



Welcome to Term 3 2009

First things first, please note that as we have connected to Broadband, thanks to the fine efforts of Jim Tiberi, we now have a new Email address:

U3anepean@optusnet.com.au

The old address will continue in service for some time yet to allow all those people who communicate with us, on occasions, to continue to do so. It should, also, be noted that with our new telephone system we now, no longer have a fax facility.

Our preparations for the 2010 State Council Conference are progressing well and, in this newsletter, we are requesting volunteers to

assist us, so please check your social engagement entries for **March 9th and 10th, 2010.**

Thank you to the Office Volunteers for the hours they put in ensuring the organisation continues to run smoothly. They fulfil a role as the first point of contact with our organisation and they are always polite, friendly and helpful. Thanks to our office manager Brenda Emerson for all her efforts, particularly in arranging production of your Newsletter. **The Editor**

Vice - President's Report

The end of this term will see us already half way through the year. Up to now we have been very successful in all aspects, class numbers have increased and the variety of subjects on offer has been great.

It's been a busy period all around. The "Big Morning Tea" was very well attended and raised over \$ 700 for the Cancer Support. Two days later we held the B-B-Q event at Bunnings, another successful event and thanks go to Harry for organizing it, and to all the workers who gave a willing hand. The \$1000 raised will help with the 2010 Conference expenses.

On 3rd of June we had the bus trip to Erina. Although not all advertised promises were fulfilled the participants enjoyed the socializing, for which sometimes there is little time as we are all so busy attending to the many activities of our lives.

The book exchange/sale is another success. Very popular, it is another encouraging Conference money raiser, so keep reading, and you can re-donate the book.

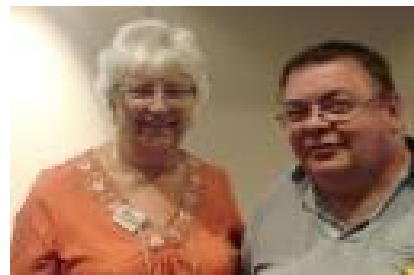
On a more serious note, the date has been set for this year's AGM. Mark this day in your diary: **Thursday 12th November 2009 at 2 pm.**

This year the AGM will be held at our Penrith School of Arts, 3 Castlereagh Street, Penrith.. As is protocol, all Committee positions will be vacated, and your nomination are eagerly anticipated. Nomination forms in the next newsletter. **Hedi Roggeveen**
Vice President Nepean



Mark your diaries for Saturday 18th July, 1.30 – 3.30 pm, to celebrate our "Winter Solstice Get-together" to replace the Christmas Party. The Get-Together will be held at our offices in the Penrith School of Arts, 3 Castlereagh Street, Penrith. Hot drinks will be available.

Bring a plate and a friend. Come and enjoy. We'll show Tony Bayes' excellent Conference Promotion DVD, a truly professional production.



Brenda Emerson (Nepean Blue Mountains) with Network Treasurer, John Green (Tamworth) at the 2009 Orange Conference

U3A State Conference at Orange 24th and 25th March 2009

The Theme for the 2009 Conference was - **Inspiration to Achieve.**

The first meeting with some of our fellow U3A colleagues was on Monday 23rd March at the Orange Ex-Services Club for an informal get together with snacks and entertainment by the Recorder group from Orange U3A..

On Tuesday 24th March the registration and orientation period was from 8.30 - 9.30am followed by the welcome address by the Orange U3A President.

The Conference Opening Address was given by Pam Ryan, the Orange School Educational Director, who was followed by the first keynote speaker, Colin Jones, who spoke on **Understanding Climate Change Terminology**. After our minds had been overrun with carbon footprints, global warming, and climate change we then had morning tea and sank our teeth into things we really understood, FOOD.

Two workshops were available after morning tea:

(1)- **"How to Access ..."** A series of talks detailing how to access services offered by U3A Network - NSW. The Resource Library, The Network's Web Page and U3A Online.

(2)- **"Members Q & A"**. Questions were submitted by members and visitors previously. Presenters: Colin Jones and Network Treasurer, John Green.

Lunch was taken from 1.00pm to 2.00pm, immediately followed by reverse workshops from the morning session.



