



GOULBURN MULWAREE INC.

"Learn to Live, Live to Learn"

NEWSLETTER No. 34 AUTUMN EDITION 2016 EDITOR: Pat Spilsbury

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VICE PRESIDENT: Brian J Spilsbury
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COMMITTEE MEMBER: Heather West



HOW TO CONTACT US

OUR OFFICE IS IN THE McDERMOTT CENTRE,
163 AUBURN ST. (next to P.O.)

OFFICE HOURS

MONDAY - FRIDAY 11am - 1pm
NOT OPEN ON PUBLIC HOLIDAYS

& U3A TERM HOLIDAYS

PHONE 4822 5186 DURING OFFICE HOURS
OR LEAVE A MESSAGE ON OUR ANSWERING
MACHINE AFTER HOURS

ALL CORRESPONDENCE ADDRESSED TO
SECRETARY, U3A GOULBURN MULWAREE
INC., P.O. BOX 677, GOULBURN, NSW 2580
OR EMAIL info@gm-u3a.com.au



TERM 2 - THE AUTUMN TERM

STARTS TUESDAY, APRIL 26

FINISHES SATURDAY, JULY 2

*Although our U3A doesn't usually hold
classes on Public Holidays and during
Term Holidays some classes, by special
arrangement, meet during these times*

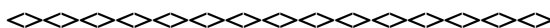


"Winter is an etching, spring a
watercolour, summer an oil painting and
autumn a mosaic of them all"

Stanley Horowitz

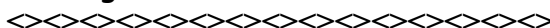
OUR QUARTERLY NEWSLETTERS

Members who have computers can access a
copy from our website and members without
computers can access them on our website
at our office and print them there or access
them at the library & print them there.
There will be a limited number printed which
members can pick up personally from the
office.



ENROLLING FOR CLASSES

We hold enrolment days at the beginning of
every term for all classes & activities, you
MUST enrol **every** term for **all** classes you
do even though you were enrolled in them
previously, so we can update our records,
some learners 'drop out' of classes, for a
number of reasons, and there may be reserve
lists waiting to do these classes _



HOW TO ENROL

IN PERSON AT THE OFFICE ON THURSDAY,
21 & FRIDAY, 22 APRIL BETWEEN 10am & 1pm
BY PHONE 4822 5186 THURSDAY 21 &
FRIDAY, 22 APRIL BETWEEN 10am - 1pm
BY EMAIL info@gm-u3a.com.au

****NEW** A LIFE THAT THRIVES -
making the most of your freedom years**

Tutor: Sharon Williams

Venue: McDermott Centre Meeting Room

Time: 10am - 12 noon **WEEKLY**

Limit: Maximum 8

Pre-requisites: None

Equipment required: A4 Visual Diary (Tutor can supply some for \$3 each) 64 page Exercise Book to be used for notes

HAVING BEEN INSPIRED BY TOM LYTTLE'S WORK IN 'HUMAN ABILITIES,' THIS COMPLIMENTARY SHORT COURSE COVERS AN ASPECT THAT TOM FREQUENTLY MENTIONED - LIFE PLANS

"I have a new philosophy. I have decided that life starts when you let it, whether you are twenty or seventy. It's a state of mind and I am choosing to let this chapter of my life begin to-day, right now!" *Christopher's voice - from "A Little Love" by Amanda Prowse*

During this course, you will have time to reflect on your life thus far. Achieved dreams and those yet to be fulfilled; your present and future priorities; a possible legacy (and I'm not talking finances here) for your loved ones; passions followed now and those yet undeveloped; legal matters; and identifying those issues that may need attention now and in the near future. This course is very personal and tailored to your needs. You are not alone in this course, there will be seven other brave participants exploring their own life, with you. We will be working together to fine tune your *Life Plan*. This will become a more conscious way of living your life. A Life with no regrets, well, no further regrets.

A FULL OUTLINE OF THIS CLASS
CAN BE FOUND ON OUR WEBSITE

www.gm-u3a.com.au

D.I.Y. ITALIAN

Group Co-ordinator: Maxine Elder

Venue: Workers Club

Time: 10.30am - 12 noon **WEEKLY**

Restarts: MONDAY. MAY 2

Limited: Minimum 6 Maximum 12

Pre-requisites: Knowledge of and experience in using basic Italian grammar

Extra Costs: Current text book

This group does not have a formal leader, as members take turns to organise and facilitate meetings. We are currently working through the text by Sylvia Lybery - *Colloquial Italian; the Complete Course for Beginners* This is supplemented by simple conversation in Italian New members are welcome, but will find some knowledge of the language an advantage.

