



THE UNIVERSITY OF THE THIRD AGE

AthertonTablelands

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Live and Learn

Issue No: 22
March 2018

From the Editor ...

Hi everyone, I'm your new editor for the U3AAT newsletter, taking over from Geoff Errey who has done a splendid job over the past three years. Thank you Geoff for all your advice and good wishes.

First, a little about me—I'm a relative newcomer to U3A Tablelands, having joined at the end of 2016, but I have many more years connection with the organisation. Back in the 1990s several of the Cairns U3A groups met at the Cairns Education Centre in Greenslopes Street where I worked for seven years. Following that, I once again came into contact with U3A during my eleven years at the Marlin Coast Neighbourhood Centre. At that time I joined U3A as member number 100, but couldn't attend most of what was on offer as I was still working. That all changed when we retired and moved up to Atherton!

Now down to business ... the Annual General Meeting date has been set for Sunday 8 April 2018 at 2.00pm in the Glyn Davies Room, Room 22 at the Community Centre. So mark the date in your diaries.

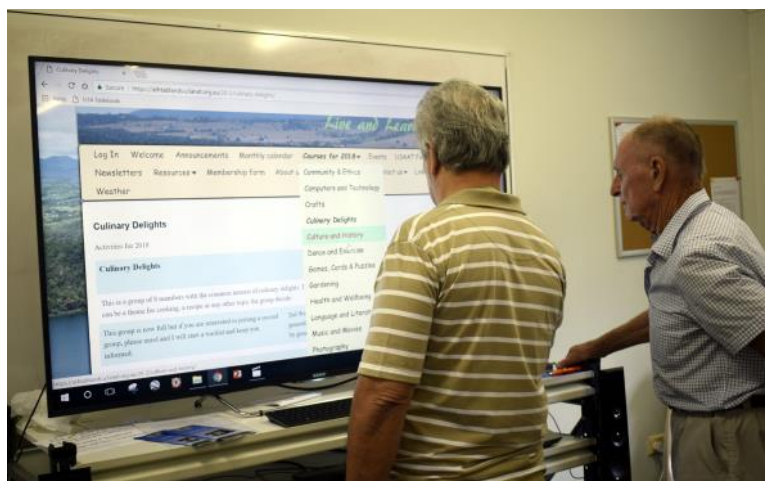
Most of you will have seen the great news coverage of our Open Day in the Tablelander, thanks to our publicity officer Carmel Pacey. It was an extremely successful morning with dozens of interested Tablelanders checking out the courses and activities on offer and 42 people joining or rejoining.

Webmaster Alf Hogan is currently busy upgrading the database to a new system and has created a dedicated email address for the newsletter. I look forward to receiving contributions of news, photos and anything else you think other members should know.

Annette Clay

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(from the top) President Barb Whybird welcomes a prospective member; part of the crowd that attended the Open Day; and webmaster Alf Hogan demonstrates how to navigate through the U3A Atherton Tablelands website.

A word from President Barbara Whybird

Once again the Program Committee has worked hard to ensure that there are new and interesting activities on the 2018 calendar.

Our Program Committee welcomes suggestions from members who feel they can present courses or topics that will be of interest to other members.

Our Webmaster, Alf Hogan, has been putting in many hours to ensure the website is running smoothly and easily accessible to members. This is a huge task and Alf does a remarkable job. The website is the easiest way to see what courses are being offered and can be used to book into classes.

Later this year Happy Snappers are holding an exhibition in the Old Post Office Gallery. The skills displayed by this group are truly amazing, covering a huge range of subjects and techniques.



Deanna Davies was pleased to officially hand over the new custom built lectern to U3AATs committee members at the end of the February meeting.



When you visit room 22 you will notice the new lectern, donated by Deanna Davies in memory of her late husband and our Foundation President and Life Member, Glyn Davies. It is a really beautiful piece of furniture and enhances the room.

The AGM is being held on Sunday 8th April in Room 22 at 2pm. Anyone who is interested in a position on the Committee is welcome to nominate. Nomination forms are available in Room 22. All U3AAT members are welcome to attend this meeting, even if they do not wish to nominate.

