



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



Approaches to Tamworth Regional Council to rent Suite 8 at Parry House on a casual basis have been unsuccessful. An alternative would be to submit a request to lease the whole area however based on current costs of Suite 6, this would be not be economically feasible. This puts some 'strain' on Suite 6 however I am confident that all will work well with some minor adjustments. As a result of the continued growth of our U3A, alternate venues are always being considered. Any ideas you may have are welcome!

The day to day operations of your Committee involves many tasks – preparing Course Programs, arranging Short Talk Speakers & Excursions, financial matters, organising venues etc. Most important is the role of the Committee in succession planning to fill Committee positions and educate those members in relation to all aspects of conducting our Association. Please consider before the next AGM in October 2019 accepting nomination for a role on the Committee in the future or becoming a 'shadow' member of the Committee.

I attended the U3A Network NSW Committee Meeting 24 -25 June as Regional Representative for New England North West. At that Meeting, the resignation of the President Ian Robertson due to personal family reasons was accepted, effective 30 June. Vice President Laurene Mulchay assumed the role of President, and I was appointed by the Committee to fill the casual vacancy of Vice President until the next AGM April 2020.

The Network is very proactive in ensuring that all member U3As are aware of and complying with all legal requirements, trade marks, copyrights, responsibilities of Committee Members etc. etc. The Tamworth Conference was a catalyst for increased attention by U3As to these matters. The Network furthers this through Regional Forums – a gathering of U3As in an area. Recently Forums have been held in Newcastle, Wagga, Orange and this week on the South Coast. These Forums have had 40 plus attendees and may be a better way to disseminate information rather than the costly practice (both to delegates and the network) of conducting annual conferences. In conjunction with the Network President, I am planning to conduct a Forum in Inverell in August with invitations to Namoi, Moree, Inverell, Bingara, Armidale and Tamworth. Members interested in attending should contact me for further details.

Enjoy your U3A – where learning is a pleasure!

John Sharkey, President

Dates for your Diary:

Information and

Pre-enrolment: Mon July 22
U3A rms. Parry House
9.30-12.30

Launch Day for Term 3:

Wed July 24th 10 for 10.30
Tamworth Community Centre

Short Talks at UNE Centre

3rd Wednesdays 10 for
10.30 am.

21 August - Helen Reynolds:
from the Stroke Foundation.

18 September - Len Waters:
Local Aboriginal Elder.

20 November - Nissa Peters:
Vision Australia

Term 3 Excursion: 7 August
Tamworth Regional Gallery.

Launch Day Term 4 & AGM:
Wed 16 October.

Christmas Function:
December 18
Carmen's Restaurant.

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**MORE FROM THE 2019
U3A NETWORK NSW
CONFERENCE—
WE DEFIED
EXPECTATIONS**



Course News Term 3

Australian History—Another Perspective:

- Week 1 Ancient History and Civilization
- Week 2 Traditional View:
- Week 3 “Dark Emu”
- Week 4 Indigenous Speaker (we hope)
- Week 5 Achievements – Brewarrina and Lake Condoh
- Week 6 History Wars:
- Week 7 Changes Underway

- Rosalind Jones & Pat Harris

Social Cycling. Not running this term due to insufficient numbers.

TED is taking a break. TED talks will not be offered in Term 3. The presenters have decided not to continue as we have all become very committed with other responsibilities. Our thanks to the members who have supported and encouraged us. We feel sure you will find other U3A courses to delight and inspire you next term.

- Meg, Ian, John and Steve

A Healthy You

How to maintain a healthy lifestyle as we age. Starts in Term 3 and continues in Term 4. Term 3 topics: Ageing Well -Patsy Bourke; Keeping Active & Upright - Fiona Murphy; Drugs & Home Medication reviews - Alyce Northey;



Magic & Mystery: Phrenology, spontaneous combustion, past life regression, sword swallowing, kirlan photography, alchemy etc. and lots more than this. Fridays: 30 August, 6th September, 13th September and 20th September.



- Helen Ritchie

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 3 we will take a look at wonders in the industrial age.



- Wendy Smith

Looking at paintings—Animals in Australian Art:

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: “A pleasant conceited comedie called Love’s Labour’s Lost.” Come and meet the King of Navarre; academically inclined, incredibly earnest, nice but not too bright.

- Wendy Smith

Beginners Cryptics: A 4 week Introduction to the seduction of word play and riddles. Come and challenge yourself.

