



UNIVERSITY OF THE THIRD AGE

DUBBO CHAPTER Inc.

U3A Dubbo Chapter Inc.

Box 962

Dubbo 2830

www.dubbo.u3anet.org.au

NEWSLETTER FOR TERM 2

COMMENCING

2019 Officers and Executive

President: Nola Younghusband	nolayounghusband@outlook.com	6884 5127
Secretary: Barbara O'Brien	bobrien36@bigpond.com	0427 251 121
Treasurer: Margaret Carolan	m_carolan@bigpond.com	6882 4561
Class Coordinator: Nola Younghusband	As Above	
Vice President: Lee Cooper	leilacooper@bigpond.com	6884 3498/0406 044 946
Registrar: Brenda Lesueur	blesueur20@gmail.com	6887 2527
Newsletter: Jo Sutton	josutton1944@outlook.com	0412 646 223
Publicity Officer: Colin Johnson	cwamjohnston@gmail.com	0406 003 766

Committee

Lorraine Wilson:	0447 907 606	Pam Price:	6884 2748
John Benson:	0458 387 044	Kay Payne:	6884 1061
Lesley Young:	6882 0197	Sally Forsstrom:	0408 229 060
Judith Wonderley:	6884 2262		

Life Members

Judith Kitson, 2000; Ron Dean, 2002; Bob Young, 2009; John Summers, 2009; Bill Heinle, 2012; Lloyd Giffin, 2013; Elaine Denning, 2014; Colin Jones, 2014; Leonie Saville 2016 Pat and Peter Dargin 2017; Margaret McLaren 2018; Maurice Campbell 2018;

Deadline for your Contribution to the U3A Newsletter

I will make every effort to include your article in the next Newsletter

Please no photos or coloured additions to help with costs

Term 2 – 2019: 5th July

Please send your articles to

Jo Sutton, 28 Umangla Street, Wongarbon, 2831

Or Email josutton44@hotmail.com

FROM THE PRESIDENT

We have gotten away to a great start in 2019 with several new courses on offer and good enrolments for continuing classes. We have a new secretary - Barbara O'Brien and I welcome her to the position. My sincere thanks to Lee Cooper who has been our secretary for the past few years. A job well done, Lee. I have been confirmed as class co-ordinator. The timetable looks a bit different but is easy to understand. See elsewhere for four easy steps to reading it.

We have recently purchased a new trolley for the kitchen as our original one has disappeared. We also bought a new teapot.

Just a reminder that insurance cover still applies even if you are on an excursion or conducting a course off-site.

Class Leaders are asked to encourage everyone to wear their name tags as we have a number of new enrolments

Class Leaders are also encouraged to provide date sheets for their classes so that class members can see the dates of their classes throughout the year. This helps to lessen the number of dropouts from courses as many people travel and when they return often have lost track of the dates for their classes. Several Course Leaders have been doing this for some time.

Have a good holiday and we'll all meet again after the 29th April

Nola Youngusband President

FOUR STEPS TO READING THE TIMETABLE

STEP 1: Find your class on the grid

STEP 2: Check the day of the class in the far left-hand column

STEP 3: Check the week(s) of the month of the class in the top line of print

STEP 4: Check the venue for the class in the far right-hand column

U3A DUBBO CHAPTER WEBSITE

The Website has been regularly updated with information about U3A - what it is and what it does as well as news, photographs, tributes and the latest and past newsletters. It is a very useful tool for members and a starting point for those who may be considering becoming members.

Simply type **U3A Dubbo** into Google or your preferred search engine, or use the internet address on the heading of the newsletter.

BEREAVEMENTS

The Committee wishes to extend their condolences to all members who have lost family or friends since the last Newsletter. Please be assured our thoughts are with you.

GENERAL INFORMATION

JULY HOLIDAYS

We have been informed that the U3A rooms will not be available during the July school holidays. Please remember this when entering your schedule in your diary

TECH SAVVY SENIORS

Verto Western College are organising a course to assist seniors over the age of 60 years to build skills and gain confidence in technology. There is no cost to eligible participants

VERTO WESTERN COLLEGE CAN HELP YOU BUILD YOUR SKILLS AND CONFIDENCE TO USE TECHNOLOGY, STAY IN TOUCH WITH FAMILY AND FRIENDS AND ACCESS IMPORTANT SERVICES ON LINE

PARTICIPANTS MUST BE OVER 60 YEARS OF AGE

VERTO Western College will supply devices but you are welcome to bring your own tablet, smart phone or laptop computer

WHAT YOU WILL LEARN?

