it the way those specialists do. So we will begin by investigating our planet a bit, to see what makes the climate system work. Then we will ask how we can know that the climate of a whole planet is changing. Then we ask whether the changes are anything special; exactly how they are caused; what they mean for our future. Then we will think about what we can and should be doing about it. We can also discuss our society’s response to the problem, and why it has been so difficult. The course will be flexible – we’ll aim to include the stuff you most want to learn about, so your feedback will be very much a part of its design, as we go. There is one thing though. The class cannot be a place to argue about whether this problem exists or is serious. If you want to know more about it, or if you have a few doubts and would like to subject them to serious enquiry, you will learn a lot. But if you just want to tell us that the scientists are wrong, this won’t be for you. I don’t mean we shall have no debate – I mean we will deal with scientific questions the way they should be dealt with – careful examination of all the evidence. I look forward to doing this together.” It is hoped to start the class in the week beginning November 9, probably on a Tuesday afternoon from 1pm in Shalom House at our Booval campus. To register email tutors@u3aipswich.gov.au.

Local History – this new class will be facilitated by Lorraine Pitcairn who is hosting a meet and greet on November 5 at 9.30am at Queens Park Cafe for interested participants to discuss the proposed format. Lorraine proposes the group meets at various historical locations in Ipswich to discuss and learn about local history in-situ.

Origami – Lynette Duffy is proposing an origami class starting next year. The class is likely to be based at our Booval campus. Studies have found that craft projects like origami exercise and strengthen both our mind and physical abilities. Using our hands directly stimulates all hemispheres of the brain, improving hand-eye coordination, fine motor skills and mental concentration. Memory, non-verbal thinking, attention span, hand-eye co-ordination, imagination are all improved. Check our Facebook page for more on this and to register for the class just email Amanda at tutors@u3aipswich.org.au

Singalong choir – yoga and Pilates tutor Sandra Kovac, who has a long history in music and dance, has agreed to take leadership of a U3A Choir which Sandra prefers to call a Singalong Group. Nearly 20 members indicated at our last Open Day that they would like to join such a group. Given the uncertainty COVID-19 still presents, it is likely to start in 2021 but email Amanda at tutors@u3aipswich.org.au to join.

Mindfulness class - A Mindfulness group is proposed for early next year which will consist of 10 members. Mindfulness is about being in the present moment as much as possible in every day life. The class will focus on what is mindfulness, acceptance, self-compassion, kindness to others. It will be a discussion framework with guidance and insight from the facilitator, Dianne Mead, who holds a Diploma of Counselling and a Bachelor of Science (Psychology). To register your interest call the U3A office or email tutors@u3aipswich.org.au.

Stitch Club – many people have been revisiting hobbies to keep themselves busy at home. Sewing, knitting, crochet, embroidery, cross stitch and tapestry have all seen a resurgence of interest. Now that we are venturing out a little more we have the opportunity to share stitch-related crafts. If you are interested in joining a Stitch Club please call the U3A office or email tutors@u3aipswich.org.au. Students will be asked to bring their own equipment and project ideas. The idea is for the group to include various creative crafts in a way that allows discussion whilst creating and to share expertise with others in a COVID safe environment. The aim is to start next year at U3A's Booval campus under the guidance of tutor Mary Stenton.

WHAT'S ON

Computers - Geoff Mayhew's 'Computer Tips and Tricks' re-commenced on Wednesday, October 28 and will run for four weeks from 10am to noon but is limited to four at this stage. A second identical course is offered on Wednesday afternoons, also from October 28, from 1pm to 3pm. Email tutors@u3aipswich.org.au.

And an eight-week '**Computers – Cloud and Confusion**' course commences on November 25 from 10am to noon but limited to four students. Depending on interest an afternoon class may also be offered, from from 1pm to 3pm. These classes will held in the new computer lab in U3A House in Booval and are about technology in general including computers, tablets and phones, printers, internet, gadgets. And a one-day 'Speed up your computer' workshop is offered for students to bring in their laptops and learn how to tune-up for best performance. Dates are dependant on numbers interested. Members to bring their own laptops. Call the office to register or email tutors@u3aipswich.org.au.

Geoff's classes will be returning in 2021 for those who miss out this year.

And if you're a total novice with computers, Laurie Zaat's **PC Basics** classes, a two-week introduction to Windows 10 computers, will recommence on November 30, at 10.00 am at U3A House. The course covers setting up and configuring your computer, creating and managing your files, and securely interfacing with other devices and the Internet.

