



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



Welcome to Term 3 Newsletter, Course and Activities Program. Information and Enrolments will be held at U3A rooms, Parry House, 9am – 11.30am Monday 12 July, with enrolments also available on line up until noon that day @ www.tamworth.u3anet.org.au.

Existing rolls have been reviewed and those members who have not attended have been deleted from same. There is no need to re-enroll, the Program will indicate if Courses / Activities are able to take enrolments, or are at capacity. As is standard procedure, if enrolments are oversubscribed, a ballot will be conducted and successful candidates notified by Wednesday 14 July. There will be no 'traditional' Launch Day. Term 3 commences 19 July. Enjoy the activities that interest you, discussions that stimulate you, and most importantly socializing with like minded people!

U3A Rooms and Parking

Rooms – please ensure that the door to Suite 8 is locked on departure (there have been instances when it was not), ensure all air conditioners, lights and hot water urn are turned off on departure. The procedure for washing cups appears to be working – we are currently seeking a trolley to transfer cups to dishwasher. I would suggest that a person (s) be appointed to monitor all of the above after session. Additionally, please assist in keeping our rooms tidy by vacuuming (vacuum is kept in office), and by emptying rubbish bins.

Parking: U3A have 6 designated spaces in the car park immediately behind Service NSW. U3A is noted on sign posts as well as decals on the fence. Due to an oversight, U3A was not issued with Authorised Parking Permits (issued to Parry building tenants and *only* for use in tenants designated carpark - the Permits *must* be displayed face up on the vehicles dashboard).

This matter has now been rectified with 10 Permits issued by TRC. *These permits will only be issued to Course leaders who request same, and members with mobility issues.* Contact Vice President Euan 0438 450860 please to obtain same.

Please be aware of parking signs, restricted areas, as some members have recently been fined. The whole parking area has been inspected by myself and Councillor Helen Tickle, and a submission will made to TRC for a complete review of spaces with a suggestion that U3A Membership Badge be displayed on the dashboard in the U3A allocated area in lieu on TRC Permits (eg - some may only use for maximum 2 hours once a week, therefore the need for flexibility rather than us holding TRC permits).

AGM : In our June Bulletin #3, I reminded all of the upcoming AGM 6 October. Again, I would encourage members to consider a role in the administration of your U3A. It is known that there will be retirements from the current Committee and nominations will be required for Tamworth Regional U3A to function effectively. Please contact me Ph 6765 8982 to discuss how you may assist in the operation of your U3A.

Enjoy your chosen Course and Activity this Term! Keep safe!

John Sharkey, President

Dates for your Diary:

Enrolment Day Term 3 2021:
Mon 12 July— details page 3

Term 3:
Mon 19 July —17 September.

Short Talks:
Wed 21 July and 18 August — see details page 4. Attendance numbers are limited so please register your interest beforehand.

Excursion:
Wed 4 August — details Pg 4. Numbers are limited to 40 so you **MUST** register your interest beforehand.

AGM:
6 October

Christmas Party:
Wednesday 15th December

Committee Meetings:
2nd Wednesday of month

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ATTENTION Members !!!

- **Due to restrictions imposed by the NSW Government on 26 June because of the COVID pandemic, ALL U3A activities will cease until at least 9 July 2021, or until otherwise advised.**
- *When matters return to 'normal', it is mandatory for all Members to register attendance in our rooms with QR code or personal details on form provided.*
- *In the case of outdoor activities a roll of attendance must be completed (numbers attending will have to comply at all times with Government rules)*
- *All attendance rolls will list name, phone, time arrived, time departed, as is the requirement.*
- *The impact on Tamworth Regional U3A by current restrictions is somewhat lessened as our Courses and Activities are not due to resume until commencement of Term 3 on 19 July.*

John Sharkey, President

Course Notes for Term 3



iPad Forums - Thursday OR Friday 9.00 – 10.30
Windows Forums—Thursday 11.00 – 12.30

Presenter: *Terri Mower*

As always, we will meander from topic to topic as the questions and discussions take us.. We all leave knowing more than when we arrived! One week will be dedicated to all things Google but most will go with the flow. Any unanswered questions are my homework for the following

Tai Chi.

Presenter: *Jack van Hes*



Jack will be continuing with the Tai chi classes for some of Term 3. He will not be leading tai chi from & including 23 July, resuming 27 August, so the class will be in recess. His class covers a range of exercises taken from Qigong style, including Shiba-shi 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 maintain whilst improving range of movement and balance as we age. The class will not be held if it is raining. Dress is comfortable with sensible shoes for wet grass.

Thursday Cryptic Crosswords: Presenter: *Terri Mower*



Thursdays 2 pm. – For those with at least rudimentary knowledge of cryptics, come and improve your skills. Bring along a pen or pencil, eraser and definitely a sense of humour!

