



Contact The Secretary,
Tamworth Regional U3A Inc
PO Box 1558 Tamworth 2340.

Don't forget to check out our website
www.tamworth.u3anet.org.au

A Message from the President

Welcome to Term 2 Courses and Activities, which I am sure will excite and stimulate your mind!

By the time you read this newsletter, Vice President Euan and myself will have attended the 2018 U3A Network NSW Conference in Canberra, and we will present a report on Launch Day.

Shortly a Business Plan for the 2019 Conference in Tamworth will be prepared and planning will begin in earnest. Again, if you are able to assist in the planning now or closer to the time, please contact me.

Your ideas and suggestions are always welcome.

Two interesting Short Talks will be presented this term, and an excursion of "Behind the Scenes" at the Art Gallery. See dates in the Newsletter. Newer Members are particularly encouraged to attend to discover another aspect of learning in U3A.

However, a most important event will take place Wednesday 6th June when Tamworth Regional U3A celebrates its 10th Anniversary. A luncheon will be held with some original members recollecting the memorable times they have experienced during the years of their U3A Membership. It would be great to see a "full house" celebrating this milestone. Bookings essential - see details later.

Enjoy your U3A - where learning is a pleasure!



John Sharkey, President.



Congratulations President John on receiving a Certificate of Appreciation at the Tamworth Regional Council 2018 Seniors Awards held Friday 6th April. The Award states "a grateful community recognises the invaluable contribution of community groups assisting older people in the community".

Dates for your Diary:

**Launch Day for Term 2:
Wednesday May 2nd
10am for 10.30 Tamworth
Community Centre**

**Short Talks at U3A Rooms
3rd Wednesdays 10 for
10.30 am.**

May 16th: Heath Stimson,
Deputy Controller SES.

June 20th: Dr. Steve Cun-
neen, Australian Historian.

June 6th: 10th Anniversary
Lunch Econo Lodge 12 for
12.30

**July 4th Term 2 Excur-
sion:** Tamworth Regional
Gallery: "Behind the Scenes"

**Launch Day Term 3 Wed
July 25th 10 for 10.30
Tamworth Community Centre**

Spicks and Specks

- ◆ **Treasurer's Request.** For all direct debit or deposit payments, please quote your name first, then what the payment is for. Direct payments make for much shorter queues on Launch Day!!
- ◆ Do you have an **ORANGE** badge? If not, you are not financial and may not enrol in courses.
- ◆ **Program Co-Ordinator Wendy Smith:** Please email me on wmsmith@tpg.com.au OR text to 0428 740 761. Please do not phone the landline.
- ◆ **Enrolment Numbers.** Following committee discussion re large numbers wishing to enrol in some courses, the following policy is proposed and members are asked for their feedback.
 - o Each calendar year is to start with a 'blank slate' and all interested members are to enrol
 - o Terms 2, 3 & 4 members may continue without re-enrolling and new members may join if places are available.
 - o Course leaders are to determine size of their group
 - o Members to advise their course leader if they are not continuing
- ◆ **U3A Birds in Gardens and Parks**
What a beautiful morning for birdwatching! We saw 35 different species during the morning including quite a few unusual sightings including the Crested Shrike-tit and a number of raptors. We may need to thank whoever decided to harvest the Lucerne paddocks across the river – no doubt some very tasty critters may have been revealed. While returning to the carpark, Chris, Marianne and Bruce were treated to a rare sighting of a Black Falcon – no sign of him when we got back. Many thanks to the members of the Tamworth Birdwatchers who assisted on the morning.

What's Inside

COURSE NOTES	2
SHORT TALKS	2
ANNIVERSARY LUNCH	3
EXCURSION	3
MEMBERSHIP RENEWAL	3
PHOTOS	4
EXCURSION REPORT	4
TERM 2 PROGRAMME	5-8

Course News Term 2

History: The Quest for a Good Society. Gordon Holding

The good society could be morally good or simply one which is good to live in. We will look at 'big ideas' of outstanding thinkers about how society should be organised and governed and set their ideas in their historical context. These ideas include: respect for ancestors & tradition, belief in a god-given social hierarchy; democracy, human rights and equality, which of course have been challenged by ideas of national/racial superiority.

Return of popular Tamworth History walks with Rod

Hobbs, Tamworth Historical Society 25-year veteran, Life Member since 2012. The walks are at a gentle pace. Wear walking shoes, a hat, bring water.

Walk 1: Wednesday 8th May: Meet @ gates of No 1 Oval

Walk 2: Wednesday 23rd May: Marius St from White St to Darling St. Meet @ St Nicholas' Church

Walk 3: Peel St fr. Jewry St to Darling St. Meet Spotlight cnr.

Knitting and Woolcraft Pam Whitney

Pam is again hosting this group at her home. Due to the size of the room, there is an absolute limit of 8 members. Pam also asks you to pay a small contribution toward the cost of her delicious afternoon teas.

Greek stories: The Odyssey Wendy Smith

 The Trojan war is over, Troy has fallen, and most of the Greeks have made their way home. But not Odysseus – he takes 10 years to get back to Ithaca. These are stories of some of his trials and adventures on the way.