Laurie will also introduce a new course, **Apple to The Core**, a two-week course for users of the Apple Mac platform, and iPhone and iPad devices, commencing on November 30, at 1.00pm at U3A House. The course will be a general introduction to the Apple world, including Q+A for Apple devotees to have their interests addressed – such as how to run Windows 10 on a Mac (argued by many to be the best hardware platform to run Windows on!).

Contact tutors@u3aipswich.org.au to register for either or both courses. Both the PC Basics and Apple to The Core courses will return in 2021.

French – Max Marti re-starts his French classes though the Barry Jones Auditorium is not available because the library is closing in preparation for its move into its new building in the CBD. The classes will temporarily be held at Queens Park. Email tutors@u3aispwich.gov.au for more information.

Walking Group – we have a rich tapestry of experiences over the past month or so as this class walks Ipswich. Walking every Monday, Wednesday and Friday mornings the group have already covered almost 200 kms. And along the way have been mulberry pies, tadpole infestations, dinosaur footprints, lost golfballs, rare tree identifications, discovery that the Denmark Hill water towers have been locked since June because of an ‘incident’ and sampling the ripe Blue Quandong growing along the Ipswich Riverwalk. And nest remnants of the Yellow-throated Scrubwren – a tiny bird which builds a long, bulky domed nest with a hooded side entrance, suspended from a branch in trees about 1 m to 10 m from the ground. It is made from roots, vine tendrils, leaf skeletons, moss and twigs, and is lined with feathers.

Line Dancing – these classes are being held in the Church Hall at Booval until November 13 because the Humanities Centre is closed for early voting in the State elections.

Drawing – tutor Yvonne James is putting together a new drawing course for next year. The Basics of Drawing will include exercises on position, proportion, shape, shading, perspective, figure drawing and more. There will be more information on this towards the end of the year.

Senior Exercise class – Colin James’s Monday morning class is proving very popular with an enthusiastic core of about eight people attending. Sessions are generally ended with a competitive game of ‘Chair Balloon Volleyball’ which ticks every possible health and safety criteria. And class ‘time-keeper and Main motivator’ Peter Boldeman is hoping to return soon with his stop-watch, jokes and thought-provoking points of view.

Meditation class – Ike van der Hoeven’s popular Meditation class has been put into hibernation. Ike has decided it is not possible for her to continue the class for the rest of the year for personal reasons and the pandemic. Ike’s message: “The time is not long and then we will have the end of the year, so not enough time left to start again. I hope that next year will be a better year for all of us. I will contact all students in the class and will keep in contact with them. All the best for the rest of the year. I would like to start again next year. Love to you all and stay safe”

CAN YOU HELP?

U3A Ipswich & West Moreton is well on the road to almost pre-COVID levels of activity. That means we need a few more volunteers. Members who are prepared to offer up a few hours a week, during the week, to staff the office at U3A House in Booval. Our office is open every week-day from 10am to noon but we do ask that you call the office before arriving just to make sure it is open as sometimes a volunteer rostered for that day is unable to attend. Members who are prepared to volunteer for this will be offered a comprehensive induction session on our office procedures.

GEOFF’S TECH TIP

It’s happened to all of us. You hear your mobile phone ringing in the other room, only for it to stop as soon as you get to it. This is a fairly common occurrence and I get asked about it all the time. I have written about this before but it never hurts to have a refresher.

The number of rings your phone makes before transferring to voicemail is set by your service provider and has nothing to do with your phone handset – you won’t find ‘number of rings’ anywhere on your phone settings.

To extend the ring time on a mobile phone, simply do the following:

- 1) Open your phone app as if you’re about to make a call
- 2) Enter in the following as if you’re making a phone call: for Telstra **61*101**30#; for Optus **61*321**30#; for Vodafone **61*121**30#; for Aldi Mobile **61*+61101**30#; for Kogan Mobile **61*+61414121000**25#
- 3) Press the call/send button and you’re done.

Note: to get +, press and hold or double press 0. Most service providers allow you to change your ring time to 15, 20, 25 or 30 seconds. So if you want 20 seconds simply do the same thing but with a 20 instead of a 30. Kogan seems to

have a max of 25 seconds. If your service provider isn't one of the above, try Googling the phrase 'extend the ring time for mobile DODO', or whichever service provider you're with. You might find the answer online.