Your Digital Legacy: Presenter: *Terri Mower*

Friday September 17th - 10am-12 noon

What happens to your password-protected “stuff” if you are non-compos or worse? Who knows which sites or social media you use, your login names or answers to your “secret” questions? Does your partner say “Don’t worry - I’ll look after.....” Find out how to take control of your digital legacy.

Wine Appreciation Course : Presenter: *John Worldon*



Week 1. 23 July	Introduction
Week 2.	Tasting & Evaluation
Week 3.	Classic Varieties
Week 4.	Wine & Food
Week 5.	Alternative Grape Varieties
Week 6.	And the Others.

The Cost of the Course is \$60 to cover wine costs. Members please note that this course is restricted to members who have not participated in any of John’s previous courses on wine appreciation.

Ukulele: Presenter: *Virginia Austin*



Ukulele is not a course as such. The participants come together to enjoy playing a variety of music across many genres and years. It is not necessary to have played a musical instrument previously. Music is a great stress reliever and ukulele offers an opportunity to develop new skills whilst having fun. The group share songs they have found and wish to learn so everyone’s musical taste is catered for. There is always an opening for those who play other instruments to join at any time. New members would be most welcome. Our motto is “Fun and Friendship through music”.

Australian History: Six Australian Prime Ministers:

Presenters: *Pat Harris & Rosalind Jones*

We will look at six of Australia’s Prime Ministers—William (Billy) Hughes; James Scullin; Robert Menzies; John Curtin; Ben Chifley; Gough Whitlam. Sessions start on 19 July and continue for next 5 weeks- July 26, Aug 2, 9, 16, 23.

The Rise and Fall of Communism & Fascism:

Presenter: *Gordon Holding*



This term the history group will be continuing to look at communism and fascism. We will follow this up with an outline of the rise to power of Mussolini and Hitler before exploring the clash between communism and fascism in World War Two. The post war situation in Europe will also be explained.

Note: there will **NOT** be a History Class on Tuesday and Thursday, during Week 5 (17th and 19th August)

Shakespeare Returns !!

Presenter: *Wendy Smith*



After what seems far too long, we will resume Shakespeare "studies" in Term 3, with *Measure for Measure*. Classified as a comedy, it also has plenty of dramatic interest, some comic scenes, and also offers an examination of some important moral and social issues. I am really looking forward to returning to our weekly sessions, and hope to see some new friends as well as many returning from earlier times. The big change will be in our times, from Tuesday afternoons to Thursday afternoons, as another group has a prior claim to Tuesdays. As we have done previously, we will start the first session on Thursday 22nd July at 1.00pm, to watch a DVD of the recent production from the Shakespeare Globe Theatre in London. Thereafter 2.00 - 4.00 each Thursday until the end of term. Cost: \$10.00 per member (to be paid at first session) for copying and printing. All materials supplied. Bring notebook and pen if you wish to make extra notes.

Entertaining, interesting, thought provoking diversified short films:

Presenter: *John Fuller*



Join in with John every second Tuesday starting 27th July, and then 10th Aug, 24th Aug, 7th Sept, commencing at 2.00pm. for some light hearted entertainment.

Friday Fabulous Flicks: Presenter: *John Sharkey*



The ever popular Flicks are back again once a month! Come, relax, enjoy! Screening scheduled for 20th Aug. and 17th Sept. Titles to be advised.

Book & Film Discussion Group: Presenter: *Lynne Gilks*



This group meets once per month on 4th Wednesday of the month from 1-4 pm. If members haven’t been able to read the chosen book, they can still attend to view the film and participate in the discussion. *A Room With a View* by E M Forster on July 28th - *Mao’s Last Dance* by Li Cuxon August 25th - *Fahrenheit 451* by Ray Bradbury September 27th.

Modern Fiction Book Group: Presenter *Lorraine Formston*



If you enjoy reading, as many do, why not join us in our book group. We borrow from Tamworth library, they have selected titles that are lent to us for a month. The subjects are varied, so being you may discover works you would not have considered. Come and join us, and explore books.

Knitting:

Presenter: Pam Whitney



"The Knitting course is open to all levels of knitting capabilities and everyone works on their own project in their own time. Any problems are solvable and there is no pressure. It is usually a casual, social afternoon with coffee where members can take delight in their knitted projects when completed."

500 for Fun:

Presenter: Euan Coultts



For players interested in playing 500. 500 is an extension of Euchre and members can be experienced or beginning players. Players usually play with a partner but these are organised each day so you don't need to arrange this beforehand. Once you become accomplished at 500 you might even consider extending your skills by learning to play Bridge, also offered by Tamworth U3A under the excellent instruction of Michael Johnson.