Colin Jones moderated two Q&A sessions in which delegates exchanged ideas

Afternoon tea was on at 3.30pm followed by guest speaker Peter McFarland who spoke on **Learning from the Cradle to the Grave**.

Day 1 was closed at 4.45pm.

At 6.15pm we re-assembled at the Orange Ex-Services Club for Wine Tasting and Canapés prior to the Conference Dinner which commenced at 7.15pm. Musical entertainment was presented by Cecelia and Rob Rochelli and Max Fricke, a member of Orange U3A, playing his bandoneon. A member of Orange U3A acted as hostess at each table and proved most informative about the group's activities and local district attractions.

Day 2 commenced with day registrations from 8.30am Followed by the welcome to Session 2 at 9.00am.

The U3A Network AGM commenced at 9.15am and finished at 11,15am., and was followed by morning tea,

which was greatly appreciated by all people attending. After morning tea Don Saville gave a talk on **Carbon and Climate Change** until lunch at 12.15pm.

At 1.15pm, Robyne Lunney of the Dept of Fair Trading gave a most informative talk on **"Be aware of your Personal Environment"**. The talk briefly included details of the importance of being a useful member of a management committee, and the talk was followed by afternoon tea at 2.30pm.

At 3.00pm we attended one of the most important sessions conducted at the conference. As part of the U3A Network's 5 year plan, dividing the State into regions has become an important part of U3A. A Regional Advisor is appointed and ratified by the Network at the meeting after the AGM each year, to make contact with a certain number of groups under their umbrella.



Cecily Butcher addressing a session on "Meet Your Regional Advisor"

The final session of the day was our presentation of our 2010 Conference CD to the assembled U3A Chapters , giving details of our proposals, which we hope will be as well organised as the one at Orange.

The Conference concluded at 5.00pm and we trust that people will be looking forward to our Conference presentation in 2010.



L to R - Alistair Moss (Watonga Activities Group), talking about next year's conference with Anthony Bayes and Reg Grace (both Nepean Blue Mountains)

Thank you Cecily, and your band of enthusiastic helpers, for a wonderful presentation from Orange in 2009.

Biggest morning Tea

Biggest Morning Tea, in aid of Cancer Research was held at the U3A offices on Thursday 28th May. Brenda Emerson assisted by several volunteers arranged a wonderful spread of delicious food. There was a good turn out and, in addition to cash, some members donated for sale Arts & Crafts, and books. A significant sum was collected for the Cancer Council, which will



aid education programmes, research and support services for individuals diagnosed with cancer and their families.

A special "Thank You" to all those who helped with the **Greatest Morning Tea**. Many U3A members attended and we raised \$704 for Cancer Research. We had lots of goodies to eat, exciting things to buy and a wonderful raffle. As well there was good company and memories of those who had had cancer.

Harry May

U3A Class News for Term 3

Yoga

Carmen Ceniza has changed the start time of her class on Tuesdays to 11.00am

German for Beginners

This course will now run between 11.15am and 12.15pm on Mondays in the VAD Room at the Penrith School of Arts.

Food and Nutrition for the Good Life

By popular demand this course is returning.

Fortnightly, commencing Tuesday 28 July 2009.

Penrith School of Arts - Hall - 11.00am to 1.00pm

Roger French: 4721 5068

Email: rfrench@health.org.au

An elementary course explaining how to put together a balanced diet of unprocessed natural foods – with a strong emphasis on flexibility and avoiding fanaticism. The aim is to maintain health or to reverse existing illness through self-healing on the basis that nutrition is a factor in most illnesses. **The course is not about treating disease.**

An Introduction to the Visual Arts [Practice and Theory]

Lorraine White, a young retired Art Teacher, will run a new Art course in Terms 3 and 4 at the **Penrith School of Arts Hall commencing on Thursday 30 July between 10.45am and 12.45pm.**

Phone: 47351888

This is a varied course, for keen novices or for those with aptitude but without formal training. Structured classes in drawing, painting and designing will provide varied experiences and a foundation of skills and information, which in turn will enable understanding the key to the creative process. There will be chalk and talk, gallery visits and some occasional [optional] research as we work towards appreciating and

understanding the perceptions of 20th century art. For the first lesson participants need bring only notepad, plus 2xA2 cartridge sheets, 1x3b and 1x6b pencil. Additional media to be advised as course progresses.

