

**The News ~April 2019~
 Editorial: Norid Krausz**

Welcome to our revamped newsletter. The format is the same but there's a lot of new stuff in it. You'll notice we have advertising for the first time ever. This has several purposes – to raise money of course so that the newsletter can be self-supporting, to provide our readers with information they will find interesting and timely, and to build relationships between our advertisers and our readers – based on loyalty and trust.

The advertisers in our newsletter are ones I have dealt with personally or have been recommended to me. The real estate company sold me my unit, the foot & ankle specialists look after my feet and ankles, the butcher really is the Sausage King, the Pharmacy is my local pharmacy, I've been to a funeral at Sylvan Funerals, the spectacle makers have a personal relationship with a couple of members – and so on. I hope you will support them while they support us.

Also in this issue you will find a couple of for sale ads, a lost ad, some creative writing, a poem about a play, a book review, Geoff's Tech Tips, a competition, some tips about money and various other goodies.

Please contribute to the next one - if you have any good ideas please share them with me, if you have something you'd like published, please send it along.

You can drop a hard copy in to the office or you can email me at u3amarketing@gmail.com. Next issue will come out some time in early July.

We are also, for the first time ever, distributing copies of our Newsletter to businesses and venues who cater to our interest groups. If you can help with this, please phone the office and leave your name.



Located in East Ipswich, **Johnson Real Estate** is the only agency in Ipswich that specialises in the **Smart Sale System**. This paired with our **No Sale, No Charge Guarantee** makes us the right fit for most sellers. If you're thinking of selling, please contact us today.

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LIFE CHANGES (A word from the wise)

Like 'death and taxes' change is inevitable! How do you feel about it? Love it (?) - loathe it is more likely. Here's a simple test to sort out your feelings.

Cross your arms. Which arm is on top? Now, change so that the other arm is on top.

Pick yourself up off the floor! A recent group tried this and reactions were varied. Discomfort and disorientation were the main emotions.

All change is uncomfortable, even good change. Ever heard of buyer's remorse?

Rather than any logical reason, it may be that the change this decision brings has made you uncomfortable. It is helpful to remember this as we learn new subjects, move house, find out we can't do what we used to...

The good part is that it gives us an opportunity to reassess our priorities, and instead of taking for granted the minutiae of our lives, we can take control of what we might wish to change.

Get used to that discomfort – try something different every day. Get out of bed on the other side; use your 'off' hand to brush your teeth and open the door...

So, when the next change happens, you can cross your arms and remind yourself that CHANGE can be GOOD! Estelle McCrohan

Estelle presented the Challenge of Change course in Term 1.

For Sale

3 drawer filing cabinet. See it in the garage at Woodend campus. \$50. Contact Estelle @ estellejmcc@gmail.com

Trailer with canopy. Not registered, needs small repairs. \$300. Contact Norid: noridone@icloud.com

Got Something to Sell? List it for free. Take a look at www.buysearchsell.com.au They'll advertise it online for free.

Lost & Found

Lost ! Geoff Mayhew left a grey 8" square plastic box labelled Verbatim, in Shalom House last year. It contains very valuable (to Geoff) historical computer artifacts including paper tapes, floppy disks and printing blocks.

If anyone picked it up not knowing who it belongs to, please drop it into the office.

Found! An envelope with cash was dropped in at the U3A Office. You will need to answer a series of questions to establish that it is truly yours. Call Paulette on 0498 200 055.

Helloworld Travel at Booval Fair is a boutique travel agency – able to design a holiday just for you. Its 3 consultants have over 30 years of experience and have tried and tested most destinations, tours, flights and cruises – their knowledge is your asset. They'll help plan your trip, handle your requests and advise you on the best gear to pack. And they have great deals too.



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DEPARTURE DATES: 20 Oct, 17 Nov, 01 Dec 2019, 12 Jan, 23 Feb, 22 Mar 2020.

FOR THESE AND OTHER GREAT DEALS SEE YOUR LOCAL HELLOWORLD TRAVEL AGENT TODAY TO FIND YOUR NEAREST AGENT CALL **13 14 15** OR GO TO HELLOWORLD.COM.AU

KIRRA TOURS **helloworld**
TRAVEL
THE TRAVEL PROFESSIONALS

Home Nursing Support Services

Most people would agree that to be able to continue to live at home is desirable and to have support to achieve this a good thing. The Federal Government shares this sentiment and has developed various programs from entry level Commonwealth Home Support Program Services to more complex Home Care Package Programs to support people to remain living at home. Changes made in the last couple of years to the way elderly Australians access this support with or without a basic daily fee has left many of us scratching our heads.

