



## Welcome to Term 4 2009

We are certainly in a very busy time of the year at present, with our AGM, the State Conference and AGM preparations and the Course detail preparations for next year tying up all the committee members and office staff at this time. You will receive a copy of the Registration form and Programme Information with this newsletter, so that you can decide what you would like to attend. You can select any combination of events, daily attendance for either or both days, Conference dinner attendance or either of the bus trips on the Thursday following the two conference days. We request that the registrations be returned, at the latest, by January 31st 2010. Please don't leave it till the last moment as the numbers are limited by the room size and we don't want you to be disappointed.

Whilst you are making up your mind 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 20 November 2009, so start getting your thoughts together for a bumper issue.**

**Alternatively email to:**

**[u3anepean@optusnet.com.au](mailto:u3anepean@optusnet.com.au)**

**Let us know what information or articles interest you, after all it is your newsletter.**

## President's Report

This is the last full newsletter for 2009, but far from the end of our U3A year. Firstly I ask that members keep Thursday 12th November clear to attend the AGM. This year it will be held in our hall at Penrith and it would be great to see the same attendance as we had at Lawson last year. Although not the most popular event on our social calendar, but a compulsory one to keep our organisation functioning smoothly.

All committee positions will be declared vacant, **so how about nominating.** It is a rewarding experience with not a lot of work—just some of your time to help keep the ball rolling.

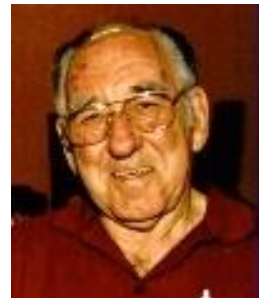
Secondly, I am happy to report that our sub-committee dealing with the State Conference (9th - 10th march 2010) are making great progress. The programme has been finalised, and posted/emailed to all U3As in Australia wide and the head office of U3A New Zealand (who

have already shown interest in attending).

Bookings open at the end of September 2009, so be early as the numbers are

limited. You will assured of two days great entertainment—excellent guest speakers, workshops, great food and a chance to meet other U3A members from afar.

The 2010 Conference sub-committee members have put in an enormous effort to show how effective U3A Nepean-Blue Mountains are, and your support for all this work will be wonderful sign of appreciation for the committee. **So please make an effort to attend.**



# U3A Annual General Meeting

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**The U3A AGM will be held this year at the Penrith School of Arts on Thursday 12th November 2009 at 1.30pm.**

The purpose of the AGM is to elect the Management Committee for 2010. 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**, 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 please **NOMINATE**.

Nominations close seven days before the date of the AGM, i.e. November 5 2009..

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 must 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.

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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, 2 - 6 Castlereagh Street, Penrith**

**Under the management of  
Julia Houchin & Kate Rafton  
BYO—Eat in or Take Away.**

**Fine food and Exquisite coffee.  
Support the people who support us  
“A proud supporter of U3A”**

# Letter from our Secretary

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Hello U3A Members,

This month everyone will receive their term newsletter by mail. Why is that you may ask! Well this month we are sending with your newsletter a great deal of information about the coming NSW State Conference in March 2010. As you are aware we are responsible for hosting this event.

People often ask me, what is the conference about? Some people think it's something that concerns the management committees and office bearers of the U3A's. Not so, the conference is for everyone of us to participate in, it is all about entertainment. Sure there will be an Annual General Meeting held on the second day of the conference, but there is an alternative even for that. You can just go to the interactive workshop that will be held at the same time. Don't forget the motto of the conference is "**Learning with Friendship**".

So make yourselves a cuppa, take a seat, and have a good look at the information we are sending to you. The Programme Information lists all the speakers and workshops, and sets out all the events over the two days. There is a Registration Form to complete if you are going to attend. We even have a couple of bus trips organised for the Thursday following the conference. One is probably more for our out of town visitors, a bus tour of the Blue Mountains Heritage Area, but the other tour, conducted by Judith Dunn, our guest speaker on Day 2, will be on our convict heritage around the Parramatta area, a follow up on her talk.

