



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](http://www.tamworth.u3anet.org.au)

### A Message from the President



This is our first newsletter for the year which will be a busy one, not only with the many Courses and Activities being offered but also as Tamworth Regional U3A will host the U3A Network NSW Conference 10 - 12 April @ Wests, the theme being *Defy Expectation*.

Assistance will be required in areas such as directing parking, guides within the Club, staffing the Registration and Information desks, guides to Conference rooms, and staffing the quiet room.

A form will be available on Launch day to register your interest.

Additionally, if you are interested in Home Hosting during Conference, forms will be available for you to complete on Launch day.

Registrations for the Conference are now open, with early bird fee \$95 (expires 8 February), increasing to \$110 thereafter, Conference dinner \$45 p/person, and single day only attendance with teas / lunch Thursday 11<sup>th</sup> April - \$60.

**To view the program and register go to - [conference.u3anet.org.au](http://conference.u3anet.org.au).**

The Program has been designed to suit all interests, with high profile speakers. It would be great to have many of our members in attendance – Defy Expectation!

The move to our “ new “ rooms is now complete – U3A Parry House rooms, level 2, 470 Peel Street ( next to City Library / Art Gallery ). There is a lift at the Peel Street entrance, and as well an entrance at rear of building. Both entrances have ramp access. You are invited to call in and view the rooms on Tuesday 29<sup>th</sup> January 9.30am – 12.30pm. That day has also been advertised as an Information morning for potential members, so please encourage your friends and acquaintances to attend.

Enjoy your U3A – where learning is a pleasure!

*John Sharkey, President*

**Dates for your Diary:**  
**Launch Day for Term 1:**  
**Wednesday Jan 30<sup>th</sup> 10am**  
**for 10.30 Tamworth Community Centre**

**Short Talks at UNE Centre**  
**3rd Wednesdays 10 for 10.30 am.**

**20<sup>th</sup> February:** Craig Unger, Services NSW

**20<sup>th</sup> March:** Lynne Gilks  
 Diabetes Educator and consultant

**Term 1 Excursion:** Social Morning Tea at Connexions Cafe 10.30

**Launch Day Term 2: Wed May 1<sup>st</sup> 10 for 10.30 Tamworth Community Centre**

### What's Inside

COURSE NOTES	2
VALE	2
SHORT TALKS	3
MEMBERSHIP RENEWAL	3
SPICKS AND SPECKS	3
PHOTOS	4
REPORTS	4
TERM 1 PROGRAMME	5-8

### 2019 Term 1 Enrolment Procedures



You management committee has been considering the problem of numbers wishing to participate in courses. The policy below was decided upon for the coming term with long-term solutions to be the subject of ongoing discussions and member consultation - possibly at a future Special General Meeting.

Enrolments will be required for all courses and activities. There are no “carry over” enrolments with the exception of continuing courses, Croquet (2 vacancies), Painting (2 vacancies), and Bridge Continuers, (Beginners and Social Bridge is offered.) There will be no pre-enrolments. Your name must appear on the roll to attend a Course / Activity. Those who legitimately cannot attend Enrolment Day, can appoint a proxy to enrol on their behalf, or can contact the Course Leader to discuss enrolment.

The maximum number for courses in room #1 is 40, room #2 is 30, theatre style. Room #3 capacity is 10 Board room style, all other rooms fewer.

Once the maximum number of enrolments is reached, a Wait List will be issued.

As is obvious from the room capacities itemised above, space is at a premium. If a Member does not attend 3 sessions without apology to the Course Leader, their enrolment will regrettably be cancelled and their place offered to someone on the waiting list.

*John Sharkey, President*

## Course News Term 1

**Yoga for Seniors** : Typically each class includes warm up exercises, postures, breath work and relaxation. Practices are taught systematically and safely with an emphasis on developing self awareness. Participants will be asked to complete a Health questionnaire before the class begins



*Kay Deaves*

**TED Returns!** *Meg Larkin, Steve Hawkins, John Fuller and Ian Regan* will re-introduce the very popular TED talks this term. The talks are on many scientific, cultural, and academic topics presented online. The roster of presenters includes scientists, philosophers, musicians, religious leaders, philanthropists, and many others. We look forward to some spirited discussions to follow each of the talks.

