



Welcome to Term 4 2008

Too often, perhaps, I am asked “what does U3A do for me?”. Firstly, you and I are the U3A Nepean - Blue Mountains Chapter, so the question really is “What am I doing for myself and my other Senior companions?”. Secondly, the breadth and diversity of our Chapter’s educational activities may challenge your staying power, just to read a small snapshot.

If you are a doubter, and they do exist believe me, remember that not one of these events would fly without much planning and dedication from our Volunteer Tutors, Office Staff and Committee Members. Take a bow every one of you reading this who dedicate a slice of that precious asset, **YOUR TIME**, to assist in the diverse range of U3A activities. Then take a second to rejoice that we are supported by our Penrith Office Volunteers, under the guidance of our stalwart colleague Brenda Emerson, whose passion for ensuring U3A moves along so smoothly, matches our own Committee

Members contributions. U3A is a learned organisation with a commitment to sharing knowledge. Working within our U3A Chapter, there are close to 80 specialist Volunteer Tutors, catering to a comprehensive range of educational disciplines.
The Editor

IMPORTANT NOTICE.
Any Newsletter contributions for the End of Year publication should arrive at the office, attention Newsletter Editor prior to Friday 21 November 2008, so start getting your thoughts together for a bumper issue.
Alternatively email :
u3anews@bigpond.com or
u3anepoff@pnc.com.au
Let us know what information or articles interest you, after all it is your newsletter.

President’s Report

The year is closing fast, only one more term to go.

This will be our last full newsletter for the year, the next one will only be an abbreviated version mainly to advise the results of our AGM. This will be accompanied by our 2009 Year book with all the classes anticipated to entice you to get out and exercise the mind and body.

We have had a very successful year to date, enrolments are the highest for many years and classes have been well patronised. All this would not be possible without the help of our great team of Volunteers, Tutors, Office Staff and the Elected Committee.

As you would already be aware our AGM will this year, on Saturday 8th November 2008, be held at Lawson to allow members from the higher mountains areas easier access. We hope this will be a success as it is imperative to have input from as many

members as possible to keep this wonderful organisation prospering. The U3A organisation, worldwide, is in the box seat to expand in the coming years as our ageing population increases, people are living longer and are more active for their age, compared to previous generations and are looking for outlets such as ours to add to their enjoyment of retirement.

So again I say, please tell your friends and neighbours about what we have to offer in variety and at such affordable prices.

Reg Grace
President.



U3A Annual General Meeting

The U3A AGM will be held this year at the Mid - Mountain Community Centre in Lawson - 3 New Street (Cnr. Staple Street) on Saturday 8th November 2008 at 2pm.

The choice of this venue has been decided to give our Blue Mountains members an opportunity to attend, as we have received numerous requests for the same.

The purpose of the AGM is to elect the Management Committee for 2009. The role of the Management Committee is to run the affairs of the U3A Nepean – Blue Mountains Chifley Chapter on behalf of its members.

The following positions are available on the Management Committee:

President

Vice - President Nepean

Vice - President Blue Mountains

Secretary

Treasurer

Membership Officer

Publicity Officer

Committee Members - 4 positions.

Why am I raising this now?

Firstly, all financial members have the opportunity to attend the AGM and vote **FOR/AGAINST** any nominee for any position – it is your right and it is to be hoped that **YOU** will exercise it.

Secondly, any financial member may nominate for any position of his/her choosing on the Committee. Yes, the outgoing Committee attempts to have at least one nominee for each of the positions, but this in no way precludes others from nominating.

Thirdly, several Committee positions were unfilled for much of the 2007-2008 year. This was unfortunate, because others had to cover these vacancies and/or make ad hoc arrangements. Inevitably this placed a severe strain on the remaining members of the Committee, despite the efforts of some much appreciated (and too commonly unacknowledged) temporary helpers.

Lastly, the organisation needs new blood to share the tasks and responsibilities, to engender fresh thinking, and to overlap and extend the corporate memory of “old retainers”.