So come along and support your U3A, come to one or both days of the conference, and perhaps even the conference dinner. It is all up to you. But come and enjoy what has been especially organised for U3A members.

Brenda Emerson  
Secretary

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## **Tutors and Volunteers' Afternoon Tea at 2.00 to 4.00pm on Tuesday 13<sup>th</sup> October**

This event has been arranged at the Penrith RSL during the U3A holidays and we hope that many Tutors and Volunteers will be able to attend.

Invitations have been posted to all Tutors and Volunteers (we hope). If you are a Tutor or Volunteer and you have not received an Invitation, please blame Australia Post or someone other than us and contact the Office 4722 3405 and let them know if you will be attending.

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## **Support our efforts to raise monies for the 2010 Conference**

### **Get your 200 Club tickets**

Tickets are \$10.00 each and run for 10 weeks

Each ticket has 5 numbers based on the last 3 digits of the first lottery drawn on the Monday morning of the week.

Prizes are:

Weeks 1 to 9 - \$50.00 each week

Week 10 - \$450.00

The competition commences on **Monday 12 October 2009**  
and concludes on **Monday 14 December 2009**.

There are only 200 tickets, so you have 1 chance in 20 of winning a weekly prize.  
Contact the office on 4722 3405 for further details or to order your tickets.

**All proceeds to the U3A 2010 Conference Fund.**

# Cook's Nook

In this edition of our newsletter, we would like to introduce our Cook's Nook, a spot where we can share a favourite recipe.

## IMPOSSIBLE PIE

### Ingredients:

1/3 cup plain flour  
1 1/2 cups milk  
3 eggs lightly beaten  
2 bacon rashers, chopped  
3 spring onions, sliced  
1 cup grated tasty cheese  
1 x 130g can corn kernels, drained  
2 tablespoons chopped fresh parsley  
Cracked black pepper

### Method:

1. Lightly grease a shallow, 23cm flan dish.
2. Blend flour with milk in a bowl, add eggs, beat well.
3. Stir in remaining ingredients.
4. Pour mixture into prepared dish.
5. Cook in moderately slow oven, 160c for about an hour or until set.



Delicious with a salad and fresh bread roll in summer.

## News from the Classes

### CAKE DECORATING AND SUGAR ART CLASSES

Wow, here we are into Term 3, how the year rolls on when we are having fun!!

Both the 1st and 2nd year students have been progressing very well, coming into class all full of enthusiasm, making many different flowers, leaves, even acorns. (e have to watch the squirrels in the winter though).

Putting our creativity together with our teachers help and placing it on our iced cake is always very exciting.

Sophia, our tutor, gives us so much encouragement and individual assistance. We go home with a bit more knowledge of the art each week. We know that both beginners and advanced classes will have an enjoyable time in learning and sharing and fun with Sophia this term.

We welcome Esme back into the fold after her holiday overseas and after having surgery. Also welcome back Errold, after surgery, rehab and convalescence. Welcome back everyone and enjoy.

Love—Verna.



Errold's Cake



Esme's Cake



Nancy's Cake



Christine's Cake



Verna's Cake

Now aren't these creations just simply brilliant. For more information contact Sophia on 47517261.

## U3A Social Activities

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### Historic Woodford Academy.

A guided tour of the oldest building in the Blue Mountains, with lunch included.

In over 160 years of occupation and in spite of some changes, to suit a variety of uses, Woodford Academy is still one of the most intact and substantial examples of an early roadside inn.

Travel details:

Train **9.45am** from Penrith Station, travel in the third carriage to meet other members.

You can use your \$2.50 excursion ticket.

Return train from Woodford Station 1.51pm arriving Penrith 2.38pm.