U3A ATHERTON TABLELANDS Notice of Annual General Meeting

**The Annual General Meeting
will be held at
2.00pm
Sunday 8 April 2018
in the Glyn Davies Room
Room 22 Community Centre
Mabel Street, Atherton**

Refreshments will be served—all U3AAT members are invited to attend. Please come along and support us. U3AAT runs well because we have volunteers willing to give some of their time to help. Maybe you have enjoyed the benefits that U3AAT brings and are now willing to lend a hand? You don't have to be a committee member, just be there to give us new ideas and help out occasionally with activities. You will find it very rewarding.



Activities and Courses—APRIL 2018

For more details on these activities check on the U3AAT website

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
2 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	3	4 10.00am Wellness for Independence 2.00pm Getting of Wisdom Group	5 9.30am Qigong Shibashi Tai Chi in Atherton 10.30am Feldenkrais 1.00pm Happy Snappers Photography Group	6 10.00am Friday Forum—talks 1.00pm Friday Mah Jong Group	Sunday 8 April 2018 2.00pm ANNUAL GENERAL MEETING
9 9.30am Monday Mah Jong Group 2.00pm Monday Book Club 5.00pm Tai Chi in Yungaburra	10 9.00am Connection through Embroidery Group	11 10.00am Mystery Talks (Ken Cotterill) 11.30am Culinary Delights	12 9.30am Qigong Shibashi Tai Chi in Atherton 9.30am Hardy Perennials—a morning in a friend's garden 10.30am Feldenkrais	13 1.00pm Friday Mah Jong Group	
16 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	17 10.00am The Subantarctic Islands of Australia & NZ 2.00pm Writers' Workshop 4.30pm Italian for Beginners 6.00pm Tuesday Movie Night	18 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda 10.00am Wellness for Independence	19 9.30am Qigong Shibashi Tai Chi in Atherton 10.30am Feldenkrais 1.00pm Happy Snappers Photography Group 2.00pm Classical Music Appreciation Group	20 9.30am U3AAT Committee Meeting 1.00pm Friday Mah Jong Group	
23 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	24 10.00am Wildlife and Challenges facing National Parks in Ethiopia 12.00pm Lunch with Friends 4.30pm Italian for Beginners	25 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda	26 9.30am Qigong Shibashi Tai Chi in Atherton 2.00pm Thursday Book Club	27 1.00pm Friday Mah Jong Group	
30 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra					



Two new talks in Science, Nature & Travel

We are lucky enough to have two new talks in April.

- ⇒ On 17 April we have Trish Forsyth presenting The Subantarctic Islands of Australia and New Zealand.
- ⇒ On 24 April, Alison Faigniez is presenting Wildlife and Challenges Facing National Parks in Ethiopia.

You can enrol via the **Science & Nature** or **Travel** categories on the website.

Changes to contact details

New dedicated email addresses have been set up for important contacts. Please use these new email addresses when contacting the following:

Course Coordinator: coursesu3aat@gmail.com
Treasurer: treasureru3aat@gmail.com
Newsletter: newsletteru3aat@gmail.com

Membership: membershipu3aat@gmail.com
Secretary: secretaryu3aat@gmail.com
Webmaster: webmasteru3aat@gmail.com

Activities and Courses—MAY 2018

For more details on these activities check on the U3AAT website

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
	1 4.30pm Italian for Beginners	2 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda 10.00am Wellness for Independence 2.00pm The Getting of Wisdom Group	3 9.30am Qigong Shibashi Tai Chi in Atherton 10.00am The History of Embroidery 1.00pm Happy Snappers Photography Group	4 10.00am Friday Forum—talks 1.00pm Friday Mah Jong Group	
7 9.30am Monday Mah Jong Group 2.00pm Monday Book Club 5.00pm Tai Chi in Yungaburra	8 9.00am Connection through Embroidery Group 4.30pm Italian for Beginners	9 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda 11.30am Culinary Delights	10 9.30am Qigong Shibashi Tai Chi in Atherton 9.30am Hardy Perennials—a morning in a friend's garden	11 1.00pm Friday Mah Jong Group	
14 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	15 2.00pm Writers' Workshop 4.30pm Italian for Beginners 6.00pm Tuesday Movie Night	16 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda 10.00am Wellness for Independence	17 9.30am Qigong Shibashi Tai Chi in Atherton 10.00am The History of Embroidery 1.00pm Happy Snappers Photography Group 2.00pm Classical Music Appreciation Group	18 9.30am U3AAT Committee Meeting 1.00pm Friday Mah Jong Group	
21 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	22 12.00pm Lunch with Friends 4.30pm Italian for Beginners	23 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda	24 9.30am Qigong Shibashi Tai Chi in Atherton 10.00am The History of Embroidery 2.00pm Thursday Book Club	25 1.00pm Friday Mah Jong Group	
28 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	29 4.30pm Italian for Beginners	30 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda 10.00am Wellness for Independence	31 9.30am Qigong Shibashi Tai Chi in Atherton 10.00am The History of Embroidery 1.00pm Happy Snappers Photography Group		