In a recent research report called "Older people living well with in-home support" Dr Sarah Russell presented findings from interviews with forty elderly Australians. These interviews revealed that in-home care recipients believed Aged Care Providers could improve by:

- Increasing the competence level of *My Aged Care Call Centre* staff to provide accurate and consistent information and advice.
- Providing consumers with flexible, person-centred care, the option to choose Support Workers and Case Managers who are available and forward thinking.
- Ensuring that all staff are trained to communicate well, be confident, trustworthy, punctual, empathetic and have sufficient time allocated to complete tasks properly.
- Making costs reasonable for all services.
- Having a clearer explanation of reasonable services, fees, entitlements and reimbursements.
- Making home care agreements and financial statements easier to understand.

During discussions, Dr Russell discovered that consumers who were happy with the services they received had chosen smaller local service providers who concentrated on person centered care, managed by Case Managers who were experienced, qualified and easy to contact.

The current process to access help at home is:

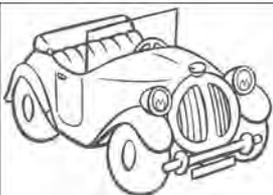
1. Call the *My Aged Care Call Centre* on 1800 200 422 to register your details and needs.
2. A Regional Assessment Service Officer (RASO) will arrange to a visit to complete a *Home Support Assessment* to better understand your needs and recommend appropriate service types for you.
3. The RASO will then send approval for provision of entry level services to Commonwealth Home Support Program Service providers.
4. If required, the RASO will make referral to the Aged Care Assessment Team for a further more detailed assessment of your needs.
5. An Aged Care Assessment Team Officer will visit to complete a detailed assessment of your needs to make recommendations to the Commonwealth Department of Health for approval for a Home Care Package.

Unfortunately, a Home Care Package may take some time to be offered, so entry level Commonwealth Home Support Program Services should be provided in the meantime.

We know how confusing and frustrating this process can be, so if you would like anything further explained please feel free to phone Cimas Home Nursing and Support Services on 3812 7283. (see advertisement on front cover).

Seniors Enquiry Line

Their card says: "Ask Us. We know Almost Everything". Phone 1300 135 500 - Monday to Friday 9am – 5pm. If you give them a try, let us know about your experience. Leave a note at the office for Norid or send an email.



What do you do when you see a Yellow Light at the traffic lights?
Answer: Google it!

Circle T Meats is putting Ipswich on the map by claiming its 4th National Sausage King title in 2018. Check out **Barnie Nolan's** traditional butchery at the Raceview Shopping Centre. Look out for their specials on Facebookpage: [Circle T Meats - The Sausage King Ipswich QLD](#)



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VISIT US ONLINE OR IN STORE TO SEE OUR WIDE RANGE OF **WALKERS**





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 25 Eileen Street
 BOOVAL QLD 4304

THE NEWS 2019

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U3A Theatre Night

Friday 3 May – U3A fundraising event. Ipswich Little Theatre's One Act Play Season "**Challenges**": a chain of events, both comical and serious, are set to follow on!

- ◆ **Bubbles** by Tara Routley (Adams)
- ◆ **All By Myself** by Robert Scott
- ◆ **Farmer Will Swap Combine Harvester for Wife** by Hugh O'Brien

Book now with Karen MacLeod – Mobile: 0423 306 790. Tickets: \$25.00 per person including supper.

Art Exhibition

You will have to be quick to catch this one. U3A Tutor, Fay Steel and her class has an exhibition at the Boonah Regional Art Gallery. It runs until April 14.

The Exhibition features 8 artists working in acrylics, water colours and one graphite drawing.

The gallery is open Wednesday to Sunday from 10am til 4pm. Located at 7 High Street Boonah – Phone: 5463 2999

You could make a day of it – great coffee shops and pubs and some very country-town shopping.

