



**GOULBURN MULWAREE INC.**

*"Learn to Live, Live to Learn"*

**NEWSLETTER No. 33 SUMMER EDITION 2016 EDITOR: Pat Spillsbury**

**OFFICE: McDermott Centre, 163 Auburn St.  
(next to Goulburn Post Office)  
POSTAL ADDRESS: P.O. Box 677, Goulburn 2580  
PHONE: 4822 5186  
EMAIL: [info@gm-u3a.com.au](mailto:info@gm-u3a.com.au)  
WEBSITE: [www.gm-u3a.com.au](http://www.gm-u3a.com.au)**



*THE 2016 LUNAR NEW  
YEAR OF THE MONKEY  
STARTS FEBRUARY 6*

**TERM 1 - SUMMER STARTS MONDAY,  
FEBRUARY 1 AND FINISHES SATURDAY,  
APRIL 9**

*ALTHOUGH OUR U3A USUALLY DOES NOT HOLD  
CLASSES ON PUBLIC HOLIDAY AND DURING TERM  
HOLIDAYS, SOME CLASSES, BY SPECIAL  
ARRANGEMENT, MEET DURING THESE TIMES*

### **ENROLLING FOR CLASSES**

**WE HOLD ENROLMENT DAYS AT THE  
BEGINNING OF EVERY TERM FOR ALL  
CLASSES & ACTIVITIES, 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 YOU CAN  
ENROL FOR TERM 1 IN PERSON AT THE OFFICE  
ON WEDNESDAY, 27, THURSDAY, 28 AND  
FRIDAY, 29 JANUARY BETWEEN 10AM & 2PM  
OR BY PHONE 4822 5186 DURING THOSE TIMES  
OR BY EMAIL ANY TIME**

**[info@gm-u3a.com.au](mailto:info@gm-u3a.com.au)**

### **U.3.A. QUARTERLY NEWSLETTERS**

*DUE TO THE INCREASE IN POSTAGE AS  
FROM JANUARY 1, 2016, ONLY THE  
SUMMER EDITION 2016 WILL BE POSTED  
TO MEMBERS.*

**AFTER THAT MEMBERS WHO HAVE EMAIL  
ADDRESSES WILL AUTOMATICALLY RECEIVE  
THEIRS BY EMAIL AND MEMBERS WITHOUT  
EMAIL ADDRESSES CAN PICK THEIR COPY UP  
FROM THE OFFICE OR THEY CAN ARRANGE TO  
HAVE A 'COMPUTER BUDDY' PRINT THEM A  
COPY OR ACCESS THEM ON OUR WEBSITE AT  
THE LIBRARY & PRINT THEM OUT THERE**

**[www.gm-u3a.com.au](http://www.gm-u3a.com.au)**

### **MANAGEMENT COMMITTEE 2015-16**

- PRESIDENT: Tom Lyttle**
- VICE PRESIDENT: Bob Muntz**
- SECRETARY: Jean Townsend**
- TREASURER: Pat Spillsbury**
- PUBLIC OFFICER: Brian A Spillsbury**
- ASSISTANT SECRETARY: Debbie Walker**
- ASSISTANT TREASURER: Dulcie Reid**
- COURSES & VENUES : Pat Spillsbury**
- WEBMASTER: Brian J. Spillsbury**
- ASSISTANT WEBMASTER: Debbie Walker**
- OFFICE CO-ORDINATOR: Jean Townsend**
- PUBLICITY OFFICER: Jan Solomon**
- WELFARE OFFICER: Robin Trotman**
- COMMITTEE MEMBER: Barbara Todkill**
- 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 OR LEAVE A MESSAGE  
ALL CORRESPONDENCE ADDRESSED TO**

