

November 2009

Ph: (02) 47223405
PO Box 958
Penrith 2751

Meeting of the Chapter



UNIVERSITY OF THE THIRD AGE
Nepean Blue Mountains Chifley Chapter
3 CASTLEREAGH STREET PENRITH

2009 Newsletter



The **ANNUAL GENERAL MEETING** of the Nepean Blue Mountains Chapter of U3A was held at the Penrith School of Arts on Thursday 12th November, 2009 at 1.30pm.

The AGM, among other things, elected a Committee of Management. All positions on the Committee were declared vacant. The following members were elected to the positions on the Committee. Thanks to Diane Boyde, from Penrith Council for acting as returning officer for the election.

President:

Jim Tiberi

Vice-President Mountains:

Helmut Ullrich

Vice-President Nepean:

Hedi Roggeveen

Immediate Past President:

Reg Grace

Secretary:

Brenda Emerson

Treasurer:

Linda Sinclair

Membership Officer:

Doreen Ellis

Publicity Officer:

Anthony Bayes

Four ordinary members:

Shirley Gould - Hall Manager

Alan Lees - Curriculum Convener

Sandra Walker - Public Relations

Kate Litchfield - Social Activities

PRESIDENT'S REPORT

Hello everyone,

I am both delighted and humbled to have been elected as president of this great association.

My sincere thanks to those of you on the committee who have nominated again and are willing to serve for another 12 months.

And a hearty welcome to the new members of the committee, you will find the experience both very interesting and satisfying.

Thank you also to you the members, who attended the AGM and for the confidence you have shown in me and in the committee.

We should all thank our outgoing president, Reg Grace for having nurtured the Nepean-Blue Mountains Chapter of U3A over the past four years and handing it over in a very healthy state, both financially and in membership numbers.

But according to our constitution, Reg has served his maximum term as president and unfortunately needs to step down.

He will however, stand on the committee as Immediate Past President.

Reg has put in a lot of hard work over his four years in office, particularly over the past 12 months, with a lot of time and energy going into the initiating, planning and shortly bringing to fruition the hosting, here in Penrith, next years U3A's State Conference.

Ladies and Gentlemen, next year is going to be an exciting one for our Chapter of U3A, with the State Conference in March and a couple of other social functions in the very early stages of planning, I need to ask you for your support. Primarily please try to support, in whichever way you can, our State Conference. **But it can only be a success with your support.**

Jim Tiberi.

President

Membership Renewal and Enrolment Meetings

Renew your membership for 2010 by mailing the Renewal Form and \$30 Annual Membership Fee to the Membership Officer at PO Box 958, Penrith 2751 or present them in person at either Enrolment Meeting.

1. Wednesday 13 January, 2010 at Lawson

11.00am - 12.30pm

Mid Mountains Neighbourhood Centre

3 New Street (Cnr. Staple Street)

Lawson - (02) 4759 2592

(Behind the shops).

2. Friday 15 January, 2010 at Penrith

11.00am - 12.30pm

Penrith School of Arts

3 Castlereagh Street

Penrith - (02) 4722 3405



All students must be financial members of Nepean - Blue Mountains U3A

PLEASE BRING YOUR 2009 MEMBERSHIP CARD, if you are renewing membership, AND YOUR 2010 HANDBOOK TO THE ENROLMENT MEETING.

U3A News

U3A Term Dates - 2010

Term 1: 1 February - 2 April

Term 2: 19 April - 2 July

Term 3: 19 July - 24 September

Term 4: 11 October - 10 December

U3A Web homepage

Now, please note that the Newsletters, U3A Tutor profiles, Course details and the Constitution are available on our home website: <http://www.u3anepean.org>, so visit the site for copies of the latest information, and tell your friends as well.



The home website contains the latest information on the 2010 Conference details, including Registration Form and Programme Document.

Tutors should check their entry. If it is not the way you prefer, please email the amendment to David Evans at footloose@tpg.com.au (or telephone 4739 2785) and it will be corrected.

From the Editor's Desk.

This is your Newsletter. Members and other U3A Chapters are invited to contribute.

Contributions should not exceed 250 words, or half a page maximum.

Send typed contributions to the Newsletter Editor by email or post to Penrith office. Email is preferred, as it is easy to download into the Newsletter. Please include your name and phone number.

Would all our members please consider whether you can spare a few hours a week/fortnight/month to assist in the office. If you can help out please contact the Office Manager, Brenda Emerson at the office or on 4721 1735.