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6 LUNCHESES
7 DINNERS**

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TRIP HIGHLIGHTS

- Guided tours through 6 towns and cities including Heidelberg, Strasbourg and Cologne's Old Town
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- Visit to the Ehrenbreitstein Fortress overlooking the Rhine Valley
- Complimentary wine, beer and soft drinks served with lunch and dinner while cruising.
- All port charges, taxes and gratuities included

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DEPARTURE DATE: 27 Oct 2020. Other departure available between Apr - Oct 2020, seasonal surcharges may apply



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PER PERSON

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On board an Award-Winning Star-Ship

**7 BREAKFASTS
6 LUNCHESES
7 DINNERS**

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To and from the ship

TRIP HIGHLIGHTS

- Guided tours through 6 towns and cities including Arles, Avignon, Geneva and the Village of Beaune & Hospice
- Provencal dinner hosted by local celebrity chef, Fabien Morreale
- Complimentary wine, beer and soft drinks served with lunch and dinner while cruising
- Local cheese and olive tasting on board
- All port charges, taxes and gratuities included

HELLOWORLD TRAVEL EXCLUSIVE: SAVE \$200* per person

8 days from **\$3,025*** per person twin share

DEPARTURE DATE: 24 Oct 2020. Other departure available between Apr - Oct 2020, seasonal surcharges may apply



SECRETS OF THE DOURO 7 NIGHTS FROM PORTO TO PORTO

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7 NIGHTS
On board an Award-Winning Star-Ship

**7 BREAKFASTS
5 LUNCHESES
7 DINNERS**

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To and from the ship

TRIP HIGHLIGHTS

- Explore 6 towns and cities including days tours in Salamanca, Baroque Village of Lamego and Sanctuary
- Relax and take in the views during a sunset cruise of Porto
- A cocktail making lesson and mosaic tile painting lesson onboard
- Complimentary wine, beer and soft drinks served with lunch and dinner while cruising
- All port charges, taxes and gratuities included

HELLOWORLD TRAVEL EXCLUSIVE: SAVE \$200* per person

8 days from **\$3,495*** per person twin share

DEPARTURE DATE: 07 Nov 2020. Other departures available between Apr - Nov 2020, seasonal surcharges may apply



SPLENDOURS OF EUROPE 14 NIGHTS FROM AMSTERDAM TO BUDAPEST

SAVE
\$2,500*
PER PERSON

14 NIGHTS
On board an Award-Winning Star-Ship

**14 BREAKFASTS
13 LUNCHESES
14 DINNERS**

AIRPORT TRANSFERS
To and from the ship

TRIP HIGHLIGHTS

- Explore 15 different cities, towns and villages including a guided tour of Bamberg, Nuremberg, Regensburg, Passau, Vienna, Bratislava and Budapest
- Glass top canal cruise in Amsterdam
- Traditional Hungarian Folklore show
- Complimentary wine, beer and soft drinks served with lunch and dinner while cruising
- All port charges, taxes and gratuities included

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DEPARTURE DATE: 25 Oct 2020. Other departure available between Apr - Oct 2020, seasonal surcharges may apply

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Spotlight on U3A Tutors

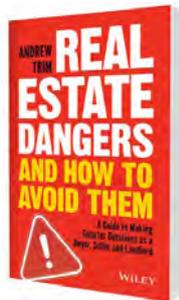
Shirley Ferrier has been with U3A for 20 years and in that time has offered new and interesting classes, written and performed in plays, served on the Committee in various capacities and been a popular member of the U3A family. Her class *Language & Literature* has a very interesting schedule for next term – it ranges from song lyrics to Queensland Poets to one act plays with a few stops along the way at Joseph Conrad, Turgenev and literary letter. The group is a lively one, with robust discussion and cups of tea. Go to the timetable tab on the website: www.u3aipswich.org.au and scroll down to Language & Literature.

U3A in the 21st Century

Want to know about our constitution? Want to know about our grievance policy? Want to see past issues of our newsletters or the term 2 timetable? It's all there on the website. Our website is a very underused resource – and it can save you so much time if you want to know something in a hurry and the office is closed. Have you forgotten what time your class starts or whether it's on this week or next week? Check up on the website – it's really quick. And of course right now there's the competition – which you can only enter on the website. There's a facebook page too. Have you ever seen it?