Tai Chi Sword

Return of this popular class - Tuesdays

Penrith School of Arts - Hall - 2.00pm to 2.45pm

Christie Wood - 4735 2827

crispeny@bigpond.net.au

First Aid for Seniors in Term 3 is returning

Yvonne Cassidy: **4736 4715**

Penrith School of Arts Hall

Thursdays: 1.00pm – 3.00pm

6 Sessions – Commencing 30 July

This is a basic introduction to First Aid. Students need to purchase a First Aid book, cost approximately \$6.00.

Solving Cryptic Crosswords

Blackheath Area Neighbourhood Centre

Wednesdays 10am-11.30am.

A course designed to unravel the mystique of cryptic crosswords will be presented during term 3. Learn to recognise and unlock the secrets of the various types of clues: anagrams, lift-outs, double clues, hidden reversals, etc... Stimulate those brain cells. Cryptic crosswords can be far more enjoyable and satisfying than ordinary crosswords. But a warning: cryptic crosswords may become addictive.

The course is presented by **Ron Andrews**, contacts

(02) 47536114 - rand2774@bigpond.com

Music Appreciation (Peter Broome)

Mondays. 10-12am

Please note that from Monday June 22 the class will transfer to **St. Peters Anglican Church Hall, Great Western Highway, Mount Victoria.**

2010 Conference Fund Sausage Sizzle



We conducted a "sausage sizzle" at **BUNNINGS WAREHOUSE**, Penrith on Saturday 30 May 2009 from 8am to 4pm to raise monies for the 2010 Conference Fund and we had a most successful day, even though the weather was against us.

The food and materials were organised by Harry May and he did a superb job, together with our hard working Secretary Brenda Emerson in securing the venue.

Many thanks to all those members who so generously donated their time to assist in cooking the "snags",



preparing the sandwiches and taking the monies. You all performed magnificently.

The famous Bunnings Sausage Sizzle is enjoyed by many Bunnings customers every weekend of the year, whilst also providing a valuable fundraising opportunity for local community groups. All of the funds raised are kept by the community group conducting the Sausage Sizzle.

As a result of the efforts of all those U3A members at the sausage sizzle we raised \$1594.00 against an outlay of \$500.00.



Harry with some of the production team at the Sausage sizzle.

News from the Classes

Under the heading, *Fun for Young and Old*, relating to the Werrington Festival, the Western Weekender published a photograph of Noel Borland's U3A Pencil Drawing Class. More details are on the website: **www.u3anepean.org**



Ballroom Dancing

Dennis Waugh has started teaching Ballroom Dancing at the Penrith School of Arts from 1.00pm to 3.00pm on Fridays while Allan Bond is recovering from a knee replacement operation. Allan had his operation on Monday 25th May and Bev says that he is recovering well. We hope to see him back at the U3A soon.



2009 International year of Astronomy
Introductory Astronomy & Concepts of the Universe
This is not a U3A Course. But it does look interesting and we would appreciate feed-back on the course.

A series of 9 lectures will be presented on astronomy and space science. The lectures are free and suitable for beginners and enthusiasts. No background in science is required.

22nd June - Ancient and Indigenous Astronomy

29th June - Astronomy and Telescopes

6th July - The Nature of Light and Atoms

13th July - Stars and Galaxies

20th July - Strange and Powerful Objects

27th July - The Solar System and Planetary Science

3rd August - Planet Earth

10th August - Extraterrestrial Worlds and Life

17th August - Space Travel

Where and When?

**Emergency Services Centre, Training Room
Cnr Bathurst and Valley Roads, Katoomba.**

For 9 weeks every Monday evening, 6.30 p.m. - 7.30 p.m.

Call Scott Williams on 0419 694 178 or

Email faaarwest2k@hotmail.com for more information.

News from the Classes

Cake Decorating Sugar Art Beginners class

Since starting in February, the Beginners Class students have made great progress throughout the terms. Each week they eagerly try their hand at every new activity that is presented to them.