**Tour and Lunch cost \$15.00—paid in advance**

**Thursday 29th October 2009.**

Bookings are essential; Phone Bobbie Kersten on **9688 7000** or mobile **0410 873 605**

Come along and have a good day out with other U3A members.

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### The Tradition continues for the German Class – Julie Neumann

An end of term party has been a tradition in place long before I joined the German class nearly four years ago. The winter day didn't deter us and a morning of camaraderie and delicious food was shared by more than 20 members.

The class which is now in two parts, Beginners and Conversation, joined forces in Tench reserve for brunch.

The "tablecloths" were already in place when we arrived. Christa Clarke the class convenor and her husband John inherited the Tischdecken with the position.

Our founding tutor Ursula and her husband Keith Müller were also present. Ursula is well known as a party girl and her presence and warmth infused the gathering with Gemütlichkeit.

Photographs of this party can be seen on "U3A Photographs" on our Website: [www.u3anepean.org](http://www.u3anepean.org)

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### Another U3A Eisteddfod Win

Margaret Skiller last year entered the Creative Writing section of the Penrith Eisteddfod and surprised nobody who knows her by winning. Nor did she surprise anybody by taking second and third places with her other two entries. The story has already been told on the U3A web page.

This year she again entered two sections of the Eisteddfod and once again was unsurprisingly the winner of both. She was also runner up in both. You could be forgiven for thinking there might have been no other entries, but this is not the case. The quality of her writing is such that anybody who enters knows that she has set the bench mark. In a TV series on Dawn Fraser, many years ago, the scriptwriter put these words into Dawn's mouth. "If anybody else wants to win this race they have to do three things. They have to swim a personal best, they have to do it in less than sixty seconds, and they have to beat Dawn Fraser. I only have to swim." It's beginning to look as though anybody entering the Penrith Eisteddfod has to beat Margaret Skiller.

One of her winning entries, published on our web page, is indicative of her style, and is typical of the kind of stories she writes week-after-week for her Creative Writing Class.

The competition's judge was in no doubt about the quality of this piece and had the following to say: *"What a beautifully crafted narrative! The richness of your description painted a detailed portrait of the events and environments, as well as engaging me completely in the developing narrative."*

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## The 2009 ASCCA Conference at the Powerhouse Museum, Sydney by David Evans, Webmaster

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This year's ASCCA Conference at the Power House Museum (August 18-19) was nothing less than inspiring. As I begin to write this report, travelling home by train at the end of Day 1, I'm almost suffering from information overload.

Almost!

So that you don't feel the same way, I'll keep it as brief as possible while still trying to be informative. Since this is a personal report on the Conference, I will include my own observations and comments alongside those of the presenters. It's not intended to be a complete coverage—it's a smorgasbord of the talks that I found most interesting, and which I think would be of most interest to you.

I learned a great deal that has immediate practical application, and a lot more that, as useful background information, contributes to my overall understanding of computers and the Net. All this was done in a supportive, friendly environment where I was able to talk to lots of people from different backgrounds and even had lunch with one particularly interesting presenter who was happy to expand on her topic.

Did I say lunch? The food, supplied by the Powerhouse catering staff, was of gourmet standard. It was delicious and plentiful.

If you've never had the opportunity to attend such a conference, I can heartily recommend next year's event.

Details of individual Conference presentations can be seen on our Website: [www.u3anepean.org](http://www.u3anepean.org) and on the ASCCA Website: [www.ascca.org.au](http://www.ascca.org.au)

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### Psychology for Relationships – 2009 with Colin Bull

The course has been re-structured this year to make it available through U3A Online, as well as the Chifley Chapter. Consequently, the course is now taken by participants throughout Australia, New Zealand and Britain. The topics comprising the course are: Introduction to Psychology; Relational self; Positive relationships; Communication; Relationship skills; Relationship difficulties; Managing difficult relationships; and Interpersonal learning.