TOMES FOR PLEASURE - BOOK CLUB

Tutor: Brian Jenns

Venue: Goulburn Library Meeting Room

Time: 10.30am - 12 noon **MONTHLY**
3rd Monday of each month

Re-starts: MONDAY, APRIL 18

Text/Equipment Required: Books provided by Goulburn Library's Read & Connect Scheme

Extra Costs: Each participant is required to pay \$5 per year for the library's Read & Connect fees

The 3rd Monday Book Club has a limit of 10 members due to the Southern Library's Read and Connect Scheme having ten only books in each kit, but we are happy to report there are four places available - but do enrol early as these are expected to fill quickly

CLEVER CRAFTERS

Tutor: Lynne Mortimer

Venue: McDermott Centre Activities Room

Time: 1.30pm - 3.30pm **WEEKLY**

Restarts: MONDAY. MAY 2

Limit: Minimum 3 Maximum 15

Pre-requisites: No

Text/Equipment Required: Each project requirements will be advised in advance

Extra Costs: A donation for afternoon tea & photocopying, if required

For 2016 the Clever Crafters are using their varied favourite skills of knitting, crocheting, quilting etc. to make jumpers, scarves, gloves, toys and rugs for the community, along the way we will learn new tricks from each other.

HERBAL MEDICINE

FROM THE GARDEN & KITCHEN

Tutor: Jesse Ainsworth

Venue: McDermott Centre Activities Room

Times: MONDAYS WEEKLY 6pm - 7.30pm

Restarts: MONDAY, MAY 2

Limit: Minimum 6 Maximum 12

Pre-requisites: None

Text/Equipment: See Tutor

The aim of this course is to teach people to treat simple ailments using plants and herbs that can be found in the garden and kitchen. You will learn the traditional properties of common foods such as Garlic, Ginger, Rosemary and common garden plants such as Calendula and Lavender.

The hope is to give members the confidence to treat simple ailments such as a fever, coughs and colds safely, effectively and at minimal cost. It is also intended to be an introduction to Herbal Medicine. *N.B. Many of the herbs Jesse will be talking about are growing in the Goulburn Community Gardens*

TUESDAY CLASSES

PARTNERS IN SONG - CHOIR

Tutor: Jean Lloyd

Accompanist: Helen Lowe

Venue: Workers Club Auditorium

Time: 11am till 12.30pm

Restarts: TUESDAY, APRIL 26

Limit: No limit

Pre-requisites: Desire to sing for pleasure and a willingness to work in harmony with other choir members

Text/Equipment: Clear sleeve folder for music

Extra Costs: \$15, payable at the beginning of each term at the U3A office to share the accompanist's travel expenses

Singing songs for pleasure is the aim of this class, so if you love to sing - this is the one for you! Not only do they sing for their own pleasure but for the pleasure of others when they sometimes perform at nursing homes and other special events.

"Exits are on the way out" W.G.P.

MUSIC THEORY

Tutor: Lazslo Strasser

Venue: McDermott Centre Meeting Room

Time: 11am - 12 noon WEEKLY

Restarts: TUESDAY, APRIL 26

Limit: Minimum 3 Maximum 8

Pre-requisites: Desire to learn about music

Text/Equipment: Notebook & pen/pencil

Extra Costs: Photocopying, if required

U3A runs several classes for music - choirs, recorders etc. where the students learn a bit about music theory and reading sheet music on the 'job' This makes it doubly hard to learn an instrument or sing, so Lazslo will be teaching music theory. If you always wanted to learn more about music and how to read a music score, this is a good introduction.

MUSIC APPRECIATION

Tutor: Laszlo Strasser

Venue: McDermott Centre Meeting Room

Time: 12.30pm - 2pm WEEKLY

Restarts: TUESDAY, APRIL 26

Limit: Minimum 3 Maximum 8

Pre-requisites: A love of music

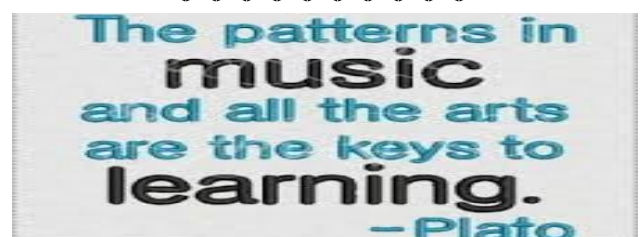
Text/Equipment: Notepad & pen/pencil

Extra Costs: Photocopying, if required

There is a world of music to explore from around the globe from the 1700s to the present. Lazslo, who has had a long professional career in music, is the ideal guide to this world!

