



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

After only a few minor problems, the first Term at our Parry House rooms has operated well. Thank you all for your cooperation in arranging and rearranging chairs / tables etc.

However - a reminder! As we do not have a cleaner, be mindful of clearing rubbish bins (there are large bins at the rear carpark) , and leaving the kitchen tidy. There is a rechargeable vacuum in the office (donated by Joyce Webster) – please use on carpet when necessary.

Tamworth Regional Council has been very generous in the Terms and Conditions of our lease and a letter will be forwarded expressing our appreciation.

It is vital to the continued operation of offering Courses and Activities to our members that leaders are forthcoming and supported. Put your hand up to lead, or encourage someone – *please!* All appropriate subject matter is welcomed!

Unfortunately I may be absent from 29th April for about a week having surgery to my shoulder. Vice President Euan will act as President in my absence.

Have a great Term 2 – enjoy your U3A where learning is a pleasure



John Sharkey, President

2019 U3A Network NSW Conference Report

The 2019 U3A Network NSW Conference hosted by our U3A 10TH – 12th April @ Wests was a resounding success. Feedback from attendees was very positive, praising the quality of the Speakers – The Hon Dr Kay Patterson AO, Age Discrimination Commissioner, Meagan Lawson CEO Council of the Ageing, and our local Barry Harley Tamworth Regional Council. Also the presentations by Workshop leaders were highly praised - there were 8 Workshops in total, each subject selected as being relevant to all.



First time attendees particularly commented that they had gained a greater insight into the operation of the U3A Network, a clearer understanding of the Legalities in conducting an Association as well as copyright and trade marks. Sessions covering Resources for Courses, Raising the profile of U3A, Presentation Techniques, and of general interest, a workshop titled Three Ways to Increase Your Happiness were very popular.

A big thank you to West Tamworth Leagues Club who hosted the conference at no charge and to Tamworth Regional Council who sponsored a Civic Reception for Dr Patterson on the Wednesday evening and a Welcome to Delegates. Our thanks also to *The Senior* publication for partially sponsoring the conference dinner.

The Chapel Strings from Tamworth Regional Conservatorium of Music entertained during the dinner to great applause from all. The Strings met the criteria of the Conference theme - Defy Expectation! I am sure many were expecting Country Music!

The success of the Conference was achieved by the support of many of our members who I shall not name for fear of omitting someone – *thank you for your assistance in many areas!* A special thank you to Meg Larkin. Her advice, knowledge and ability to ” put things together and set them in motion” were invaluable. *Thank you Meg.*

Also, I would like to acknowledge the many members who attended the Conference. I trust that you enjoyed proceedings and gained a greater insight into the U3A organisation, its objectives, and ideals.

John Sharkey, President

Dates for your Diary:

Information and Pre-enrolment: Mon Apr 29
U3A rms. Parry House 10-2

Launch Day for Term 2:
Wednesday May 1st 10am
for 10.30 Tamworth Community Centre

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

15th May Craig Unger, Services NSW - great rebates!!

19th June Don Rock: Life-saving Personal Alarm

Term 2 Excursion: Andromeda Cables at Moonbi.

Launch Day Term 3: Wed July 24th 10 for 10.30
Tamworth Community Centre

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Course News Term 2

Australian History- The Bits you May Have Missed This course will look at the formation of the Australian landmass and the history of the discovery of Australia. Then we'll outline the European settlement history of each Australian colony up to Federation

- Rosalind Jones & Pat Harris

Social Cycling. Explore the local area by bike. Participants need to be reasonably fit, have their own bicycle and approved helmet, and will need to sign an indemnity form taking responsibility for their own safety.



- Spencer Hird

A Healthy You

How to avoid falls and maintain a healthy lifestyle as we age.

- Patsy Bourke



Autobiographies

A book group with a difference. Heather Jones has chosen a diverse and interesting group of authors. Come along to learn about them through reading and discussing their life stories.

-Heather Jones

Knitting and Handcraft

This popular course is being offered after a short break, led by Pam in her home at 24 Dibar Drive.

- Pam Whitney

The Frugal Forties: A look at how Australians lived through this very dark period of our history.

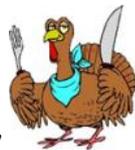
-Helen Ritchie



Friday Feast

A chance for men to prepare and cook two tasty meals which they can enjoy eating with some fine wine.

- John Sharkey



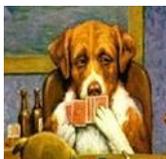
Wonders of the World: There are many human-constructed wonders in other parts of the world, as well as wonders of the natural world. In Term 2 we will move on to Mediaeval and modern times.

- 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. This term we will examine pets and working animals in pictures.

- Wendy Smith



Shakespeare: Antony and Cleopatra.

Antony is captivated by Cleopatra, Queen of Egypt. Gossip and scandal lead to plots of murder and battles. Mark Antony, Octavius Caesar and Lepidus, having defeated Julius Caesar's assassins at Philippi, now rule the Roman Empire as a triumvirate.

- Wendy Smith

Term 2 Enrolment Procedures

An Information Day will be held at our rooms Parry house Monday 29th April 10am – 2pm. Please encourage your friends, acquaintances to attend and discover U3A.

Also on this day between 10am – 2pm you **may** enrol for Term 2 courses but enrolments do not close until the end of Launch Day Wednesday 1st May at Tamworth Community Centre 10am for 10.30am. Having enrolments on the Monday should relieve the “rush” on Launch day, **BUT** we urge you to attend Launch Day to hear about new courses etc and to enjoy a social morning.

When all enrolments have closed, a ballot will decide how vacant places in courses are allocated.



Bridge Improvers: Open to new enrolments but only if you already know the basics.