Last year one area of concern to our valued office volunteers was the great number of renewals submitted without the signed renewal application form being attached; these are required to be completed and signed by all members including Tutors to ensure that our insurance cover is valid for all our members. As a result a renewal application form had to be re-posted out to those members, This all costs money.

so **PLEASE** ensure that your renewal, not only includes the fee but the completed renewal application form as well.

IMPORTANT NOTICE.

PLEASE NOTE

The closing date for 2010 renewals is Friday 26th March 2010. If you wish to retain the benefits and advantages of your membership, you will need to renew by this date, after which you will need to re-apply to the Management Committee for a new membership.

Social Activities

2010 Australia Day Celebrations



We will be manning an Information Stall at the Glenbrook Australia Day Parade, on Tuesday 26 January, 2010 in Glenbrook Park. This usually goes from 9.00am to 4.00pm and is a wonderful show for both adults and children. To enable us to promote our Organisation within the community, we would appreciate any assistance in manning the stall throughout the day, for a 30 minute or 60 minute period to allow our other members to take a break.

If you can assist in this matter please contact **Tony Bayes on 47392661**

2010 Springwood Foundation Day Parade



We will have an Information Stall, again this year, at the Springwood Foundation Day Parade in Springwood. This parade will be held on

Saturday March 27, 2010 and runs from 9.00am to 4.30pm and is also a local celebration not to be missed. The ever popular parade will again be a main feature of the event, filling the main street with performers, school students, cars, floats and community group displays to entertain the 35,000 strong crowds. Once again, to enable us to provide a complete presence and promote our Organisation, we would appreciate any assistance in manning the stall throughout the day, for a 30 minute or 60 minute period to allow our other members to take a break.

If you can assist in this matter please contact **Tony Bayes on 47392661.**

Help us to promote our Organisation more in the Community, at all these functions.



THANKS TO TUTORS & VOLUNTEERS

This year we held our Tutors and Volunteers Afternoon Tea on Tuesday 13 October, 2009 in the Macquarie Room at the Penrith RSL Club.

We had a good crowd of over eighty people attending, with plenty of food to wash down with the tea, coffee and juice.

Tony Bayes, our Publicity Officer, played the promotional DVD he, with the assistance of his wife Anne, had put together to advertise our coming State Conference in March 2010. The DVD was shown at the Orange State Conference earlier this year, and copies handed out to other U3A delegates there. The DVD was well received by all those attending the Afternoon Tea.

Attending the Afternoon Tea was Freda Whitlam and Reg Grace (our President), mentioned that Freda had received a special award from Penrith City Council's Wall of Achievement Awards, and led applause for Freda. As many of you would know Freda is both a Foundation Member and Life Member of our U3A.

Brenda Emerson - Secretary

2010 Senior's Week Function.

We have applied to the Penrith City Council for a grant to provide a Open Day function on Wednesday 24th March 2010 at the Penrith School of Arts for Seniors Week.

We are seeking volunteers to assist in meeting with the public and helping people to understand our function within the community on this day. Unlike the conference hostesses there will be no requirement for "slinky black dresses", although some of male members might wish for this. We are looking at boosting our membership by attracting more people from the local area to come and see what we are all about. Refreshments will be provided during the course of the day and hopefully we will have demonstrations of some of our courses for the visitors to see.



Italian Luncheon – Jim Tiberi

On the 5th October the Italian class put on a luncheon at U3A Penrith, prepared, cooked and served by the students. It was part of the “**talk the talk then walk the walk experience**”.

They experienced the work and dedication that needs to go into a four course Italian feast. The ladies involved in the preparation, Chris Price, Lesley Lindsay and June Wilson, worked tirelessly from early that morning, making the pasta (yes...flour, eggs, kneading, rolling, machining etc) over four kilos of it. Tending the delicate sauce that simmered for over four hours. Preparing the roast chickens and salads and finally the strawberries in maraschino with sorbet and tiramisu.

The ladies did a great job preparing and setting the tables, a special thanks to Chris who supplied all the table cloths and all the settings. Thank you also to all those who helped clean up at the end.

The day was a great success. Not one of the 30 diners left hungry or without a smile on their face. Karen Paluzzano MP, and her family also enjoyed the day, she sent a letter of thanks to U3A for a great day and the opportunity to meet so many nice people.

With soft Italian music playing in the background.....it was inevitable.....the dancing started.....before we knew it, it was 5:00pm and maybe time to go home.

Needless to say, an Italian “**OCTOBER FEST**” is now indelibly marked on the U3A social calendar as an annual event.

