



**Tuesday 22 January
9.30am till 12.30pm**

**U3A Booval Campus
Glebe Road Uniting Church
Cnr Glebe Rd & Green St
BOOVAL
Fellowship Centre
{ Open to all }**

At the Open Day you will meet tutors to discuss classes, pay your membership, choose what you would like to volunteer for and have a cuppa and social time with old and new friends.

2019 Membership fees

- Full membership: **\$70** per person.
This gives you FREE access to as many U3A classes and activities as you wish.
 - Associate Membership: **\$10** per person.
This gives you access to one-off activities and/or social events.
- In both cases, you MUST fill out a membership form. There will be an EFTPOS facility available on Open Day ONLY.

Check out the Summer Classes on offer during the month of January at www.u3aipswich.org.au or call 0498 200 055 to get a copy of the programme

Phone: 3282 7484 – Mob: 0498 200 055
Email: contact@u3aipswich.org.au
Website: www.u3aipswich.org.au

Booval Campus & Office: 25 Eileen Street, Booval
Hours: 10am to 12noon
Woodend Campus: 35 Williams Street, Coalfalls

The Honour Roll

Would you like more happiness in your life? Of course you would. Who wouldn't want an extra spoonful of happiness in their life? Next question - Have you seen the Honour Roll? It was displayed at the AGM and at the Volunteer's Lunch at Queen's Park café afterwards. Jennifer Howard MP, who attended the lunch, spoke about it and said how important it was to acknowledge the work done by volunteers. It will be displayed at Woodend in the passage near the kitchen.

So, why an Honour Roll? What's the point? Well, although those who DO often lament about those who DON'T, volunteers are not really very visible or very acknowledged publicly. No-one notices what they DO, but believe me you would notice if they DON'T (do it). I know volunteers are often generally thanked, but the Honour Roll was a way of acknowledging the individuals who actually make it happen.

The interesting thing about the Honour Roll is that of the 70 people named – 36 are tutors, which leaves 34 to do the doings day to day. The criterion for getting mentioned was 25 hours of service within the year. This means that the 34 only needed to serve half an hour per week to make the Roll. However, that's taking statistics to the extreme – many people put in an hour or two during the year (and didn't make the Roll), and the 34 who were mentioned put in WAY more than half an hour a week. How good would it be if there was no need for an Honour Roll – because everyone pitched in and lent a hand when needed? How good would it be if the Volunteer's Lunch turned into a knees up for all, because everyone lent a hand?

And finally how does volunteering make you happier? Research by Professor Lisa Magnani, Head of Macquarie's Department of Economics, found an uptick in happiness when volunteering. She said *"the reason for the uptick in happiness comes from the frequent socialisation, and the feeling of being part of both a community generally and a neighbourhood in particular, that volunteering brings."* And: *"..... what the study really underlines is that the aspects that make us happy through volunteering are the socialisation and the connection."*

So, at Open Day, please fill in the volunteer section of your new Membership form and pitch in. Become a Marvellous Member, and, back to the heading, put an extra spoonful of happiness into your day.

Norid Krausz

Theatre Nights

Saturday 23 February – Opening night of "Viagara Falls – Sweeten Up"

Co-authored by our very own Janet Findlay and Co-authored and produced by Alan Youngson with several U3A members as cast members.

This is a lively, original comedy-farce which derives its humour and charm from warm, relatable characters and a simple mistake that escalates wildly out of control, affecting an entire community. It also demonstrates the absurd consequences of unnecessary fear and prejudice.

★ BOOKINGS ★	
VENUE:	Studio 188
DATES & TIMES:	Saturday 23 February 7.30 pm Friday 1 March 1.30 pm Saturday 2 March 1.30 pm
PRICES:	\$20.00 - \$25.00
ONLINE:	Studio188.com.au
★ ★ ★ ★ ★ BOOK NOW ★ ★ ★ ★ ★	

Friday 3 May – U3A fundraising event. Ipswich Little Theatre's One Act Play Season "Challenges"

◆ **Bubbles** by Tara Routley (Adams)

A real life, gentle play which will make you want to smile and cry at the same time.

◆ **All By Myself** by Robert Scott

"Destitute, alone and without a friend"
Could things get any worse?

◆ **Farmer Will Swap Combine Harvester for Wife** by Hugh O'Brien

A chain of events, both comical and serious, are set to follow on!

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

Bus Trips

Judy Edyvean who organised our bus trip to the Toowoomba Festival last year is happy to invite U3A members and friends to join the next bus outings. All bookings and payments are to be made directly with Judy. Phone: 0448 923 743 or email: judy-barry@optusnet.com.au

February ~ Wed 13: Karoomba Vineyard & Lavender Farm at Mt Alfred followed by lunch at the Rathdowney Hotel. Cost is \$50pp all inclusive.