Lazslo's Musical Appreciation course will expand your horizons and allow you to sample and have more understanding of the vast range of music that is only a CD away!

**NEW LEARNERS WELCOME TO
EITHER OR BOTH OF LASZLO'S CLASSES**





a.k.a. LET'S DO LUNCH

Tutors: Jean Townsend & Pat Spilsbury
Venue: Various local restaurants
Time: 12 for 12.30pm **MONTHLY**
(USUALLY 2nd TUESDAY OF MONTH)
Restarts: TUESDAY, MAY 10
Limit: No limit

TUESDAY, 10th MAY

"THE FIRESIDE INN" 12 FOR 12.30

THEME: "MOTHER'S DAY"

TICKETS \$25 includes a delicious main course and dessert with 2 mains and 2 desserts (alternate drops) and a Mother's Day favour

ALL DRINKS (INCLUDING TEA & COFFEE) AT OWN EXPENSE ON THE DAY.

BOOKINGS CLOSE MONDAY, MAY 2nd

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TUESDAY, 14th JUNE - THEME:

"WINTER WARMERS" 12 FOR 12.30

AT THE SOUTHERN STAR

INDIAN RESTAURANT.

TICKETS \$15 FOR 2 COURSES

ALL DRINKS AT OWN EXPENSE ON THE DAY

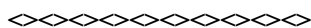
Choose your meal from the menu, which includes vegetarian & Australian options, at the time of booking.

BOOKINGS CLOSE MONDAY, JUNE 6

PLEASE BE ADVISED THAT ONCE

LUNCH ORDERS ARE GIVEN TO

VENUES, THERE CAN BE NO REFUNDS

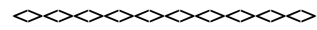


4th TUESDAY BOOK CLUB (F.T.B.C.)

Tutor: Maxine Elder
Venue: Goulburn Library Meeting Room
Time: 10.30am - 12 noon **MONTHLY**
4th TUESDAY OF EACH MONTH
Restarts: TUESDAY, APRIL 26
Limit: 10 to 12
Pre-requisites: No
Text/Equipment Required: Books provided by Goulburn Library's Read & Connect Scheme
Extra Costs: Each participant is required to

pay \$5 per year for the library's Read & Connect fees.

Regretfully, this course is fully subscribed for 2016, however, there are vacancies in the two new Book Clubs, *Tomes For Pleasure*, which has already started (3rd Monday of each month) and the *4th Wednesday Book Club* - details of these elsewhere in the Newsletter.

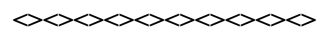


PASSIVE RECREATION

Tutor: Pat Spilsbury
Venue: Goulburn Workers Club Deck
Time: 1pm - 3.30pm **WEEKLY**
Restarts: TUESDAY, APRIL 26
Limit: No limit
Pre-requisites: NO
Text/Equipment required: New board games, if required
Extra Costs: NO

An important part of keeping your mind sharp is regularly challenging your brain. Clinical studies have shown that by spending as little as one hour per week playing a range of brain games you can improve the cognitive functions you use every day. We play games such as Mahjong, Rummykub and Bridge which are great games for keeping the mind sharp and other board games can be added as well.

DON'T KNOW HOW TO PLAY? WE'LL TEACH YOU!



TABLET WEAVING

Tutor: Pat St. George
Venue: McDermott Centre Activities Room
Time: *9am - 10.30am **WEEKLY**
***please note new starting time**
Starts: TUESDAY, APRIL 26
Limit: Minimum 4 Maximum 8
Pre-requisites: Enthusiasm to be creative
Text/Equipment: A loom (which can be purchased from office) and your own threads
Extra Costs: No
With a loom and a few lessons you will soon be able to make a bookmark, hatband, strap for a ukelele, guitar, camera or a lead for your dog. Other projects will be discussed in class. New learners welcome.