So, what is the bottom line?

Irrespective, whether you are an “old retainer”, new to the organisation, have particular skills that are under-used, or just feel that **YOU** can make a difference; please **ACT NOW**.

We value your input, so make your presence a boon to the organisation.

Contact any member of the U3A Penrith Office for more information, advice, and an Application Form and **NOMINATE**.

Nominations close seven days before the date of the AGM.

Other business at the AGM will be to receive reports from office bearers, and receive the annual audited accounts.

PLEASE NOTE: Extracts from our Constitution

11g. The president shall not hold office for more than (3) consecutive terms. Reg Grace will retire this year

20a. No item of business shall be transacted at a general meeting unless a quorum of financial members entitled to vote is present.

20b. Twenty five members present in person (being members entitled under these rules to vote at a general meeting) constitute a quorum for the transaction of the business of a general meeting.

We hope that there will be a good turn out of members from all areas.

If a quorum of 25 members is not achieved within 30 minutes of the proposed starting time, the AGM will be transferred to The Penrith School of Arts Hall, 3 Castlereagh Street, Penrith at 2pm on Friday 14th November

News from the Classes

CAKE DECORATING CLASS

This year we have both the Beginners and Advanced Cake decorating classes and both classes have been running very well this year. Recently, I was away overseas for 6 weeks and left the running of both classes to Jacqueline Dollack, our second year student. I would like to thank Jacqueline very, very much for her hard work in teaching both classes during my absence. She has done a wonderful job with all her preparation and teaching of the classes. I am very proud of the progress of both of my Cake Decorating Classes. Good progress is being made because everyone is practising their skills at home and we also have a great deal of fun in our class times. It is a real pleasure to teach these

students, who have become good friends to me and I appreciate that they are willing to make these classes the success they are.

Sophia Vlodyczuk.

Myrna Rodger's cake from Term 2 beginners class.



Sophia - Lovely to have you back again. We all missed you, dearly.

The Editor.

U3A Term 4 Courses

The office will be closed from 2pm Friday 26 September until 10am Monday 13 October 2008. The following courses will commence in Term 4. Contact the Tutor to check for vacancies and make bookings.

Course title: 'The US Elections: The Candidates, Issues and Implications for Australia'

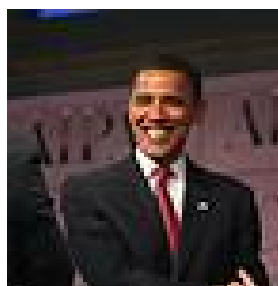
Course description: This year's Presidential election is one of the most interesting and anticipated contests in recent US history. The course will coincide with the closing stages of the election and continue just beyond it to reflect on the results not just in the White House but in Congress as well. We'll start with brief reviews of both the American electoral process and US post-war elections, before considering the profiles of the candidates and where they and their parties' platforms stand on key domestic and international issues. Hopefully there will be a chance to review one of the main debates between the candidates, as well as the drama of the election night results. There will also be a chance to consider the impact of the new President and Congress on Australia and the world at large.

Times & place:

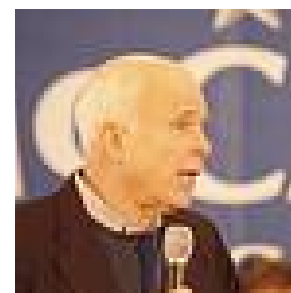
- Venue: 21 Gordon Avenue, Blackheath
- Times: Term 4, Wednesdays (2-4 pm), October 15 and concluding November 12.
- Class size: limit of 10

Course tutor: Dr Gary Werskey

Tel: 4787 6240 - Mob 0434 351 937



V



U3A Ballroom Dancing Classes

For U3A members (who are beginners or who have not danced for some time) will start at 1.00pm to 3.00pm on Friday 5th September at Penrith School of Arts, 3 Castlereagh St, Penrith. The Teaching Program will commence at the Basic Level of steps to enable Students to attend the various clubs where Social and Sequence is performed and later will progress to the more sophisticated dances.