Cr John Thain attended the luncheon on behalf of Penrith Mayor, Kevin Cramer.

Karen Paluzzano’s 15 year old son Edward, who wants to become a chef, made the delicious Tiramisu for dessert.



It was a pretty big job for a very small kitchen.



They look as though they knew what they're doing and they did.



Il cibo era grande, la società è stata migliore



Tutti sembra felice. Che idea



Italian Class
Dinner: October

More New Courses.

Philosophy: The Life of Humans and the Way They Behave Towards Each Other.

Fortnightly; commencing Tuesday 2 February 2010
Penrith School of Arts, - VAD Room - 1.00pm to 3.00pm

Brian Kearney; 4784 3189

The return of another of our popular Tutors and Classes!! Make sure you book your place early.

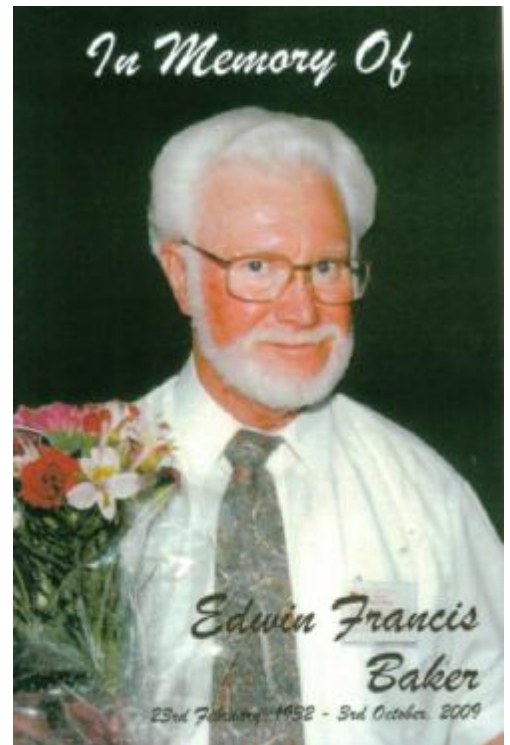
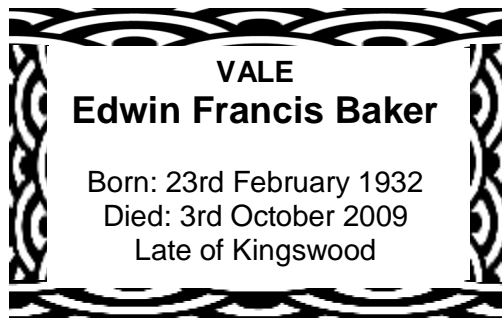
Nuts and Bolts of the Universe

Weekly; commencing Wednesday 3 February 2010
Leura Uniting Church, Grose Street, Leura - 2.00pm to 3.00pm

Graham Engels; 4784 2234 - Term 1 only.

This promises to be a most exciting introduction to the linking constants in the subatomic and the everyday world. This should fulfil the desires of all the mathematical types in the back row.

U3A News



Ted was a volunteer always willing to “lend a hand” whenever required. He was involved in the following community groups:
University of the Third Age Chifley Chapter
Nepean Cardiac Support Group
Nepean Family History Society.

At the University of the Third Age he was a Foundation Member and a Committee Member for 15 years. He established a Membership/Recording register and an Equipment register, both of which have proved to be invaluable to U3A.

All who had the good fortune to know Ted Baker will be saddened to learn of his death in October. Both a Foundation Member and Life Member of our chapter, Ted was the Membership Officer for fifteen years. During that time he worked closely with Hedi Roggeveen and Freda Whitlam, and with successive committees.

His funeral was held at St. Joseph's Catholic Church, Kingswood, on Tuesday, October 13.

Springwood Fitness Walkers by Marie Standen

Springwood Fitness Walkers invites all walkers to join them from 29 February - 5 March, 2010
Walking the Roof - Advanced - at High Country Motel, Cooma

Day 1 - Coach meets train at Canberra and then to Cooma

Day 2 - Kosciuszko Walk then along Main Range 19km – hard

Day 3 - Namadgi National Park Orroal Valley 9km, 3.5km uphill

Day 4 - Lambie Bush track 9.5km return

Day 5 - Bournda National park 9km

Day 6 - Coach to Canberra – train home

Cost \$620.00; Deposit \$120.00 to Annemarie Hekman, 65 Boronia Road, Bullaburra. 2784
Cash, Cheque, Money Order only.