**Australiana** "For most states, the location of their borders is ridiculous." Bill will expound on his reasons for this belief. The importance of the BHP mines, Menindee Lakes Water Storage Scheme and its part in the importance of the Murray Darling basin in these dry times. Rosalind will discuss these as well as the atomic bomb tests from the Woomera Rocket Range. Members with an interest in Australian History, who may have a 'pet' topic they wish to present are invited to be part of this series of talks *Bill Forrest & Rosalind Jones*

### Learn to be an Effective Public Speaker

*Pat Harris*, well known teacher of debating and public speaking, has agreed to present this class. A wonderful opportunity to learn what makes an effective public speaker, then practice it in individual presentations.



**Wonders of the World:** Everyone has heard of the Seven Wonders of the Ancient World - can you name them? The list was first drawn up by the ancient Greek historian Herodotus in the 5thC BC, but there are many more human-constructed wonders in other parts of the world, as well as wonders of the natural world. We will visit as many as we can in the time available. *Wendy Smith*



**Looking at paintings:** Humans relationships with, and attitudes to, animals have changed radically over time, and much of that has been recorded in art. So this term's pictures will show *Animals as entertainment: The exotic, the strange and the dangerous.* *Wendy Smith*



**Shakespeare:** *Romeo and Juliet.* One of his most famous and frequently performed plays, but how many of you have actually read it? Or seen it performed? As usual, we will begin with a viewing of a filmed performance from Shakespeare's Globe theatre in London, then go on to read and discuss the play *Wendy Smith*



**The Age of Dictionaries & Australian English.** Murder, Madness and the Oxford English Dictionary! Other assorted dictionaries including our own Macquarie. How did Aussie English and its varieties develop? *Terri Mower*



**History:** Sue Lockhart will discuss Roman Britain to complete her study of the Roman Empire. Then Gordon will tackle the 500 year long, early European Medieval civilisation, previously called the 'Dark Ages'. The spread of Christianity, its doctrinal disputes and how these were shaped by its founding fathers, notably St Augustine of Hippo and Pope Gregory. The myth of King Arthur, Anglo Saxons, Alfred the Great and Vikings will follow as will the early history of our twin town of Tamworth in England. We will also explore the rise of Islam and how early Medieval European kingdoms and cultures developed. The development of Feudalism and the Norman Conquest of England will round out the term *Gordon and his team*



**Ukulele** Our musical group is evolving: it began as ukulele players, added singalong members, now it will encompass members with any portable instrument. (Pianos will not fit into the lift) *Brian Pierce*



**Bridge Beginners** Learn the ropes - a great way to stimulate the mind and perhaps keep "brain fade" at bay.  
**Bridge Continuers** Open to participants continuing the course from last year only. *Michael Johnson*  
**Bridge Social** Non-competitive social games for those who already know how to play. *Lyndall McKenzie*



### Australian Inventions and Innovations

A plethora of ideas from Spray on Skin to "Speedos"; from Latex gloves to cork hats and the "Esky".



*Helen Ritchie*

**Computers Thursday** iPad and Windows Forum - bring along your iPad or Laptop or use one of ours. We pool our knowledge and all learn something.

**Digital Legacy April 4th** What happens to your password-protected "stuff" if you are non-computer or worse? Does your partner say "Don't worry - I'll look after....." Take control of your legacy. *Terri Mower*



### Computer How-To Fridays

**Feb 8: Scanning and Printing:** What equipment, best settings for the software, saving so you can find the files, emailing scans



**Feb 15: Libre Office** -free alternative to MS Office

**Mar 1: Downloading & saving videos, programs etc**

**Mar 8: Screenshots** - take a photo of screen content on iPads and computers. Save or email a recipe, diagram, map etc.

**Mar 15: Dropbox** move stuff from one device to another. Share files that are too big to email with family and friends e.g. video

**Mar 22: Email** Stop the rubbish getting in, clean up that inbox, save important emails, create folders to organise the mess.

**Mar 29, April 5: Free Windows apps** for viewing, organising and simple fixes for photos, scans etc - Paint.NET, Irfanview, FasStone etc *Terri Mower*

**Getting to Know Your Android** No iPhone or iPad? No problem - Michael will guide you through the mysteries of the dark side! *- Michael Johnson*



Members will be saddened to hear of the death, late last year, of enthusiastic U3A member Glenn Smith. Our thoughts are with Joyce and her family.

Many may remember former U3A member Betty Fyffe who also passed away recently.

**SHORT TALKS**  
**Term 1**  
**UNE Fitzroy St**  
**10.00am coffee**  
**for**  
**10.30 talk**

Members free, visitors \$5



Feb 20th Craig Unger - Service NSW's Cost of Living Specialist

Craig will discuss available savings and rebates for gas, electricity, replacing frig , tv etc etc. There many entitlements/ cheaper rates etc that are not common knowledge.