**SECRETARY,**

**U3A GOULBURN MULWAREE INC.,  
P.O. BOX 677, GOULBURN, NSW 2580**

**OR [secretary@gm-u3a.com.au](mailto:secretary@gm-u3a.com.au)**

**FOR GENERAL ENQUIRIES**

**[info@gm-u3a.com.au](mailto:info@gm-u3a.com.au)**

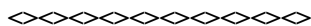


**YOUR 2016 SUBS ARE NOW DUE.  
RENEWALS ARE \$30 & NEW MEMBERS \$30  
PLUS \$10 JOINING FEE. YOU CAN PAY BY  
CASH OR CHEQUE, BUT WE DO NOT HAVE  
THE FACILITIES FOR PAYING BY CARD.**





about music theory and reading sheet music on the 'job' This makes it doubly hard to learn an instrument or sing, so Laszlo 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

**Time:** 12.30pm - 2pm **WEEKLY**

**Restarts:** TUESDAY, FEBRUARY 2

**Limit:** **Minimum 3 Maximum 8**

**Pre-requisites:** A love of music

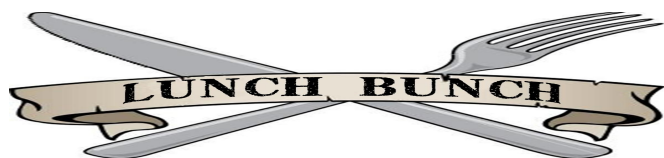
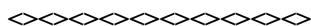
**Text/Equipment:** Notepad & pen/pencil

**Extra Costs:** Photocopying, if required

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

Laszlo'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, FEBRUARY 9

**Limit:** No limit

**TUESDAY, 9th FEBRUARY - THEME:**  
**WELCOME IN THE YEAR OF THE MONKEY AT**  
**THE BAN THAI RESTAURANT**

The lucky colours of "The Year of the Monkey" are white, gold or blue. Wear something in the lucky colours & win a prize or you may win the 'lucky ticket' prize. (1, 7 & 8 are the lucky numbers for the Monkey's Year -let's see if that works!)

Choose your meal from the menu at the time of booking. **TICKETS \$10** include a main course from the \$10 lunchtime special menu and a drink (tea, coffee or soft drink) ANY EXTRAS AT OWN EXPENSE ON THE DAY.

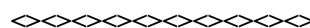
**BOOKINGS CLOSE FRIDAY, FEBRUARY 5**  
**TUESDAY, 8th MARCH - THEME: AN**  
**EARLY ST. PATRICK'S DAY @ THE BLACK**  
**SHEEP IRISH PUB** The "wearin' of the green" was banned in Ireland at one time - but not on 'our watch' - wear something green to show St Patrick we care!

Since our last visit to "The Black Sheep" it has changed hands, including the bistro.

Choose your meal from the menu at the time of booking. **TICKETS \$12** include a main from the lunch time special menu. Tea & coffee not included. All extras & drinks at own expense on the day.

**BOOKINGS CLOSE MONDAY, FEBRUARY 29**

**THERE WILL NOT BE A "LET'S DO LUNCH" IN APRIL DUE TO THE 2016 NSW SENIORS FESTIVAL (A.K.A. SENIORS WEEK) FALLING IN APRIL INSTEAD OF MARCH THIS YEAR**



## **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, FEBRUARY 23

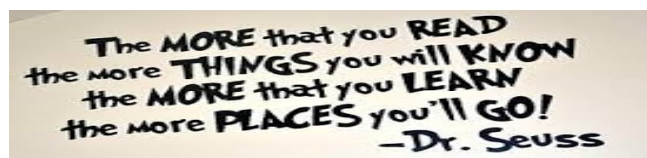
**Limit:** 10 to 12

**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, any of the F.T.B.C. members would be happy to assist U3A members wishing to start a new book club.



## PASSIVE RECREATION

**Tutor:** Pat Spilsbury

**Venue:** Goulburn Workers Club Deck

**Time:** 1pm - 3.30pm **WEEKLY**

**Restarts:** TUESDAY, FEBRUARY 2

**Limit:** No limit

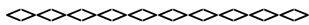
**Pre-requisites:** NO

**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. On Tuesdays 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!