The term started by learning basic Piping techniques and soon progressed to making sugar craft flowers, leaves and buds.

With the approach of Easter the class turned their attention to learning how to decorate Easter eggs with sugar craft decorations—see below.

Kristina: Made 10 Easter eggs for her grandchildren.

Nancy: Also made some lovely Easter eggs for her grandchildren.

I trust that everyone had a wonderful Easter break and this term has provided lots of fun and exciting things to do. With everyone working so well, we are learning a lot of new things and also having great fun in the process.

..... **Sophia**

Now, all of you other class members, come on and let your Tutor know how you feel. This is your Newsletter and your forum for comment.

The Editor.

Cake Decorating Sugar Art Advanced Class

The Advanced Class has been very busy making many cakes since our report in the last newsletter.

The Class members are all very eager and have learnt to make some beautiful cake creations.

Here are just some of what our class members have accomplished this year.

Esme: has made some beautiful birthday cakes for her grandchildren and recently completed quite a few Easter eggs as well since her grandchildren remembered the Easter eggs from last year.

Verna: Has also been busy with Easter eggs and birthday cakes for her whole family.

Errold: Has been making some very tasty cakes for family and friends, and sometimes even brings some to share with the class (**Yum, Yum, Yum!!**)

Irene: Has been busy making beautiful decorations and will be busy next term making lots of cakes for her daughter and her grandchildren who are all looking forward to receiving her creations, no doubt.

All these people are working so hard and are putting in a marvellous effort in all that they do. I am very proud of their hard work and creativity and their wonderful friendship is also an asset to the dynamics of creating a wonderful class environment.

..... **Sophia**



Errold's cake ▲ Verna's Easter Cakes ▼



▲ Christine's Eggs

◀ Nancy's Egg



U3A News

2010 Annual State General Meeting, Conference and AGM

The Conference will be held over two days, 9th and 10th March 2010 at the Penrith RSL Club - 8 Tindale Street, Penrith. The theme of the Conference will be “**Learning with Friendship**”

The daily cost will be **\$49.00** per person and will include morning and afternoon tea or coffee as well as lunch. The three course Conference Dinner will be held on Tuesday 9th March at the Penrith RSL Club, commencing at 6.30pm. The cost will be **\$49.00** per person, entertainment and door prizes will be provided.

The opening address will be given by Her Excellency the Governor of NSW - Professor Marie Bashir.

The main guest speaker will be Noeline Brown, international star of screen and television and the Australian Ambassador for Ageing.

We anticipate that in addition to hosting the NSW State Council AGM we will be presenting the choice of 7 workshops and 5 guest speakers over the two days. There will also be lots of happy moments available to create new friendships, renew old ones and chat with other U3A members.

The official programme and registration forms will be issued in **September 2009**, and copies will be sent to all recipients of the newsletter.

2010 will also be the 21st anniversary of the formation of the Nepean Blue Mountains, Chifley Chapter Inc.; and we look forward to sharing these celebrations, here in Penrith, with all our members and the other visiting U3As.

Volunteer Hostesses Required.

U3A is looking for 6 hostesses per day to assist over the two days of the 2010 Conference in March.

The main duties would be to assist the visiting representatives from other U3As, by answering questions and directing people to the correct venue locations within the Penrith RSL Club.

You will be provided with Morning and Afternoon Tea as well as Lunch, and you will have time to attend the workshops and hear the Guest Speakers during the day.

If you can assist in these positions please dust off your slinky black dresses and contact the office on 47223405 or email your details on

u3anepean@optusnet.com.au.

People may not remember exactly what you said or did, but they will always remember how you made them feel. Author Unknown

Can you assist?

We have received a request for volunteers from within our organisation to assist on the Committee of the **Nepean Youth Accommodation Service**, based in Henry Street, Penrith. If you can assist this organisation would you please contact Siegfried Kunze on **0423 044 481**

At the 2009 Conference in Orange our attending members distributed preliminary information kits to all conference attendees, and at the close we screened an excellent promotional documentary CD highlighting the tourist attractions to all attending the conference in 2009. The CD was prepared by our very able publicity officer (Tony Bayes) with enormous assistance from his wife Anne, and with the assistance of Reg Grace, Brenda Emerson and Marie Stewart with the voice-overs. Copies of the CD are available from the office.