March 20th U3A committee member Lynne Gilks - Diabetes Educator and Consultant.

Lynne initially worked for Wales bank then completed Nurse's training in 1979. Worked in various areas of nursing then became Diabetes Nurse Educator in 1987. Became Diabetes Nurse Consultant in 1988. In 1992 she became credentialled as a Diabetes Educator. Continued to work as Diabetes Nurse Consultant until her retirement in 2017 when she joined our U3A.

**Get to Know Your Committee**

**Gay Clarke** came to Tamworth in 1985. She was senior Administrative Officer at Westdale Public School before retiring in 2003 and joined U3A in 2013. Gay enjoys travelling, helping with the grandchildren, playing golf, walking her little dog, reding and of course cryptic crosswords.



**Rosalind Jones** left Tamwoth High in 1959 and become an English/ History secondary school teacher. Worked at Broken Hill High for 7 years, married, had children, moved to Adelaide and taught in the Independent School system for 17 years. She accepted a position at Calrossy Anglican School where she is now the archivist. Rosalind joined U3A in 2017 and is now our Program Coordinator.



**Spicks and Specks**

- **Wanted:** Bookcases, lockable storage, cupboards, filing cabinets etc. if you have something suitable to donate to our rooms, please email a photo or inform a committee member.
- **Return Please** If you previously lent card tables, projector stands or screens etc, we would appreciate their use again, now that we have a home!
- **Found at Christmas Lunch:** A screen door key marked Sandra Cobb & Co. and a Boag's Draught cooler bag.

**Term 1 Excursion**



We are planning a social outing with a return visit to Connexions Café, the Tamworth cafe run by exceptional people with disabilities at 101a Johnson Street. Meet at the café at 10.30am on **Wednesday March 6th.**



**Please indicate your intention to attend on Launch Day so that numbers may be advised.**

**Your 2019 Membership is now due.**

- ◆ If you have a BLUE badge, your membership is current for 2019.
- ◆ If paying in cash, it will help the treasurer if you hand it in in an envelope with your name and badge number on the outside.
- ◆ If paying by Direct Deposit, please include Membership number first, then name, then what you are paying.
- ◆ Paper receipts for Direct Deposits will no longer be issued - this saves a delay in getting your badge to you.



**2019 MEMBERSHIP RENEWAL FORM**

NAME/S: \_\_\_\_\_

I enclose \$45 per head for the Tamworth Regional U3A 2019 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)

**Important Treasurer's Request**

If making a Direct Deposit to our U3A account, please ensure that the most important details are entered first:  
**Membership No., then Name then Bus trip, subs etc.**

**Direct Deposit to BSB 932000 Account No. 705311**  
 (Regional Australia Bank 330-334 Peel St - Cnr of Peel and Brisbane opposite U3A rooms)

See us on the Internet <http://tamworth.u3anet.org.au/>  
Email: [tamworthu3a@gmail.com](mailto:tamworthu3a@gmail.com)  
John Sharkey: [jdsharkey@bigpond.com](mailto:jdsharkey@bigpond.com)

An active mind for a healthy retirement

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



### Christmas 2018

The end of year activities for 2018 and our Christmas party were celebrated in style by 94 members. The record number of attendees enjoyed a delightful 'feast' in a beautifully decorated room, entertained by our very own Ukelele Choir! Your gifts of perishable goods were distributed to drought affected families by the CWA - thank you for your generosity!

## Excursion Report

Members enjoyed a very interesting visit to the Tamworth SES Headquarters in Tamworth following on from the recent Short Talk given by Heath Stimson. There are 9,500 SES volunteers in NSW - 25 members in Tamworth, who are on call for emergencies caused by floods, storms, motor vehicle accidents etc.

SES volunteers carry out a lot more than just emergency work. Volunteers are required to answer phones, map activity, post information on social media. One volunteer, a former teacher, visits schools explaining the work of SES making the community more aware of its role. On the day, Heath was "so persuasive" that he enrolled three of our members as volunteers! Visits to places of interest, seeing and being informed "how Tamworth works" will continue in 2019 and your continued support would be appreciated.

*Ann Ware / Euan Coutts*



### Important Treasurer's Request

If making a Direct Deposit to our U3A account, please ensure that the most important details are entered first:  
*Membership No., Name then Bus trip, subs etc.*

**Direct Deposit to BSB 932000 Account No. 705311**

(Regional Australia Bank 330-334 Peel St - Cnr of Peel and Brisbane opposite U3A rooms)