## \*NEW\*\* TABLET WEAVING

**Tutor:** Pat St. George

**Venue:** McDermott Centre

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

**Starts:** TUESDAY, FEBRUARY 2

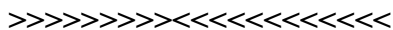
**Limit:** Minimum 4 Maximum 8

**Pre-requisites:** Enthusiasm to be creative

**Text/Equipment:** An Inkle Loom (which can be purchased from office) and your own threads

**Extra Costs:** No

With an Inkle 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



## WEDNESDAY CLASSES

### CITIZEN SCIENCE

**Tutor:** B.J. Spilsbury

**Venue:** U3A office, McDermott Centre  
& some Field Trips

**Time:** 1pm - 3pm **WEEKLY**

**Restarts:** WEDNESDAY, FEBRUARY 3

**Limit:** Minimum 4 Maximum 12

**Pre-requisites:** Curiosity & an open mind

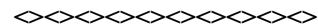
**Text/Equipment required:** See Tutor

**Extra Costs:** Photoopying, if required

Citizen Science projects are a means for volunteers to contribute to scientific research.

## NEW 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, FEBRUARY 3

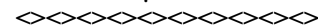
**Limit:** Minimum 4 Maximum 16 -20

**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



## 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, FEBRUARY 9

**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

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.

Continued next page

Have FUN engaging in the process of shared exploration of the selected books, and be warned - book club discussions can become addictive!

*All our book clubs were fully enrolled last year and, as continuing classes, it is expected these learners will be re-enrolling but we will be taking names for a waiting list should a vacancy occur or a new group is formed.*

### FAMILY HISTORY FORUM

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

**Restarts:** WEDNESDAY, FEBRUARY 3  
**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*

### \*ALFRESCO JUBILO A CAPPELLA ENSEMBLE

**\*PLEASE NOTE: NEW NAME, SAME GROUP**

**Tutor:** Georgina Spilsbury  
**Venue:** Goulburn Conservatorium  
**Time:** 6pm - 7.30pm WEEKLY  
**Restarts:** WEDNESDAY, FEBRUARY 3  
**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](mailto:georgina@en.com.au)

### HUMAN ABILITIES

**Tutor:** Tom Lyttle  
**Venue:** McDermott Centre  
**Time:** 7pm - 8.30pm WEEKLY  
**Re-starts:** WEDNESDAY, FEBRUARY 3  
**Limit:** Minimum 6 Maximum 20  
**Pre-requisites:** An open mind  
**Text/Equipment:** Printed notes available  
**Extra Costs:** May be a small charge for photocopying

Tom's excellent course will be resuming again this year. It was very popular and well attended last year so you will need to enrol early to avoid disappointment. This year it is scheduled for every Wednesday but there will be some gaps of 4 or so weeks and these will be announced in class.

This course aims to explore our human abilities "from the cradle to the grave" with particular reference to preserving and improving these abilities as time catches up with us. .

### 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, FEBRUARY 18  
**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.

## THINK TANK

Tutor: Bob Mutz

Venue: U3A Office, McDermott Centre

Time: 7pm - 8.30pm

1st & 5th Thursdays MOSTLY MONTHLY

Limit: Minimum 6 Maximum 12

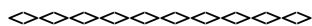
Starts: THURSDAY, FEBRUARY 4

Pre-Requisites: An open mind

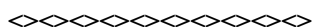
Text/Equipment: None

Extra Costs: None

Topics and some background articles/information will be on our U3A website. Serious topics discussed and politely, but robustly debated and a summary written and posted back on the website.



Think Outside  
The Box



## MOOT

Tutor: David Baird

Venue: McDermott Centre

Time: 7pm - 9.30pm FORTNIGHTLY

2nd & 4th Thursday each month

Starts: THURSDAY, FEBRUARY 11

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.