WEDNESDAY CLASSES

****NEW** GET COMPUTER SAVVY**

Tutor: Debbie
Venue: U3A Office
Time: 9am - 11am FORTNIGHTLY
Starts: May 25
Limit: 3 people per class
Pre-requisites: **MUST** be a U3A member and **MUST** be enrolled for this class
Equipment Required: Need to bring your own device (laptop, tablet)
Extra costs: None

Computer classes will be starting up again in Term 2 concentrating on two of the most asked for subjects. There will be two classes of three students per month.

In *MICROSOFT WORD BASICS* students will learn how to *type it, save it, print it and where to find it later*

In *EMAIL FOR BEGINNERS* students will learn *how to set up an email account using Gmail, how to compose, send, reply to an email and add attachments such as photos and documents to an email*

PROGRAM FOR TERM 2

MAY 25 MICROSOFT WORD BASICS

JUNE 8 EMAIL FOR BEGINNERS

JUNE 22 MICROSOFT WORD BASICS

JUNE 29 EMAIL FOR BEGINNERS

DUE TO THE GREAT DEMAND FOR COMPUTER CLASSES, EACH MEMBER WILL ONLY BE ABLE TO ENROL FOR ONE SESSION OF EACH SUBJECT IN TERM 2 - MEMBERS ARE ADVISED TO ENROL EARLY TO AVOID DISSAPPOINTMENT

CITIZEN SCIENCE

Tutor: B.J. Spilsbury
Venue: U3A office, McDermott Centre & some Field Trips
Time: 1pm - 3pm WEEKLY
Restarts: WEDNESDAY, APRIL 27
Limit: Minimum 4 Maximum 12
Pre-requisites: Curiosity & an open mind
Text/Equipment required: See Tutor
Extra Costs: Photo copying, if required
Citizen Science projects are a means for volunteers to contribute to scientific

research.

PROJECTS FOR 2016

Drone Flying; Wetlands Tree Measurements; Identify & Document 40 Local Native Trees; Local Earth Worm Identification; Carbon & Ecological Footprint Measurements; Digital Library; Local Fungi Identification; Local Lichen Identification

BRIDGE FOR PLEASURE

Tutor: Fred Rainger
Venue: Workers Club - McKell Lounge
Time: 1pm - 3.30pm WEEKLY
Restarts: WEDNESDAY, APRIL 27
Limit: Minimum 4 Maximum 16 -20
Pre-requisites: No
Text/Equipment Required: No
Extra Costs: No

Members meet to play bridge for the sheer pleasure of the game. They play to win and learn from each other in a friendly collegial way. People who have not played bridge before are welcome and will be helped to learn how to play - some knowledge of card games helpful.

2nd WEDNESDAY BOOK CLUB (SWBC)

Tutor: Sharon Williams
Venue: Goulburn Library Meeting Room
Time: 10.30am - 12noon MONTHLY
(2nd Wednesday of each month)
Starts: WEDNESDAY, MAY 11
Limit: 10
Text/Equipment Required: Books provided by Goulburn Library's Read & Connect Scheme
Extra Costs: Each participant pays \$5 per year for the library's Read & Connect fees
Each month there will be a new discussion leader - this is on a volunteer basis at first, however, there is an expectation that everyone will share this role throughout the year.
Have **FUN** engaging in the process of shared exploration of the selected books, **and be warned - book club discussions can become addictive! SORRY, NO VACANCIES**

FAMILY HISTORY FORUM

Tutors: Daphne Penalver & Maxine Elder
Venue: Goulburn Library Meeting Room
Time: 10.30 am - 12md **FORTNIHTLY**
1st & 3rd Wednesday of each month

Restarts: WEDNESDAY, MAY 4
Limit: Minimum 1 Maximum 12
Pre-requisites: Enthusiasm for researching
Text/Equipment Required: Notepad & pen
Extra Costs: Nil

Who do you think you are? Members of this discussion group share knowledge and experiences in the fascinating search for ancestors, how they lived and how their lives shaped our own. We can help get you started, suggest ways of organising your information, or offer help in breaking through 'brick walls' in your research. We are able to access the Local Studies collection at Goulburn Library which contains local and early Australian material, and also has access to both *Ancestry* and *Find My Past*

WARNING: Family History Researching can become addictive!

