



# ***UNIVERSITY OF THE THIRD AGE***

**Nepean - Blue Mountains - Chifley Chapter Inc.  
3 Castlereagh St, Penrith NSW 2750**

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## **Email Newsletter for March 2010**

### **Events**

#### **Movie & Supper Night at 8.00pm on Saturday 28<sup>th</sup> February at 136 Jamison Road, Penrith.**

Relive and enjoy **Old Time Movie Classics** from the 1940's to 1960's on 16mm film with the Volunteer Projection Group at **136 Jamison Road, Penrith** on the 4<sup>th</sup> Saturday every month.

The program consists of one full length feature film and (if it is less than 120 minutes) a Cartoon and Newsreel. This is followed by supper and a discussion on the presentation. A voluntary donation is requested to cover the cost of the refreshments.

On Saturday 28<sup>th</sup> February, the Projection Group will be showing: Road to Zanzibar (\*\*) Starring: Bing Crosby, Bob Hope, Dorothy Lamour, Una Morkel. News & Cartoon.

U3A members **and their guests** will be welcome.

If you wish more details, contact **John Morehead - Tel: 4721 0518.**

#### **U3A State Conference 2010 on Tuesday & Wednesday 9<sup>th</sup> & 10<sup>th</sup> March**

**This is the last week that you will be able to book a place at the Conference.**

**Registration for the conference will close on Friday 26<sup>th</sup> February when we have to finalise arrangements with the Penrith RSL.**

**The Conference Program and Registration Form are on our website:**

**[www.u3anepean.org](http://www.u3anepean.org)**

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

**The Conference dinner will be held on Tuesday 9<sup>th</sup> March at the Penrith RSL Club commencing at 6.30 pm. The cost will be \$49.00 per person.**

**Entertainment and door prizes will be provided.**

**Conference and dinner bookings can be made at our U3A Office at:**

**The Penrith School of Arts, 3 Castlereagh Street, Penrith**

**Tel: (02) 4722 3405 Email: [u3anepean@optusnet.com.au](mailto:u3anepean@optusnet.com.au)**

**You do NOT have to be a member to attend the Conference.**

**Tutors Option to Cancel Classes during the Conference i.e. 9<sup>th</sup> and 10<sup>th</sup> March.**

If tutors wish to attend the Conference or, if some of their students wish to attend the Conference, then tutors may cancel their classes during the Conference, if they wish.

## Seniors' Week at our U3A on 24<sup>th</sup> March – (Copied from our Website)

You probably knew that March 21-28 is Seniors' Week in New South Wales. You may not have known how your U3A will be participating. All events listed in the first section of this report will be held on Wednesday, March 24 at the Penrith School of Arts, 3 Castlereagh Street, Penrith.

All seniors are welcome. Come in and have a chat, meet other seniors from the area, have a drink and something to eat, and meet one of U3A's representatives.

9.30–11.30		Devonshire Tea
10.00		Tai Chi demonstration by our resident tutor Christie Wood
11.30– 1.30		Assortment of sandwiches, tea/coffee/soft drink.
11.30– 1.30		Performances by U3A Nepean-Blue Mountains Singers
1.00– 3.00		Mah Jong Demonstration
1.30- 4.00		Assortment of cakes with tea, coffee and soft drinks.

During Seniors' Week, U3A webmaster, David Evans, has been booked to give a workshop at Penrith Valley Seniors' Computing Club, 86 Station Street, Penrith, on "Playing Chess on the Internet". It will be on **Tuesday March 23rd start at 11.00 and finish between 12.30 and 1.00.**

### INTERNET CHESS—A FREE WORKSHOP

Have you ever thought of playing chess on the Internet? It has three advantages over regular chess clubs:

You can play at a time that suits you and for as long as you choose.

You can play in the comfort of your own home.

There are so many people playing on line that it's easy to find somebody who plays at your own strength—so you don't have to worry about winning too easily against beginners or being whopped by masters. You choose the strength of your opponents.

During Seniors' Week I've been invited to give a workshop on "Playing Chess on the Internet" at Penrith Valley Seniors' Computer Club who meet at the Seniors Centre in Station Street. All seniors are welcome and it's completely free.