The invitation document, a copy of which is attached to this publication, was also very well received and this was a combined effort by Sheila Innins, together with Anne and Tony Bayes.

All of the 2010 Conference sub-committee members also made many contributions to both finished articles.

IMPORTANT NOTICE.

Any Newsletter contributions for the Term 4 publication should arrive at the U3A office, attention Newsletter Editor prior to Friday 11 September 2009, so start getting your thoughts together for the last full issue of the year. Post articles to the office or email to:

u3anepean@optusnet.com.au

The office will be closed over the Term break period from 2pm Friday 10 July, 2009 until 10am Monday 27 July, 2009.

Classes will be conducted to their scheduled times on each of these days.

U3A Survey

Some of our 2008 Members did not rejoin for 2009. We would like to know why and what we can do to make our U3A better. Below is a survey that will be useful to us in improving our U3A.

You do not have to answer all the questions. But whether you are a current member or a previous member, we would appreciate it if you would answer a few of the questions that you are comfortable with and posting or emailing the answers to u3anepean@optusnet.com.au
U3A Survey for members and previous members:

If you have not rejoined U3A this year, would you like to tell us the reason?

What do you like about our U3A?

What do you dislike about our U3A?

What courses and events would you like our U3A to run and at what locations?

Would you like to meet members of other classes by having a social gathering, once or twice a year?

How could we improve our U3A?

Do you read our Quarterly Newsletter and what do you think about it?

Do you read our Monthly Email Newsletter and what do you think about it?

Do you read the Monthly Australian Seniors Computer Clubs Association (ASCCA) Newsletter and what do you think about it?

Do you view our Website www.u3anepean.org and what do you think about it?

Thank-you in anticipation of your replies,

- The Editor

Support the people who support us.

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

Shop 3,

4- 6 Castlereagh Street, Penrith

**Under the management of
Julia Houchin &
Kate Rafton
BYO—Eat in or
Take Away.
Fine food and
Exquisite coffee.**

*"A proud supporter
of U3A"*



Position Vacant:

Apprentice Webmaster.

If you think that **HTML** is the acronym for "**How to Make Lamingtons**" you probably don't need to read any further, but if you see it as an opportunity to discover the fascinating world of "**Hypertext Mark-Up Language**" then this is definitely for you. A basic knowledge of HTML will give you the opportunity to build, completely free of charge, your own web site.

Initially your task would be to learn the basic tags and codes, because until you know those I'm not going to let you get near one of those fancy—and expensive—HTML editors like FrontPage and DreamWeaver. You're going to do it all with a text editor. And why? Because HTML editors only deliver an approximation of what you need to make a web page look good. You must know enough to be able to override their errors.

Where can you learn? Right where you're sitting now. We can do it all by e-mail and, occasionally, by telephone. Of course, if you're a face-to-face sort of person that could be arranged too.

What do you need? Two things only—an interest in computing and the willingness to devote some serious time to learning.

Don't think you're too old for this. That "computers-are-for-kids" cliché is only a cop-out. I was 67 before somebody offered to teach me HTML so that I could maintain the Rooty Hill Chess Club web site while he was overseas. When he came back he left it with me and I had the job for three years. Since then I've written sites for Fairfield Chess Club (the club eventually broke up, and it's page no longer exists), my own personal web page, Tomorrowland, another for the 2006 U3A Creative Writing Class, which I discontinued at the end of that year and, since the end of 2006, the U3A Nepean Web Page. Apart from HTML you'll also learn how to work with JavaScript and CSS (cascading style sheets). Does that sound mysterious? Of course, but everything is mysterious until you know a little about it.

It isn't particularly easy, but it isn't particularly hard, either. All it really takes is a desire to learn and a willingness to persevere.

If you're interested, please phone David Evans on 47392785.

Our friends at the Springwood Neighbourhood Centre are putting together a recipe book as part of a Fund Raising effort for SNC, and have asked if any of our members would care to contribute some of their favourite recipes for inclusion.