Book Competition

Very generously donated by Johnson Real Estate (one of our sponsors) we have 5 books to give away, *Real Estate Dangers and how to Avoid Them*. Are you thinking of selling your home and downsizing? Here's a book that will tell you how best to sell your home. 192 pages - published July 2018. RRP\$25.95



To win your copy, go to the U3A website:

www.u3aipswich.org.au

Click on the competition tab

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- ✓ **Do you wake up feeling tired?**
- ✓ **Do you feel sleepy during the day?**
- ✓ **Do you snore?**

Sleep Apnoea is a serious condition in which your **breathing** repeatedly **stops** and **starts** while you are sleeping. It affects over **one million** Australians. **Loud snoring** or **feeling tired** even after a full night's sleep are common symptoms.

If you answer "yes" to the above questions please come in and chat to us!

Book your
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IN-HOME
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TODAY

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Keeping Those Wheels A' Turning

As we age, it's important to recognise that mobility equipment may play an integral role in keeping us mobile and active. Whether it's a mobility scooter, a wheelie walker or a wheeled walking frame, these wheeled-objects can help us move faster and more safely.

Because they utilise moving parts, however, maintenance is inevitable, but there are plenty of ways to minimise costly repairs through preventative servicing.

Wheelie walkers are one of the most versatile mobility aids of all, as they not only serve as a stabiliser for walking but are also a portable seat as well! How convenient to be able to sit when you're standing in the queue at the supermarket!

At WOW! Mobility, in our experience, the biggest issue with wheelie walkers is that users tend to push too hard on the brake handles, and this can lead to them snapping and breaking. It's a good idea to ensure you are instructed on the correct way to activate the brakes on your walker when you buy it – some have soft-touch brakes, some have firmer style mechanisms and others have a push-down system that doesn't utilise a brake handle at all. Luckily, brakes are quite simple to fix and replace if necessary if you do happen to break them.

Brake cables do require tightening regularly, much like a bike brake cable, as they can stretch over time. This can be done very easily and we recommend you test your brakes are working before you sit on your walker, otherwise you may get a nasty surprise and end up accidentally parking yourself on the ground! The wheels on walkers tend to attract all sorts of environmental debris in their castors, which can cause the bearings to wear out and the wheels to wobble. We recommend to check that your wheels spin freely as a broken wheel can become very dangerous very quickly!

Finally, correct handle-height adjustment is key to the overall safe use of your wheelie walker. So many users have their handles adjusted either too high or too low, and both can cause an irregular gait cycle because you are unable to effectively use your walker to adequate support. When adjusted correctly, if you were to stand nice and tall between the two walker handles, arms comfortably hanging by your side, the hand grip should sit around wrist height. This allows for you to bear your weight down on the walker for maximal support, without the need to stoop or walk too far behind the device.

Regular servicing is key to the longevity of your wheeled-device to keep you safe and mobile for longer! If in doubt, be sure to take your wheelie walker to a reputable mobility centre for a safety check. If your walker does require major repair or servicing and you rely on it for your mobility, always check if you can be loaned a temporary device until your walker is back on the road.

Look After your Eyes

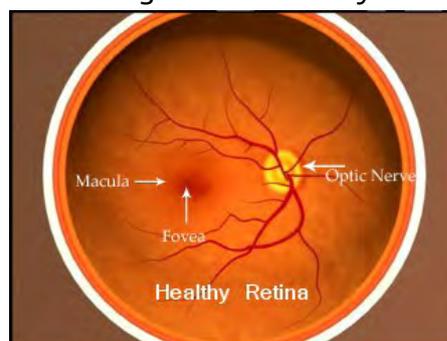
It's not just about a prescription change and new glasses. As we get older, we are more prone to diseases of the eye and health conditions which also have a secondary effect on the eye.

As with everything, the sooner a condition is discovered, treatment is more likely to have a positive outcome and less likely to have caused permanent damage to your vision. And as we all know, good vision allows us to enjoy what we want to do.

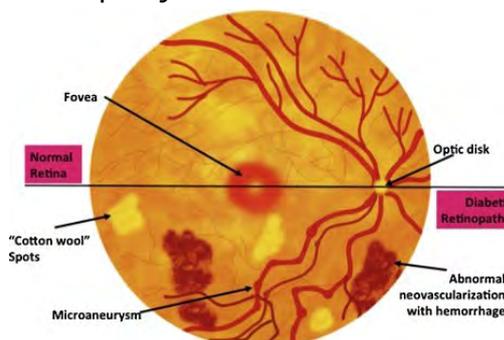
It is recommended to have your eyes checked at least every 2 years, unless you have Diabetes, Glaucoma, Hypertension or other associated conditions, where you need to be on a twelve month check.