- Introduction to computers
- Introduction to cyber safety
- Introduction to the internet
- Introduction to email
- Introduction to online banking module
- Introduction to smart phones
- Introduction to tablets
- Introduction to social media

THERE IS NO COST FOR ELIGIBLE PARTICIPANTS

DELIVERY DETAILS

Program dates: 7 May – 25 June 2019-04-13
Session Time: 9:0am -12:30pm
Duration: 8 x Training Sessions
Location: 37, Cobbora Road, Dubbo, NSW, 2830

To more information or to enrol contact **02 6884 2899** or westerncollege@verto.org.au

FAIR TRADING TALKS

Following last year's successful talks we have arranged for more talks on how the NSW Government serves senior citizens.

Topics to be covered include OPAL cards, senior cards, mobility parking, rebates and savings, SCAMS, how to get free face-to-face advice

Keep the date free! Monday 20th May at 1 p.m.

Venue is Western Plains Cultural Centre auditorium.

DATE:- 20th MAY

WHERE:- WPCC Auditorium

TIME:- 1:00pm

A GARDEN LOVERS ODYSSEY

This is an escorted tour for passionate gardeners to explore the gardens of the Perigord region of South West France. The tour visits local villages and their markets and learns more about the history and culture of the area. Luxury accommodation is provided at our country house near Monpazier. The house is surrounded by 100 acres of fields where you are free to explore the wild flowers and wild life.

The tours will commence on Saturday 16 May and on Saturday 19 September next year. The nearest airport and railway station are in Bergerac where we collect and return at the end of the tour.

For more information, please look at our website: www.frenchgardenadventures.com or email us on rs@frenchgardenadventures.com

FROM THE CLASSES – CLASSES RE-COMMENCE ON 29TH APRIL

NEW COURSES

U3A is always interested in new ideas for future courses. If you know of potential tutors who are willing to share their knowledge, please contact our Class Coordinator, Nola Younghusband

THE ART CLASSES

The Art classes have begun the year enthusiastically with the painters embarking on some interesting subjects. There are several new people in the printmaking class and they are doing lino block printing, silk screen printing and batik. The old members are continuing with their lino block printing.

The art history class has had some laughs as we studied Caravaggio who was a murderer and was wanted by the authorities for most of his professional life!

Nola Younghusband - Class Leader

AUSTRALIAN HISTORY

Syllabus for Term 2.

2 May

Pat: Miss Rachel Henning Journeys over the Blue Mountains.

Peter: 1919 A Year of Peace?

6 June

Pat: Miss Florence Parsons First Female Engineer, Architect and more.

Peter: Troubles with Bridges

4 July

Pat: Miss Lucy Osburn First Nightingale Nurse at Sydney Hospital.

Peter: Water, Disease and Sewage in Sydney.

Peter Dargin – Class Leader

CALLIGRAPHY

We got off to a good start with our Calligraphy class for 2019, with a good number of returning students and a few enthusiastic, new students joining us. We were a bit rusty after our lengthy break but after some warm-up exercises we were up and away with our work on the Foundational hand. This is based on the 10th century Carolingian hand and was developed in the early 20th century by Edward Johnson, the father of modern Calligraphy. We practised with some exercises, pangrams and the International Alphabet to get a good appreciation of this clear, very legible hand.

We finished Term One with some Easter craft...cards, envelopes and labels.

Veronica Morgan - Class Leader

ENDANGERED SPECIES

JP Venecourt was our first presenter for 2019. He outlined the 5 species of rhino, noting the rapid decline of each species surviving in the wild. Then he introduced us to the individual rhino in each of the 3 species we breed at TWPZ, and explained the huge importance of this breeding program to the survival of this critically endangered species.

Our next presenter was Hayley Brooks, who shared with us the highlights of her recent trip to USA for the 2019 Rhino Keepers Workshop. While there, she delivered a paper to which, outlined the sudden illness and subsequent death (at 12 months) of the first Greater One Horned Rhino calf born at TWPZ.

Our final presenter for was Mel Frith, who shared with us the intricacies of breeding cheetah in captivity. Not an easy task but rewarding as the recent breeding program resulted in the birth of 6 healthy cubs!