Contact and further details:

Annemarie Hekman 4759 2172

Our Class at U3A, September 2009.

A great atmosphere prevails
In Judy's class at U3A
We think and talk
And talk and think
With laughter simmering,
Always on the bring.

Experiences, multiple, we've all had
Diverse, yet close enough to share
Yes, it really IS
An atmosphere of care.

Joan Adrian



Honoured Citizen Of Penrith—Freda Whitlam AM

On Thursday 24 September, 2009 a Civic Reception was held to “Celebrate Penrith” and recognise the Honoured Citizen of the City of Penrith - Freda Whitlam AM along with the 2009 Penrith City Council Wall of Achievement Award recipients. Freda became the fourth individual ever to be recognised by Penrith City Council as an Honoured Citizen of the City. This civic honour is reserved for individuals of the highest calibre.



Freda moved to Penrith in late 1976 believing it to be a growing and developing area. Freda possessed the experience to assist in that growth as can be seen from her long and outstanding record of achievement within the Penrith community. Today, Freda is well known in Penrith and across Western Sydney, she is a respected former Principal of Presbyterian Ladies College, Croydon and a former Moderator of the NSW Synod of the Uniting Church - the highest position in the church and only the second woman to hold that office.



Six months after moving to Penrith, Freda was invited to join the organising sub-committee of the Edenglassie Retirement Village at Emu Plains. Freda was elected, in 1977, to the initial Edenglassie Administrative Committee and her commitment continued until the end of 1984. Freda was elected to the Board in 1982 and remained an active member until she finally retired in 1999, serving as Chairperson.



Freda had a vision and the passion to introduce the University of the Third Age (U3A) to Penrith. U3A was introduced to Australia in 1984 and Freda initiated a meeting at the the Council Chambers, in 1990, to discuss the establishment of a branch in Penrith. The Penrith branch, known as the “Chifley Chapter”, began in 1990 with Freda serving as the first President until 1993. In February, 1998, Freda was presented with the first life membership of the U3A Chifley Chapter in recognition of her dedication and leadership in the U3A and being its **“Founding Mother”**.

A staunch advocate for the virtues of Penrith, Freda has for almost 20 years been interested in and worked toward the development of a University in Western Sydney. One of the reasons Western Sydney has a University of great standing today is due in no small part to the 20 years pf continuous voluntary and unqualified support, lobbying and endorsement Freda gave to this project. Over many years Freda has displayed an extraordinary breadth of knowledge as she has

addressed countless conferences, organisations, groups and meetings with wit, humour and scholarship. To all of these groups, no matter how large or small, Freda has devoted her time and expertise in a voluntary capacity in a true demonstration of her devotion to her adopted community of Penrith.

Now well into her eighties Freda continues to teach 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.

Of course, to us here at U3A Nepean Blue Mountains, 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”**.

A short Note from our Secretary.

As Office Manager, I would like to take this opportunity to thank all those volunteers who have assisted with the running of the office this year. Their co-operation with the manning of the office, swapping around on the roster where required, performing such tasks as welcoming of new members and the processing of applications, handing out of information to visitors to the office, answering telephone enquiries, completion of a variety of tasks, especially those big mail-outs we have had this year, is very much appreciated. Thank you one and all.

At this time, I would also like to thank my fellow Committee Members. A nicer group of people would be hard to find. I have enjoyed working with you all, and we have enjoyed our laughs along the way, kept our organisation running smoothly, ensuring that you, our members, enjoy the best that our U3A has to offer. I look forward to 2010 and working with the incoming Committee.

Thank you.

Brenda Emerson

Secretary and Office Manager

2010 NSW State Conference News.

Just a gentle reminder to all our members about the 2010 State Conference we are hosting in March 2010. Bookings opened at the end of September and we have had a good response, however we need your support to ensure that the Conference is a raging success. Please seriously consider attending one or both of the days, the Conference dinner or take one of the bus trips. The conference is open to members and non-members alike, so bring a friend or friends, the more the merrier. Come along and participate in the celebrations, it is our 21st birthday.

After you have made your decision what day(s) you would like to attend, please fill complete the pink Registration form mailed with the last newsletter. If you are bringing a friend or friends, each person needs to complete a separate Registration form and these are available from the office or from our Web Page www.u3anepean.org.

We would really appreciate receiving your registrations early, as the end of the year is

COOK'S NOOK

Ambrosia (Alias Heavenly Hash)

This is a delicious and simple summer dessert that everyone will enjoy and looks good too.