March ~ Wed 8: Towri Sheep Cheeses, where we will have morning tea including full cheese tasting. Final costs are still being worked out: bus \$25 pp – entry cost \$28 pp - Lunch (extra) most probably be Beaudesert RSL.

May ~ Sun 12: QPAC for the play "Senior Moments". Cost for the play is \$55 pp. Payment no later than 15 February. At your expense: travel to Brisbane and lunch before the show. Only 11 seats left.

June ~ Sun 30: The new Outback Spectacular "Heartland" at the Gold Coast. Cost is \$110 all inclusive (bus, lunch, show). Payment of tickets no later than 14 June, 2019.



What do you give the Senior who has everything and wants nothing that needs dusting or eating? A year's worth of fun and learning is what!

To organise a gift voucher for membership to U3A Ipswich, please call the office on 3282 7484 or 0498 200 055.

The Soft Underbelly of U3A

I love U3A. I am so grateful it exists. It fills a gap in my life. It gives shape and structure to my weeks. I have made some good friends through U3A. I have had a lot of good times within its activities. I've learned things and discovered some things I'm not good at, but at least I was able to try them. I hope it continues for years and years. OK, so that's the touchy-feely part.

U3A Ipswich has an amazing list of classes with something on every day of the week, including Saturdays. With five new classes this year and a robust Summer School Program, sign up NOW. The tutors are a dedicated team who love what they do. U3A could not exist without them. There has always been a hardworking U3A management committee and this year, is no exception with all vacant posts filled. We have 3 ex-officio members – Volunteer Co-ordinator – Carolyn Palmer, Woodend Co-ordinator – Eric Boel, IT Whiz & Booval Co-ordinator – Geoff Mayhew. So these Marvellous Members - practically super heroes - make up the strong part of our organisation.

What is the Soft Underbelly?

Firstly, Communication: There's no lack of communication from the Committee, with two printed newsletters per year, several E-

newsletters, U3A website, Facebook, and two campus noticeboards. Also tutors make announcements at classes. Imagine the frustration when someone says "*I didn't know it was on/happening.*" Please take responsibility for keeping yourselves informed - read your newsletters and open your emails. Add U3A to your email contacts list:

contact@u3aipswich.org.au

Secondly, very few people do a very large part of the 'work'. Not that it's work really. We all do it because we love it and because we know it needs doing. I know that everyone who volunteers, either on the committee or otherwise, enjoys giving of their time and talents. Might I add we also learn along the way. U3A is all about learning and growing. Our organisation is only as good as its members and the small band of people who keep the organisation progressing.

What is the solution? What are you good at? What could you contribute to the running of U3A? Big or small, lots of time or a little – you know the adage about many hands. I hear that some members feel they have worked all their lives and now it's time to take it easy; they're done with 'work'. And if you join a Golf Club or a Country Club you wouldn't expect to be asked to help – after all, you've paid through the nose to join.

But U3A is \$70 per year – not much over a dollar a week. That's because all the stuff to keep it happening is done by the people who made the 2018 Honour Roll (see front page article). It's not a Country Club; it's a Member's Club. Let's make sure that this year there won't be an article titled "The Soft Underbelly". How about an article titled "Overwhelmed with Help; the World Wide Envy of U3A's Everywhere"? So, which team are you on – The Soft Underbelly or the Marvellous Members?

Over to you – you know who you are, you know how much you do.

Norid Krausz

New classes and updates ~ Refer to Term 1 timetable

Senior Exercise Class: Colin James

No running involved. Max weight used is 3kg. Elements of balance & hand-eye coordination. Session includes - 10 min warm-up, 30 min circuit training, 15 min game activity, 5 min cool down and muscle stretching. Wear loose comfortable clothing, sensible shoes and bring a water bottle.

Current Affairs Discussion Group:

Eleanor Trohear

I am a retired teacher who has been volunteering as a tutor for migrants from non-English speaking backgrounds. For some time, I have been looking for a group in Ipswich where I could engage in discussions about current affairs. I decided to start my own by volunteering as a tutor to lead a current affairs discussion group for U3A Ipswich. I hope to advise participants of new current affairs topics prior to each class so that they have the opportunity to research the subject to be discussed.

The Challenge of Change:

Estelle McCrohan

During these sessions we will look at practicalities and attitudes by sharing information on situations such as: Adjusting to retirement eg Different role(s) and routines; Moving from one home to another; Downsizing, decluttering; Our changing abilities; Health, fitness; New possibilities; Expanding horizons; New adventures.