Dances taught will include Modern (Jazz) Waltz, Social Foxtrot later progressing to the harder Slow Foxtrots, Quick Steps and Swings, Old Time & New Vogue, Bossa Nova, Cha-Cha, Mambo, Samba, Tango etc both in Freestyle & Sequence.

For details, contact **Allan Bond** on 4729 1508.



U3A Member, Margaret Skiller's success

Margaret Skiller entered four stories in the Penrith Eisteddfod short story competition and won all three prizes with them.

U3A's Margaret Skiller made a clean sweep of the 2008 City of Penrith Eisteddfod when her four entries took all three prizes in Section 8—the Short Story competition.

Margaret is no stranger to success in the Eisteddfod and had previously won third prize with her 2006 entry.

The winning entry, "**The Wrong Colour**," was a story of opal mining where her obvious knowledge of the process made her story realistic as she sketched realistic characters that gripped the reader's attention all the way through to the surprise ending.

Second place went to "**Deep Purple**." My personal favourite, it was a daring journey into a delusional mind. It explored the patient's perception of a therapy session—first with a psychiatrist, later as she endures electroconvulsive therapy—and interprets her reaction to it very convincingly.

Third place, "**It Happened on a Train**" was a "chance" meeting between a journalist and a striking transsexual woman with "button black eyes" and wearing "lolly pink shoes with heels that Carmen Miranda would have envied." Once again there is a deliberately anti-climactic surprise ending.

The fourth story, "**The Publican**" draws on Margaret's experience of country life (if not necessarily of publicans) and traces the town's reaction to a new publican whose demeanour seems unpleasant and unfriendly when contrasted to the previous, popular man. As his new ideas find acceptance the town begins to warm to him and he, in turn, becomes warmer and more approachable. Then, when all seems well, enter a woman—a Princess Diana look-alike—and suddenly the whole mood of the story changes for another very satisfying conclusion. In my opinion this story failed to win a prize only because of the quality of Margaret's other three entries. It certainly deserved something.

In all three stories the judges praised Margaret's use of language and dialogue. They complimented her on her introductions (the *Publican* introduction was described as "great"), her vocabulary (especially that relating to mining and fossicking) and her surprise endings.

Well done, Margaret Skiller. We hope the future brings you many more successes.



David Evans.

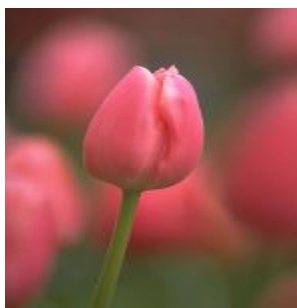
U3A Social Get-Togethers

FOR GARDEN LOVERS Bowral Tulip Festival Friday 3rd October 2008

Join us on a great day out visiting the Southern Highlands' beautiful old historic township of Bowral. You will enjoy the colourful tulips in the famous Corbet Gardens. Just sit and drink in the ambience or stroll leisurely through this magic garden—only a 5 minute flat walk from Bowral station. Bring your own or buy lunch and tea/coffee at the gardens. Don't forget your camera!!

COST: Garden entry—approximately \$5.00
Transport arrangements: Catch the 7.56am suburban train from Penrith, change at Granville, arrival 8.42am. Then 8.59am train from Granville to Campbelltown. Change to Motor Train 9.54am at Campbelltown, arriving Bowral 11.05am.

Use your \$2.50 excursion ticket.
Return trip: 2.10pm from Bowral



This excursion is being run in conjunction with the U3A Sydney Chapter - leader Bobbie Kersten (9688 7000 after 7pm).

News from the Classes

Poetry Reading with Patricia Whitehead.

U3A members might like to hear what a great time can be had at Blackheath on Tuesday mornings (alternate) at the Poetry Reading group tutored by Pat Whitehead.

It's surprising how much fun, laughter and camaraderie can be produced by a group of poetry enthusiasts when they get together in the warm and welcoming environment provided by our leader.

