



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

tamworthu3a@gmail.com

Don't forget to check out our website

www.tamworth.u3anet.org.au

A Message from the President



As advised in Special Bulletin #5 issued 19th December 2020, courses and activities will commence 1st February 2021 with a reduced capacity and with strict adherence to Government COVID Guidelines at the time. All will be required to hand sanitise on arrival and departure and maintain social distancing. Please bring your own pen for sign in. Chairs may not be moved from designated places.

Courses that are conducted in the Parry Rooms as outlined on the attached will be strictly limited to 25 members (including presenter) in total. Morning teas **will not** be available. It is recommended that members attend to their own requirements.

Term 1 is 1st February – 1 April 2021. An Enrolment Day is to be held Wednesday 27th January 9am – 1pm in the Tamworth Community Centre Britten Room. Entry will be via the main entrance. Social distancing must be maintained at all times. Entry to the Britten Room will be controlled at all times. Exit will be by the rear door. Social distancing must be maintained in this room also. Morning teas **will not** be available.

An Information desk to answer enquiries, enrol new members, and to accept membership fees will be in operation (it is strongly recommended that fees be paid by Direct Deposit as per details on page 3 of this Bulletin). Fees for those members financial in 2020 will be \$25, unfinancial members and new members will be \$50. Fees are for the period 1 January – 31 December 2021.

It is recognised that some members may not be able to attend on 27th January. Accordingly enrolments will also be accepted via email to tamworthu3a@gmail.com **on that day or up until midday 28th January**. Time is required after enrolments are received to create rolls prior to commencement of Courses on 1st February. If enrolments exceed 24 in number, a ballot will be conducted from all enrolments received. Successful applicants will be notified by 29th January.

Our web page is currently under revision and so you may find that information on the web page is different from that contained in this newsletter. Please follow the information and instruction contained in this newsletter.

All recognize that COVID19 pandemic has had a huge impact on many including our U3A. Together we should remain positive and creative and enjoy U3A in the 'far from normal' conditions existing today.

Keep your distance, keep safe.

John Sharkey, President

Dates for your Diary:

Enrolment Day Term 1 2021:
Wed 27 January—see details page 3

Term 1 2021 commences:
Mon 1 February 2021

Check course programme for individual course commencement dates and locations.

Short Talk at UNE Centre:
No short talks have been organised for this term due to COVID restrictions.

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Your 2021 Membership is now due

- ◆ Please ensure that your 2021 membership is paid prior to the commencement of Term 1
- ◆ 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 your name (see Page 3 for details).

Course Notes Term 1

History: During the lockout I have been running a zoom course looking at the origins of the main political ideologies. We have looked at conservatism, liberalism, and socialism.



This term I intend to go on to look at the rise and fall of Communism and Fascism. We will begin with a couple of weeks on Karl Marx and Marxism. The Thursday group will be for those people who joined me for Zoom talks. The Tuesday class will be open to anyone else who is interested in looking at communism and fascism.

Later in the year I hope to return to the Medieval period which we were exploring before C19 closed us down!

- Gordon Holding

Beginners PowerPoint: This course was cut short in March, so we will start again at the beginning, working our way through the mysteries and pleasures of creating a PowerPoint presentation. Members who enrolled last time are welcome to come back, and new participants are welcome (subject to space restrictions). Examples and demonstrations will use Office365, but any version of PowerPoint is OK if you don't have the most recent update.



- Wendy Smith

Tai Chi. Jack will be continuing with the Tai chi classes in 2021. His class covers a range of exercises taken from Qigong style, including Shibashi and the Lotus form. Some tai chi forms in the Chen and Yang style follow this.



Participants complete these easy exercises according to their ability. The exercises have been compiled to improve range of movement and balance as we age.

- Jack van Hest

The History of Medicine: From ancient systems of belief to modern scientific approaches.



The origins of Chinese medicine are shrouded in myth and date back to 5000 years BC. Indian and Egyptian also mythical with appeals to the benevolence of mystical forces. Diagnosis was based mainly on skin, emotional state, pattern of breathing, tongue and sensory organs. These systems also recognized the impact of environmental conditions on the symptoms. Hippocrates dominated ancient Greek and Roman medicine and was the archetypal ancient doctor. Middle ages when Islamic and Jewish healers and scholars played a critical role in healing. Pestilence, plague and superstition were commonplace.

From 1400s onward we became more aware of structure and function of humans. Even Leonardo da Vinci dissected bodies and produced anatomical illustrations. Then a plethora of discoveries and inventions evolved. Including scurvy, fallopian tubes, mania, anaesthetic, cholera prevention, amputations and so onto heart lung transplants, "test tube" babies, polio vaccine, Valium and so much more. - Helen Ritchie

Monday Cryptics: will resume at the beginning of the term, after having been conducted via Zoom since March. We are really, really looking forward to getting together again (safely, of course!) and enjoying the company and the banter as well as the crosswords. New members are always welcome to join us - just as long as you have some familiarity with cryptic crosswords (but you don't need to be an expert, and "cheat sheets are readily available.) We rely mostly on the Sydney Morning Herald (provided by Wendy S) as our source.