Musical Ensemble: Andy Russell

A class where musicians bring their instruments and learn their relevant parts of selected pieces of music to practise together; with the aim of performing as an ensemble at community venues or events. Some prior music knowledge and experience on an instrument is required.

Movement to Music: Marie Davidson

This class focuses on getting people moving, gently, using the music for walking to, and exercising brains with simple instructions. It is not be a 'partner only' class, but one where everyone will join in. It will however entail a number of circle dances with everyone in a large circle participating.

Life and the Universe: Maria Stevenson

So much to learn and so little time to learn it. Our Life, The Universe and Everything group on a Monday morning is an interactive class whose members have fun chatting about Science and sharing current Science news tit bits as we think about topics that interest us, stimulate our curiosity and cause us to ponder the paradoxes in the natural world. Far from being some esoteric subject, Science is full of wonder and questions (and sometimes answers) that are available to us all. Have you ever thought about:

- Greta Thurnberg and why she is so important at this time?
- How can it be that if atoms are about 99.999...% space, why do our bathroom scales register a weight when we stand on them?
- Has anyone an answer to the paradox of plankton? Do we even know what it is?
- Was the Cambrian explosion a chemical experiment gone wrong in Wales or the rapid diversification of multicellular animals or both/neither?

No, we don't have the answers to all of these questions but we do enjoy talking about such things and welcome new ideas and friends all the time.

Photography: Wayne McDonnell

Photography is all about creating photos that are pleasing to the eye of the viewer and that tell a story. It is the person using the camera that creates. It is not the type of camera or for that matter the quality of the camera that is important, it is how the person using the camera interprets the scene they are photographing. One of the most important factors in photography is understanding the limitations of your camera. And once that is explained students will feel comfortable and will move on to gain knowledge about the other aspects of what makes a good or great image such as understanding how light affects the image and how to manipulate light to get the image you want.

These are some of the things discussed during the photography class. But before participants can get to that point they learn the various functions of their particular camera and what all the various

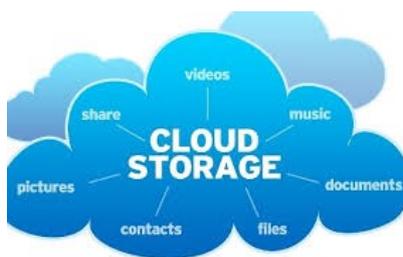
controls and knobs do and how it affects the image they want to take.

As part of the class, a number of field trips will be undertaken to practice the technical aspects of photography. The images taken during these field trips will be displayed in class and critiqued by all students in a friendly way.

Students will need to bring their camera, a fully charged battery, SD or CF Card, and their camera manual. It would be helpful if they have read the manual prior to attending the class. Having access to a computer and image manipulation software would be an advantage but not essential.

Geoff's Tech Tip

If you own an iPhone or iPad it's practically a guarantee you've run into iCloud nagging you to upgrade your storage and, equally guaranteed, it's on account of your overflowing photo collection.



Apple offers 5 GB of free iCloud space to everyone, but you'll run up against that storage limit sooner than you'd think. Device backups, photos, documents, iCloud email, and other bits of data all share that space and if you have multiple iOS devices, you'll run out even faster. That free 5 GB is per Apple ID, not per device, so it's a good idea to free up wasted space before paying for more. To see how much you currently have, open the Settings app, select "iCloud", and find where it says "Storage" to view how much space you have left in your iCloud account.

You will find your photos using up the lions share of space, so what can you do to save yourself the \$1.95 per month buying more storage. The Answer is to move your photos over to the Google cloud where there is no limit on your photo storage space.

Geoff will again be running his popular Cloud Computing workshops in February where, amongst other things you can learn how to save your photos and money by using the cloud correctly. Two day workshop, **Wednesday Feb 6** and **13**, and repeated on **Feb 20** and **27** from 1.00-3.00 pm at Booval. Booking essential on 043 1515 017.

Give away: ink cartridges

Roy Taylor has dropped off a set of cartridges at the Booval Campus. If you have a Canon printer such as Pixma 270 that uses 510 and 511 ink cartridges, then please help yourself.

Volunteers: Job vacancies

- x Text Message Wrangler
- x Ipswich Little Theatre fundraising support team: 1. Raffles 2. Catering
- x Newsletter: packaging for postage
- x Delivery of leaflets around town.

Seeking extra mobile phones

Several U3A members are looking for second hand mobile phones. If you have a smart phone of any brand no longer in use, please think of donating it by dropping it into Geoff Mayhew's pigeon hole (with your name on it) at the Booval Campus. Geoff will check it out and make sure it goes to a new home where it will be gratefully received and loved.