A "Topic of the Day" is given in advance for the members to consider, and an amazing variety of offerings are then brought along to be read at the next meeting - some are from the Classics, some from the Modern writers, some Colonial Australian, and other members prefer to write their own verse.

Nothing could be more enticing on these chilly Mountain mornings than the glowing fire, the aroma of brewing coffee and the cosy room greeting us on arrival for our two hours of sharing and learning.

Our appreciation goes to Pat for her generosity of spirit in arranging our venue, and for her efforts in ensuring the success of this enjoyable group.

Joy Morrison; on behalf of all other participants.

Psychology for relationships - 2008.

This year the course participants have decided to concentrate on the theme of personal development for enriching relationships. The course began with the participants viewing the popular film "*As it is in heaven.*" This film portrays the characters achieving personal growth by struggling with the complexities of their relationships and the fundamental questions of human existence. The writer / director, Kay Pollak used established methods of personal development to demonstrate the practical application of psychology to everyday life.

Practical psychology has been practised in the course by the participants applying the course content to specific personal goals. The course content has ranged over many topics focusing on the themes of building a secure sense of self and interpersonal effectiveness. At each meeting the participants practise relationship skills and describe their efforts to apply the course content to their personal goals.

Enriching the course relationships has also be a major focus of the participants. At the start of the course participants drew up ethical guidelines for their interaction. Throughout the course the participants continued to reflect on the way they were relating to each other. In addition, a small group of participants have assisted in facilitating the group processes. All these efforts have helped to make the course an enriching, supportive, learning experience.

Colin Bull

Tutor.

U3A Social Get - Togethers

BLACKHEATH RHODODENDRONGARDEN AND ART SHOW

Saturday 1 November 2008

This excursion is being run in conjunction with the U3A Sydney Chapter - leader Bobbie Kersten (9688 7000 after 7pm).

Visit the lovely Blue Mountain township of Blackheath, ablaze with beautiful rhododendrons. Browse through the amazing Art Show then climb aboard the quaint trolley bus to travel to the gardens. Bring a sandwich or buy a Devonshire Tea/Coffee in the Log Cabin, where you can sit overlooking the gardens and lake or take a stroll through this wonderful garden.

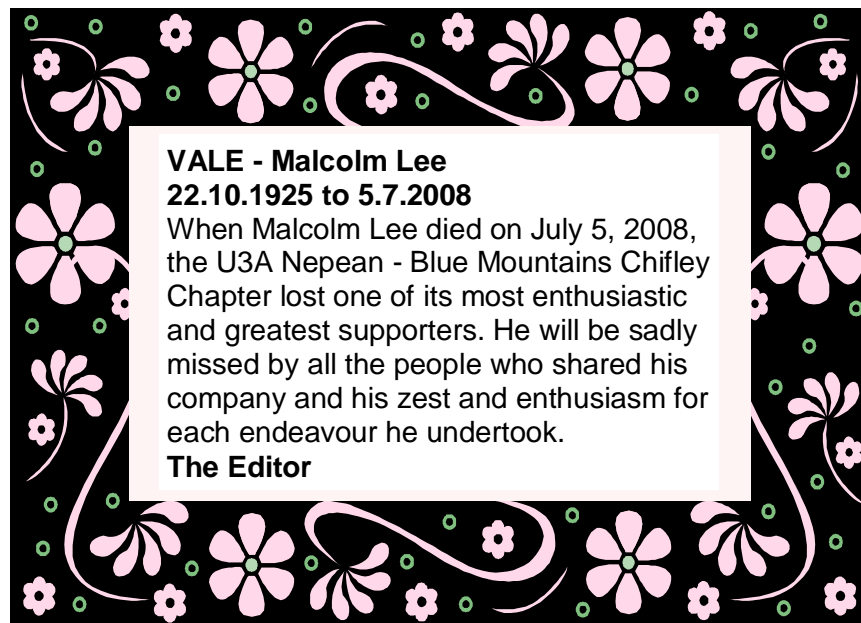
Transport arrangements: 9.09am train from Penrith (use third carriage).