Carole Henderson

GENTLE EXERCISE

We're a social bunch, many participants relax together over coffee, juice, lunch or even just drink water afterwards at the Cultural Centre's Gallery Cafe and sometimes participants go on random holidays together as inspired and offered. "Activity may not add years to your life (it might) but it will certainly add life to your years" quote from Dept Health brochure "Choose Health: Be Active"



PLANTS AND OTHER GARDEN STUFF

Unfortunately, Kay Payne's ongoing health issues have meant she has been unable to lead the Group this term, so I have potted my way through the first term.

The highlight was a visit at the end of March to Janice Hosking's garden, which despite the lengthy dry period was very inspiring. Several have expressed a wish to visit again after a change for the better in the weather. We were just a little bit envious of her shade house and the paving and retaining walls. The view was nice, too.

We are trying to have two or three "themes" to concentrate on at each session. Our most recent were Herbs, and Plants to grow in Hanging Baskets in the Dubbo area. Jan Fraser very kindly brought cuttings of the variety of herbs she grows in her garden and uses in her cooking. Thank you, Jan, you certainly opened my eyes.

The group is giving lots of input into the topics as we all have different experiences. First class in second term is "Pruning." We also will try another garden visit this term.

Kay Davidson - Course leader

THE WORLD OF PLANTS CLASS

This is a new class in botany this year and runs once a month on the third Friday. The class members are enjoying studying the classification of plants and most recently the anatomy of a cell. We also have a plant of the month and we look at its family, genus, species and other interesting things about it. Last month we looked at parsley and were able to see examples of this biennial plant through its complete life cycle.

Nola Youngusband – Class Leader

TAI CHI

There are 3 qualified Tai Chi teachers working at U3A

Laney Luk	1.30 pm Mondays
Richard McFarlane.	10.30 am Fridays
Mary McGhee.	2.30 - 3.30pm Monday's and 9.00 -10.30am Fridays.

First I would like to ask any people who have done Tai Chi with Mary McGhee last year to check and see if they have any folders red or yellow that they may have not returned as well as any Paul Lam DVD's . I would be most grateful if they could be returned for the use of many people who have taken a liking to tai chi and want to improve . There are no fines or nasty looks just loads of thanks.

We are having great fun as we learn the Tai Chi forms . We range in age from the 50's to the late 80's. It is like a great 1 teacher school, a bit like our Leadership Academy. All working together to become better. Our balance, strength and memories improve as we learn to relax. There is so much for us to be aware of as we gently train our bodies and minds.

Don't forget flu injections. Looking forward to seeing everyone in term 2.

Mary McGhee - Class Leader

THE RECORDER ENSEMBLE

U3A Recorder Ensemble continues to meet with many enthusiastic members willing to put in the hard work to master new works . When we manage to do that there is a pleasing full bodied sound. We welcome experienced players on the 1st and 3rd Tuesdays 9.30-1pm and those who are learning or want to practice with others on the 2nd and 4th Tuesdays 10am-12 noon.

Anne Johnston – Class leader

SING FOR LIFE

Singing is really good for your health and well-being. More research each year proves the health benefits

Singing: - Strengthens your immune system
 Is a natural anti-depressant
 Lowers stress levels
 Improves mental alertness
 Introduces new friends
 And it's fun!

Come and join us for a regular sing-a-long on Saturday mornings 10-11.30 at the Cultural Centre. We meet in the cafe a bit before 10 and progress to the music room behind the museum. No singing experience necessary!