Bridge Continuers Open to participants continuing the course from last term only.

Michael Johnson

Bridge Social Non-competitive social games for those who already know how to play.

Lyndall McKenzie

Thursday Computer Know How

May 9, 16, 23 Libre Office -free alternative to MS Office - documents, databases etc.

June 13 Transfer photos to and from computers and iPads etc.

June 20 Cloud Storage; Dropbox, iCloud, GDrive etc.

June 27 Email Stop the rubbish getting in, clean up that inbox, save important emails, create folders to organise the mess.

July 4 Free programs for Windows

- Terri Mower



Friday Forum

iPad for Beginners May 10, June 14

iPad General: May 17, June 21, July 5

Windows May 24, June 28

- Terri Mower

Get to Know Your Committee

Liz MacLean was born in the South of England and moved to Australia in 1963. After completing her schooling she trained as a nurse at Royal North Shore Hospital. She moved to Tamworth from Cooma in 1980 with her then husband and two children. In 1984 she returned to nursing at Tamworth Base Hospital and worked in Cancer care and eventually became the Breast Cancer Care Coordinator, a very rewarding and interesting career. In retirement she enjoys the company of friends, coffee, gardening, reading, travelling, grandchildren and the usual delights of retirement, and of course U3A which she joined in 2016.



SHORT TALKS Term 1 UNE Fitzroy St 10.00am coffee for 10.30 talk Members free, visitors \$5		May 15th 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. He will also address Cost of Living - e.g. medical tests for older drivers that are required for driving licence & proof of identity (POI).
		June 19th Don Rock : The LiveLife Mobile Personal Alarm,	Don will demonstrate and discuss this SOS alarm. It uses the Telstra network, so you can take it with you and use it wherever there is reception. It also enables you to talk to family and includes a falls detection alert with GPS location. If there is no family contact it automatically dials 000.

Short Talks Reports

On Wednesday 20th March I attended the U3A Short Talk given by Mr Barry Murphy, CEO of Challenge. Barry was an excellent guest speaker giving a **history of Challenge** and how the organisation has evolved over the years to the current day operations. What an amazing organisation and what wonderful opportunities it provides for people with disabilities in our community. Those who attended thoroughly enjoyed Barry's talk. These short talks are free to members of U3A with visitors welcome for a small cost of \$5.00 payable at the door. Morning tea precedes the talk which is about 30 to 60 minutes duration. Euan Coutts does a great job sourcing guest speakers- thanks Euan for your wonderful efforts. I would encourage all U3A members to support these wonderful talks.

- *Lynne Gilks*

We are indeed privileged to have so many members within our organisation, who are able to bring to U3A a diverse range of skills and experiences. One such person is Lyn Gilkes who most willingly gave an excellent presentation at short notice for our February short talk about **diabetes**. Lyn was able to draw on her vast experience as both a diabetes educator and diabetes nurse consultant in her working life.

For those people able to be present we came away with a much better understanding of the complexity of this condition and the work of those who care for those with the condition. Many thanks for a most informative and illuminating talk, Lyn. Hopefully , I will have someone from the Stroke Foundation engaged for one of the talks next term.

- *Euan Coutts*

Term Two Excursion Wednesday, 5th June to Andromeda Cables Moonbi.

We have planned a visit to Andromeda Cables at Moonbi This is a locally owned manufacturing company and is an established innovator in the wire rope industry, specialising in the design and manufacture of plaited and woven steel **cables** for rigging gear and terminal systems for these **cables**.

This is your chance to see real innovation in this industry, and your chance to see some interesting work in recycling and reusing materials left over from the mining industry.

Please note: due to work, health and safety regulations, this venue is not suitable for those using wheel chairs.

Meet at the old information centre carpark next to Paradise Caravan Park for carpooling. Departure 10am. Please indicate your intention to attend on Launch Day so that numbers may be advised.

Your 2019 Membership is now overdue.

- ◆ If you have a BLUE badge, your membership is current for 2019.
- ◆ If you are unfinancial, you are not covered by public liability insurance, so you may not attend our activities.
- ◆ If paying by Direct Deposit, please include Membership **name**, then what you are paying.

Important Treasurer's Request

If making a Direct Deposit to our U3A account, please ensure that the most important details are entered first:
Membership 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)

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)

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

An active mind for a healthy retirement

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



2019 U3A Network NSW Conference - We Defied Expectations



Thanks to John the **Obstinate Optimist**, Euan the faithful deputy and Meg who kept them down to earth, for making it all happen



Excursion Report



A most pleasant opportunity for members to catch up and enjoy a social gathering at Connexion Café. This café is an activity run by Challenge for the education and training of their clients.

It was a great opportunity to see the wonderful work of Challenge and the strides they are making in encouraging their clients to engage with the wider community.

NEXT TERM Forewarning: I am in the process of organising a trip to Nundle for a day, Wednesday, 7th August. This will involve bus travel, at approximately \$15 – \$20. More details as they become available.

- Euan Coutts

Spicks and Specks

- **Wanted:** Books and DVDs for the borrow or keep library at our rooms.
- Please contact Rosalind Jones (67653052) if you have ideas for courses.
- Are there any members who would like to lead a **chess course**, either to teach beginners to play the game and/or to be contact person for a group of people already able to play chess?
- Term 3 courses are being planned. Already a course looking at a re-examination of Indigenous use of the land prior to European settlement is proposed, as well as a Gardening course and a book group studying the work of Jane Austen.

Looking to the future?

- Other cultures through film or literature
- Tamworth landscapes - geology, evolution
- Travellers' Tales - share the stories.
- Dance with joy - movement to music.
- Regional discovery tours.
- Craft enthusiasts - share skills and learn others.
- Add your ideas here!!!!!!!