Children in Art: Wendy Smith

Following the popular *Food in Art*, we will approach the (less popular???) topic - *Children in Art*: children playing, posing, studying, working, crying, even dead. As usual, lavishly illustrated with images of paintings, famous and otherwise. You'll see some you recognise, and perhaps meet some new favourites. To be followed by *Music and Musicians in Art* if time allows.

Australia's ridiculous state borders: -Bill Forrest

Very little consideration was given to natural features when State Borders were decided: one was purely by accident; one by error; three borders were decided by 3 men in gaol in England; one by misreading a map; and (nearly) everybody believes Tasmania has no land border. Qld was almost three states. Nobody knows where the NSW/SA border actually is, and in any case, they may all be wrong.



Drawing for beginners: Geoff Bennett

Geoff has been teaching art for many years, and offers this as his first U3A course. Held at his home, it will be for members who would like to try their hand at drawing (no life class just yet!) but need instruction and guidance. Bring a pencil and soft rubber, ruler and a drawing pad.



Book and Film discussion group: We would like to include more members, so even if you haven't read the book, you are welcome to come for the movie, have afternoon tea, and join the discussion. We meet at 1.00 pm on the 4th

Wednesday, in the U3A Rooms. Titles for Term 2 are: May 23rd *Remains of the day* (based on the book by Kazuo Ishiguro), June 27th *To kill a mockingbird* (based on the novel by Harper Lee.)



Expressions of Interest are called for the formation of another **book discussion group** and for a group to play **Euchre**. Add your names to the lists on Launch Day.

Oil painting with Robbie Duck

I am a landscape artist working predominantly in oils, working with this medium for many years. I love the rich colours and textures achievable with oils.



This class will be for beginners who would like to have a go, and for those intermediate artists wanting to take their painting a step further.

We will start by going through a painting step by step: you will paint along with me, after which I will ask you to bring your own photos in to choose one for an individual painting. This could be a landscape, still life, or even a pet. We will see where the class wants to go from there

Charge for painting groups: You will have noticed in the program that there is now a \$5/week charge per member for the painting groups. As St Stephen's is now charging us for each time we use the hall (which was not the case in the past) this decision was reluctantly made at the last committee meeting. This is a 9 week term, so the cost will be \$45 per member. Please pay your group leader at the first session of the term, in an envelope with your name and course title written on the outside.

New venue for Boules: John Sharkey

Turn into Carter Street from Bridge Street (service station corner). Take first turn right, then proceed straight ahead towards river bank. Area is between car park and playing field. New members are welcome to join us, perhaps to learn a new skill, and for an entertaining and enjoyable morning,

Bacterial diseases Part 2: Helen Ritchie

As Helen was unable to get through all her material on bacterial diseases in Term I, she will conclude the talks with a session on May 18 covering Syphilis and the Plague (Black Death.) Lots of illustrations and time for questions and discussion.

Card tables needed: The Bridge players are looking for more card tables. If you have a spare folding card table to sell or give away. contact Michael Johnson 0422 815 581.

Resources for U3A classes and talks.

If you would consider running a course but are worried about material for presentation, there are many resources available.

The **Network Resource Library** has 100's of items from lectures and access to external resources, especially useful for smaller and newer U3As to establish their programs. You can access the Library Catalogues at <http://courses.u3anet.org.au> or via the box on the Network website. Many courses are available electronically without charge. When you see the word download at the end of any item, it means that you can download that item via Adobe Acrobat. If any item is too lengthy to be sent in this way, a CD or thumb drive (if you don't have CD accessibility) may be sent to you.

The charge for material on CD or thumb drive is \$6, postage included. To order any other resource material, contact the Library Manager Jan Bennett (jan.bee@bigpond.com can also be done via the Library website)

Other web resources include TED talks, YouTube, enhancetv.com.au etc



SHORT TALKS Term 2 3rd WED EACH MONTH 	May 16th Heath Stimson , Deputy Region Controller at NSW State Emergency Service	Heath is a paramedic and volunteer firefighter and has been in this role for the SES for over 4 years. He will talk about the role of the SES in our community.
	June 20th Steve Cunneen our fa- vourite Australian His- torian is back.	Steve has presented many previous talks on the personali- ties and events of our early history. His talk this time will be on “Life in Sydney and surrounds in 1818, including the journey of John Oxley”

**U3A Rooms above
Cotton On**
**10.00am coffee for
10.30 talk**

Members free, visitors \$5



This year we celebrate the 10th Anniversary of Tamworth Regional U3A, with many of the original members still very active in attending Courses and Activities, and indeed serving on the Management Committee. That alone is a good indicator of a successful organisation.



Accordingly, a Celebration Luncheon will be held Wednesday 6th June. As part of the proceedings, members who formed our U3A in 1998 will be invited to participate in an arm chair chat about their experiences in U3A, chaired by Anna Moulder ABC Radio. Heather Jones is preparing a DVD from historical photos, and John Sharkey is compiling a special Newsletter on the history of our U3A with input from Members.