## LET'S EXPLORE .....

Tutor: Pat Spilsbury

Venue: Field trips to places of interest

Time: Usually 8.45am - 4.30pm MONTHLY  
4th THURSDAY OF EACH MONTH

Leaving From: Ellesmere St All Day Car Park

Restarts: THURSDAY, FEBRUARY 18

Limit: Minimum 10 Maximum 25

Extra Costs: Members required to pay a share of fuel & other expenses

THURSDAY, FEBRUARY 18 THE NATIONAL GALLERY OF AUSTRALIA, CANBERRA, FOR THE TOM ROBERTS EXHIBITION

The Heidelberg School was an art movement of the late 18th century. The movement has latterly been described as Australian Impressionism. Tom Roberts was considered a key figure in this movement.

LEAVING THE ELLESMERE STREET ALL DAY PARKING AREA @ \*7.30am, TICKETS \$15  
Includes bus travel and a free 1 hour guided tour of the exhibition from 9am-10am before the gallery opens to the public \*(hence the early start)

MORNING TEA/LUNCH AT YOUR OWN EXPENSE

Should you require a ticket to see the exhibition at your leisure after the guided tour, they are available to purchase at the gallery at your own expense for \$17.50 (concession)

We will be leaving the gallery for home approximately 2pm.

Tickets will go on sale at the U3A office from Wednesday, January 27 and bookings will close Wednesday, February 10th if not sold out before that date

MARCH 31\* PAULINE FATHERS MONASTRY, PENROSE PARK & RED COW FARM, SUTTON FOREST - REVISITED

\*one week later due to Easter holidays

A couple of years ago we visited the Pauline Father's amazing Shrine dedicated to Our Lady of Mercy, represented by a replica of the Icon

Continued next page

of Our Lady of Jasna Góra known as the Black Madonna. Since the founding of the main shrine in 1984, many smaller shrines have been built by pilgrims representing most countries of the world. We will have a tour of the church and the many shrines in the morning and we will have lunch in the marquee there - please bring your own picnic lunch and tea/coffee & cake will be provided. After lunch we will head on down to Sutton Forest to the Red Cow Farm - the Southern Highlands best kept secret - a unique cool climate garden set on 2.5 hectares. You will be enchanted and surprised by such wonders that are to be found in the 20 different garden 'rooms' This wonderful garden has been described as one of the best in the world and I'm sure once you have seen it you will agree!

**LEAVING THE ELLESMERE STREET ALL DAY  
PARKING AREA @ 9am, TICKETS \$20  
Includes bus travel, entry into Red Cow  
Farm, and tea/coffee & cake at lunch time  
(B.Y.O. lunch)**

***Tickets will go on sale at the U3A office  
from Wednesday, January 27 and bookings  
will close Monday, March 14 if not sold  
out prior to that date.***

**AS THERE WILL BE ONLY 25 SEATS AVAILABLE  
ON ALL FUTURE "LET'S EXPLORE TRIPS YOU  
WILL NEED TO BOOK EARLY AND ONLY  
PAYMENT WILL SECURE YOUR SEAT.**

**THERE WILL NOT BE A  
"LET'S EXPLORE" IN APRIL**



### **TEA & TALK**

**Tutors:** Pat Spilsbury & Jeanette McKinley

**Venue:** Chatsbury Gardens

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

**Starts:** THURSDAY, FEBRUARY 4

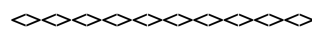
**Limit:** No limit

**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'



### **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

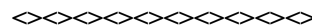
**Re-starts:** THURSDAY, FEBRUARY 18

**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 in front of *The Greengrocer on Clifford at 5pm sharp* to enable them to be in plenty of time for the lectures.