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THURSDAY CLASSES

3rd THURSDAY BOOK CLUB (3TBC)

Tutor: Margaret Stephenson
Venue: Goulburn Library Meeting Room
Time: 10.30am - 12md **MONTHLY**
3rd THURSDAY OF EACH MONTH
Restarts: THURSDAY, MAY 19
Limit: 10

Text/Equipment Required: Books provided by Goulburn Library's Read & Connect Scheme
Extra Costs: Each participant is required to pay \$5 per year for the library's Read & Connect fees

The 3rd Thursday Book Club has a limit of 10 members due to the Southern Library's Read and Connect Scheme having ten only books in each kit. Regretfully, this course is fully subscribed for 2016, however, there are vacancies in our two new Book Clubs, please ask for details of these at the U3A office..

THINK TANK

Tutor: Brian J. Spilsbury
Venue: U3A Office, McDermott Centre
Time: 7pm - 8.30pm
1st & 5th Thursdays **MOSTLY MONTHLY**
Limit: Minimum 6 Maximum 12
Re-starts: THURSDAY, APRIL 29
Pre-Requisites: Ability to articulate a considered opinion
Text/Equipment: None
Extra Costs: None

Serious topics discussed and politely, but robustly debated and a summary written and posted back on the website. In order to have a considered opinion, suggested topics for future *Think Tanks* can be found on our website www.gm-u3a.com.au We will select topics at each Think Tank and post references for background to the discussion. Please feel free to bring your own material or notes to the Think Tank and share them with the class.

Think Outside
The Box



**"Conformity is the jailor of freedom
and the enemy of growth"**
John F. Kennedy

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News Flash

U3A VOLUNTEER FOR TRIP TO MARS

Alexander Selkirk, a member of U3A Brobdingnag, Queensland, has been accepted for a flight to Mars due to take place in 2020. When interviewed recently, he said *"I don't think it's right that only young people should be asked to give up the remainder of their lives, when there will be no possibility of their return to Earth. On the other hand, I'm reasonably fit and if I'm still available, if you know what I mean, I'm very happy to offer my services so U3A can feel that they have a place in humankind's exciting future in space"*

**Source: U3A Signpost Worldwide Newsletter
April 2016**

ALFRESCO JUBILO

A CAPPELLA ENSEMBLE

Tutor: Georgina Spilsbury

Venue: Goulburn Conservatorium

Time: 6pm - 7.30pm WEEKLY

Restarts: THURSDAY, APRIL 28

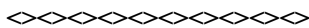
Limit: Minimum 3 Maximum 20

Pre-requisites: Ability to read music and hold pitch when singing in parts; willingness to work in harmony with other group members; willingness to sing in languages other than English

Text/Equipment required: Email, Mp3 or DVD players an advantage

Extra Costs: Photocopying, if required

A vocal ensemble for experienced singers. We sing madrigals, motets and part songs from medieval to modern. Enrolment by invitation or audition. For more information contact Georgina, phone 0409 844 386 or email georgina@en.com.au



MOOT

Tutor: David Baird

Venue: McDermott Centre

Time: 7pm - 9.30pm FORTNIGHTLY
2nd & 4th Thursday each month

Starts: THURSDAY, APRIL 28

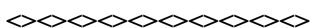
Limit: Minimum 6 Maximum 18

Pre-requisites: Interest in challenging topics

Text/Equipment required: See Tutor

Extra Costs: No

A *Moot* is an old English name for a meeting or assembly to debate an important issue that affects everyone. The format is to watch a video of an informative contemporary issue, then debate what was seen, examine how relevant it was to us and often to propose local solutions. David introduces a different, but challenging topic each time and we have learned how to argue the points while respecting the individual making the point - a skill that seems to have been lost in recent times.



**"One of the hardest things in life
is having words in your heart
that you can't express"**

Richard Lawton

LET'S EXPLORE

Our May "Let's Explore" on Thursday, May 26 will be our last one before we go into our usual 'hibernation' for the winter, so we intend to 'go out' in style!

**Miss Fisher's Murder Mystery Costume
Exhibition at Old Government House, & Guided
Bus Tour of Historic Parramatta**

We will be leaving earlier than usual, at 7.30am, as our destination is further than our usual ones. We will have a comfort stop en route at Macca's, Sutton Forrest, and some Raisin Toast and a cuppa for morning tea, then it's off to historic Old Government House, Parramatta where we will enter the opulent 1920's world of the Honourable Miss Phryne Fisher. See the outfits and



accessories worn by her, up close and personal - including those of her associates, Detective Inspector Jack Robinson and Aunt Prudence. Walk through the different sets and touch and feel the sumptuous fabrics as you step deeper into Phryne's world. Go behind the scenes to discover the inspiration for the costumes and understand how they were made. You will even get the chance to design your own dress!