I will be using the facilities at [Chess.com](http://Chess.com) who, in less than three years, have built their membership from a mere handful to more than a million members. They offer unlimited free on-line chess with paid options for people who want the bells and whistles. [Chess.com](http://Chess.com) have generously opened a number of accounts for us to use during the workshop so you'll be able to try it out yourself—either playing other people in the same room, or trying your hand against opponents from all over the world.

This is not about learning to play chess—for that you should contact Ken MacGillivray and sign up for his Friday afternoon U3A chess class. You can find Ken's details by [clicking here](#).

## **Springwood Foundation Day on Saturday 27 March**

U3A will have a stand at the Springwood Foundation Day and Tony Bayes is looking for volunteers to help him for an hour or two to promote our U3A. If you would like to help, please contact **Tony on 4739 2661 or [anthony.bayes@bigpond.com](mailto:anthony.bayes@bigpond.com)**

## **General Information**

One of our Individual Computer Tutors –

**Richard Nolan of Leura** died on the 12<sup>th</sup> December last year after a long illness.

Richard was a multi talented man who was born in Marrickville and for a time lived with his family in a tent in Camden .

He began work with BHP in Broken Hill and progressed to become a mining engineer.

After retirement, he obtained a degree in economics at UNSW and lectured there and at Charles Sturt University . His lectures dealt with practical economics and during his spare time he acted as an expert witness for the environment.

Richard moved to the Blue Mountains in 1997 and began computer tutoring for U3A in 2003

Richard was known as a wonderful, patient teacher, although his patience was stretched toward the end. He is fondly remembered by his many friends.

### **We are very grateful for our current Computer Tutors**

Robert Byrne	Elly Byrne	Jim Percy	Henry Fisher
Christine Bolton	John Robertson	Sandra Walker	Roslyn Mancy
George Winston	Susan Bentley		

Julie Neumann – available for Mac Introductory lessons

If you would like to become a Computer Tutor, please contact: **Jim Percy 4758 6009 [jp34@tpg.com.au](mailto:jp34@tpg.com.au)**

### **Cancellation of U3A Yoga Class**

Unfortunately our volunteer Yoga Tutor, Carmen Ceniza, has cancelled her U3A Yoga class.

Carmen has given her time, experience and facilities free of charge over the last 3.5 years.

However, due to some unpleasantness she experienced from some U3A members who were disappointed at not being able to attend her Yoga class in Term 1 of 2010, she has decided she no longer wishes to continue this practice.

Carmen charges \$10 per class for all participants over 60 who attend her studio - **Lila Yoga Suite 2, 352 High Street Enter: Castlereagh Street 02 4732 3230.**

Details of classes are on her website [www.lilayoga.com.au](http://www.lilayoga.com.au)

We do need to know when things go wrong (as they did with the over-booking of students for U3A Yoga) so that we can try and correct the problem. But please be gentle when complaining because all our Tutors and Workers are volunteers who give their time free of charge, so we have to treat them with respect and consideration. If they feel that they are unappreciated, their ultimate recourse is to cancel their courses or resign their positions.

Remember, if you would like to improve or make a contribution with your time and expertise to our U3A, please tell a member of the Committee because we are always looking for volunteers. Our Secretary and Office Manager, Brenda Emerson needs some more Office Volunteers urgently and I am always looking for tutors.

### **Seniors Yoga on Saturday 10.00am to 11.30am – not a U3A course**

Several U3A members and I attend a yoga class at the Penrith Valley Seniors Centre, 86 Station St., Penrith on Saturday mornings. It costs \$12 per year to join the Seniors and 20 cents each time you attend. You will be very welcome. You can bring your own mat. However, mats are supplied. But please bring a large towel to cover the supplied mat.

### **Classical Guitar Classes**

Rob Miller has offered to teach Classical Guitar. If you are interested in learning or playing the Classical Guitar, **please contact Rob on his Mobile: 0407 441 471.**

## **Postponement of the Class on The Enlightenment and the Intellectual Influence it had on the Early European Settlement in NSW**

This class was postponed from 5<sup>th</sup> February until 5<sup>th</sup> March because the tutor, Lucy Bantermalis, had problems getting to Penrith from Katoomba after the train service was disrupted during the heavy rains.

The heavy rains also caused the indefinite postponement of the Charles Darwin Walk at Wentworth Falls because the Walk has been closed after some of the bridges and walk-ways had been washed away.