### **\*\*NEW\*\* INTRODUCTORY TAI CHI**

**Tutor:** Brian J Spilsbury

**Venue:** McDermott Centre

**Time:** 10am - 11.30am **WEEKLY**

**Limit:** Minimum 4 Maximum 6

**Starts:** THURSDAY, FEBRUARY 4

**Pre-requisites:** Preferably people who have done  
some Tai Chi (for this first course)

**Text/Equipment:** Comfortable, loose clothing &  
flat soled shoes or no shoes

This will be based on the Tai Chi for Arthritis Course and their step by step video We will be having a couple of guest Tai Chi instructors give talks/demonstrations and classes but for the rest we will have to 'muddle through' on our own. There is an expectation that one or two of the people doing the class will go for the Tai Chi for Arthritis training and accreditation week end in the first part of this year,



## FRIDAY CLASSES CLEOPATRA'S NOSE

### Series 6 - ALL NEW TOPICS

**Tutor:** John Miller  
**Venue:** Workers Club - Activities Room  
**Time:** 10.30am - 12md FORTNIGHTLY  
Normally 2<sup>nd</sup> & 4<sup>th</sup> Friday of each month  
**Restarts:** FRIDAY, FEBRUARY 12

**Limit:** No limit

**Pre-requisites:** No

**Text/Equipment 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

## SATURDAY CLASSES

### \*\*NEW\*\* MEMOIRS WORKSHOP

**Tutor:** Pam Reynolds  
**Venue:** McDermott Centre  
**Time:** 10am - 3pm 1 DAY ONLY  
on FEBRUARY 6, breaking 1pm-2pm for lunch (B.Y.O. or purchase lunch from one of the many food outlets nearby. Tea/coffee available at the class throughout the day)

**Limit:** Minimum 4 Maximum 10

Most of you will have had varied, interesting, hard-working, perhaps ordinary lives; all are worth remembering, to honour the memory of the

people you love and have loved you - to honour your own achievements and pass on these memories.

Bring along writing paper, pens, pencils, relevant photos, stories, memorabilia - such as letters, newspaper cuttings, journals, documents, diaries - anything that can add to your story.

## PLANT TO PLATE

**Tutor:** Ray Shiel

**Venue:** Goulburn Community Gardens

**Time:** 10am - 12 noon FORTNIGHTLY  
2nd & 4th Saturday of month plus rostered maintenance duty in between that time

**Limit:** No limit

**Restarts:** SATURDAY, FEBRUARY 13

**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. Learners need to come to the monthly class on different aspects of gardening and also help with the roster of weekly maintenance work when convenient, to keep the garden growing well and it is important for them to try all the different tasks involved to gain all the different gardening skills. Participants will learn to work as a co-operative team and will be generating a local planting guide and will keep a garden diary to record produce grown and work done.

Confucius say: "Keep your words soft and sweet, just in case you have to eat them"

oooooOOOooooo

Confucius say: "When driving near schools, open your eyes and save the pupils"

**\*\*NEW\*\* PRACTICAL VEGETABLE GARDENING**

**Tutor:** Pat St George  
**Venues:** Goulburn Community Gardens  
**Time:** 9am-10am **WEEKLY**  
**Limit:** Minimum 4 Maximum 8  
**Starts:** SATURDAY, FEBRUARY 6  
**Pre-requisites:** Must be a member of U3A & Goulburn Community Gardens  
**Text/Equipment:** Note book & pen  
**Extra Costs:** NO

Learn the basic vegetable garden skills by 'hands-on' practical application of helping look after a vegetable garden bed. Must be prepared to plan and schedule the plantings, keep a garden diary, plant seeds and seedlings, pull weeds and enjoy fresh vegetables.

**\*\*NEW\*\* SEED SAVERS**

**Tutor:** Sarah Bridges  
**Venue:** Goulburn Community Gardens  
**Time:** 10am - 12md **MONTHLY**  
 3rd Saturday of month  
**Limit:** Minimum 4 Maximum 8  
**Starts:** SATURDAY, FEBRUARY 20  
**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