- Terri Mower



Women’s Journey to Equality: See Page 3

Term 3 Enrolment Procedures

An Information Day will be held at our rooms Parry house Monday 22 July 9.30-12.30. Please encourage your friends and acquaintances to attend and discover U3A.

Also on this day, existing members **may** enrol for Term 3 **new courses**. Enrolments do not close until the end of launch day Wednesday 24 July at Tamworth Community Centre 10am for 10.30am. Note: you do not need to enrol if you are continuing in the same course.

We urge you to attend Launch Day to hear about new courses etc. and to enjoy a social morning.

If a course is over-subscribed, a ballot will decide how vacant places are allocated when all enrolments have closed.

If your contact details have changed please let Terri Mower know (67626369) .



Computer Know How

Thurs 11am iPad/Win 10 Sessions

iPad Learners	Aug1, Aug 29, Sep 19
iPad Forum	Aug 8, Sep 5, Sep 26
Windows Forum	Aug 27, Sep 12



Fri. 9am Computer Know How

Aug 2	What’s changed in May update
Aug 9	Screenshots
Aug 23	WiFi Printing – computer/iPad
Aug 30	Email
Sep 6	Libre Office
Sep 13	Libre Office
Sep 20	Dropbox / Cloud
Sep 27	General Wrap-up

- Terri Mower

Get to Know Your Committee: Terri Mower

Terri came to Australia from Holland as a 5 year-old in 1951. She attended 8 different primary schools as her father pursued work prospects. High school and Teachers College in Sydney followed then 10 years teaching PE in Gosford. After 18 months as a gypsy touring Europe and Morocco in a Kombi, she worked in squash coaching and administration for 7 years before marrying in Tamworth in 1986. As she liked to eat occasionally she applied for and was selected to be the oldest “telegram boy” in history. 22 years as a postie on the motor bike followed with work hours to suit keeping tabs on 3 stepchildren in high school. After Col died she resumed studies at UNE, graduating in 2001 with a major in Italian. U3A’s formation in Tamworth coincided perfectly with her retirement and she was an early enthusiast.



I’m so old I can remember getting through an entire day without taking a picture of anything!

SHORT TALKS  Term 3 UNE Fitzroy St 10.00am coffee 10.30am talk Members free Visitors \$5	August 21 Helen Reynolds: Volunteer— Stroke Foundation	Among the topics she will cover are: <ul style="list-style-type: none"> • What stroke is and how to recognise the signs of stroke. • What to do if someone is having a stroke. • How to prevent stroke in you or the people you love
	September 18 Len Waters: respected local Aboriginal Elder ...	will talk about local customs. This is a carry over from his talk due in July but which had to be postponed because of Len having another appointment at the same time.
	November 20 Nissa Peters: Vision Australia	This is the concluding part of Patsy Bourke’s course on A Healthy You.

Short Talks Reports

I would like to report on the success of the Short Talk held on Wednesday, May 15th, given by Craig Unger, Cost of Living Specialist from Services NSW. 67 members & guests attended the session with Craig informing those present of savings available & how to access these. For those who couldn't attend you can go online to services.nsw.gov.au to access savings finder to determine what savings/rebates you may be entitled to & how to apply for these. You can also phone Services NSW on 137788 to arrange an individual appointment with Craig. This is a free service & Craig encouraged accessing this service. Craig mentioned to me after the talk how impressed he was with the attendance and with U3A as an organisation. (Big tick there!)

Lynne Gilks



Photo courtesy Northern Daily Leader

Trip Report

Congratulations to Euan for organising the Excursion to Andromeda Cables on Wednesday. This was a fantastic morning and so interesting and informative. In hindsight, my life has been (and still is - through our eldest son) very involved with cables and ropes. Meeting Raymond was a highlight of the excursion and his knowledge, dreams and achievements were fascinating. The fact that the cables were so pliable and actually beautifully designed, the intricacies of the braiding machines etc, and the fact that we could see it all so up close, was amazing!!! Raymond's Studio of the Art of Engineering was such a delight and so educational - I wouldn't have missed this for the world! Thank you for providing this incredible excursion for us.

Jenny Sadlier

Term Three Excursion Wednesday, 7th August Tamworth Regional Art Gallery .

Meet at 10 am outside front of the gallery on the first floor.

The current exhibition will be Art Express, an annual exhibition featuring a selection of outstanding student artworks from the HSC examination in Visual Arts in NSW. This visit will also include a tour of the back spaces at the gallery.