Wednesday 6th June - 10th Anniversary Tamworth Regional U3A Inc. 12 noon for 12.30pm
 Econo Lodge Frog and Toad Function Centre, 236 Goonoo Goonoo Road.
 Join in celebrating the success of Tamworth Regional U3A over the past 10 years.
Bookings are essential, cost \$30 per person by May 15th

10th Anniversary Lunch.

NAME/S: _____

I enclose \$30.00 per head for the 10th Anniversary Dinner
The Treasurer, Tamworth Regional U3A, PO Box 1558, Tamworth 2340 or hand in at the Launch Day
Direct Deposit to BSB 932000 Account No. 705311
 (Regional Australia Bank 330-334 Peel St)

Wednesday 4th July - Excursion - Tamworth Regional Gallery, Peel Street, 10 for 10.15am



A Guided tour of the “Behind the Scenes Collection”, and viewing of exhibitions at that time, - Jerry Wedd Ceramicist, Michelle Hungerford and Anthony Cahill, “Shape” - works of 2017 Designer Technology Students.

Free however bookings essential.



With such an auspicious date as the 4th July, a pay as you go “burger” lunch will follow at Williamsburg Burger Bar (in the old Mechanics Institute building, Brisbane Street), for those interested.

Please Register on Launch Day.

If you have a PINK membership badge, your fees are due. New badges are ORANGE.

- ◆ To save those long queues at our Launch Day, please consider paying by Direct Deposit.
- ◆ If paying in cash, please enclose it in an envelope with your name and badge number on the outside.
- ◆ If paying by Direct Deposit, please include your **name** first, then what you are paying.



2018 MEMBERSHIP RENEWAL FORM

NAME/S: _____

I enclose \$40.00 per head for the Tamworth Regional U3A 2018 Membership
The Treasurer, Tamworth Regional U3A, PO Box 1558, Tamworth 2340 or hand in at the Launch Day
Direct Deposit to BSB 932000 Account No. 705311 (Regional Australia Bank 330-334 Peel St)

See us on the Internet <http://tamworth.u3anet.org.au/>

Email: Wendy Smith: wmsmith@tpg.com.au

John Sharkey: jdsharkey@bigpond.com

An active mind for a healthy retirement

- Learning for pleasure
- Sharing your knowledge
- Making new friends



COOKING UP A STORM
GREEK STYLE



.....and the winner is Tamworth

At the U3A Network NSW Committee Meeting 15 - 16th February, Tamworth was endorsed to host the 2019 Conference. This is great opportunity to showcase our City and surrounds and broaden the perception that Tamworth is Country Music – it is a lot more, as we well know! I am totally confident that we have the facilities, accommodation and especially the personnel to conduct a memorable Conference. Dates, to be confirmed, are Wednesday 10th April through Friday 12th April 2019.

A small Conference Committee will be required to discuss and formulate a program.

As Members, your input and assistance would be appreciated, and I call on you for your support in any way you can, be it with registrations, welcoming and directing delegates on arrival, ensuring room set up, etc etc. Please make yourself known to any Committee Member as soon as possible to register your interest.

John Sharkey, President

U3A VISIT TO TAMWORTH HOSPITAL

About 30 members visited the new Tamworth Hospital to give us an idea of department locations, so that, should we need to come to the hospital, we would know where to go. We were all very impressed with the modern décor and the set up.

The new building has been meshed in with the original hospital and the Bruderlin Wing. As we were taken around the building, we would occasionally come across a place where the new suddenly met up with the old, and there were cries of "I know where we are now", or "This is where such-and-such used to be".

Our guide was the hospital's Volunteer Coordinator David Monk who began by telling us what the various buildings surrounding the main car park were: - Rehab (i.e. Ward 11 which is currently undergoing a much needed facelift), hydrotherapy pool, dental clinic, equipment building (wheelchairs, etc), Banksia Mental Health Unit (also needing a facelift), Ronald McDonald House, Inala House, and the Rotary Lodges.

The entrance to the Emergency Department was pointed out together with a small short-term car park near the entrance. We went into the 1883 building, bringing back memories for some and had a quick look through the museum, well worth a longer visit. The hospital is administered from this building and there are meeting and seminar rooms.

The top floor of the new building is the maternity suite, including a small children's playing area. Level 2 is Intensive Care, the cardiac catheter lab, day surgery and operating theatre. Level 1 is emergency, surgical, X-ray, fracture clinic, and the link with the Bruderlin building, from which we could see the University of Newcastle's education building containing lecture theatre.

Ground floor is the Main Entrance, café, admissions, pharmacy, cashier, medical 1, and Nioka. We didn't visit the lower ground floor, which is the waiting room for outpatients and the physiotherapy unit, and so we missed seeing the painting by U3A member, Jacqui Dabron.

Each nurse's station is identifiable by having different colour floor covering and décor. Presumably privacy concerns prevented us from going into the wards or patient treatment areas. Patients on the move are taken in separate passages/lifts not available to the general public, much better that the old way where people were wheeled along corridors in full view of other patients and visitors.

David left us with a plea for more volunteers but pointed out that volunteers do not take jobs away from paid staff. Thanks to David for showing us round.

Jan Morris and Joyce Webster