If you can assist please post the details to the Springwood Neighbourhood Centre or email them to:

admin@snc.org.au

The closing date is 31st July 2009.

Thank you all - the Editor.

U3A Bus Trip on Wednesday 3 June 2009

Brenda Emerson organised another wonderful trip for our members. Although the weather was rather inclement we set out with a lively spirit of adventure.

Our first stop was **Erina for a visit to St Fiacre Distillery**. After taking a deep breath at the front gate; everyone's mind relaxed as we slipped into a green and fragrant land. *Morning tea was served in the garden café*. Afterwards we all enjoyed a talk on the production of the Australian flavoured liqueurs

and a tour of the distillery with a tasting of the Australian liqueurs.

We then travelled on to **Wyong**

and the Strathavon Heritage Resort, a grand stately manor filled with atmosphere and history of a bygone era.

The coach departed from Panthers at 8am and after a long but most enjoyable day returned us safely to Penrith.





Help Prevent Dementia in the Community

Would you and your friends like to come and join the U3A Scrabble Group at the Penrith School of Arts on Thursdays from 12.30pm until 2.30pm. Don't let age be a barrier. We are looking for like-minded people who could be keen to join our Scrabble Group. Whether you are a beginner or a more advanced player, or haven't played for many years we would love to have you come along. Occasionally we have some people who make words like **INFLAMED** or **STEAMER** which are seven letter high scoring words, (some people are very clever). It is amazing what words you can learn playing this game. We will also be awarding people whose skills improve with encouragement certificates at the end of each month to help inspire you. So if you feel you may be interested come and check our little group out. This something for both **MEN** and **WOMEN** to do, so please come along. **All enquiries please call Fay Naphali on 47312024.**



Recognising Freda

FREDA Whitlam says she was never ambitious but she has done a lot for Penrith, which she describes as a fine city.

In gratitude, Penrith City Council will bestow an **Honoured Citizen of the City of Penrith** award to her at a civic reception.



In 1989, Freda Whitlam initiated a meeting at the Penrith Council Chambers to discuss the establishment of a University of the Third Age branch in Penrith. The Chifley Chapter began that year and in 1998 she was presented with the first life membership of the U3A's Chifley Chapter.

Of course, to us here at Nepean Blue Mountains U3A Freda is a National Treasure and deserves such a recognition for her life of duty and service, devoted to the community and her god. As Noelene Martin states in her book, we can all say, *"My life has been that much richer for knowing Freda Whitlam"*.

Today, she teaches two Latin classes at the Penrith branch and a comparative religion class in Penrith and Springwood. She's full of praise for the students of her advanced Latin class and says they excel at translation.

"Freda: A biography of Freda Whitlam", a self-published book by Noelene Martin, is available from Dymocks.

Tony Bayes - Publicity Officer

Our Annual General Meeting will be held at 2pm on Thursday 12th November 2009 at the Penrith School of Arts in Penrith. We have 870 financial members and if you are interested in making a most useful contribution to the running of our organisation, please start organising your application with proposers and seconders for the position required.

All positions are declared vacant at the AGM, particularly the position of President, so please step up and make your mark.

Application forms are available from the office. We trust that all members will make an effort to attend this important meeting. Our Constitution requires a minimum of 25 financial members to be present to form a quorum for the AGM.

The Editor.

News from the Classes

Hey, Ma! I'm in the Movies

In March this year, two members of our Creative Writing Class—Moyra Rocchio and Jean Perkins—participated in a week-long workshop at the Young at Heart Film Making Lab.

The workshop was conducted by The Festivalists, Based in Sydney, The Festivalists Ltd are specialists in film festival production. This non-profit company exists since July 2005 to showcase the talents of under-represented filmmakers and to develop audiences for their products in Australia. Their mission is to facilitate the promotion of international film and video culture, to raise the profile of independent films in Australia and to present work that enriches cultural diversity and experience for all audiences.

The workshop is free and is restricted to people aged sixty and over. Moyra and Jean were selected as part of the workshop group of twenty people.

Students spent the week making a short film, *To Catch a Thief*, and learning the techniques necessary to do so, including script-writing, directing, camera, acting, and editing. They were given the opportunity to nominate which of these skills they preferred to learn during the actual film making.