Please call Eyes on Brassall on 3201 6111 to make an appointment to check out the health of your eyes.

This is a diagram of a healthy retina



This is a diagram of the eye with Diabetic Retinopathy



Selecting the Right Agent

Agent selection is a key factor in making smart selling decisions. Your agent will decide – or at least guide – price, method of sale, use of advertising media and marketing. Hiring the right agent to sell your property is crucial. Hiring the wrong agent costs a lot more than just their selling fee. Take great care when deciding which agent to trust. Trust is the key to many relationships, and it is certainly the key to hiring the right agent. Example: Oscar is a real estate agent in Ipswich and his client, George, had bought an investment property 4 years earlier and it had been costing him money ever since. During the initial discussion, Oscar checked the property online which was set at \$380,000. George was shattered as he had paid \$520,000. However, he wanted out and asked Oscar to confirm the price, saying he would put it on the market for whatever price Oscar recommended. Upon inspection, the property was substantially better than Oscar's online search indicated and therefore he listed the property in the \$400,000's, rather than the \$380,000 George would have accepted. In addition to this, many sellers are led to believe by agents that open homes will sell their property quicker. Disappointingly, more than half of agents who hold open homes said they do so to prospect for clients they can represent in other transactions. In these instances, the agent isn't working for the seller but is working for themselves. Open homes do have their place, just not for buyers and sellers – only the agent. Agents who conduct 'private open homes' – that is, an inspection at a time that suits the pre-qualified potential buyer and seller – are working in the seller's best interests. These inspections only bring through people who can afford the property and are serious about buying. They also eliminate snooping neighbours or those who simply cannot afford the property who often go to open homes. Just because an agent is plastered over bus shelters or has all their properties listed in the local newspaper doesn't mean they are the best agent - it doesn't indicate that they have strong negotiation skills that will get you the highest price possible for your property.

The Travelling Bradburys

By former U3A Vice-President, Anna Bradbury

Anna and Philip left Ipswich on 20 July 2018 to live in Holland Park, Brisbane. After selling their Ipswich home they felt a year in Brisbane was a good idea before eventually heading home to NZ to live.

Philip continued working as a business tutor in Brisbane CBD, and Anna continues her life coaching work; invigilation (supervising exams) for Central Queensland University; typing editing and e-book creation for clients and for some of Philip's books; and more recently, working at Port of Brisbane greeting passengers off cruise ships and booking new ones into their cabins, via laptop, when they arrive.

Anna is attending a U3A Brisbane class on Carl Gustav Jung in her free time. Philip continues attending various writing groups. He is currently helping the Carindale Library Writing Group put together a compilation of members' writings into a book.

In January, Philip left his job in the CBD and then decided to semi-retire. He still has online assessment work but now enjoys daily yoga sessions or pushbike riding, doing more of his own writing and taking life a little easier. Anna has just finished writing her first book, *Confessions of an Aha! Artist*. This contains confessions of her life coaching clients and blogs she has written over the years.

Philip has had one of his articles published in the "Living Now" magazine, Autumn 2019 issue.

In early March, they went back to NZ for the wedding of Anna's niece in Port Ohope, Western Bay of Plenty which was a beautiful occasion. It was great to catch up with family and friends. They then travelled down to the Manawatu, North Island, to see the house they had bought, sight unseen but had passed a builder's inspection with flying colours.

So where to after the year in Brisbane is up in July 2019? We honestly don't know. We are debating when to move back to NZ, if to move back at all or whether to stay on in Brisbane for a while longer.

Watch this space! Anna B.

Eyes on Brassall

Shop 30B, Brassall Shopping Centre

Ph: 3201 6111 Fax 3201 6300

eyesonbrassall66@gmail.com

Geoff's Tech Tips

With all the talk surrounding the NBN not living up to its speed claims, it is worthwhile looking at our end of the line inside our homes to see if we are giving the internet a sporting chance of performing. It doesn't matter if your house is connected to one of the various iterations of NBN such as pure fibre to the home originally planned or the mixed technologies being rolled out now, or are still on the older ADSL / Optus / Foxtel cable for your internet, or even if you are using an internet dongle, it is your modem or dongle that is the last piece of the internet infrastructure connecting you to the world, and can ultimately affect your internet experience.

