



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



I trust all of you are keeping safe and well. The isolation we have endured has certainly caused a rethink of what we do and where we go. However our vigilance has been worthwhile with very few cases of the COVID 19 virus in our Region.

As I write, the NSW Government is relaxing some restrictions on gatherings but they do not include groups such as U3A. Tamworth Regional U3A will not recommence any activity until the official "green light" is given – hopefully this will be by the beginning of Term 3, 27 July.

Thank you for the contributions received from some of our members which appear in this bulletin. Greatly appreciated – enjoy. Some leaders have been in contact with their groups - the History group have been set quizzes, the Book and Film group have had zoom meetings I understand, and many are in regular contact with one another by phone and email.

Contributions for our next Bulletin are most welcome – deadline 12 June.
(contribution to tamworthu3a@gmail.com.)

Your Committee has been active in making enquiries to update our equipment and website – Grants funds have become available for same and an application will be lodged in due course.

Kind regards

John Sharkey, President, 15 May 2020

Hello to all at Tamworth Regional U3A,

With the current pause in running face-to-face classes, many in your group may have a new, or renewed interest in online learning opportunities. With this in mind, we would like to invite members of Tamworth Regional U3A to join a free, world-renowned online brain health course that is starting soon.

Free online dementia education for everyone

The latest research suggests that around one third of dementia cases may be preventable.

The Preventing Dementia MOOC (massive open online course) examines the latest evidence on dementia risk factors and ways to reduce the risk. This free online course is open to everyone and members of your network may be interested in learning how to reduce their dementia risk. Being part of an online community of participants can also reduce feelings of isolation.

You are never too young or too old to do something about your dementia risk.

Enrolments are now open for the next Preventing Dementia MOOC

Course opens: 12th May 2020

Course duration: 4 weeks

Estimated effort: 2 hours per week

Course access: Day or night, on your smart phone, tablet or computer

Course closes: 26th June 2020 (content is accessible across 6 weeks)

Cost: FREE

Let others know...

If you know of someone else who might be interested, please encourage them to sign up and enrol at: mooc2.utas.edu.au/landing/pdCRM1Ishare.

Thank you for taking the time to read about the Preventing Dementia MOOC. We hope to see you and members of your network in the course soon.

For more information on courses visit:
<https://mooc2.utas.edu.au/index.php>



James Vickers
Professor James Vickers
Director
Wicking Dementia Research
and Education Centre



WICKING
Dementia Research
and Education Centre



THE EARLY YEARS

Graham & I celebrated our 50th wedding anniversary on 16th May. I say “celebrate” loosely, because we couldn't go away, go out for a meal, or get together with more than two friends. But if the Olympics are being transferred to 2021, then we can do the same.

We married in my home town of Katoomba, and the following day set off to start married life in Perth. We had all the bravado of young people & the thought of not making a go of it never entered our minds.

After a trip of close to 2,500 miles, we reached the other side of Australia. In those days the Eyre Highway hugged the train line and ran through the middle of the Nullarbor. It had localities such as Ivy Tanks, now lost to the desert, and & also 300 miles of dirt to navigate. A far cry from the modern Eyre Highway which is much further south.

For five and a half years we practised long distance isolation from family and friends, and also tried to accept the fact that every commodity known to mankind would be delayed, due “to coming from the Eastern States!” However it was harder to swallow the premise that all Easterners were to be viewed with suspicion, as to not being quite honest enough!

We were among the crowd who witnessed the arrival of the first Indian Pacific train in 1970, and greeted the first evacuees from Cyclone Tracy in 1974. We saw the rise of Lang Hancock, sans Rose, Robert Holmes a Court & Alan Bond. We watched the opening of the Sydney Opera House on TV and were gobsmacked by the Dismissal.

Perth was like a big Tamworth, friendly and embracing & very picturesque. We saw a lot of the state & marvelled at the contrasts of the wonderful harbour, and yes, whale processing at Albany, with the vast ranges and mineral wealth of the Pilbara & Port Hedland district.

WA was a huge state in every way, and it was a long way from NSW.