Ingredients:

1 x 440g can crushed pineapple
1 x can mandarin segments
1 x packet of marshmallows
1 x carton sour cream

Method:

Drain fruit and place in bowl over chopped marshmallows.

Leave overnight in a covered bowl.

Before serving, stir through the sour cream and then ENJOY.



Don't forget to make another dessert and submit the test piece to the newsletter editor for adjudication and marking!!



getting closer and we need to have all registrations in by 31 January 2010, to enable seating to be finalised.

The Conference will be held over two days, 9th and 10th March 2010 at the Penrith RSL Club, 8 Tindale Street, Penrith.

The daily cost is \$49.00 per person and will include morning and afternoon tea or coffee, and lunch.

The Conference dinner will be held on Tuesday 9th March at the Penrith RSL Club commencing at 6.30 pm. The cost is \$49.00 per person. Entertainment and door prizes will be provided.

\$1,000 Donation from Penrith City Council

Penrith Mayor, Cr Kevin Crameri OAM, in reply to a letter from our Secretary - Brenda Emerson – has, on behalf of Penrith City Council, donated \$1,000 toward our U3A 2010 Conference fund.

Thank you very much to the Penrith mayor for this generous donation.



U3A News from the Classes

Sophia's Cake Decorating Class

The end of the year is almost upon us and throughout the year the Beginners and Advanced Cake Decorating classes have had a lot of fun whilst learning a lot of new things.

I would like to thank all my students for their participation and their friendship throughout the year. We have had a great time. Thank you!

Jacqueline is leaving the class because she and her husband are relocating to a warmer climate. We will miss her very much but we all wish her and her husband "**Good Luck and Good Health**" in the future.

Esme is also leaving due to her poor health but she has been a very good, hard worker for the past two years. "**Good Luck and God Bless Esme**" - we wish you and John all the very best in your many years ahead.

Finally, Christina, Verna and Irene have made some beautiful cake decorations this year, they are very talented ladies.

Thank you all again
Sophia



Italian Class.

Jim Tiberi's class, "Italian for Seniors", is one of the happiest classes at U3A. We all look forward to Mondays, there is such a pleasant, friendly atmosphere among our students. Our brains start ticking over and we laugh and learn our way through the morning. Jim has a lot to contend with, having mainly ladies in his class, but we're sure he loves every minute.

Many of the students have travelled to Italy over the years and re-live fond memories of time spent in this beautiful country, sampling its food, wine and culture. In October the class had its own Italian Cooking Party, which was very much enjoyed by all who attended and it is hoped this will become an annual event. We are looking forward to our Christmas Party, which is on 7 December, 2009 and sadly the final day of our class. However, on a bright note, classes begin again on Monday, 1 February, 2010 and hope to see everyone return, eager to continue learning and laughing.

Happy Christmas to everyone.

Sandra Walker.



Bushwalking Groups



Group B Walkers making their way to "Lockleys" Pylon in October.

In future:

Walk A will be known as **The Kookaburras**;
Walk B will be known as **The** (where the)
Hekarwe; and
Walk C will be known as **The Snails**.



New Courses for 2010

2010 Class Timetable is on the Web Page

The 2010 class timetable can now be viewed on the U3A web page at <http://www.u3anepean.org>.

Most of the courses offered in 2009 will also be offered in 2010. But there are also some new ones:

PLEASE NOTE: Unfortunately, Petr Malek has decided to move to Moss Vale and will not be able to run his very popular photography classes next year.

1. Architecture Demystified;

Fortnightly - commencing Tuesday 2 February 2010
Blackheath Community Centre 10.00am - 12 noon.

Peter Buckwell; 4787 1388

2. Creative Writing;

Weekly; commencing Monday 1 February 2010
Lower Mountains Neighbourhood Centre, Blaxland
10.00am - 12 noon

Richard Lamb; 4784 1044

Richard has kindly taken up the reins from David

3. Creative Writing (at Lawson);

Weekly; commencing Wednesday 3 February 2009
The Committee Room, Our Lady Of Nativity Church,
Lawson - 10.00am to 11.00am

George Conyngham; 4751 3079

4. India and her Religions;

Fortnightly; commencing Friday 5 February 2010
2/4 De Vilnits Parade, Penrith - 9.30am to 10.30am.