Use your \$2.50 excursion ticket

Return Trip; 2.12pm from Blackheath

NB: Call Transport Info Line 131500 for any change. Buses will replace trains if track work is scheduled.

In Memoriam



This beautiful poem was included in "the Order of Service" and expresses, quite exquisitely, a perception of a remarkable man.

Malcolm *A Glimpse*

Looking through piles of paperwork,
Searching for a poem.
Couldn't find one just right,
So I thought I'd write my own.

First met Mal when I was young,
A few years just past twenty.
A quiet man with a beaming smile,
Good manners had he plenty.

Our first few years of married life,
Of Mal we seldom saw.
But once our little Abbs was born,
(Her face hard to ignore).

There were the usual family gatherings,
Birthdays and BBQ's.
Mal always there to hear the goss,
And share the family news.

He loved his role as grandad,
Or should I say our Dar.
Always there to take the kids
Somewhere in his car.

Time moved on, now on his own,
Soon sold the Lee garage.
No unit for this mobile chap,
A house he bought (not large.)

Every now and then he'd phone,
To tell of his new endeavour.
Off to explain the stars at night,
Or quote poets he thought were clever.

His health, it kept improving,
"Feels like I'm Fifty Two!"
Can't hang around, enjoyed the chat,
But I've got a course or two.

He loved "Creative Talking",
Couldn't wait for the U3A.
Cosy chats with special friends,
In Caddy's quaint café.

Very soon, could not believe,
A birthday, he'd turned eighty.
His back had curved, his skin so soft,
But still ate all up on his platey.

I asked him once his philosophy,
He told me in a voice quite lowly.
Never rush this here life,
Always "Hasten Slowly."

With Love Linda.

U3A News

2010 U3A NSW STATE CONFERENCE.

As you are all, no doubt, aware the 2010 U3A NSW State Conference will be hosted here in Penrith by our Chapter.

A sub-committee has been set up to plan the conference and ensure that it runs smoothly. Part of the sub-committee's task is obtain sponsorship for the event, to ensure that the conference remains affordable for all those who may wish to attend. We need to raise \$20,000.00 and this is proving to be a particularly challenging task in the current economic environment.

However, several of our U3A members have kindly assisted in this cause by making a donation to our sponsorship account. These donations will be acknowledged at the conference in 2010.

If you would like to assist in this manner, the sub-committee would be pleased to hear from you. Please leave your name and contact telephone number at the office, and a Committee Member will contact you. Or you may simply want to forward a cheque. It's up to you, Any assistance you care to provide will be most gratefully received and acknowledged.

Brenda Emerson - Secretary.

To assist in our fund raising activities, for the 2010 U3A NSW State Conference, we will be conducting some "guessing" competitions. Each competition will comprise 200 tickets each having 5 numbers in the range 000 - 999. Each week for 10 weeks the winner will be the person holding the ticket with the last three numbers of the first lottery drawn on the Monday morning.

The weekly prize for the first 9 weeks will be \$50
The prize for week 10 will be \$450.

Tickets will be \$10 each, so have a go,. You have 1 chance in 20 to win a prize.

We are looking at the competition commencing on Monday 6th October with week 10 being Monday 8th December - just in time for Christmas.

Contact the following for details:

U3A Office - 47223405

Tony Bayes - 47392661

Brenda Emerson - 47211735

Reg Grace - 47394843

Alternatively you can purchase your ticket (s) at the U3A office.

OUR NEXT U3A BUS TRIP - "CHRISTMAS TIME LUNCHEON" AT JAMBEROO VALLEY LODGE IN JAMBEROO VALLEY

WHEN: WEDNESDAY 12 NOVEMBER,
2008 DEPARTING PANTHERS AT
8.30AM COST \$62.00 per person.