## **German Class at Katoomba**

Helmut Ullrich, our Blue Mountains Vice-President, has offered to run a German Class at Katoomba Community Centre in Term 2. If you are interested in learning or practicing German at Katoomba, **please contact Helmut on 4782 3979.**

## **Embroidery, Patch Work & Quilting on Thursdays**

Barbara Orth has offered to run an Embroidery, Patch Work & Quilting Course in the Penrith School of Arts Hall at 1.00pm to 3.00pm on Thursdays. If you are interested in learning or participating in an Embroidery, Patch Work & Quilting Course, **please contact Barbara on 4733 3422** after 4.00pm.

## **Domestic Violence Course in Term 2 at 10.00am to 12noon on Wednesdays at Penrith School of Arts**

The course will provide an understanding of domestic violence and its effects on the wider community. A holistic approach will be presented. Topics for discussion will include:

- Knowledge of the dynamics of family violence
- The effects of domestic (family) violence on children
- Abuse of the elderly
- Resources for use by community members

About the presenter:

Chris Brenton has 25 years experience working in the wider community and 17 years working directly with families experiencing violence at the hands of family members.

If you are interested in attending this course, please leave a message at the Office 4722 3405 or [u3anepean@optusnet.com.au](mailto:u3anepean@optusnet.com.au) and Chris will contact you.

## **Social Tennis and Table Tennis**

Lorraine Brown has agreed to organise Social Tennis and Table Tennis games for U3A members and will contact all interested members.

**We have 6 members** who would like to form a **Social** Tennis Group.

**We also have 9 members** for Table Tennis at the Penrith School of Arts.

If you are interested in joining a **Social** Tennis Group or Table Tennis Group, **please contact Lorraine on 4736 5541 or [lbrown40@bigpond.net.au](mailto:lbrown40@bigpond.net.au)**

## **Anyone for Lawn Bowls?**

The Penrith Bowling Club are willing to set up a program for tutoring our members in the fine art of lawn bowling, members would need to join the bowling club (\$5). The Penrith Bowling Club would run this coaching class weekly and would also be prepared to advertise our U3A in their monthly magazine.

**We now have 6 members** interested in Lawn Bowls. If **you** are interested in joining a Lawn Bowling Group, **please contact Jim Tiberi on 4735 1981 or [jtiberi@optusnet.com.au](mailto:jtiberi@optusnet.com.au)**

**New Photographs on our Website** - Photographs have been published on our website of:

- Last year's Byzantine Class having a Banquet; and
- The Introduction to Bird Watching Group having a Tree-Hugging Ceremony.

## **21 Year History of our U3A**

Hedi Roggeveen (Vice-President – Nepean) has coordinated the compiling of a history of our U3A into a booklet. The booklet will be available for sale shortly.

### Walking with a Touch of History in March:

Details of all Walks for Term 3 are shown on our website [www.u3anepean.org](http://www.u3anepean.org) U3A Members can join any Walking Group. But **The Kookaburras** and **The Hekarwe** are for “**Medium** walkers” and **The Snails** are for “**Gentle** walkers”.

**The Kookaburras** will be co-ordinated by **John Massar** 042-479-4450  
– but telephone only between 4.00 and 7.00 pm, please.

<b>Walking Program, Kookaburras — Term 1, 2010</b>			
<b>Date</b>	<b>Time</b>	<b>Place</b>	<b>Walk</b>
01 Mar	9.14	Wentworth Falls	Bruce's Walk to Lawson—Zigzag tracks, slippery litter, steep bits, creek crossings, three ladders.
08 Mar	9.24	Katoomba—Meet at bus stop outside the Carrington for 9.49 bus to Blackheath	Evans Lookout to Govetts and Pope's Glen
15 Mar	9.24	Katoomba	Bruce's Walk to WWF—Steep hills on fire trails with two creek crossings.
22 Mar	8.43	Springwood	Martin's Lookout, Magdala Creek
29 Mar	9.00	Woodford	Transit of Venus & Burgess Falls Tracks.

The Hekarwes will be co-ordinated by:  
Reg Grace 4739-4843 and Yvonne Hardiman 9670-3649.