After a delicious lunch there, we will say goodbye to Old Government House and pick up a local guide who will take us on a one hour guided bus tour of some of the more historic places that Parramatta is famous for. Time permitting, we will stop somewhere for a cuppa (own expense) before leaving for home approximately 3pm

TICKETS \$65

Includes bus travel, morning tea, entry into the exhibition, lunch & guided bus tour

As this is a "Let's Explore" activity, first preference will be given to enrolled Let's Explore members on a 'first come' basis. If any seats become available they will be offered to other members. Tickets will go on sale at the U3A office from Thursday, April 21 & bookings will close Friday, May 6 As there will be only 24 seats available you will need to book early

ONLY PAYMENT WILL SECURE YOUR SEAT

****NEW** CREATIVE COILING**

Tutor: Elaine Cornwell

Venue: McDermott Meeting Room

Time: 1,30pm - 3.30pm FORTNIGHTLY
Usually 1st & 3rd Thursday

Starts: May 5

Limit: Maximum 6

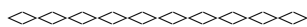
Pre-requisites: None

Materials Required: You will be notified before the class starts what you will need

Extra Costs: You will be notified before classes start

In this class Elaine will show you how to make a small basket, placemat and wall hanging.

Coiling is a very old craft and is a technique of winding up fabric like a snake while stitching it every quarter of an inch or so. In some indigenous communities, **Coiling** is often referred to as 'womens' work' but don't despair fellas - you are quite welcome to try your hand at this fascinating craft



TEA & TALK

Tutors: Pat Spilsbury & Jeanette McKinley

Venue: Chatsbury Gardens

Time: 2pm - 3.30pm MONTHLY
1st Thursday of each month

Starts: THURSDAY, MAY 5

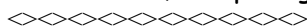
Limit: No limit

Pre-requisites: No

Text/Equipment Required: No

Extra Cost: Gold coin donation for afternoon tea
Each month there will be a different topic with a different Guest Speaker with time for questions after the talk. Participants will also be encouraged to 'put in their 2 cents worth'

GUEST SPEAKER FOR MAY: *Melissa Sheehy*
from the NSW Dept. of Fair Trading, speaking about "Your Rights and Responsibilities" - Shopping, Phone Contracts, Comparing Costs & More



ROYAL SOCIETY OF NSW LECTURES

Co-ordinator: B.J. Spilsbury

Venue: Performing Arts Centre,
Chevalier College, Bowral

Time: 5pm on the 3rd Thursday of month

Re-starts: THURSDAY, APRIL 21

Limit: No

Pre-requisites: A sense of awe of the Universe

Cost: \$10 per person, per lecture, payable at the door to the Society on the night

The Society has an active branch in the Southern Highlands and presents monthly lectures by scientists drawn from a wide range of disciplines. While these lectures will be of great interest to active scientists, they are always intended to be entertaining and informative for non-scientists with enquiring minds. U3A members wishing to take part in these interesting lectures are asked to enrol with U3A. They carpool and leave from the coffee area in the Goulburn Workers Club at 5pm sharp to enable them to be in plenty of time for the lectures. Come earlier if you want a coffee for the road. We are usually back at the Workers by 9pm

LECTURE PROGRAM FOR TERM 2

THURSDAY, APRIL 21

SPEAKER: Prof. Gordon Parker - Scientia Professor of Psychiatry of the University of NSW and Executive Director of the Black Dog Institute

TOPIC: Winston Churchill:

Bipolar Disorder & the Dardialles Campaign

THURSDAY, MAY 19

SPEAKER: Dr. Kathleen Riley - Freelance Writer; Theatre Historian & Critic

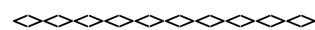
TOPIC: The Science of Spontaneity:

Fred Astaire as the Consummate Craftsman

THURSDAY, JUNE 16

SPEAKER: Dr. Ken McCracken - Solar Physicist; Foundation Director of C.S.I.R.O. Office of Space Science & C.S.I.R.O. Division of Mineral Physics

TOPIC: Solar Physics (exact topic T.B.A.)