Mah Jong:

Presenter: Irene Ward



Is a tile-based game that was developed in the 19th century in China. The game is played with a set of 144 tiles based on Chinese characters and symbols and although similar to rummy, there are many variations to the rules played across the globe. We use "The Mah Jong Players Companion" by Patricia Thompson & Betty Maloney (available at Collins Book Shop) as our guide. U3A have kindly funded the purchase of four sets of tiles and racks so members only need to bring their Mah Jong Players Companion to enjoy good company and to test their skills and luck. Moving into Term 3 2021 we have two spaces available for experienced players. Unfortunately we are not able to accommodate beginners at this time.

Tennis for Fun and Exercise:

Convenor: Terri Mower



About 20 U3A members gather at the West Tamworth Tennis Club on Monday mornings for 90 minutes of social doubles. We play three half-hour sessions with different pairings each session. Regardless of ability, everyone gets plenty of exercise, oodles of laughs and occasionally some rallies worthy of champions. (Bringing back memories of thirty or forty years ago!!) If you just want to have a go to see if you will survive, we can supply a racquet.

History of Medicine:

Presenter: Helen Ritchie



Continues from Term 3 for 4 sessions: —20 & 27 Aug and 3 & 10 Sept. Cryogenics, Native American healing eg Hopi and Cherokee. Very interesting ideas re their treatment of illness and disease. Spontaneous human combustion, burns treatment through the ages, Sir Gus Nossal Emeritus Professor at University of Melbourne. Small pox vaccinations, bum breathing which is a whole new concept, Thyroid through the ages, mineral cell salts, etc.

Other courses with vacancies:

(See course program for details)

- Cryptic Crosswords—continuers
- Current Affairs
- Canasta for Fun
- Bridge Improvers & Social Bridge
- Drawing
- Scrabble
- Crochet
- Walking on Mondays & Wednesdays

Term 3 Enrolment Procedures

Note: There will be no Launch Day as such but enrolment day will be held on Monday 12th July, at the U3A rooms, Parry House, between 9.00am—11.30 am.

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 14th July.

In person: As above

By email: Enrolments will also be accepted via email to tamworthu3a@gmail.com **up until Noon on Monday 12th July..**

Reminder for all members to adhere to the Covid regulations and sign in as per Page 1.

Important 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.

We are happy to announce that we have had 25 new members join U3A so far this year.

Your 2021 Membership is now due

- ◆ Please ensure that your 2021 membership is paid prior to the commencement of Term 3
- ◆ If you are **unfinancial**, you are not covered by public liability insurance, so you are not permitted to attend our activities.

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

Excursion to Astronomy Centre: A general introduction and tour through the centre usually takes about an hour . A talk on general astronomy will also be included. Meet at 9.45 am at the Astronomy Centre. (I think there is enough parking for us all). Please register your interest on enrolment day or by email as they have a limit of 40.



Tamworth Regional Astronomy Club Inc
TRAC, in conjunction with Tamworth Regional Council, is developing the Tamworth Regional Astronomy and Science Centre to show you the wonders of our amazing universe through one of the largest privately owned telescopes in Australia! Council has secured a NSW Government grant of \$1.8M towards the construction of the buildings and other developments in the Victoria Park precinct. A further \$400,000 in Federal Government funding has recently been allocated by Tamworth Regional Council towards the complex's buildings. (extract from TRAC web page)

Spicks and Specks

- Please contact Program Co-ordinator, Jenny Sadlier if you have ideas for courses.

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!!!!!!

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



U3A Members at recent visit to Calala Cottage. Photo courtesy Judy Marheine

SHORT TALKS Term 3 —

Campbell Howard room, UNE, Fitzroy St. 10.00am morning tea 10.30am talk—

Members free—Visitors \$5. Attendance numbers are limited so please register your interest beforehand.



Wed 21st July - Peter Ross, Manager Entertainment Venues, Tamworth Regional Council, will talk about the proposed new arts precinct in Peel Street.

Wed 18th August - Angela Dodson, manager Recycling Centre, TRC will talk about recycling in Tamworth Council area.

Term 4 - Wed 15th September - Paul Sullivan, recently retired from Dept of Agriculture, will talk about weeds and introduced pests, with an emphasis on biological control.



Members of Computer/iPad group . Photo courtesy Terri Mower.

TAMWORTH REGIONAL U3A Inc. COMMITTEE 2019—2020/2021

Office Bearers	Management Committee	Sub Committee Welfare
President: John Sharkey	Pat Brazier	Margaret Lobban
Vice President: Euan Coutts	Jan Hurcum	
Secretary: Gay Clarke	Helen Ritchie	
Treasurer: Meg Larkin	Jenny Sadlier	

STOP PRESS!

The U3A stand which was scheduled for 18th July in Peel Street has been postponed until 15th August. Hopefully our restrictions will have eased by then.

Helen Ritchie