Graham & Diana Harband

Contribution from Ros Jones ...

Who Am I?

1. I am the Prime Minister who introduced the Family Law Act, which included the concept of 'no fault divorce'.

I am Prime Minister -----

2. I lost office during my first term as Prime Minister when my party collapsed. I formed a new party and returned as Australia's Prime Minister, eight years later.

I am Prime Minister -----

3. I became Prime Minister, leading the Australian Labor Party. I left that party and joined conservative groups to form a new party which I led, to return as Prime Minister, leading the political forces I formerly opposed.

I am Prime Minister -----

4. When Prime Minister, I called in the army to work in the open cut coal mines to break a long lasting strike of the coal miners.

I am Prime Minister -----

5. I used my casting vote as Chairman to vote myself out of the office of Prime Minister of Australia.

I am Prime Minister -----

Answers next page ...

Reflections of a Boomer

I've seen fire and I've seen rain.
I've been through the desert on a horse with no name.

I've gone to Kansas City, I've sang in the sunshine.
I've been on the road again, with Georgia on my mind.

Like a rolling stone, I've given peace a chance.
I've put my camel to bed, and danced the last dance.

Mr. Tambourine man played a song for me,
I've whispered words of wisdom, let it be.

I've fell into a burning ring of fire, and walked the line,
To all the girls I've love before, you were always on my mind.

I've been everywhere, I've been so lonesome I could cry,
I've driven my Chevy to the levee when the levee was dry.

I've been to Itchycoo Park in a yellow submarine.
I've made the scene in a time machine.

I've done the Hokey Pokey and turned myself around.
I've welcomed baby back to the poor side of town.

I've followed the tracks of my tears down a long and winding road.
I've kept on searching for a heart of gold.

I've sought shelter from the storm, I've sat on the dock of the bay.
I've rocked around the clock, on a sunshiny day.

I've knocked on Heaven's door, blowing in the wind.
Joy to the world, those were the days my friend.

Lay lady lay, in crimson and clover.
It's been a hard day's night, the party's over.

Contribution sent in by Nancy Sayer

Uncle Joe

Answers:

- 1 Edward (Gough) Whitlam (ALP) 5/12/1972 - 11/11/1975
- 2 Robert Menzies 26/4/1939 -29/8/1941 (UAP); 19/12/1949 - 26/1/1966 (Lib)
- 3 William Morris (Billy) Hughes 27/10/1915 - 1916 (ALP) 1917 - 9/2/1923 (National)
- 4 Joseph Benedict (Ben) Chifley (ALP) 13/7/1945 -19/12/1949
- 5 John Gorton (Lib/ CP) 10/1/1968 - 10/3/1971

Cea mai scumpă rochie în martie 2020



From one of my sewing blogs...

And the most expensive dress of March 2020

o multime de imagini haioase găsiți pe <https://hancuri365.ro>

My husband said that we should eat 2 cloves of garlic before leaving the house - it doesn't kill the virus but social distancing will be a breeze!

Tamworth History

Mike Cashman was to conduct a course on Tamworth History during Term 2, the timing obviously now in doubt.

As a substitute in the meantime for those who may be interested - Mike has been publishing a Tamworth History article under the heading Stepping Back in TIMES in the weekly Tamworth Times publication. Quite a number of U3A members have expressed their interest to him in the content of these articles. Very few, however, would have been able to read them all. Mike is now giving you the opportunity to read some that you may have missed, by doing the following.

Send Mike an email (spartan1s@optusnet.com.au) expressing your interest and Mike will send you an attached list of all 55 Tamworth History subjects that were included in the Tamworth Times. Choose anywhere from 1 to 5 maximum at a time and he will forward the appropriate subject emails to you that he'd previously submitted to the Northern Daily Leader publishers. Always keen to promote Tamworth history !

Regards - Mike Cashman 0481944420

Smile: A Poem By the late Spike Milligan

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin
When he smiled I realized
I'd passed it on to him .

I thought about that smile
then I realized its worth,
A single smile,
just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected
Let's start an epidemic quick,
and get the world infected!