Gratitude:

Many thanks to the Rhino Café at Ipswich Central Library who donated 10 x \$5 vouchers and to the singers of Miner Chords for entertaining us at our Reindeer Christmas Party.



Editorial: Di Mead

We wish you all a Happy New Year. May 2019 bring you good health and prosperity.

Special thanks to all who have contributed to this first newsletter for 2019. Only two newsletters will be posted out this year, the next one being Term 4 (October). In the meantime we will email you regular E-news throughout the year. Please add to your address book: **contact@u3aipswich.org.au** otherwise U3A messages will land in your "junk" folder. If you don't have an email address, printed copies will be available at the Booval Campus.

President's corner

We finished 2018 with some great news: we are not moving, we have secured a grant and our bank balance as of 30 September, 2018 is \$19,271.

At the Volunteers Thank You Lunch in November, Jennifer Howard MP, Assistant Minister for Veterans' Affairs and Assistant Minister of State, announced that U3A Ipswich had secured a \$4,744 grant from the *Gambling Community Benefit Fund (GCBF)* to pay for air-conditioning, internet equipment and white boards for our 2 campuses.

Premises remain our principal challenge as uncertain times lie ahead. The era of rent-free premises is well and truly over. Premises take up 61% of our Membership Income. Although the rents we pay are very reasonable, this has resulted in an increase of almost \$5,000 in the past year. The rising costs for our premises has not matched our income. Had it not been for our fundraising efforts which delivered a profit of \$5,822, we would have found ourselves in a very different financial situation. It is unhealthy for any organisation to rely on the elusive fundraising dollar but also, the very small pool of volunteers who ran these projects cannot be expected to deliver the same result year after year.

U3A Ipswich gratefully acknowledges the support we receive from the Ipswich City Council as we enjoy sole use of the Woodend Nature Centre, parts of the Humanities Building and the Central Library. The Booval Campus at the Glebe Road Uniting Church remains a shared resource which brings its share of daily challenges. We ask that members keep an eye out for any potential venues for classes.

The November annual general meeting voted unanimously in favour of the new membership fee of \$70. Without this increase, the 2019 budget would have been in deficit by \$4,200 which would have meant dipping into our reserves; not a good idea!

I look forward to another exciting year of Life Long Learning with members of U3A Ipswich.

Paulette Montaigne
2018/19 President

Mob: 0498 200 055 – Email: contact@u3aipswich.org.au

2018/19 Management Committee

Executive:

President: Paulette Montaigne
Mob: 0498 200 055
Vice President: Glenda Chaille
Secretary: Marie Davidson
Treasurer: Rena Wright

Committee Members:

Norah Blunden Yvonne James
Norid Krausz Estelle McCrohan
Di Mead Rhonda Watson

Ex-officio:

Eric Boel: Woodend Campus Manager
Geoff Mayhew: IT & Booval Campus Manager

U3A Profit & Loss		FY 2017/18
	Income	\$32,481.53
	Expenses	-\$30,795.03
	Net Result for the Year	\$1,686.50
Membership Fees		\$17,630.00
Fundraising (net profit \$5,822)		\$11,107.30
PAYG: rooms/coffee/printing		\$869.35
Other income		\$2,377.77
Interest		\$97.11
Grants:U3A Network Qld		\$400.00
	TOTAL INCOME	\$32,481.53
	Insurance	-\$1,090.02
Telephone + Internet		-\$1,840.25
Newsletters		-\$704.59
Website NetRegistry		-\$130.90
	Communication	-\$2,675.74
Woodend Rent		-\$760.00
Uniting Church – Booval Campus		-\$4,878.00
Rent Rooms ALL (Humanities/GRUC)		-\$5,217.46
	Premises	-\$10,855.46
	Office supplies	-\$1,595.52
Open Day expenses		-\$266.16
Tutors/Volunteers		-\$348.90
Events/Marketing		-\$69.67
	Events/Marketing	-\$684.73
	Fundraising Expenses	-\$5,285.00
Miscellaneous		-\$3,111.67
Qld U3A Network Membership		-\$342.05
Relocation Expenses		-\$457.00
	Miscellaneous	-\$3,910.72
Equipment & Materials		-\$709.84
Depreciation/Sinking Fund		-\$3,988.00
	Assets	-\$4,697.84
	TOTAL EXPENSES	-\$30,795.03

The full audited accounts are available on request or on the U3A website:

<http://www.u3aipswich.org.au/treasurers-report-financial-year-2015/>