The most efficient way to get a good internet connection is to have your computer plugged into your modem with a cable, but that means your computer has to be within a metre or two of your modem which is often awkward, so we all use wireless technology (WiFi) to connect our computers, tablets and mobile phones, smart TV etc to the modem, and this is where most problems occur.

WiFi uses radio signals to pass data between our devices and the modem, and radio signals are very susceptible to interference due to walls, appliances, distance and neighbour's modems, so we need to locate our modem in the best possible position in our home. Of course we are limited in where we can place our modem because of the restraints of power points and NBN/telephone/cable socket location. But we can easily discover how our home affects our wifi signal and which rooms are best and worst.

I suggest a simple and fun way to test how well the wifi signal is getting through your home and it involves using your mobile phone or tablet, by downloading an app called Telstra Home Dashboard (and no, you don't need to be a Telstra customer), from either the Apple App store or Android Play Store, (its icon looks like a little purple house).

Launch it, say no to Telstra Account, and at the bottom of your screen you will see a WiFi radio wave icon, tap on it, then tap on *Map My Wifi*. It will ask you to *Create a New Floor Plan*, then tap *Draw in this App*.

A grid will come up and you can use your finger to draw a rough plan of your house, nothing too fancy, just the four walls, and rough wall placement, (just draw one wall at a time and it will straighten and join things up nicely no matter how shaky your finger drawing is). If you make a mistake choose the

arrow icon at top, then the bin, and tap on the mistake, it will disappear, then re tap on the line to continue drawing. It doesn't need to be to scale.

Then follow the instructions by tapping on your floor plan where your modem is located, then wander into each room and tap where you are, the App will build up a picture and show you how strong or weak your signal is throughout your house. With that info you will know where you have a good or bad signal.

Geoff runs Technology classes every Wednesday afternoon. The next classes will begin in May so please ring Geoff on 0431 515 017 to make a booking.



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Stop Press

Sylvan Funerals are planning on having a morning tea to showcase their facility.

You are invited to ask all the questions, see all the behind scenes doings and enjoy a morning tea.

Date to be set. If you are interested in attending, please give your name to the U3A Office. Details in the next e-newsletter.

Burning the candle at both ends

The Black Phoenix is a local family owned and operated business, The Black Phoenix is Raceview based where we make the finest quality handmade 100% Soy Wax Candles and Soy Wax Melts available. We have a variety of candles, offering from tea lights candles to large jar candles, with a large range of scents our candles will leave any room smelling and feeling great.

We can cater for personalised candles for events such as Weddings, Birthdays, Thank You's, Christenings at affordable prices and an absolute quality guarantee, we are located at Shop 10/64 Raceview Street - Raceview QLD 4305 ~ Ph: 0431 633 575

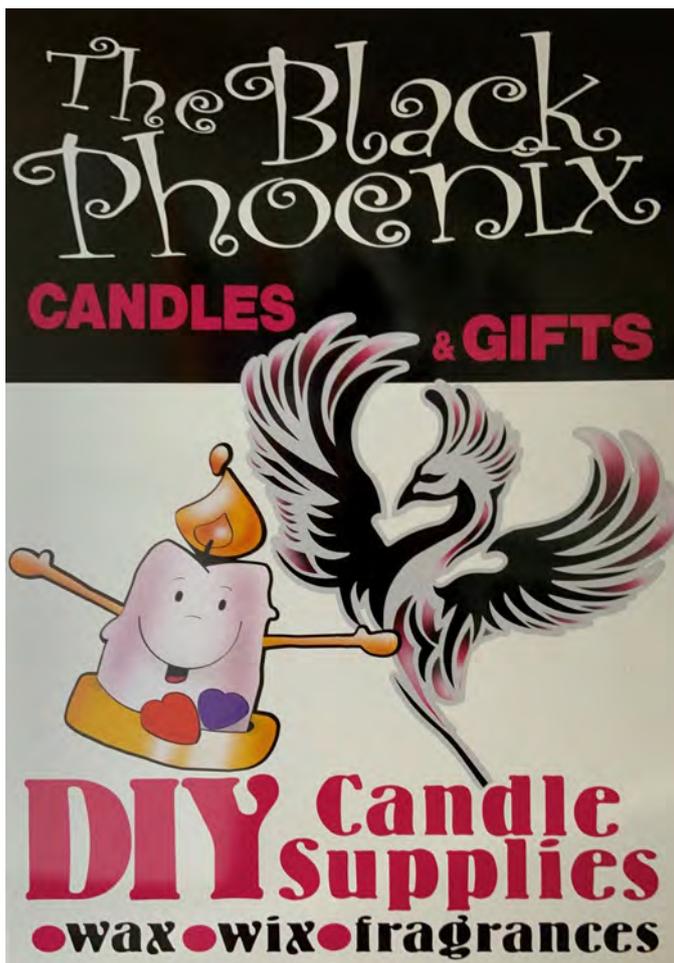
Why Soy Wax: they burn at least 50% longer than candles made from paraffin wax burning candles made from soy wax does not increase the level of carbon dioxide in the air they are a long lasting and clean burning candle.

