

# Bathurst U3A Newsletter

**Term 4 starts - October 8th—November 30th 2018**

*Winter has been a chilly one for some of us in Term 3 however attendances in classes have been consistently high.*

*Keep a look out for Pelican Pete as he appears in Bathurst City Life (Bathurst's best community news magazine) free every fortnight.*

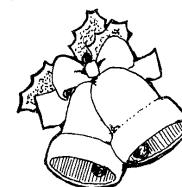
*The new projector at Panthers has been providing good use with the Movies and Current Affairs classes.*

*Please don't forget to book for our Christmas Party by 30th November. It is always a fantastic get together, a time of celebration with our members and friends.*

*Remember our Motto  
"If you don't use it, you will lose it"*



Lindsay Cox—President



## **Classes Returning in Term 4**

- 1. Drama** with Petah Burns  
0417 671 556
- 2. Lawn Bowls** with Gordon Adams  
6331 5274

*Sadly Bob Henry one of our active member of U3A passed away after a short illness. We pass on our condolences to the Henry family. He will be greatly missed by all who knew him*

*Goodbye wishes to members Colin and Fiona Thompson who are leaving Bathurst to relocate to the South Coast. They have both been strong supporters of the club. We wish them well as they will both be sadly missed.*

*A thank you to our hardworking committee members who volunteer their time to ensure the members are supported. Some of our programs are now continuing for 8 week terms for those members who are interested.*

## ***New Projector and Screen***

Pelican Pete commented: A new project and screen has been installed at Bathurst Panthers with costs shared by Panthers, the Camera Club and U3A to provide new as well as improved opportunities. Connection to the internet now enables access to news items and facilitates discussion at "A Current Affair". Far better than relying solely on hand written script on a white board. Language classes are also taking advantage of the projector. Memorable Movies can also be screened which takes place on Friday afternoons.

Our heartfelt thanks to Panthers and its management for the ongoing support to the U3A community.



**Enrolments for Term 4 close - Friday 28th September 2018**



### New Facilitators

#### 1. Table Tennis

Sally Fulton  
6331 5760

#### 2. Aqua Aerobics

James McBryde  
6358 0002



### Classes Not Running in Term 4

#### 1. Music Appreciation



**Date for Diary**  
**U3A**  
**Enrolment Day**  
**16th January**  
**2019**  
**AGM 2019**  
**20th March**

## Course Information

**DRAMA** -This course is returning with a 'bang'. We will be working on a series of skits in preparation for performing a same item at the Christmas Party. Why not come and join in the fun!

**LITERATURE** - Join with Dr Joan Phillips to read and talk about a selection of short stories.

**MEMORABLE MOVIES** -Come along and enjoy some great movies from years past and then join in an informal discussion with the members afterwards.

This interesting program still has something to make you think and laugh about. As we head towards the holiday period there will be a stronger emphasis on comedy this term.

**LAWN BOWLS** -Why not come along to learn how to play lawn bowls?

Lawn Bowls provides a number of health benefits for seniors.

It will improve your fitness, your coordination and skill development in a relaxed atmosphere.

Please wear flat solid shoes and a hat.

Lawn Bowls are held at Bathurst Community Centre, 29 William Street.



## Full Classes for Term 4

- \*Mahjong
- \*Cryptic Crosswords both classes
- \*Creative Writing
- \*Just Write
- \*German
- \*Craft Collective
- \*Quilting & Craft
- \*Stitch and Chat
- \*Bonsai Buddies
- \*Reading a French Novel

## Late Enrolment

Some classes have a limit on attendance numbers.

If you are enrolling after the enrolment closing date, **please** contact the Enrolment Officer, Sally Fulton—6331 5760 to confirm if there is room in the course for you.

## Vale - Remembering Past Members

**Isobel Wilkinson** - Last November U3A Art Attack lost one of its keenest members. Isobel had been an enthusiastic member, willing to share her talent at all times. She will be remembered for her great sense of humour.

**Bob Henry** - Bob was an active member of U3A, first as a committee member and then a Facilitator of Table Tennis, Aqua Aerobics and Lawn Bowls. We will greatly miss his enthusiasm and willingness to promote U3A at all times.



## Venue Locations

There are a number of different Venue Locations where classes are conducted. If you are not sure where the venue is, please refer to the website <http://bathurstu3a.com> for more information including directions.

### Term Dates

**2019**

#### Term 1

Feb 4 to March 29

#### Term 2

May 6 to June 28

#### Term 3

July 29 to Sept 20

#### Term 4

Oct 14 to Dec 6

- D2F—21 Bradwardine Road
- LMF—Library Meeting Room  
The Neighbourhood Centre— 196 Russell Street
- Bathurst Panthers—Piper Street
- Baptist Church—188 Eglinton Road
- CSU Room 31- Research Road
- Old Evans Shire Building—Lee Street
- Seymour Centre—Seymour Street
- Walmer Park—Bradwardine Road

## Bathurst U3A Committee Contacts

<b>President</b>	<b>Lindsay Cox</b>	<b>0429 916 618</b>
<b>Vice President</b>	<b>Pixie Lincoln</b>	<b>6334 3863 / 0402 116 367</b>
<b>Program Coordinator</b>	<b>Pixie Lincoln</b>	<b>6334 3863 / 0402 116 367</b>
<b>Secretary</b>	<b>Irene Hancock</b>	<b>0412 003 438</b>
<b>Treasurer</b>	<b>Andrew Wells</b>	<b>0419 229 930</b>
<b>Talks Coordinator</b>	<b>Jenny Barnes</b>	<b>0412 184 010</b>
<b>Equipment Officer</b>	<b>Allison Aspden</b>	<b>6332 3036</b>
<b>Enrolment Officer</b>	<b>Sally Fulton</b>	<b>6331 5760</b>
<b>Venue Coordinator</b>	<b>Chris Stopford</b>	<b>0414 734 003</b>
<b>Publicity Officer</b>	<b>Peter Winter</b>	<b>6332 4064</b>
<b>Newsletter Editor</b>	<b>Kimberley Cole</b>	
<b>Patrons</b>	<b>Peter Hodgson</b>	<b>Barbara Brewer</b>

*Term 4  
Morning  
Tea 3rd  
October  
Downstairs  
in Panthers  
10.30am  
Pay for  
yourself.*



### *Morning Tea for Members*

Our first morning tea was held in July and was very successful.