"Equipped with his five senses, man explores the universe around him and calls the adventure **SCIENCE**"

Edwin Powell Hubble
Astronomer & Scientist

FRIDAY CLASSES

CLEOPATRA'S NOSE

Series 6 - ALL NEW TOPICS

Tutor: John Miller

Venue: Workers Club - Activities Room

Time: 10.30am - 12md FORTNIGHTLY
Normally 2nd & 4th Friday of each month

Restarts: FRIDAY, FEBRUARY 12

Limit: No limit

Pre-requisites: No

Text/Equipment required: If required, *Cleopatra's Nose: Series 1-3 Booklet* (\$15); *Cleopatra's Nose Series 4-5 Booklet* (\$15) or *all 5 series in CD-R form* (\$2). available from Tutor

Extra Costs: No

"If Cleopatra's nose had been shorter, the whole face of the earth would have changed"

Blaise Pascal, *Pensees*

Cleopatra's Nose is the history course where the class looks at various historical events and asks the question WHAT IF? Might things have turned out differently?

NEW SUBJECTS FOR TERMS 1 & 2

- ★ HANNABAL
- ★ JOAN OF ARC
- ★ HENRY V111 & ANNE BOLEYN
- ★ ARTHUR PHILLIP
- ★ CRIMEA
- ★ KAISER FREDERICK 111
- ★ 1918: AUSTRALIANS & THE GERMAN SPRING OFFENSIVE
- ★ DECODING ENIGMA
- ★ MANDELA

NEW THE ART SHACK

Group co-ordinator: Jean Townsend

Venue: McDermott Centre

Time: 11am - 1pm WEEKLY

Limit: No limit

Starts: FRIDAY, MAY 6

Equipment needed: Participants to bring their own materials i.e. paints, brushes etc

Extra costs: None

The Art Shack led by Jean Townsend is NOT a teaching class. It will be a group of like-minded people, who are self-starters, getting together to work on their own projects to paint or draw in any medium they wish - watercolours, acrylics, oils etc on any surface they wish - fabric, paper, canvas etc. Let your creativity run riot!

SATURDAY CLASSES

PLANT TO PLATE

Tutor: Ray Shiel

Venue: Goulburn Community Gardens

Time: 11am - 12 noon FORTNIGHTLY
2nd & 4th Saturday of month

Limit: No limit

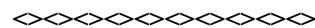
Restarts: SATURDAY, APRIL 30

Pre-requisites: Must be a member of U3A & Goulburn Community Gardens

Text/Equipment: Note book & pen

Extra Costs: NO

Ray will be running this practical course so participants can learn the skills to grow, care for and harvest a range of vegetables and herbs with better flavour and nutrition for your kitchen and improve your health as well as emphasizing the bigger picture items such as soil composition and health.



SEED SAVERS

Tutor: Sarah Bridges

Venue: Goulburn Community Gardens

Time: 10am - 12md MONTHLY
3rd Saturday of month

Limit: Minimum 4 Maximum 8

Restarts: SATURDAY, MAY 21

Pre-requisites: Must be a member of U3A & Goulburn Community Gardens

Text/Equipment: The Seedsavers Handbook

Extra Cost: NO

Producing locally adapted, high quality seed is a rare commodity and costs nothing but patience

Imagine this:- One lettuce well formed seed head is able to give you more than you will ever need - up to 120gr of seed and this is just one vegetable! Your efforts could be the start of a seed swap adventure with other gardeners. Sarah will show you just how you can begin the great adventure of seed saving

THE ONLY BANKS THAT
HAVE YOUR BEST
INTERESTS IN MIND ARE
SEED BANKS.

PRACTICAL VEGETABLE GARDENING

Tutor: Pat St George

Venues: Goulburn Community Gardens

Time: 10am-11am **WEEKLY**

Limit: Minimum 4 Maximum 8

Starts: SATURDAY, APRIL 30

Pre-requisites: Must be a member of U3A & Goulburn Community Gardens

Text/Equipment: Note book & pen

Extra Costs: NO

MUST be prepared to attend to the garden beds most Saturday mornings for approximately 1 hour.

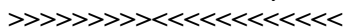
Pat will be holding short planning sessions on the odd numbered week. This will allow students time to look up plant information and obtain seeds/seedlings. Even numbered weeks will be basic garden maintenance. It is envisaged this course will continue into terms 3 and 4 of 2016.



Goulburn Conservatorium
160 Bourke Street, Goulburn

U3A members are always welcome to any of the concerts at the "Con" and if 2015 was anything to go by we are in for another great year of entertainment in 2016!