The Benefits of Soy Wax Candles: They Burn cleaner; Burn longer; Burns cooler; Renewable and sustainable resource, minimising the effect on the eco system; Biodegradable; Non-GM (genetically modified) and Kosher certified. Another benefit to soy candles is they have a cool and warm scent you

don't need to light them to have a great aroma in your home.

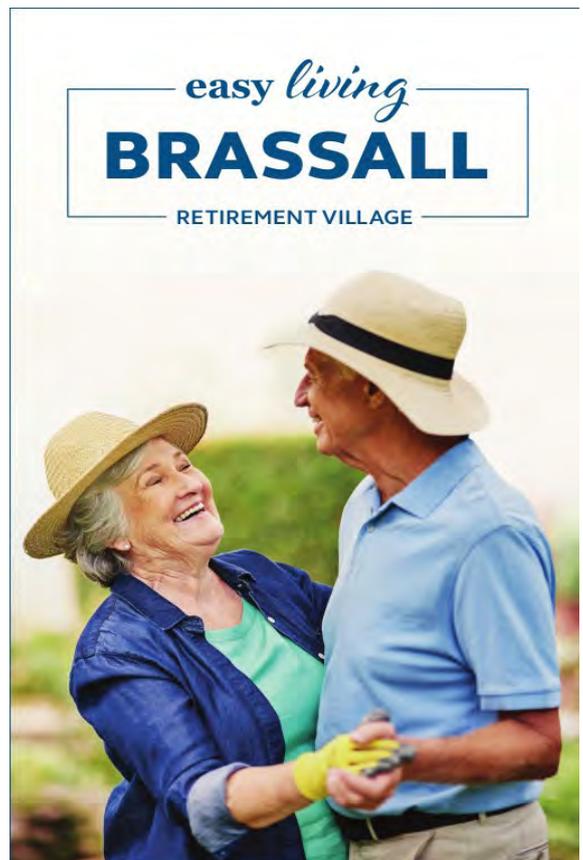
Candle Care: When you light your candle for the very first time, always allow the wax to burn so that it melts across the entire surface to the edges and pools to the edges of the container. This will assist in preventing your candle from tunneling and help promote an even burn for maximum scent throw for the duration of the candle's life.

Keep your wick trimmed ! Try to ensure that your wick is kept trimmed to (1-2 centimeters), before each burn, remove any wick debris and trim the wick before relighting.



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Smart Money

Do you pay the Lazy Tax? I did, until recently.

This is a concept introduced on the ABC Program the Checkout. When I first heard it for a moment I thought – “oh no, not another tax” and then I realized what they meant and laughed.

Next day I had a look at my internet provider’s web site and discovered that they had introduced a much cheaper product that gave me more downloads for less money! I’d just been going along with my old plan thinking that they’d tell me when things changed. Well, they didn’t. I saved \$20 per month. \$240 per year. Because I went and looked on the internet.

Same thing with my car insurance. I looked around on the internet and found someone who would insure my car more cheaply. I went back to my insurer and told them. They reduced my policy price.

If you don’t use computers you can do the same thing on the phone. Spend an hour re-checking your phone plan, your home insurance, car insurance, gas cost, even electricity cost.