Movie Nights

Tuesday Movie Nights now commence at 6.00pm and will continue on the third Tuesday of each month. Please check under Music & Movies on the website for movie details.

Newsletters will no longer be sent out by post

At the February Committee Meeting it was agreed that newsletters will no longer be sent out by post, due to prohibitive costs. Currently there are 60 U3AAT members who have not provided an email address, which makes it difficult to keep them up to date on course additions, changes and cancellations. **Please check with your friends**—if they haven't received a newsletter, ask them to provide an email address to the Treasurer at treasureru3aat@gmail.com or Newsletter Editor at newsletteru3aat@gmail.com. For quick reference, a printed copy of the newsletter will be available for reading on the noticeboard in Room 22.

Activities and Courses—JUNE 2018

For more details on these activities check on the U3AAT website

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
				1 10.00am Friday Forum—talks 1.00pm Friday Mah Jong Group	
4 9.30am Monday Mah Jong Group 2.00pm Monday Book Club 5.00pm Tai Chi in Yungaburra	5 4.30pm Italian for Beginners	6 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda 10.00am Impressions of Sweden 2.00pm Getting of Wisdom Group	7 9.30am Qigong Shibashi Tai Chi in Atherton 10.00am The History of Embroidery	8 1.00pm Friday Mah Jong Group	
11 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	12 9.00am Connection through Embroidery Group 4.30pm Italian for Beginners	13 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda 10.00am Wellness for Independence 11.30am Culinary Delights	14 9.30am Qigong Shibashi Tai Chi in Atherton 9.30am Hardy Perennials—a morning in a friend's garden 1.00pm Happy Snappers Photography Group	15 1.00pm Friday Mah Jong Group	
18 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	19 2.00pm Writers' Workshop 4.30pm Italian for Beginners 6.00pm Tuesday Movie Night	20 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda	21 9.30am Qigong Shibashi Tai Chi in Atherton 2.00pm Classical Music Appreciation Group 2.00pm Thursday Book Club	22 9.30am U3AAT Committee Meeting 1.00pm Friday Mah Jong Group	
25 9.30am Monday Mah Jong Group 2.00pm Card Playing 5.00pm Tai Chi in Yungaburra	26 12.00pm Lunch with Friends 4.30pm Italian for Beginners	27 9.30am Advanced Stay on your Feet Tai Chi for Falls Prevention in Malanda 10.00am Wellness for Independence	28 9.30am Qigong Shibashi Tai Chi in Atherton 1.00pm Happy Snappers Photography Group	29 1.00pm Friday Mah Jong Group	



Advanced Stay on Your Feet Tai Chi for Health and Falls Prevention

Presented by Judy Turton, this is an advanced course for Stay on Your Feet—Tai Chi for Health and Falls Prevention. It now includes the Tai Chi for Cardiopulmonary Health Program. Cost: \$2.00 per person per session to cover the cost of room hire at Malanda RSL.

Every Wednesday 9.30am—10.30am on the following dates:

18 April—27 June 2018

18 July—19 September 2018

10 October—12 December 2018

Contact Judy on 4096 5518 or M: 0418 716 820 for more information.

Final words ...

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"



Dick said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man."

Sal commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives..."

Ken said, "I'd like them to say, 'Look, he's moving!'"



The croc ...

Paddy and Mick are on holiday in Australia. They are sitting by the riverbank when suddenly a crocodile swims past with a bloke's head in its mouth.

'Jaysus Paddy, did you see that fella?'

'I did Mick, and the flash bastard's got a La Coste sleeping bag.'