The Chifley Chapter participants are provided with the online course notes to study before each meeting. These notes then provide the basis for discussions and exercises which are designed to assist each participant advance their personally selected course goal. These activities give participants an opportunity to use the course content for improving their everyday relationships. Ethical guidelines drawn up by the participants at the beginning of the course provide the foundation for supportive, group learning.

A number of ongoing course participants meet before each meeting to study group dynamics and develop skills for co-ordinating group discussions. Pirie Klemmer, Lois Kirkpatrick, Angela Ilsley and Muriel Tonkin co-ordinate small group course discussions to ensure all participants have an opportunity to discuss their learning.

Angela Ilsley has also set up a course library. Angela has catalogued donated books and articles of interest so participants can study course topics in greater depth.

As a result of the willingness of participants over a number of years to contribute to the course, Psychology for Relationship continues to provide supportive, extensive learning for an increasing number of U3A members.

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**The office will be closed over the  
Term break period from 2pm  
Friday 2 October, 2009 until 10am  
Monday 19 October, 2009. Classes  
will be conducted to their  
scheduled times on each of these  
days.**



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.

**All enquiries please call Fay Naphthali on 47312024.**

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### Penrith Council's "Our Water, Our Future" Photographic Competition

To celebrate National Water Week, Penrith City Council has launched an exciting Photographic Competition with the theme "Our Water, Our Future". We are calling for all creative amateur photographers to submit a photograph that captures what this theme means to them.

#### **Categories and Prizes:**

- **Open Age Category (Over 18 yrs)** - \$500 cash prize from Rocla and a double pass to Penrith Whitewater Stadium valued at \$178
- **12 – 18 yrs** - \$250 photographic gift voucher from Penrith City Council and a double pass to Penrith Whitewater Stadium valued at \$178
- **Under 12 yrs** - a Sony Digital Camera valued at \$250 from Mall Camera House

Winners will be notified by 24 October 2009

All photographic entries must include a **completed entry form**, and can be submitted as follows:

- In digital jpeg format via email to [photocomp@penrithcity.nsw.gov.au](mailto:photocomp@penrithcity.nsw.gov.au)
- All images must be of a high quality when viewed in an A4 format.

OR

- In digital jpeg format on CD and/or an A4 unmounted photograph. All digital images must be of a high quality when viewed in an A4 format.

Send your photographic entry to:

"Our Water, Our Future" Photographic Competition  
Penrith City Council  
PO Box 60  
Penrith NSW 2751

#### **Entries close Wednesday 14 October 2009**

Up to 3 entries will be accepted per person.  
For an entry form and terms and conditions go to:



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### Seniors, computers and the internet

Do you know that only 21% of people over the age of 65 have access to the internet? Many seniors don't have a computer or internet connection because they believe that it is a luxury that they can't afford, aren't aware of the benefits, or perhaps don't think that they are up to the challenge.

Fortunately there exist organisations that assist seniors by providing computers, software, an internet connection, training and support at low cost, enabling seniors and pensioners to get online and make the most of what the internet can bring.

**WorkVentures Connect IT** is a not-for-profit organisation that provides quality refurbished PCs to any senior who receives a payment from Centrelink (pension or health care card).

"These are great entry level PCs that come complete with quality hardware, software and support" claims Steve Macready, head of Workventures.

For just **\$290**, WorkVentures will provide:

- A complete desktop system suitable for all key PC and internet tasks
- Fully licensed versions of Microsoft Windows XP Pro and Office 2003
- An internet ready system with new modem and up to date antivirus programme
- A helpful Set-up and User Guide and free phone and email technical support
- Home delivery anywhere in Australia

**WorkVentures** can cater for people who need a computer with more grunt, and assists those people that cannot afford to pay up front with a Purchase Plan (like lay-by). For more information contact WorkVentures on **1800 112 205** or visit their website: [www.workventures.com.au/connectit](http://www.workventures.com.au/connectit).