Many companies have special packages to attract new customers. My beef about this is “what about me? How about rewarding me for my loyalty?” So one day I rang the gas company and complained. They gave me 10% off my next 3 bills. Win!

Send in any less known tips for saving money, we’d love to hear from you.

New Feature – Top Op Shop

Found a good op shop ? Tell us about it for the next issue.

Highlight this issue is Vinnies at West Ipswich. At 272 Brisbane Street, near the QT offices. Great parking at the rear. The entrance is through the carpark which is a bit confusing, but well worth the effort to get inside. It’s huge! And airconditioned! And well laid out! There’s a whole bookroom, with books in alphabetical order (authors) and a couch to sit on while you browse. Heaps of stuff to browse through – all they need is a coffee shop and you could spend the day there. The prices were very reasonable too.

Scams on the internet

We hear about them all the time. Don’t be caught, but don’t be frightened either. The internet is a great way to shop and bank and join workshops and so on. But they usually require you to enter your credit card details – here’s something to remember: Never enter your PIN or password, card details or personal details into a web page that you reached by either clicking on a link or a pop up window that has appeared on your screen.

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On Writing a Farce

Viagara Falls – Sweeten Up was a huge success with 2 extra shows put on due to sell out performances. Our very own Janet Findlay wrote the play and then acted in it as well. She says that the play consumed 18 months of her life – from beginning writing in October 2017 to performance in March 2019. U3A is proud to have been associated with this endeavour by providing rehearsal space at Woodend Campus, and in return and a full page advertisement in the glossy program which sold over 300 copies over the 6 shows. Below is the saga of Janet's life as a playwright for the last 18 months – written by Janet of course.

On Writing a Farce by Janet Finlay

Was it too much time looking at walls
That led to the writing of **Viagara Falls?**
Or the random thought '*Why not write a farce?*
'Better than sitting here on your arse!

And why not go low-brow, throw out that old notion
Of high art and no pay - for laughter's a potion!
And so I began, like one quite possessed
To 'google up' farces and researched the best

Examples of this traditional style
Soon assembling an eclectic pile
Of elements, characters, places and plights
- a 70 year old with no wedding night?

And a bottle of pills? They frequently feature
In this kind of genre, as well as a creature
Who's gullible, dumb or over the top
'Which one shall I choose? Why not take the lot!'

I wrote a first draft to show to my mate
A man with the skills to promulgate
Any agenda - but plays are his passion
And together (with coffee) we set out to fashion

A tale that took place off Cemetery Road
Right here in Ipswich, and threw in a load
Of roles that were aimed to generate laughter
A Scot, a doc, a pompous ex-pastor...

With sex and old fogs, we couldn't avoid
The use of **Viagra** – and so we deployed
The central plank of farces (they say)
A giant mistake that derails the play!

We met every week at the Top of the Town
Read, revised, discussed and gulped down
Litres of coffee at this place or that
Then I'd take some homework back to my flat

And write up a scene to strengthen the plot
Or reveal some aspect a character's got
Put words in their mouths to make them look daft
I'd edit, excise, expand and re-draft

Should they be a hippie, a prude or a sleaze?
(Not too much of that, I still want to please
An audience that ranges across the divides
United by laughter, and yet still derides

Those things in us, which deserve to be mocked
Pretension, suspicion, outrage and shock)
And still it was hard to strike the right note -
Not sacrifice taste for the sake of a joke!

Then one day my mate came back from a cruise
And told me he had some very good news
Some actors in Brisbane would read through the play
And give us some feedback – what did I say?

At that stage I wanted to stay quite unknown
I agreed to the reading – but preferred to stay home
And waited to hear what some critical actors
Would make of our efforts.....were they scathing
detractors?

I could have got worried, (I'm one *Doubting Thomas!*)
I could have got miffed when they said it '*showed
promise*'

But we lopped off a scene and added some more
Got back on the horse (re-writing's a chore!)

Refined some allusions, made it less about men
Gave the women more power, tweaked it and then
Prepared the script for two more readings
Got the okay, and soon we were pleading

For actors to help bring this mad tale to life
After fifteen months of coffee and strife!
So finally, we had our creation to share....
What next? Oh yes, the **World Premiere!**

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