**OMNIBUS**

**STUDY AT HOME**

**Organiser:** Brian J Spilsbury  
**Cost:** \$5 per term payable at the office at the beginning of each term



Some people think that computers are mainly useful for browsing the web or for email. Information is fast becoming fully digital, with books, music, recordings, photographs etc all costing very little if you have a computer to access them. If you do not have a computer and are offered a family hand-me-down laptop, don't be too proud to take it, this is an easy way to get started. Unfortunately a connection to the internet is usually required to access them and this can be expensive or hard if you live out of town, but with your Omnibus DVD you will get a month's worth of viewing at home using just a computer, without internet, or your TV set. **Omnibus** is a DVD which is full of audio podcasts such as The Health Report, TED, Youtube videos, audio books, news articles and much more which you can listen & look at any time that suits you. Each month a DVD with more than a gigabyte of downloads will be compiled and be available to be picked from the U3A office around the middle of the month, **YOU WILL NEED TO ENROL IN OMNIBUS, TO BE ABLE TO TAKE PART IN THIS EXCITING ACTIVITY**



**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**

Last year was another great year at the Lieder and with such a variety of productions there was something for everyone and we expect that 2016 will be more of the same!

**FOR INFORMATION ABOUT UPCOMING SHOWS PHONE THE LIEDER, 4821 5066**



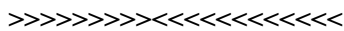
## NSW SENIORS FESTIVAL (A.K.A. SENIORS WEEK)

This year the NSW Seniors Festival, (a.k.a. NSW Seniors Week) will be held the first week in April instead of the middle of March as in previous years. As usual U3A Goulburn Mulwaree Inc. will be holding a *2 day Grey Mardi Gras* to celebrate the important part Seniors play in the community.

**DAY 1 Monday, April 4** U3A, in conjunction with Goulburn Mulwaree Council & the Goulburn Workers Club will hold the Official Opening of Goulburn's Seniors Festival with the announcement of Goulburn's Senior of the Year and a free morning tea, courtesy of the council, in the Workers Auditorium, 10.30am for an 11am start. It will be followed by U3A's "Live Life Expo" with the theme "Healthy, Wealthy, Wise & the Pursuit of Happiness"

with lots of stalls from local organisations showcasing what they have to offer seniors

**DAY 2 Tuesday, April 5** U3A volunteers will be assisting the Workers Club with the Workers free lunch and entertainment (tickets available at the Workers at a time to be announced)



### **IMPORTANT NOTICE**

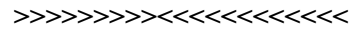
#### **2016 U3A NETWORK CONFERENCE & A.G.M. APRIL 27 - 29**

Eastlakes U3A is delighted to be hosting the Network Conference and A.G.M. in the year celebrating 25 years of the U3A Network. The conference will be held at the Belmont 16' Sailing Club on the shores of beautiful

Lake Macquarie.

Any member of any U3A is welcome to attend this conference and Jean Townsend and Pat Spilsbury will be our U3A's official delegates.

FOR FURTHER INFORMATION EMAIL:-  
[conference@eastlakes.u3anet.org.au](mailto:conference@eastlakes.u3anet.org.au)

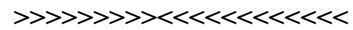


### **"GET ON BOARD"**

FREE AT GOULBURN LIBRARY  
1st SATURDAY OF EACH MONTH

"Get on Board" which has been operating at the library on Tuesdays has now moved to the first Saturday of each month from 10am till 12.30pm, starting in February. All kinds of board games are played and U3A members are invited to play.

FOR MORE INFORMATION ENQUIRE AT  
THE LIBRARY OR RING THEM 4823 4435



### **PROPOSED SCRABBLE CLUB**

U3A Goulburn Mulwaree is proposing to join forces with Goulburn library in starting a *Scrabble Club* (this is in addition to "Get On Board"). This club would meet and play at the library.

If you would be interested in this activity, please let the U3A office know, phone 4822 5186 during office hours.

## CAN YOU HELP?

With the *Grey Mardi Gras* coming up in April and the *Biggest Morning Tea* in May, we are looking for donations suitable for 'lucky door' and raffle prizes. If you can help, we would be very grateful



**DONATIONS CAN BE LEFT  
AT THE U3A OFFICE**

## Slips, Trips & Falls

Do you have difficulty walking independently without the fear of falling? Have you recently had a fall and lost your confidence?