We will be travelling south to Shellharbour for morning tea, then onto Jamberoo Lodge, nestled on ten acres of landscaped gardens in the lush Jamberoo Valley. We will be welcomed on arrival by our hosts for the day for a "Christmas Time Luncheon" with all the trimmings.

There will be Christmas decorations and bon-bons with a one man band to entertain you. After lunch we rejoin the coach for home with a stop at Kiama on the way.

Our lunch menu will be as follows:

Soup of the Day,

Trio of Roasted Breast of

Turkey, Baked Leg Ham and

Loin of Pork served with all the

trimmings. Followed by Plum

Pudding served with Brandy

Sauce,

Freshly brewed tea and coffee

served with after Dinner Mints.

All washed down with a bottle

of white wine and a jug of orange juice per table of 8-10.

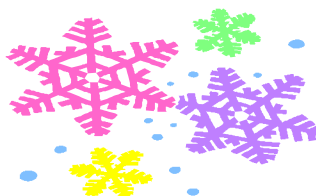
We will be entertained on the day by a one man band.

**PAYMENT IN FULL MUST BE MADE
WHEN YOU PUT YOUR NAME DOWN
PLEASE. CASH OR CHEQUE ONLY. YOU
CAN SEND A CHEQUE BY MAIL IF YOU
WISH.**

BOOKINGS CLOSE ON MONDAY 3rd
NOVEMBER 2008.

BRING YOUR PARTNER, BRING YOUR
FRIEND. ITS UP TO YOU.

COME AND JOIN US FOR A FUN DAY OUT.



News from the Classes - a day without laughter is a day lost

Philosophy with Hedi

Alternate Fridays - Penrith School of Arts

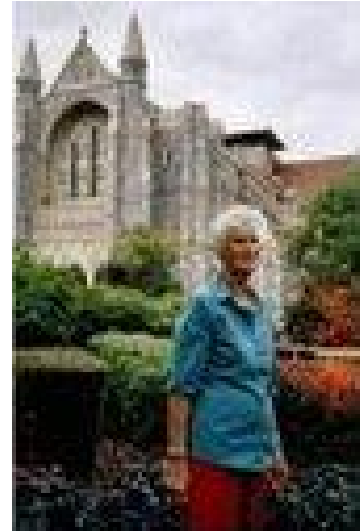
What an enjoyable and stimulating class is Philosophy with Hedi.

We start with open minds and a thirst for knowledge of the wonderful minds of past and present. Hedi is so patient and encourages lively discussion and exchange of ideas.

We learn so much about ourselves and our fellow classmates as we do of the philosophers and the hour passes much too quickly.

Thank you Hedi for your knowledge and encouragement.

Shirley Gould



To the Committee U3A Penrith

Thanks for arranging the term 1 Lapidary Course.

May I thank the wonderful leaders and members of the Blaxland Gem and Mineral Club Inc.

People often say I have "rocks in my head" to participate in fossicking and climbing mountains.

The song says it all "Climb every Mountain". I am lucky to have the ability, strength and laughter when the younger ones take the "mickey out of my antics"

To live in the Mountains is a great privilege. Come and join the fun.

Edith Weininger



▲ Finding fossils near Oberon.



◀ Enjoying the "barbie" in the Megalong Valley after fossicking

"2010 Conference Topics"

Dear fellow members,
In establishing suitable guest speakers for our Conference, I would like to first establish what area of expertise we would seek. Examples, could be as follows:-

- * Medical. (Doctor)
- * Animals (Vet)
- * Legal (lawyer)
- * Gardening (specialist)
- * Crime prevention/Aid (Police)
- * Motivational (Positive thinking)

I would be pleased to receive any thoughts from our members as its our Conference. If you would be good enough to simply write to me at our Penrith Office (PO Box 958 ,Penrith. 2751), e-mail me at tonysherry@bigpond.com with a topic that you may feel of benefit to all, it would be very much appreciated. Especially good if our members have the same ideas, so first choice and second choice topic suggestions would be ideal.

With thanks,

Tony Sherry.

Committee member.