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

Women’s Journey to Equality

Lynne will present an examination of gender inequality and consider the theories as to why this has occurred. She will also be looking at women’s position in various societies from Ancient times until the present day.

Lynne Gilks



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 are not permitted to attend our activities.
- ◆ If paying by Direct Deposit, please include Membership **name**, and 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)



Christmas Lunch—Wednesday December 18

Carmen’s Restaurant, corner of Spains Lane & New England Highway

2 courses for \$25 - coffee at own expense

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

A week with U3A

Tuesday morning. Bike ride with our safety conscious leader, Spencer Hird. Spencer is a triathlete but, after an early morning ride himself, he takes an elite group (2 of us) a much shorter and slower ride avoiding major roads wherever possible. Rides have included trips to Westdale, Calala, the new velodrome, King George VI Avenue, Bylong Road, Warral Road and the new Jewry Street Bridge. We don't forget to stop for morning coffee either! Anyone like to join us?

Thursday morning. Gordon Holding's famous history class. If he was paid by the hour for the work he does in preparing for each class then he would be a very wealthy man. Always interesting with subjects that we had never even thought of, let alone studied. He is so popular that he now gives the same talk twice a week so there's still a bit of room for those who want to join.

Thursday afternoon. TED (Technology, Entertainment, and Design) whose motto is "Ideas worth spreading". John Fuller, Steve Hawkins, Meg Larkin and Ian Regan take it in turns to select TED talks and other videos of interest and there's always a bit of humour thrown in. Discussion welcomed after each segment.

Friday morning. The Frugal Forties. Helen Ritchie has compiled four sessions showing life in Australia during the 1940s. Bits from newspapers, photos, adverts, music, scandal, war, famous people born in the 40s, fashion, etc. etc. etc. Brought back memories for most of us. Helen has a terrific sense of humour and the sounds of laughter from the class would have been heard miles away (nearly!).

Earlier this term I took advantage of Terri Mower's classes on LibreOffice – somewhat like Microsoft Office but free! Although it does not have all the bells and whistles of the paid version it will do all most of us want to do.



On 27th May 2010 I received a "Super Handywoman Award" for an Honours Pass in the U3A Home Maintenance Course conducted by Fred Edwards. It came in useful last week when I had a problem unscrewing a fixture from the wall. I remembered Fred's advice. Problems solved.
- Joyce Webster

A big thank you to our "Sadie" alias Joyce Webster for her dedicated vacuuming of the U3A rooms with her personally donated portable vacuum cleaner.

Vale Rita Harrison: Rita really enjoyed her participation in U3A but her gradual loss of sight eventually stopped her coming altogether. She moved to Melbourne so her sons could look after her and she died on 30 June. Rita was a teacher and would be remembered by many U3A members from early days.
- Jan Morris

Vale Tricia Davies-Carr: Tricia was a much-loved teacher of music at Oxley High School for many years, Tricia joined Tamworth U3A in its infancy, and offered enjoyable and informative courses on music and how it works. In latter she years suffered greatly from deafness, so was delighted when her recent cochlear implant partially restored her hearing. Metastatising cancer finally claimed her on 31st May 2019.
- Wendy Smith

Vale Peter Vines: This term the U3A Painting group lost one of its members in Peter Vines. His polite and helpful comments and his pleasant company will be sadly missed.
- Wendy Smith

The Committee and members extend their sincere condolences to the families of Rita, Tricia and Peter.

Welfare role - We are currently looking for some one who members can contact with knowledge of a members illness or bereavement. This is purely a liaison position.

Program Coordinator Rosalind Jones has resigned from the position to be overseas with her daughter. Erstwhile Coordinator Wendy Smith has been appointed to fill the casual position with Jenny Sadlier as her 'shadow/apprentice'. Thank you Rosalind for your service - best wishes; welcome Wendy and Jenny.

Spicks and Specks

- **Facebook**—at our Committee meeting it was decided to close our Facebook site
- Please contact Wendy Smith (67664765) 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?
- 15 new applications for membership were approved this Term. Keep on 'spreading the word'! Please consider leading a course yourself or encourage someone. All appropriate subjects welcome. Help and assistance is always available in preparing and presenting.

Term 4 courses are being planned ... 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 acquire others
- Balance and Bones—light exercise program
- Add your ideas here!!!!!!