Also

Fortnightly; commencing Monday 8 February 2010
Springwood Neighbourhood Centre, Springwood -
10.00am to 11.00am

Freda Whitlam; 4721 5515

*****4.

5. Current Events;

Fortnightly, commencing Wednesday 3 February 2010.
Blackheath Community centre - 2.45pm to 4.15pm

Peter McNeill, 4787 6178

6. Exploring the Law;

Weekly; commencing Tuesday 2 February 2010
Penrith School of Arts, - Room 1 - 1.00pm to 2.00pm

Joe Harman; 4731 5688 - Term 1 Only.

The return of another of our popular Tutors and Classes.!!

7. Movie & Supper Night;

4th Saturday every month - **John Morehead 4721 0518**
136 Jamison Road, Penrith - 7.30pm EST or 8.00pmDST
Relive and Enjoy Old time Movie Classics from the
1940s to the 1960s.

Voluntary donation requested to cover refreshments.

8. First Aid for Seniors;

6 Sessions; commencing Thursday 4 February 2010
Penrith School of Arts, Hall - 1.00pm to 3.00pm .

Yvonne Cassidy, 4736 4715

Term 1 only. Minimum of 6 Students required.

9. A new series of Presentations:

Penrith School of Arts, Room 1 10.30am to 12.30pm
Lucy Bantermalis 4782 2210 or Mob. 0414 914 463

A. The Enlightenment and the Intellectual Influence it had on the Early European Settlement in NSW.

Friday 5th February, 2010

B. The Life and Times of Charles Darwin and his Sojourn to the Blue Mountains.

Friday 12th February, 2010.

Friday 19th February, 2010 - Site Trip.

C. Egyptology - The Science that reintroduced Ancient Egypt to the Western World.

Friday 26th February, 2010

Friday 5th March, 2010 - Site Trip

10. The Adventure of English with Melvyn Bragg;

Weekly; commencing Tuesday 20 April 2010

Penrith School of Arts, Room 1 - 10.00am to 12.00 noon. Also

Weekly; commencing Thursday 22 April 2010

Springwood Neighbourhood Centre - 10.00am to 12.00 noon.

Anthony Bayes; 4739 2661

Terms 2 only—Max. of 20 students at each venue

11. English Language by Rob Loveday;

Weekly, commencing Tuesday 20 July 2010

Penrith School of Arts, Room 1 - 10.00am to 12.00 noon. Also

Weekly commencing Thursday 22 July 2010.

Springwood Neighbourhood Centre - 10.00am to 12.00 noon

Anthony Bayes, 4739 2661

Terms 3&4 only - Max. of 20 students at each venue.

12. Growing and Caring for Orchids;

Weekly, commencing Wednesday 21st July 2010.

28 William Howell Drive, Glenmore Park - 9.30am to 11.00am

Graham Larkham, 4733 4434

Term 3 only. Hurry this class fills quickly.

13. Lapidary - Introduction to Lapidary Gemstones;

Weekly, commencing Thursday 4th February 2010.

15 The Valley Road, Valley Heights - 9.30am to 11.30am. **Check the handbook for details of fees applicable for this course.**

Michael Wilde, 4754 1436

Term 1 only. Min. 6 & Max. 10 students.

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



The Management Committee send the following message to all our members. Christmastime is a time to remember all those special family members and friends, especially those in U3A who brighten our lives. Those thoughtful people who brighten our days all the year through, those people with whom we share laughter. The wonderful people who have touched our lives as few can.



**Have a Very Merry
Christmas
and Happiness Always**



*A good news verse for all our U3A
Very Special Friends especially
Jo-Jo, Wilma, Kath and Dawn*

There are so many things to do each day
There is so much going on in the world of
great concern that often we do not stop and
think about what is really important to us
One of the nicest things in my life is my
friendship with you all and even if we don't
have a lot of time to spend with each other.
I want you to always know how much I
appreciate you all and our friendship.

The Editor

AGM—November 12, 2009



Attendees at the AGM -- November 2009

Seated at the table are incoming President, Jim Tiberi, and U3A Secretary, Brenda Emerson. Reg Grace gives his blessing from the rear and, that's Hedi Roggeveen, Vice-President (Nepean) just getting in to the bottom right hand corner. The lady with the microphone is the returning officer, Diane Boyde, Penrith City Council's Community Development Officer - Older People.

We would like to sincerely thank all who attended our AGM this year, your effort made it a lot easier for the Committee to finalise the yearly housekeeping.

**U3A IS A SELF-HELP GROUP THAT DERIVES
ITS STRENGTH FROM ITS MEMBERS'
CAPACITIES AND THE SHARING OF THEIR
KNOWLEDGE AND EXPERIENCE.**

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