Then the **STEPPING ON** program, a free community initiative of the Southern New South Wales Health District, may be just what you need!! The program is held at the Community Health Centre over a period of seven weeks, 2 hours per week. Local health professionals and invited guest presenters lead the program.

The benefits are many, including learning how to:- manage your medications; eat nutritious food; recognise fall hazards; do strength & balance exercises. Class numbers are usually around 12 and apart from learning with your peers, it is fun and friendly. Why not spend a couple of hours a week enjoying yourself while, at the same time, learning how to strengthen those tired muscles?

CONTACT THE PHYSIOTHERAPY DEPARTMENT OF THE GOULBURN BASE HOSPITAL, 4827 3256, TO FIND OUT DETAILS OF THEIR 2016 SESSIONS

**COME ON, GIVE IT A GO!**



**IF WE DON'T USE IT,  
WE'LL LOSE IT!**

**Goulburn & District Meals On Wheels** - will deliver nutritious meals to your home 5 days a week, a main course (hot or cold) and a dessert for \$6 and frozen meals for \$7.50. The menu varies daily. If you, or a family

member, would like to avail yourselves of this service or you would like more information, please phone Sharon on 4821 0997 (if you leave a message, she will get back to you) or you can visit her at the **Meals On Wheels** office, suite 5/213 Auburn St. (near Eva's Goulburn Eye Care).

*This valuable community service is in danger of closing if people do not use it*



## QUEANBEYAN PLAYERS PRODUCTION AT THE "Q" THEATRE THE MUSIC MAN

## CANBERRA PHILHARMONIC PRODUCTION AT ERINDALE ANYTHING GOES

**THE "MUSIC MAN" WILL BE IN TERM 2,  
WITH "ANYTHING GOES," MOST LIKELY,  
IN TERM 3**

**U3A GOULBURN MULWAREE INC. RESERVES THE  
RIGHT TO CANCEL ANY TRIP/SOCIAL EVENT IF  
INSUFFICIENT PEOPLE BOOK TO MAKE IT VIABLE**

## Volunteers Needed!!!

We are calling for expressions of interest for new classes including a First Aid Course, Mandarin, French, German & Spanish Conversation and one for Auslan (Signing for the Deaf) and also volunteer Tutors for these classes. If you are interested in such a course, or in becoming a Tutor for ANY course, please let the Courses Co-ordinator, Pat Spilsbury, know by phoning and leaving a message for her at the U.3.A office 4822 5186 or email her at [info@gm-u3a.com.au](mailto:info@gm-u3a.com.au)



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.

In short 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>



### EXCITING NEWS!

U3A Goulburn Mulwaree Inc. has a brand 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. If you do not

have a computer yourself or you have one but not an internet connection, our local library has computers you can use to access websites etc. and for a small sum you can print out the information you need. They have computer classes from time to time, so make enquiries if you need to learn how to use a computer or need to brush up on the skills you already have. Also, members can use the computers in the U3A office during office hours to check the website and their emails. At present U3A does not have a computer class, but we are hoping to re-start one as soon as possible.

Our website address is:-

[www.gm-u3a.com.au](http://www.gm-u3a.com.au)

## JEST FOR FUN

### A NEW YEAR PRAYER FOR OLDER PEOPLE

God, grant me the ability to forget  
the people I never liked,

The good fortune to run into the ones I do,  
And the eyesight to tell the difference.

oooooOOOooooo

Mary was taking a nap on New Year's Eve before the festivities. After she woke up, she confided to John, her husband, "I just dreamed that you gave me a diamond ring for a New Year's present. What do you think that all means"

"Aha, you'll know to-night" John replied, smiling broadly.

At midnight, as the New Year was chiming, John hands Mary a small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled "The Meaning of Dreams"

**THE SUMMER TIMETABLE FORMS THE LAST PAGE OF THIS NEWSLETTER**