<b>Walking Program, Hekarwes — Term 1, 2010</b>			
<b>Date</b>	<b>Time</b>	<b>Place</b>	<b>Walk</b>
01 Mar	9.24	Katoomba (9.49 bus from Carrington)	Walls Cave, Braeside Walk to Blackheath. Easy.
08 Mar	9.20	Leura	Gordon Falls to Sublime Point
15 Mar	9.44	Mount Victoria	Mt. Victoria to Blackheath via cliff tops. 6 km. Easy
22 Mar	9.30	Circular Quay	Harbour Bridge, Kirribilli, Cremorne Wharf, ferry back. (Bridge pylon visit optional \$6.50 conc.)
29 Mar	9.13	Wynyard (York Street stand I. Bus 202.	Sailors Bay to Artarmon (Henry Lawson's Cave) Bus to city. 8km. Easy.

The Snails will be co-ordinated by Judith and Nick Hill 4739 2871.  
Phone only about 7.00 pm, please.

<b>Walking Program, Snails — Term 1, 2010</b>			
<b>Date</b>	<b>Time</b>	<b>Place</b>	<b>Walk</b>
01 Mar	9.56	Hazelbrook	Victor and Terrace Falls
08 Mar	9.44	Mount Victoria	Blair Athol Mine
15 Mar	9.20	Leura	Leura Cascade—Prince Henry Cliff Walk to Leura
22 Mar	9.37	Blackheath	Govett's Leap, Braeside
29 Mar	9.44	Mount Victoria	Mount Piddington, Fairy Bower

All walks are easy grade. Wear appropriate clothing, footwear, hat and sun screen. Bring a back pack with morning tea, and lunch. **Plenty of water must be carried.** We try to travel upstairs in the third carriage from the front of the train. Each person is responsible for their own safety, but must abide by the directions of the walk leader/s.  
**Also, bring a sense of humour and adventure.**

## **Committee News**

### **Committee Resignation**

It was with great regret that the Committee accepted Kate Litchfield's letter of resignation. Susan Bentley agreed to act as a temporary Committee Member.

### **U3A NSW Network AGM**

Reg Grace is nominated as our voting delegate at the NSW Network AGM to be held at the Conference venue on Wednesday 10<sup>th</sup> March, 2010.

### **Grants from Penrith City Council**

Our U3A has received a \$500 Seniors Week Grant and a \$1,200 grant for the staging of the 2010 U3A NSW State Conference.

### **2010 U3A NSW State Conference.**

More than 200 people have registered to attend the Conference so financially we should at least break even. But we would like more people to attend and make it a roaring success.

### **The Office**

Our U3A Office has had a make-over. It has been freshly painted and has new furniture, computer and cold water dispenser. The cold water dispenser is available to all members.

### **Newsletters:**

The closing date for submissions to the monthly Email Newsletter is one week before the end of each month. However, if you miss the date, your submission will go in the following month's newsletter – if I remember. Submissions should be sent to the Office – Attention Curriculum Convener or preferably emailed to [alanlees@y7mail.com](mailto:alanlees@y7mail.com)

### **Next Committee Meeting**

The next Committee Meeting will be held at the Penrith School of Arts at 1.30pm on Tuesday 2<sup>nd</sup> March 2010.

**Disclaimer - Articles contributed to this Newsletter and published as a service to members; do not necessarily reflect the opinion or policy of this organisation. Articles are intended as opinions and items of debate only and should not be acted on without expert advice.**

## **Subject: Two Young troublemakers**

**Two little boys, ages 8 and 10, were excessively mischievous. They were always getting into trouble and their parents knew all about it.**

**If any mischief occurred in their town, the two boys were probably involved. The boys' mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys.**

**The preacher agreed, but he asked to see them individually. So the mother sent the 8 year old first, in the morning, with the older boy to see the preacher in the afternoon.**

**The preacher, a huge man with a booming voice, sat the younger boy down and asked him sternly, 'Do you know where God is, son?'**

**The boy's mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open.**

**So the preacher repeated the question in an even sterner tone, 'Where is God?'**

**Again, the boy made no attempt to answer. The preacher raised his voice even more and shook his finger in the boy's face and bellowed, 'Where is God?'**

**The boy screamed and bolted from the room, ran directly home and dove into his closet, slamming the door behind him.**

**When his older brother found him in the closet, he asked, 'What happened?'**

**The younger brother, gasping for breath, replied, 'We are in BIG trouble this time,'**

**'GOD is missing, and they think we did it!'**