Organisations such as **WorkVentures**, **ASCCA** and **TadAust** ensure that seniors can now be a part of the digital age. Let your friends and family know about these great opportunities to get connected and before you know it you can be communicating with them online!

## U3A Term 4 Courses

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### **Introduction to Bird Watching - A course for beginners** with Julie Neumann

Bird watching is one of the fastest growing hobbies in the world.

Learn how this interest can add a new dimension to outings and trips locally, within Australia and even overseas. Join the avid band of “*twitchers*” in the area.

**Course starts on Wednesday 21 October 2009 in Penrith School of Arts at 9.30am to 11.00am**

This will be followed by a series of 8 weekly field trips in various locations between Springwood and Penrith. Excursions will be between 7.30am and 9.00am approximately. Final field trip 9th December 2009.

Binoculars would be an advantage. Medium level of fitness some walking involved.

Meeting places and transport will be arranged at the previous week’s meeting.

If you are interested in this course, please contact:

**Julie Neumann 4739 3063** Email: [julieneumann@eftel.net.au](mailto:julieneumann@eftel.net.au)

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### **Byzantium** by Graham Engel BSc MSc (Hons) PhD

**This course starts on Wednesday 21 October 2009 in the Leura Uniting Church Hall, Grose St, Leura at 2.00pm - 3.30pm.**

The Byzantine Empire was the longest lasting of all western empires: AD 330 until 1453.

The Roman Empire lasted only half this period. The basis of western law was developed here by Justinian; western poetry flowed from Persia to the Sicilian poets to Dante; Christian and Muslim architecture had its inspiration the Hagia Sophia, the largest church in Christendom for more than a thousand years; the art of icons and mosaics reached its zenith.

Written histories of Byzantium have not been part of the western education system for many centuries.

The first modern history in English (A Short History of Byzantium) was written by John Julius Norwich in 1988. Norwich described his education in Byzantine history at English public schools and Oxford as a “conspiracy of silence”. The course will cover the development of the

Byzantine Empire centred on Constantinople and the influence of surrounding cultures on Byzantium.

If you are interested in this course, please contact:

**Graham Engel 4784 2234** Email: [graham.engel@bigpond.com](mailto:graham.engel@bigpond.com)

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### **History of Space Flight** by Anthony Bayes

**This course starts on Tuesday 20 October 2009 in the Penrith School of Arts Building, 3 Castlereagh Street, Penrith at 10.00am—12 noon.**

**This course also starts on Thursday 22 October 2009 in the Springwood Neighbourhood Centre, Macquarie Road, Springwood at 10.00am—12 noon.**

Immerse yourself in the stunning details and images of spaceflight from H.G.Wells to the Space Station.

Watch the majestic curved Earth glide quietly by under you and bear witness to that one small step that forever changed human history. Discover how the secrets of our Solar System and the Universe have been revealed and how the early predictions and theories have actually panned out.

If you are interested in this course, please contact:

**Anthony Bayes 47392661**

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### **Keep an Eye Out**

Half of all Australians have at least one eye problem. As people get older, this rises to almost nine out of ten Australians aged over 45 and 96 per cent of people aged over 75. Vision disorders cost the Australian economy \$9.85 billion each year - well above other more publicised health conditions such as diabetes, asthma and depression. But while getting older increases the risk of developing an eye problem, poor eye health is not inevitable. In fact, up to 80 per cent of blindness and vision impairment can be prevented by early detection.

Those most at risk include people who have diabetes, a family history of eye disease and anyone aged over 40.

The best place to start looking after your eyes is to get a check-up with an optometrist. More information on eye health can be found at the National Eye Health Awareness Campaign website [www.australia.gov.au/evehealth](http://www.australia.gov.au/evehealth).

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# 2010 Conference Information

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## Talks & Workshop Contents

### **Bridging the Age Gap by Barbara Holborrow - Day 1, 11.00am**

Barbara will explore the behaviour of modern day youth today and how as Seniors we can better learn to communicate with them.