- Wendy Smith

Ukulele: Our ukulele group will continue this year and we are looking forward to meeting up and welcoming new members to our group. No experience is necessary so come along if you enjoy a singalong. We play a mix of songs that most of us know or remember and all abilities are catered for. We meet on Wednesday mornings from 9.00am until 12noon. We play some and talk a lot so come along and enjoy playing for fun. If there are people with other stringed instruments (guitar, violin etc) feel free to join us. We would love to have you.



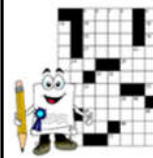
- Virginia Austin

Social Tennis: Come and join us at West Tamworth Tennis Club on Monday mornings at 9am. for fun and exercise. Rusty bodies are very welcome and a sense of humour goes a long way! Many of us had not played for 30years and all are thoroughly enjoying our sets of doubles. Spare racquets are available to "try before you buy".



- Terri Mower

Cryptic Crosswords:



Beginners: Fridays 10.30- 12 noon for 5 weeks starting 12th. If you've always wondered what magic spells are needed to solve cryptic crosswords, come along to Friday's beginner sessions for an induction. All you need is a sense of humour and an open mind!

P-Platers: Thursdays 2 pm. If you already have some experience and want to expand you knowledge and lateral thinking, join us for the P-Plate group on Thursday afternoons.

- Terri Mower

Windows and iPad Forums. Starting week 2



Windows Forum—Thursdays 9-10.30am

iPad Forum - Fridays 9-10.30am

These sessions will be very flexible with no question too dumb to ask! Once you enrol, you can come every week or when it suits - just let me know whether or not you'll be there the following session.

If something comes up that we can't solve on the spot, we'll go back to it the following week.

If there are a few beginners, I'll hold a separate session or two to move more slowly. Usually, I learn as much from finding the answer to the questions as anyone else in the group!

- Terri Mower

Current Affairs: Our Group discusses current local, regional, national and international news items and topics as bought along by the participants.



- Frank Henry

Modern Fiction: Welcome new members, we are a small group and have enjoyed lively, thought provoking discussion. We meet on first Monday of each month. Our group thanks to reviews and book questions gives each one of us insight into the novel we may not have considered.



Our novel for discussion in Feb is available now at Tamworth Library, just ask at front desk for U3A Modern Fiction, if you are not a member, now is the time to join. *Normal People* By Sally Rooney.

- Loraine Formston

Painting with Yvonne Overton: The Watercolour class is for all painters, beginners to experienced. The class, work on their own paintings with a short demo on any of the problems people ask for.



- Yvonne Overton

History Courses:

Term 1 Australia to 1900- The Bits You Need to Know:

- Pat Harris and Rosalind Jones

In this six-week course we will learn about Australia's geological history, Indigenous history, exploration, history of the individual colonies and the events leading up to Federation in 1901.

Term 2 The Rise of Modern China from the Qing to Xi Jinping:

- Rosalind Jones

How did China become such a powerful nation? To answer this, we will look at the end of the Qing dynasty, the rise of Mao and the rule of his successors. (6 week course)

Term 3 Australian Prime Ministers from William (Billy) Hughes to Gough Whitlam:

- Pat Harris & Rosalind Jones

We will consider the Prime Ministerships of William Hughes, Stanley Bruce, Robert Menzies, John Curtin, Ben Chifley and Gough Whitlam (6 week course)

Term 4 Current Controversies Facing Australians:

- Pat Harris and Rosalind Jones

We will consider issues arising from our national flag, our national anthem, Australia Day, compulsory voting and other issues raised by members of the group. (6 week course)

Membership 2021

Membership is now due for renewal for 2021. The Committee has set the fee for 2021 at \$25.00 for members who paid their fee in 2020, and \$50.00 for new members and those who did not re-join in 2020.

Although our program was interrupted early in 2020, we have needed to continue with our major expenses of rent, insurances, newsletter production and postage, computer licences etc. Council reduced our rent in 2020, but it has returned to pre COVID-19 levels for 2021.

Fees may be paid by:-

Direct Deposit to our Regional Australia Bank Account

BSB: 932 000

Account number 705311

Reference: Please include your name

Cheque

Tamworth Regional U3A

PO Box 1558

Tamworth 2340

Cash

In sealed envelope at the beginning of term, with your name on the envelope and placed in marked box at the U3A Rooms.

- Meg Larkin, Treasurer

Term 1 Enrolment Procedures

Note: There will be no Launch Day as such but enrolment day will be held on Wednesday 27th January, at the Community Centre Britton room in Darling Street between 9.00.am—1.00pm.