FOR INFORMATION ABOUT UPCOMING SHOWS PHONE THE CON, 4821 8833

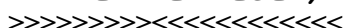


GOULBURN LIEDER THEATRE

With such a great program planned for 2016, our city is in for another great year, we are so lucky to have such a wonderful theatre in Goulburn



FOR INFORMATION ABOUT UPCOMING SHOWS PHONE THE LIEDER, 4821 506



U3A GOULBURN MULWAREE SOCIAL EVENTS
U3A GOULBURN MULWAREE INC. RESERVES THE RIGHT TO CANCEL ANY COACH TRIP OR SOCIAL EVENT THAT DOES NOT GET ENOUGH BOOKINGS TO MAKE IT VIABLE



SATURDAY, 25th JUNE, 2016

THE QUEANBEYAN PLAYERS

MATINEE PERFORMANCE AT THE

'Q' THEATRE, QUEANBEYAN

There's trouble in River City! When smooth-talking conman Harold Hill arrives in a small, tight-knit town in Iowa, he expects to dupe its residents with his elaborate money making scheme. Despite his complete lack of musical literacy, he will convince everyone that he is a brilliant bandleader and recruit all the boys in the town to form a band, pocketing the cash for instruments and uniforms.

The problem? Some of the town members, especially the stern librarian, Marion Paroo, don't quite buy Harold's story. To complicate matters even more - Harold falls head-over-heels for the beautiful Marion.

As American as apple pie and as charming as can be, *The Music Man* is a crowd-pleasing show with some great music - songs such as *Trouble; Goodnight My Somebody; It's You* and who could forget the wonderful *Seventy Six Trombones!*

LEAVING GOULBURN VISITORS CENTRE

SLOANE STREET AT 9.30am

TICKETS \$80

Includes air conditioned coach travel, reserved front stall seats, 'goody bag' for interval
There will be plenty of time to 'explore' and maybe a bit of 'retail therapy' and to have lunch before the show (own expense)

NON MEMBERS ARE VERY WELCOME

COMING IN TERM 3



WATCH OUT FOR FULL DETAILS OF THIS GREAT TRIP IN OUR NEXT NEWSLETTER AND ON OUR WEBSITE

WALKING 4 HEALTH



Christine and Pat will be co-ordinating a new course in Term 3 called **Walking 4 Health**. It will be a weekly course starting at 9am and the walk will start each week from the Rotunda in Belmore Park.

The first five walks will be for approximately 30 minutes, increasing to approximately 45 minutes for the second five weeks.

You will be surprised how quickly your level of fitness improves.

Look for further information about this course in our next Newsletter and on our website www.gm-u3a.com.au



The McDermott Centre invites U3A members and their friends to their **Australia's Biggest Morning Tea** on May 25th from 10am in the Seniors Hall at the McDermott Centre to raise money for Cancer Research. Enjoy a 'cuppa' and some delicious goodies and have the chance to win a prize.

They are looking for donations of home-made cakes or slices and goods suitable for 'lucky door' and raffle prizes. If you can help, Kim and Joanne from the McDermott Centre would be very grateful. They can be left at the McDermott office during office hours.



If you 'google' **STORIES - SENIORS CARD**, you will find a collection of stories written by NSW Seniors. These stories highlight the diversity, passion, creativity and experience which make seniors unique. We hope you enjoy looking through the collection of wonderful tales and it inspires you to write your own.



The Great Australian Story Team invites members of U3A Goulburn Mulwaree Inc. to contribute to the Great Australian Story.

This is a resource for those interested in Australia, its history and way of life, as it builds a picture of who we are - in our own words - by way of short stories.

The guidelines are:-

- Short stories written by Australians about a real-life experience
- The story reflects a personal experience or perspective and can be about anything (childhood memories about school, races, sports, war, travelling and so on *(have a look at some of the stories already on their website)*)

- Up to 1,800 words

An author can publish several stories and retains ownership and copyright of their own material.

GO TO THEIR THEIR WEBSITE FOR MORE INFORMATION

<http://www.greataustralianstory.com.au>



U3A Goulburn Mulwaree Inc. has a new website which will have everything about our U3A that you are likely to need, like course information, news updates and other useful information. The information will be kept up-to-date and will be constantly changing so please make sure you look at it regularly. Our website address is www.gm-u3a.com.au

THE AUTUMN TIMETABLE FORMS THE BACK PAGE OF THIS NEWSLETTER