COMING UP – REMEMBRANCE DAY 2020

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called Armistice Day to commemorate the Armistice Agreement that ended the First World War on 11 November 1918 at 11 am. In the four years of the First World War more than 330,000 Australians served overseas and more than 60,000 of them died. This first modern world conflict mobilised over 70 million people and left between 9 and 13 million dead, with one-third of them with no known grave.

After World War Two, the Australian Government agreed to the United Kingdom's proposal that Armistice Day be renamed Remembrance Day to commemorate those who were killed in both World Wars.

In November 1997 Governor-General Sir William Deane issued a proclamation formally declaring 11 November Remembrance Day. He urged all Australians to observe one minute's silence at 11am on 11 November to remember all those who died or suffered for Australia in all wars and armed conflicts.

The poppy is the symbol of Remembrance Day and is a symbol of both remembrance and hope for a peaceful future. During the First World War much of the fighting took place in Western Europe. The countryside was blasted, bombed and fought over repeatedly. Previously beautiful landscapes turned to muddy bleak and barren scenes where little or nothing could grow. There was a striking exception to the bleakness – the bright red Flanders poppies. These resilient flowers flourished in the middle of so much chaos and destruction, growing in their thousands upon thousands.

In the spring of 1915, shortly after losing a friend at Ypres, a Canadian doctor, Lieutenant Colonel John McCrae, wrote his now-famous poem In Flanders Fields after seeing poppies growing in battle-scarred fields.

*In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.
Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.*

GOOD FOOD GROUP

A number of members have asked that we publicise the Ipswich Good Food Group Inc, a volunteer-run bulk buyer group focussed on local, sustainable foods. The group bulk buys fruit, vegetables, fresh herbs, bread, dairy, eggs, dry goods, juices, laundry products, and more - foods produced in South East Queensland and northern NSW and dry goods all Australian-grown or Fair Trade. The foods are free of manufactured or artificial chemicals and most are certified or non-certified organic. All certified and non-certified organic foods are marked so members can make informed choices.

The group meets at 21 Park Street in Ipswich on Tuesdays from 4.30pm to 7pm; Wednesdays from 8am to 11am; Thursdays from 2pm to 6pm and Fridays from 9am to 12pm. Membership costs \$25 for six months or \$50 for a year.

Nicola Farrington, secretary of IGFG has issued an invitation to U3A Ipswich members to visit the group, suggesting a Tuesday, when visitors will be shown around, membership forms filled in and membership started on the spot.

OLD WIVES TALES

A short selection taken from 'Old Wives' Tales – The science behind the advice' by Susanna Geoghegan, Michael Powell and Peter Wilkinson. Contributed to our newsletter by Healthy Eating Class tutor Lynette Duffy.

Shaved hair grows back thicker, darker, more quickly and stronger: verdict – shaving hair does not alter its growth in any way because it is already dead when it is cut, but as it regrows it can give the illusion that it is thicker, darker and growing more quickly.

Crossing your legs gives you varicose veins: verdict – several studies have shown that varicose veins are not caused by sitting with crossed legs.

You can get flu from the flu vaccine: verdict – it is possible to catch flu after getting vaccinated but you cannot develop the flu as a result of the vaccine.

Red sky at night, shepherd's delight. Red sky in the morning, shepherd's warning: verdict – deep red sunsets often precede dry settled weather; a red sky in the morning is often associated with a stormy weather front travelling from the west.

2019/20 Management Committee

President	Ian Muil
Vice President	Karen Doolan
Secretary	Robyn Hargreaves
Treasurer (Acting)	Karen Doolan
Committee Members	
Membership Officer	Yvonne James
Tutor Coordinator	Amanda Schloss
Special Projects	Norah Blunden



U3A Ipswich & West Moreton Inc.

Office and Postal address: U3A House, 25 Eileen Street, Booval, QLD 4304

Phone: **3282 7484** ~ Email: contact@u3aipswich.org.au ~

Website: www.u3aipswich.org.au

Normal Office Hours: 10:00 am to 12:00 noon. ***The office is now open between those hours.***

Staffed by volunteers. Always call ahead.

Free on-site parking on grounds of Glebe Road Uniting Church, Corner Glebe Rd & Green St, Booval.

Make sure to bring the exact amount if you are coming in to pay your membership. The office does not keep a float.

ABN: 23 188 788 481 U3A Ipswich & West Moreton Inc is a charity registered with the ACNC.