### **Learning and Friendship by Noeline Brown - Day 1, 1.00pm**

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

### **Food & Nutrition for the good life by Roger French - Day 1, 2.00pm**

In response to the growing interest in food and nutrition, Roger will 'table' more than 50 different common foods and explain their merits and demerits. Foods will be shown in the categories of vegetables, fruits, protein-rich foods, starch-rich foods, sugar-rich foods and fat concentrates. Emphasis will be given to the appropriate quantities of the different food types and how to attain acid-alkali balance. Some reference will be made to the therapeutic qualities of the foods shown

### **Astronomy - The Cosmic Connection by Anthony Bayes - Day 1, 2.00pm**

A fascinating journey into our world. Are we made from Stardust? What are the Elements and where do they come from? This workshop will answer these questions and provide many other interesting snippets of information, perfect for your next Trivia night.

### **Photography in Retirement by Peter Malek - Day 1, 3.30pm**

Exploring the endless opportunities for enjoyment through the eye of the camera.

### **Tai Chi by Marie Stewart - Day 1, 3.30pm**

This workshop will introduce participants to some of the theory of Tai Chi and we shall practice enough simple moves to allow a feeling of some of the pleasures of the practice of Chi Kung/Tai Chi.

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### **Vietnam Veterans Interactive Workshop - Day 2, 9.30am**

The presentation includes A / V material, audience participation, role play and dress up in Army Combat Kit and an extensive collection of Vietnam era memorabilia. The programme is staffed by volunteer members and is conducted on a not-for-profit basis. This is for people **NOT** attending the AGM.

### **Colonial Ladies - Lovely, Lively and Lamentably Loose by Judith Dunn - Day 2, 11.00am**

A lively and interesting lecture revealing the feisty nature of convict pioneer women, noted in the official records as, "*the most licentious women, the very dregs of society*". Individual stories illustrate their larrikinism and inner strength which allowed them to survive. Although humorous, this is also a thought provoking talk describing the transport and gaol system endured by these women.

### **U3A – The Unintended Consequences of Drinking Coffee by Cliff Picton - Day 2, 1.00pm**

The theme will be an elaboration of the role of serendipity in the development of key community organisations. Outline and main issues.

1. Brief history of the development of U3A in Australia
2. Older learners as key contributors to community life
3. Older people and the promotion of international understanding

### **Mobile Phones by Telstra Representative - Day 2, 2.00pm**

Presentation by Telstra covering the intricacies of the mobile phone and what it has to offer.

### **Crime Prevention by Snr. Constable Passau - Day 2, 2.00pm**

Her talk promises to give Seniors some helpful hints about protecting themselves and their possessions.

### **The Wisdom of Ages by Joe Harman - Day 2, 3.30pm**

The U3A recognizes the value of life long learning and perhaps embodies Gandhi's philosophy of "Live as though you will die tomorrow, learn as though you will live forever".

In our modern world knowledge is generally not respected unless it is new and cutting edge. Old knowledge is not seen as reliable or valuable.

What wisdom has been lost through this western attitude and the increasing move to popularist "dumbing down" of knowledge and information for the mass consumed sound bite? What wisdom do our elders and indigenous peoples bring that had guided the world in equilibrium and have been overlooked and are only now, being rediscovered?

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**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: [u3anepean@optusnet.com.au](mailto:u3anepean@optusnet.com.au)  
Website: [www.u3anepean.org](http://www.u3anepean.org)**

### **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. 4759 1943  
Secretary - Brenda Emerson - Ph. 4721 1735  
Treasurer - Linda Sinclair - Ph. 4739 2297  
Membership Officer - Doreen Ellis - 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  
Susan Bentley - Ph. 4777 4112

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Nepean Blue Mountains Chifley Chapter Inc.  
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## **U3A Nepean Blue Mountains Chifley Chapter Inc. Newsletter Term 4, 2009**



**2010 Conference  
Sponsors**

