

U3A GOULBURN MULWAREE INC'S OFFICIAL MONTHLY NEWS UPDATE



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HAPPY LUNAR NEW YEAR 2017 Welcome to the lunar year of the Rooster, which starts January 28 – the second New Moon after the Solstice. *“I am alert, ready to take action – the first on the scene, the last to leave. I take chances, but I am precise, I know where things belong, I am orderly and fastidious. Nothing escapes me, I am always prepared. I never give up or in – I am the Rooster”* You are a Rooster if you were born in 1909, 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005 and 2017.

TERM 1, 2017 ENROLMENT DAYS Member will be able to enrol at the McDermott office on **MONDAY, 23rd, TUESDAY, 24th and WEDNESDAY, 25th JANUARY - 10am till 1pm.** **ANNUAL SUBS (\$30 renewal; \$40 new memberships)** and any **extra fees** can be paid then Tickets for **Let's Do Lunch, Let's Explore,** and excursions to the **Versailles – Treasures from the Palace Exhibition** at the National Gallery and for **Chicago** at the Erindale Theatre can be purchased then as well.

LET'S DO LUNCH Due to the Seniors' Festival (a.k.a. Seniors Week) being early in 2017 (1st week in March) there will only be one “Let's Do Lunch” in Term1

TUESDAY, FEBRUARY 14 – CASCADES RESTAURANT 77 Lagoon Street Situated in the Best Western Motel. The theme will be Valentines Day, and there will be a special 'lucky door' prize and a small gift for everyone. Tickets cost \$18 and include a main from the Lunchtime Special Menu, tea/coffee. **All 'extras' and drinks from the bar at own expense**

LET'S EXPLORE Our **February 23** trip will be to **Belgenny Farm, Camden.** This trip will give us a glimpse into the history of the oldest collection of original farm buildings in Australia located in the historic Camden Park Estate, famous home of agricultural pioneers, John and Elizabeth Macarthur. **Tickets cost \$40** and include bus travel, Devonshire Morning Tea, guided tour, DVD presentation and a light lunch.

Then on **March 23** we will have a total change of pace - from the past into the future when we visit the **Canberra Space Centre at Tidbinbilla (ACT)** located in the grounds of the **Canberra Deep Space Communications Complex – this facility is run for N.A.S.A. by Australia's C.S.I.R.O.** **Tickets cost \$30** and include bus travel, self-guided tour of the complex, DVD presentation. **Morning tea and lunch at own expense.**

VERSALLES – TREASURES FROM THE PALACE EXHIBITION U3A will be having a bus trip to the National Gallery, Canberra, for this great exhibition on Thursday, February 16. **Tickets cost \$20** and include bus travel and a one hour guided tour of the exhibition before the gallery opens to the public. **Morning tea, lunch and additional entry into the exhibition at own expense.** Limited places available so U3A members who registered interest last year will be given first opportunity to purchase tickets

CHICAGO AT THE ERINDALE THEATRE Prepare yourself for the razzle-dazzle of the hit musical **Chicago** when we go to the Canberra Philharmonic's matinee performance on Saturday, March 25. Winner of 6 Tony Awards, 2 Oliver Awards, a Grammy and thousands of standing ovations, **Chicago** is Broadway's longest-running Musical Revival and the longest-running American musical ever to play the West End. So get in early for your ticket to **Chicago (and All That Jazz)** **Tickets cost \$70** and include bus travel, reserved front stall seats and a 'goody bag' for interval. **Morning tea and lunch at own expense.**

IT WOULD BE A GREAT HELP IF MEMBERS COULD HAVE THE CORRECT MONEY FOR SUBS, TICKETS etc. WE ACCEPT CASH OR CHEQUES BUT DO NOT HAVE CREDIT CARD OR EFTPOS FACILITIES

NEW CLASSES FOR TERM 1 With a record 38 classes on offer for Term 1, our members will have a hard time working out which ones they can 'fit in'. ***If only there were more days in the week!***

Term 1 Class Timetable and Enrolment Forms are available to download from our website – print them out, fill them in and return to us on Enrolment Days (in person, by mail or fill in, scan and email to info@gm-u3a.com.au) or you can pick them up in hard copy from the office on Enrolment Days.

SUSTAINABLE LIVING One of our new classes is ***Sustainable Living***. What is sustainable living? It seems it means different things to different people, says **Google**. However, most agree that it has come to mean the ability to meet present needs without damaging or depleting the environmental, economic or social resources that future generations will need.



For many years Mike Shepherd (***the Yurt Man***) has been running camps for children to teach them exactly that – going 'back to basics' learning that milk and eggs do not come out of cartons from the supermarket by teaching them to milk a cow, feed and gather eggs from the chooks, hand feed baby lambs and other life skills like grinding grain to make flour, making mud bricks, learning that they can have fun without mobile phones, video games and watching TV. Mike has kindly offered to do the same for our members by offering to refresh the skills that they learned when they were children growing up in the country or teaching them new ones if they were 'city kids'. This will not only be a very practical 'hands on' class up at Mike's Yurt Farm, but will be lots of fun as well!



NEW & CLASSES RE-VISITED Another practical class that will re-start first term is Jesse Ainsworth's ***Herbal Medicine***. This course will teach members to treat simple ailments using herbs and plants that can be found in the garden and kitchen pantry.

Our courses held down at the Community Gardens – ***Plant to Plate, Vegetable Gardening & Seed Saving*** are also designed to help you live healthily and save money at the same time by growing your own and our ***Tablet Weaving*** class will show you how to make attractive belts, hatbands etc. for a fraction of the cost of those available in shops. Members with enquiring minds will be well catered for in Term 1, with ***Astronomy, Natural Philosophy, Computer Programming*** added to our popular ***Citizen's Science*** and ***Science Lectures*** at Chevalier College. To help our members stay healthy and retain their mobility they can join in ***Tai Chi 4 Arthritis*** down at the Community Gardens on Fridays or join our Thursday ***Walk 4 Health Group*** or the ***Ramblers*** on Sundays. When ***Tea & Talk*** at Chatsbury Gardens resumes this term they will be 'looking at' some of the many great women and men Australia has produced. The first will be ***Elizabeth Macarthur*** (very timely as we will be 'exploring' her home at Camden a few weeks later!) and other 'greats' such as ***C.J. Dennis***, poet; ***Daisy Bates***, anthropologist and social worker; ***Edward (Weary) Dunlop***, doctor, war hero and humanitarian; ***Miles Franklin***, local author of 'My Brilliant Career'; ***Norman Lindsay***, legendary artist - highly controversial in his time and many, many more.

It seem our members can't get enough language classes so new tutor Barbara Shannon will be adding ***Spanish*** to our ***Italian*** and ***Mandarin*** list of languages being taught. We are still looking for someone to teach ***Auslan***.

2017 NSW SENIORS FESTIVAL (previously known as Seniors Week) This week-long festival will run from Friday, 3rd till Sunday, 12th March and there will be lots of activities for Goulburn's seniors to take part in. U3A in conjunction with the Goulburn Mulwaree Council and the Workers Club will be having their annual ***Grey Mardi Gras*** at the Workers Club on Monday, the 6th and Tuesday, the 7th – so keep those dates free!