

**Office and Mailing address:**

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ABN No : 23 186 788 461

## **Welcome to our 106 new members !**

We trust that you are enjoying the range of classes on offer and making new friends.

For an update of the timetable, check out the website:

<http://www.u3aipswich.org.au/courses-and-timetable/>

## **STOP PRESS ! *Viagara Falls - Sweeten Up!***

Extra matinee this **Sunday 3 March** (1.30pm)

Clicking here to book your ticket(scroll down to bottom of page)

<http://www.redticketcomedy.com.au>

**Congratulations to Janet Findlay** for her play *Viagara Falls – Sweeten Up!*. Kiesten McCauley of Stage Whispers, Australia's Theatre Magazine: "*It was a jam-packed and enthusiastic crowd that attended the world premiere of Viagara Falls - Sweeten Up. There were plenty of laugh-out-loud moments in this bawdy, yet safe-for-nan farce.....*

*This play is fun for anyone aged 15 or over, but it especially appeals to a 50+ age-group. While the younger members of the audience were enjoying the show, it was the seniors who loved it best. They were laughing their heads off from the pre-show announcement all the way through to the curtain call."*

**U3A Tutor, Fay Steel  
and nine artists  
of the U3A Art Class  
will stage an exhibition  
at the Boonah Regional Art Gallery  
3 High Street Boonah**

**March 13 to April 14, 2019**

**[www.boonahartsociety.org](http://www.boonahartsociety.org)**

## **New classes on offer**

Click here for complete course descriptions and biographies: <http://www.u3aipswich.org.au/>

### **Somatics - Movement and Meditation** ~ Tutor: **Sherida Carrick**

Start date: 15 March

Day: Friday 1:00pm to 3:00pm [weekly]

Venue: Shalom House, Glebe Road Uniting Church, Booval

Enrol with Sherida by calling 0466 211 588.

In this course, a series of floor exercises will be presented that involve very slow, focused and conscious movements. These are designed so that participants learn to move from the inside out in order to release muscle tension and move with greater ease and flexibility. They are particularly good for people with back pain, or any other chronic pain. Participants need to be able to get down and up from the floor. Please wear comfortable clothing and bring a yoga mat and pillow (if required) to each session.

**Meet Sherida Carrick** - Sherida has long had a strong interest in health and wellbeing, and is passionate about taking responsibility for her own health. With strong interests in Feldenkrais, Somatic Meditation, Qi Gong, Ayurveda and Buddhism, she has been working with the movement of energy for about 20 years. Although not formally qualified to teach in any of these areas, she has knowledge and experience to share with others that she believes will be beneficial in terms of chronic pain management, mobility, flexibility and balance.

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### **A Postcard From The Mind** ~Tutor: **Terry Skidmore**

Day, time and venue to be advised once class registrations are completed. Contact Terry on 0400 286 394 or email [mrmindful47@gmail.com](mailto:mrmindful47@gmail.com)

Amongst the many things offered in the program are Neuroscience, Meditation, Mindfulness, Compassion and Kindfulness theories and activities, designed to help everyone to live a more rich, full and meaningful life based on their values, regardless of age. The program is augmented with videos from YouTube, a PowerPoint presentation as well as activities to complete both in the group and at home. There will also be time for a discussion during each session if that is appropriate.

**Meet Terry Skidmore:** I have worked in education in many guises since 1974 and resigned in 2018. I have an M. Ed' Studies (Guidance & Counselling), and the program has many elements of the many courses and studies I have been involved with over many years, but especially: Acceptance, Commitment Therapy (ACT): (*ACT for Depression and Anxiety Disorders, 2017, ACT and Mindfulness for Trauma, 2016; ACT for Adolescents, 2017 and 'The Happiness Trap', 2018 via Dr Russ Harris*).

## Change is a good thing

Our print newsletter is undergoing a change. The main reason is so that it can become self supporting financially. To that end it will carry discreet advertising aimed specifically at our members who will benefit from the services advertised.

Do you know of businesses who would benefit from advertising to a targeted market (U3A members)?

If you don't feel confident to approach them yourself, please give the name of the business and contact person to Norid.

To facilitate this change, Norid is seeking personnel and ideas to grow our newsletter. What would you like to see featured? What are your interests? It doesn't have to be limited to U3A classes – but it does have to be of interest to our members. No recipes, puzzles or jokes you'll be pleased to know.

Have you got a short story you'd like to send in? Or a poem? Or an article about – say – bee keeping or other hobby????

**Wanted:** Articles and ideas for printed U3A newsletter.

Can you write? Always wanted to be a journalist? Have some thoughts about what you'd like to see in your U3A's newsletter?

Here's your chance.

Norid Krausz is looking for articles and ideas to include in the next U3A newsletter and would welcome your contributions. Short stories, poems, thoughts, opinion articles, book or film reviews and so on would be very welcome.

## Situations Vacant:

Join the Editorial Team for the U3A Newsletter. Two vacancies exist on the Editorial Team. Join a dynamic duo and have some input into what our members read. Write and edit articles. Help with layout.

- Advertising Executive: Sell advertising for the U3A newsletter. Full training provided. Experience in sales or confident in approaching people an advantage.
- Graphic Designer/Artist: Can you do layout for our printed newsletter? 4 times per year and perhaps for the e-newsletter as well. Previous Experience an advantage, or perhaps you just have an interest.

Norid Krausz **Apply by clicking here:** [ipswichu3a@gmail.com](mailto:ipswichu3a@gmail.com)

## Volunteers: Thank you !

Many U3A members responded to the request for volunteers at the Open Day and on the back of membership forms. Your skills and interests have been registered and we'll be in touch as soon as you are needed.

Thank you for volunteering to volunteer. We hope that your experience with U3A will be fulfilling and rewarding – and of course – fun.

## Recruiting volunteers for the Victim Support Unit (Ipswich)

Court Network provides the community with volunteers who stand beside, empower and instil confidence in all court users.

Two information sessions are being held on:

- Tuesday 12 March 2019 (10 – 11am) @ Court 10, level 4, Ipswich Courthouse - To register: <https://www.eventbrite.com.au/>
- Thursday 14 March 2019 (5.30 – 6.30pm) @ Main Auditorium, Ipswich Central Library - To register: <https://www.eventbrite.com.au/>

These sessions will provide information about the role, selection process, training format and dates. Enquiries: Jodie Mullen - (P) 07 3405 8599 (M) 0402 103 738 - Email: [vsspm@courtnetwork.com.au](mailto:vsspm@courtnetwork.com.au) Web: [www.courtnetwork.com.au](http://www.courtnetwork.com.au)

**Thinking of selling your house?** In the next printed issue of the U3A newsletter (April), you'll have a chance to win one of 5 books telling you how to get the best price. Best seller in Australia.

**For sale:** Filing Cabinet. Three-drawer metal, light colour. \$50. View at Woodend campus (garage). Respond: [estellejmcc@gmail.com](mailto:estellejmcc@gmail.com)