All previous enrolments have to be renewed for 2021 Term 1.

If the total number of Enrolments for any course exceeds the maximum number shown on the Enrolment sheet, then a ballot will be conducted from all enrolments received. Successful applicants will be notified by 29th January.

In person: Community Centre between 9.am and 1.00 pm.

By email: Enrolments will also be accepted via email to tamworthu3a@gmail.com on 27th January or up until midday 28th January .



If your contact details have changed please let Meg Larkin know by emailing her at tamworthu3a@gmail.com — attention Meg Larkin.

A friendly reminder for members to please wear their name badges to all activities. With our ever increasing membership wearing our name badges makes it easier for both old and new members to greet each other by name.

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

**TAMWORTH REGIONAL U3A Inc. COMMITTEE
2019—2020/2021**

Office Bearers

President: John Sharkey
Vice President: Euan Coutts
Secretary: Gay Clarke
Treasurer: Meg Larkin

**Management
Committee**

Pat Brazier
Jan Hurcum
Helen Ritchie
Jenny Sadlier

**Sub Committee
Welfare**

Margaret Lobban

New and returning courses, groups and activities									
	Day	Time	Activity/Course	Venue	Contact	Start	Duration	Min / Max	Gear/Cost
R	Friday	10.30 -12.00	<i>Beginners' Cryptics</i>	U3A Room 2	Terri Mower 02 6762 6369	12th Feb to 5th Mar	4 sessions	Max 9	Nil
N	Tuesday	9.30 - 11.00	<i>Introduction to PowerPoint</i> (See newsletter for details)	U3A Room 2	Wendy Smith 0428 740 761	9th Mar to 26 Mar	4 sessions	Max 9	Nil
N	Friday	10.00 - 12.00	<i>History of Medicine</i> (See newsletter for details)	U3A Room 1	Helen Ritchie 0499 666 881	12th Feb to 19th Mar	6 sessions	Max 20	Nil
NOTE: All courses are held in the U3A Rooms in the Parry Building (unless otherwise specified)									
Continuing courses, groups and activities				Venue	Contact	Places available?	Duration	Min / Max	Gear/Cost
C	Monday	7.30 - 8.30	<i>Walking for Fitness</i> (brisk, not strolling)	Meet at Old Info Centre	Liz Hetherington	Yes	1 hr per week	Min 4 Max 12	Hat & sunscreen
C	1st Mondays	9.00 - 10.30	<i>Modern Fiction Book Group</i>	U3A Room 2	Loraine Formston 0412 449 484	Yes	1.5 hrs per month	Max 9	Nil
C	Monday	9.00 - 11.30	<i>Tennis for fun and exercise</i>	West Tamworth Courts (No. 7)	Terri Mower 02 6762 6369	Yes	1.5 hrs per week	Min 4 Max 25	\$5 / week & racquet
C	Monday	10.00 - 12.00	<i>Cryptic Crosswords Continuers</i>	UNE Centre	Wendy Smith 0428 740 761	Yes	2 hrs per week	Max 12	Pen/pencil and eraser
C	Monday	10.30 - 12.30	<i>Mah Jong</i>	"Oaktree"	Gloria Telford 0457 220 782	Yes	2 hrs per week	Max 16	Nil
R	Monday	1.00 - 3.30	<i>Australian History</i> (Also Terms 2 & 3)	U3A Room 1	Pat Harris 0421 796 131 Rosalind Jones 0409 439 405	Yes	8 weeks	Max 20	Nil

N = NEW course/activity

R = REPEAT of a previous course/activity

C = CONTINUING course/activity

Continuing courses, groups and activities				Venue	Contact	Places available?	Duration	Min / Max	Gear/Cost
C	Tuesday	9.30 - 11.00	Table Tennis	Shirley's House 3/69 Napier St	Shirley Knight 02 6766 1290	NO	1.5 hrs per week	NO NEW Players	Nil
C	Tuesday	10.00 - 12.00	History Talks - (Group 1) The rise and fall of communism & fascism	U3A Room 1	Gordon Holding 02 6766 2664	Yes	2 hrs per week	Max 20	Nil
C	Tuesday	1.30 - 3.30	Canasta for fun	Tamworth City Bowling Club	Leila Weekes 0438 121 425	Yes	2 hrs per week	Max 8	Nil
C	Wednesday	7.30 - 8.30	Walking on Wednesdays (brisk, not strolling)	Meet at Old Info Centre	Liz Hetherington	Yes	1 hr per week	Max 12	Hat & sunscreen
C	Wednesday	8.00 - 10.00	Golf Croquet	Croquet Club Fitzroy St	Annabel Ashworth 0427 694 147	Yes	2 hrs per week	Max 12	\$5 & own mallet, hat & water
C	Wednesday	9.30 - 12.30	Beginners' Ukulele	U3A Room 1	Brian Pierce 0427 203 707 Virginia Austin 0408 659 502	Yes	3 hrs per week	Own ukulele or other hand-held instrument	
C	Wednesday	9.30 - 12.30	Play Ukulele	U3A Room 1	Brian Pierce 0427 203 707 Virginia Austin 0408 659 502	Yes	3 hrs per week	Own ukulele or other hand-held instrument	
C	Wednesday	2.00 - 4.00	Current Affairs discussion	U3A Room 9	Frank Henry 0428 844 733	Yes	2 hrs per week	Max 9	Nil
C	Wednesday	2.00 - 4.00	Challenging Contemporary Fiction	U3A Room 2	Judy Sheargold 0447 757 814	NO	2 hrs per week	Max 9	Nil