Hi Alan,

Val Sawyer and myself are U3A members and we are currently trying to raise awareness in the community of the growing problem in our midst of depression and anxiety disorders. The statistics are quite alarming. At any one time in Australia up to 800,000 people are suffering from a depressive illness or other mood disorder. The cost to our society (and individuals) is immense.

To aid research into the causes and treatment of these disorders we are supporting the work of the Black Dog Institute. The Black Dog Institute is a not-for-profit organisation which is supported by the NSW Dept. of Health via the NSW Centre for Mental Health and by the University of NSW.

For the research to be successful we are trying to raise funds to support the work of the Black Dog Institute which besides research, has an educative role for doctors and clinicians and also has clinicians to diagnose and support individuals with mental illness. The website is: www.blackdoginstitute.org.au

To make this research become a reality and give hope to the thousands of individuals suffering from a depressive illness or mood disorder we need your support. Your contribution may help de-stigmatise mental illness by:

1. Promoting the work of the Black Dog Institute through the U3A Newsletters.

2. Publicising the Black Dog Institute's fund-raising events.

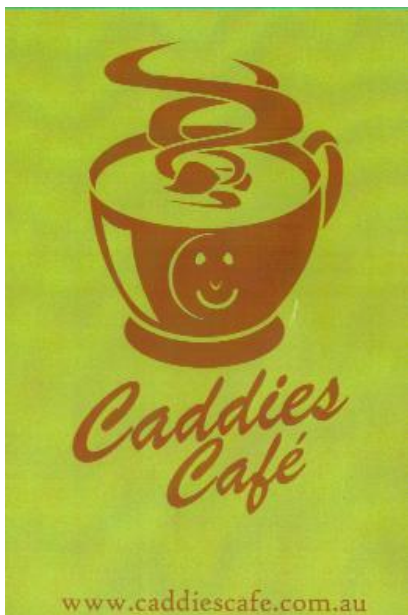
3. By encouraging U3A members to support the Black Dog Institute financially by organising a "Coffee Morning with the Black Dog" or other fund-raising activity in Mental Health Week (5th - 10th October). All proceeds to go directly to the Black Dog Institute.

Thanking you in anticipation for your support.

Yours sincerely,

Beth Gibbeson

Support the people who support us.



When you next visit the U3A office don't forget to cross the road, pop in, have a snack and a chat at:-

Caddies Café

**BYO—Eat in or Take Away.
Fine food and Exquisite coffee.**

"A proud supporter of U3A"

**The office
will be closed over
the Term Break period
from 2pm Friday 26 September, 2008
until 10am Monday 13 October, 2008.
Classes will be conducted to their
scheduled times on each
of these days.**

**University of The Third Age
Nepean Blue Mountains Chifley Chapter
3 Castlereagh Street
Penrith, 2750
(Between High Street and Tindale Street)**

**Postal Address: PO Box 958
Penrith, 2751**

**Phone : (02) 4722 3405
Office Hours: 10.00am - 2.00pm
Monday to Friday during U3A Terms**

**Email: u3anepoff@pnc.com.au
Website: www.u3anepean.org**

2008 Office Bearers

These are your appointed Officers.
President - Reg Grace Ph. 4739 4843
Vice President - Nepean Hedi Roggeveen
- Ph. 4732 2978
Vice President - Blue Mountains - Elly Byrne -
Ph. 47571200
Secretary - Brenda Emerson - Ph. 4721 1735
Treasurer - Linda Sinclair - Ph. 4739 2297
Membership Officer - Ruth Todd - 4739 3160
Publicity Officer - Anthony Bayes - 4739 2661
Committee Members
Alan Lees - Curriculum Convener - 4736 5541
Shirley Gould - Hall Manager Ph. 4731 4176
Anthony Sherry - Ph. (02) 43881551

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Nepean Blue Mountains Chifley Chapter Inc.
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PENRITH NSW 2751
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Remember

*All our Volunteer Office Staff, Committee Members
and Tutors do it for free.*