Jean was very enthusiastic about the course. "Everybody was so supportive. It was quite different to being on stage," she said. Jean, whose achievements have included acting, found it an enjoyable experience." During the script-writing phase the class was broken up into groups of four, and each group worked on their own version. When they were completed the whole class voted on which would be the final script. That written by Jean and Moyra's group was selected.

Set in Kings Cross, the movie started as a group of friends met for coffee. An opportunistic thief stole Jean's bag and found himself pinned to the ground by a walking frame before being pursued through an Internet cafe by vengeful pursuers.

It was very clever, very entertaining, and shows just what can be done with a few minutes of video time. The video has been temporarily embedded on the U3A Nepean home page at www.u3anepean.org and permanently on our web page titled, "**Hey, Ma! I'm in the Movies**". Take a couple of minutes to watch it. Don't turn it off before the credits are finished—there's a very funny blooper from Jean right at the end.

If you're interested in film making, this workshop is expected to be run again next March. You'll need to get your application in early, but the organisers have promised to let us know so that we can add a promotion to our web page. If that advice comes in early enough, I'll also pass it to Tony Bayes for the Quarterly Newsletter.

Stop Thief was given a wild card entry into the "Third Young at Heart Short Film Awards". It was one of eight finalists but didn't win a prize.

—David Evans

Yvonne Hardiman is a Star

While anybody who knows her would agree with the title of this piece, it might be more accurate to have written, "Yvonne Hardiman is IN the Star" because when the Penrith Star published a story this week about Safety in the Bush, it was Yvonne they approached for expert advice.

The story, about a new police initiative called Think Before You Trek under which bush walkers can borrow a personal locator beacon before venturing into the wild to allow search and rescue squads to locate them more quickly.

The Star contacted Yvonne, as an authority on bush walking safety and the article is quoted below.

St Clair bush walking guide Yvonne Hardiman also stresses the importance of bush walking preparation and safety.

She has been a guide for the Nepean Blue Mountains University of the Third Age weekly "**Walking with a touch of history**" group for two-and-a-half years.

Her essential list includes maps, water, being hydrated before setting out, food, layers of clothing, bright colours, appropriate footwear and a lighter.

A small first aid kit is a must too.

"The bush is very unforgiving to people who are under prepared and inexperienced," she said. "People should also know their own limitations and stick to them."

The complete article has been published on line and can be accessed at the Penrith Star's web page.

Nice work, Yvonne. Now the rest of Penrith knows what we already knew - **you're a star!**

The photograph is of Yvonne Hardiman and Darryl., her son



University of The Third Age
Nepean Blue Mountains Chifley Chapter Inc.
Phone : (02) 4722 3405
Email: u3anepean@optusnet.com.au
Website: www.u3anepean.org
STATEMENT OF OBJECTS

The Chapter will:

1. Provide an opportunity for persons in their Third Age to individually and mutually take part in and contribute to the expansion of their knowledge in fields and/or disciplines of their choice.
2. Contribute to the growth of intellectual and cultural interests among the citizens of the region.
3. Conduct classes, workshops and social events to further these objects.
4. Work harmoniously with other organizations having similar aims,

2009 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 - Kate Litchfield
- Ph. 47571200
Secretary - Brenda Emerson - Ph. 47211735
Treasurer - Linda Sinclair - Ph. 47392297
Membership Officer - Doreen Ellis - Ph. 47393160
Publicity Officer - Anthony Bayes - Ph. 47392661

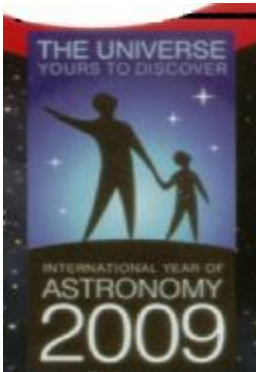
Committee Members

Alan Lees - Curriculum Convener - 4736 5541
Shirley Gould - Hall Manager - Ph. 4731 4176
Tony Sherry - Ph. (02) 43881551
Susan Bentley—Ph. 47774112

If undeliverable return to
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Nepean Blue Mountains Chifley Chapter
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