N = NEW course/activity

R = REPEAT of a previous course/activity

C = CONTINUING course/activity

Continuing courses, groups and activities			Venue	Contact	Places available?	Duration	Min / Max	Gear/Cost	
C	Thursday	9.00 - 12.00	Drawing	10 Gipps St West Tamworth	Geoff Bennett 02 6765 9899	Yes	3 hrs per week	Max 6	Own materials
C	Thursday	9.30 - 12.30	Crochet	U3A Room 9	Kate O'Brien 0416 067 294	6th Feb	3 hrs per week	Max 9	Own Hooks & Yarn
C	Thursday	9.30 - 12.30	Painting with Yvonne Overton	St Stephen's West Tamworth	Yvonne Overton 02 6766 3642	Yes	3 hrs per week	Max 14	Own materials
C	Thursday	10.00 - 12.00	History Talks - (Group 2) The rise and fall of communism & fascism	U3A Room 1	Gordon Holding 02 6766 2664	Only if on ZOOM in 2020	2 hrs per week	Only if on ZOOM in 2020	Nil
C	Thursday	9.00 - 10.30	Windows forums (See newsletter for details)	U3A Room 2	Terri Mower 02 6762 6369	Yes	8 weeks	Max 9	Own iPad or laptop
C	Thursday	2.00 - 3.30	P-Plate Cryptics	U3A Room 2	Terri Mower 02 6762 6369	Yes	1.5 hrs per week	Max 9	Nil
C	Friday	8.30 - 10.00	Tai Chi	Anzac Park	Jack van Hest 0439 069 710	Yes	1.5 hrs per week	Max 30	Loose comfy clothes
C	Friday	9.00 - 10.30	iPad forums (See newsletter for details)	U3A Room 2	Terri Mower 02 6762 6369	Yes	8 weeks	Max 9	Own iPad or laptop
C	Friday	9.30 - 11.30	Scrabble	Tamworth City Library	TBA	Yes	2 hrs per week	Max 12	Nil

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
TIME	GROUP	VENUE	TIME	GROUP	VENUE	TIME	GROUP	VENUE	TIME	GROUP	VENUE	TIME	GROUP	VENUE
7.30 am	Walking for Fitness	Old Info Centre	9.30 am	Table Tennis	3/69 Napier St	7.30 am	Walking (Brisk)	Old Info Centre	9.00 am	Drawing	10 Gipps St Tamworth	8.30 am	Tai Chi	Anzac Park
9.00 am 1st Mondays	Modern Fiction Book Group	U3A Room 2		Introduction to PowerPoint	U3A Room 2	8.00 am	Golf Croquet	Croquet Club		Windows Forums	U3A Room 2	9.00 am	iPad Forums	U3A Room 2
9.00 am	Tennis	West Tam Court 7	10.00 am	History Talks (Group 1)	U3A Room 1	9.30 am	Play Ukulele	U3A Room 1	9.30 am	Crochet	U3A Room 9	9.30 am	Scrabble	Tamworth City Library
10.00 am	Cryptic Crosswords	UNE Centre				Beginners' Ukulele	U3A Room 1	9.30 am				Painting with Yvonne Overton	St Stephen's Hall, West Tamworth	10.00 am
10.30 am	Mah Jong	"Oaktree"	1.30 pm	Canasta for fun	Tam City Bowling Club	2.00 pm	Challenging Contemporary Fiction	U3A Room 2	10.00 am	History Talks (Group 2)	U3A Room 1	10.30 am	Beginners' Cryptics	U3A Room 2
1.00 pm	Australian History	U3A Room 1				Current Affairs	U3A Room 9	2.00 pm				P-Platers' cryptics	U3A Room 2	U3A Rooms are located on Level 2 of the Parry Building next to the library in Peel Street. A lift is available at the front of the building. Stairs are at front and rear.
						Short talks: There are NO Short Talks planned for Term 1 due to Covid 19								

Highlight your courses

Stick this on your fridge

Never miss a session again