



## The Bulletin

EDITION No. 11 TERM 2 – WEEK 9, JUNE 2017 EDITOR: Pat Spilsbury  
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**McDERMOTT CENTRE UPDATE** We were given notice that we would have to vacate the McDermott Centre by the end of Term 2 but we received news on Thursday that we will now be able to stay there until the end of Term 3 (September) so once again, it will be business as usual at the McDermott in Term 3 - the office will be operating, albeit only two days a week, and all the usual classes held there will remain there – for the time being anyway!

**TERM 3 ENROLMENTS** You will be able to enrol for term 3 classes on Monday, 19th June & Tuesday, 20th at the U3A office, McDermott centre 11am – 1pm and also on Tuesday, 20th at Quills at the U3A Annexe, 10am 12 noon **EVERYONE HAS TO ENROL EVERY TERM** The Annexe is between the Workers Club's Auburn Street entrance & the Salvation Army Employment Plus office.

**LET'S EXPLORE** will be hibernating, as usual, for the Winter Term (Term 3) and will resume in the Spring Term (Term 4).



**NEW CLASS** Tai Chi will also be in hibernation during the Winter Term, but never fear, we have a new 4 week exercise course taking its place on Mondays from 1.30pm till 2.30pm at the McDermott Centre. Vivien Sweeney, an accredited Awareness Through Movement Instructor, will teach you how to keep fit during winter using the the Feldenkraise Method which is a universal method for improving human life through better movement, sensation, posture and breathing. People often find that improving their movement and posture will improve their overall health and well-being, leading to better attention, thinking ability, emotional resilience, co-ordination, balance and easier breathing. Viv will encourage you to practice the movements very gently and slowly, sitting on a chair, ensuring that you feel safe and comfortable throughout the course.

**LET'S DO LUNCH** will be returning to Tuesdays in Term 3. The first will be Tuesday, 8th August and will be at the Southern Star Indian Restaurant and tickets will cost \$15 for a main served with naan bread and a dessert, all drinks and extras at own expense. The second will be at The Hibo, one of our favourite restaurants, on September 19th and tickets for this one will also cost \$15 for a main course only - extras, desserts and all drinks at own expense. Tickets will go on sale at the office from Monday, 17th July during office hours, they will also be available on Quill's days.

**CELEBRATING AT THE GARDENS** This year's Winter Solstice was celebrated at the Community Gardens last Saturday by our U3A Gardening Groups and the Community Garden Groups. The gardens were open to visitors from 12 noon and at 1pm Di Picker gave a talk on Seed Saving, followed by a talk on worms by Ray Shiel then a workshop on propagation by Mariana Patchett. After a delicious meal of soup & sizzling sausages & other goodies, the U3A A Cappella Choir entertained and encouraged all to sing-a-long. Between now and the Spring Equinox there will be Soup Saturdays every week after Pat St George, Ray Shiel, Ros Thomson & Di Picker's classes. There will be a Seedling Sale at the Spring Equinox as a fund raiser to improve the gardens, how about growing some to donate to the sale for this very worthy cause. Talk to Elizabeth Mackay at the gardens if you can help.



**VALE MAX GOULBURN LOCKWOOD** It is with great sadness we report the death of Max after a long illness. Max was born in the Goulburn Valley of Victoria, then moved to Orange NSW before coming to Goulburn. He joined our U3A soon after he moved here and in 2008 was elected to the Management Committee where he remained for 3 years, 2 of those as Vice President. Some members will remember him as one of our volunteer bus drivers in the early days of "Let's Explore" Max was an avid chess player who didn't miss a week at Passive Recreation and he also helped past President, Brian, teach children the joys of chess at the Workers Club for many years. Our thoughts are with his wife, Miriam, at this sad time - as was said in his eulogy, Max was a real good bloke.

**MENS HEALTH WEEK JUNE 12 – 18** The theme for this year's Mens Health Week is *Healthy Body, Healthy Mind – Keeping the Balance* There will be a talk by international expert specialising in mens health, Stephen Carroll, at the Goulburn Mulwaree Library on Tuesday, 27th June from 1pm – 3pm. This talk is free but bookings are essential. Give the library a ring, 4823 4435, to find out how you can book for this very important talk.

**RED APPLE DAY JUNE 21** Bowel Cancer Australia's apple logo is symbolic of the charity's bowel cancer message: *bowel cancer is preventable, treatable and beatable if detected early.* Help save lives by getting behind Red Apple Day by buying Red Apple Pins, Bowel Cancer Awareness Ribbons or other Red Apple merchandise by clicking on to [bowelcanceraustralia.org](http://bowelcanceraustralia.org) to help fund research into this insidious disease.



**GRIST FOR THE MILL** There will be two sessions of Grist For The Mill in Term 3. In the first session Tom Lyttle will be talking about his recent visit to *Antarctica*, an exciting place that not many people get the opportunity to visit. The second will be a talk by Heather Pearson on the *Camino de Santiago a.k.a. The Way of St. James - Re-visited* Members may remember when Heather spoke earlier this year of her first visit to Spain to take this fascinating pilgrimage, well she is just back from her latest visit which she will talk about which is sure to be just as, if not more, interesting as the first. These talks will take place at the McDermott Centre on Saturday afternoons, so make sure you enrol for Grist For The Mill in Term 3. Dates for these two great talks will be announced in the next Bulletin.



**VOLUNTEER TUTORS/CLASS LEADERS NEEDED** Our volunteer tutors are important to U3A, without them we would not be able to offer the amazing array of classes that we do. We would like to add the following to our curriculum in the future:- *AUSLAN – Signing for the Deaf; ART – Any Medium; BEGINNER'S FRENCH LANGUAGE; BRAIN GAMES – e.g. Crosswords, Cryptic Crosswords, Scrabble, Sudoku etc.; COOKING CLASSES – Cooking For Two, Different Ethnic Cuisines, etc. classes or one day workshops; CRAFT – any kind of craft classes or 1 day workshops; DRAMA – Play Acting, Play Reading etc.; MAKERS CLASSES – Woodworking etc.; YOGA.* These are just a few of the things our members would like to learn, so if you would be prepared to 'put up your hand' to become a tutor or class leader for any of these, or any other subject, we would be pleased to hear from you – the rewards are great, just ask any of our other volunteers tutors/class leaders about the self-satisfaction you get from sharing your knowledge with others.



THE U3A MCDERMOTT CENTRE OFFICE WILL OPEN FOR 2 DAYS A WEEK ON MONDAYS & TUESDAYS 11AM -1PM NOT OPEN ON WEDNESDAYS, THURSDAYS, FRIDAYS, WEEK ENDS, PUBLIC & TERM HOLIDAYS  
QUILLS IS AT THE U3A ANNEXE ON TUESDAYS ON THE 1st, 3rd, 5th, 7th & 9th WEEK OF EACH TERM FROM 10AM TILL 12 NOON FOR MEMBERS TO ACCESINFORMATION, MAKE BOOKINGS , MAKE PAYMENTS ETC.