Brenda Lesueur – Class Leader

<u>COURSE</u>	<u>LEADERS</u>	<u>2019</u>	
Anatomy and Physiology	Mark de Hattersley	No Phone	PO Box 1228 Dubbo
Ancient History	Mark de Hattersley	No Phone	PO Box 1228 Dubbo
Armchair Travel	Bill Stanford	6884 0073	wmstanford@hotmail.com
Art History	Nola Younghusband	6884 5127	nolayoungusband@outlook.com
Australian History	Pat & Peter Dargin	6882 5671	dap@hwy.com.au
Building & Exploring Virtual Worlds	John Page		j.page@unsw.edu.au
Calligraphy	Veronica Morgan	6882 9751	cotswold@hwy.com.au
Caring for the Environment	Chris Owens	6882 0407	chris-ka@bigpond.net.au
Current Affairs	Chris Owens	6882 0407	chris-ka@bigpond.net.au
Digital Photography	Bevan Tatnell		btatnell@yahoo.com
Endangered Species	Gloria Ryan	6882 3965	
English Literature	John Summers	0455 577 479	Johnsumm@gmail.com
Gentle Exercise	Cherie Rea Barbara Ward	0414 171 735 0448 850 010	cherie.n.ferguson@gmail.com
Islam and Us	Bob Young	6882 2912	
Military History	Maurice Campbell	6882 1293	mhcampbell2@bigpond.com
Looking at Art	Sally Forsstrom	0408 229 060	sallyaf@gmail.com
Painting for Pleasure	Nola Younghusband	6884 5127	nolayoungusband@outlook.com
Plants & Other Garden Stuff	Kay Payne Kay Davidson	6884 1061 6887 2997	torilla@bigpond.com kaydavidson1247@outlook.com
Printmaking	Nola Younghusband	6884 5127	nolayoungusband@outlook.com
Recorder Ensemble	Winsome Heckendorf	6889 0131	wheck@primus.com.au
Recorder Practice	Anne Johnston	6885 6944 0404 838 166	
Sing for Life	Brenda Lesueur	6887 2527	blesueur20@gmail.com
Small Countries of Europe	Mark de Hattersley	No Phone	PO Box 1228 Dubbo
Tai Chi for Health	Laney Luk	6882 4680	laneyluk@gmail.com
Tai Chi for Arthritis	Mary McGhee	6884 4680 0412 389 001	m.mcghee37@opyusnet.com.au
Tai Chi 24 Forms	Richard Macfarlane	6888 5656	
Tai Chi Practice	Richard Macfarlane	6888 5656	
The World of Plants	Nola Younghusband	6884 5127	nolayoungusband@outlook.com
Ukuleles	Dennis Wilson Don Nicholson	0417 679 007 6884 5340	

	WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5		RO
	AM-9am-1pm	PM-1.30-4pm	AM-9am-1pm	PM-1.30-4.30	AM-9am-1pm	PM-1.30-4pm	AM-9am-1pm	PM-1.30-4.30	AM-9am-1pm	PM-1.30-4	
MONDAY	Exercise 10.30-12	Talchi-1,2 1.30-3.30	Exercise 10.30-12	Talchi-1,2 1.30-3.30	Exercise 10.30-12	Talchi-1,2 1.30-3.30	Exercise 10.30-12	Talchi-1,2 1.30-3.30	Exercise 10.30-12	Talchi-1,2 1.30-3.30	ENC
TUESDAY	Recorder Ensemble 9.30-1pm	BUILDING & EXPLORING VIRTUAL WORLDS 2-4	Recorder Practice 10-12	Recorder Ensemble 9.30-1pm	Recorder Practice 10-12	Recorder Ensemble 9.30-1pm	Recorder Practice 10-12	Recorder Ensemble 9.30-1pm	Recorder Ensemble 9.30-1pm	Recorder Ensemble 9.30-1pm	ENI
WEDNESDAY	EXERCISE 10-12	Painting 2-4	EXERCISE 10-12	EXERCISE 10-12	EXERCISE 10-12	EXERCISE 10-12	EXERCISE 10-12	EXERCISE 10-12	EXERCISE 10-12	EXERCISE 10-12	ENC
THURSDAY	Exercise 10.30-12	English Literature 1-3 PM	Exercise 10.30-12	Exercise 10.30-12	Exercise 10.30-12	Exercise 10.30-12	Exercise 10.30-12	Exercise 10.30-12	Exercise 10.30-12	Exercise 10.30-12	ENC
FRIDAY	Talchi-1,2 9am-12	Calligraphy 10-12	Talchi-1,2 9am-12	Talchi-1,2 9am-12	Talchi-1,2 9am-12	Talchi-1,2 9am-12	Talchi-1,2 9am-12	Talchi-1,2 9am-12	Talchi-1,2 9am-12	Talchi-1,2 9am-12	ENG
SATURDAY	Ukuleles 9.30-1pm	Sing for Life 10-11.30	Ukuleles 9.30-1pm	Ukuleles 9.30-1pm	Ukuleles 9.30-1pm	Ukuleles 9.30-1pm	Ukuleles 9.30-1pm	Ukuleles 9.30-1pm	Ukuleles 9.30-1pm	Ukuleles 9.30-1pm	ART
											CLASS 2