The members who were able to come along enjoyed meeting different people as they also chatted about the courses.

The Committee has decided the Morning Tea will be held a week before each term commences to bring members together before each term starts.

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch and Flex 08:30AM - 09:15AM	Bonsai Buddies 10:00AM - 12:00PM	Geocaching 09:30AM - 04:00PM	Lapidary 09:00AM - 12:00PM	Croquet 09:00AM - 12:00PM
Lawn Bowls 10:00AM - 12:00PM	Creative Writing 10:15AM - 12:00PM	Spanish for Beginners 10:00AM - 11:30AM	Reading a French Novel 10:00AM - 11:00AM	Quilting and Craft 09:30AM - 12:00PM
Mah Jong 10:00AM - 12:00PM	Revitalise and Step 11:30AM - 12:30PM	Just Write 10:00AM - 12:00PM	Craft Collective 10:00AM - 12:00PM	Table Tennis 10:00AM - 11:30AM
Current Affairs 10:15AM - 11:45AM	Discover Recorders 12:30PM - 01:00PM	Yoga 10:30AM - 12:00PM	Getting it all Down 10:00AM - 12:00PM	Stitch and Chat 10:00AM - 12:00PM
Tai Chi for Health on Monday 12:30PM - 02:00PM	Rediscover Recorders 01:00PM - 02:30PM	Conversational Spanish 11:30AM - 01:00PM	German 10:15AM - 11:45AM	Metaphysics 10:15AM - 11:45AM
Singing for Pleasure 12:30PM - 02:30PM	Crime Fiction Week 2 02:00PM - 03:30PM	Philosophy 01:00PM - 02:30PM	Revitalise Thursday 11:30AM - 12:30PM	Writing your own Story 11:00AM - 01:00PM
Cryptic Crosswords on Monday 02:15PM - 03:45PM	Crime Fiction Week 1 02:00PM - 03:30PM	French 01:00PM - 03:00PM	Tai Chi for Health on Thursday 12:30PM - 02:00PM	Aqua Aerobics 12:00PM - 12:45PM
Literature 02:15PM - 03:45PM	Read and Share Week 3 02:00PM - 03:30PM	Art Attack Wednesday 01:00PM - 04:00PM	Scrabble 01:00PM - 03:00PM	Art Attack Friday 01:00PM - 04:00PM
	Read and Share Week 4 02:00PM - 03:30PM	Keep the marbles rolling 01:30PM - 03:00PM	Cryptic Crosswords Thursday 02:30PM - 04:00PM	Chess 01:30PM - 03:00PM
	Craft 02:00PM - 04:00PM			Memorable Movies 01:45PM - 04:00PM
				Drama 02:00PM - 03:30PM

<b>Aqua Aerobics</b> James McBryde 6358 0002	Friday 12:00PM - 12:45PM <i>Dedicated To Fitness (DTF)</i>	Enjoy low impact gentle exercises in a shallow swimming pool to help reduce your blood pressure; improve your muscle endurance and cardiovascular health. The buoyancy and resistance of the water provides a safe way to exercise and limits the chance of falls or suffering injuries which can occur doing land based exercises. The cost is \$5 per visit and the gym provides a social cuppa after the class.
<b>Art Attack Friday</b> Paul Martensz 6332 1017	Friday 01:00PM - 04:00PM <i>Room 31, CSU</i>	Practice, improve and share skills in a variety of art media - including watercolour, acrylics, charcoal, pencil.
<b>Art Attack Wednesday</b> Jennifer Edmonds 6337 4834	Wednesday 01:00PM - 04:00PM <i>Room 31, CSU</i>	Practice, improve and share skills in a variety of art media - including watercolour, acrylics, charcoal, pencil.
<b>Bonsai Buddies</b> Dianna Baillie 8209 3313	Tuesday 10:00AM - 12:00PM <i>Walmar Park</i>	You will develop the skills and knowledge to keep your little trees alive and beautiful.
<b>Chess</b> Josef Buchta 6334 2541	Friday 01:30PM - 03:00PM <i>Panthers</i>	All participants improve their skills and have an enjoyable time and social interaction.
<b>Conversational Spanish</b> Manuel Pro 0434832118	Wednesday 11:30AM - 01:00PM <i>Panthers</i>	In Conversational Spanish, participants will be able to improve their conversational skills, learn general grammar principles, and increase their knowledge of Spanish culture and life style. In the Beginners class, participants will be able to correctly ...
<b>Craft</b> Dorothy Butler 6331 2265	Tuesday 02:00PM - 04:00PM <i>Seymour Centre</i>	Providing beginners with required skills, and additional skills to more advanced students. I think we inspire others to take risk in their work.
<b>Craft Collective</b> Margaret Connoley 6332 6701	Thursday 10:00AM - 12:00PM <i>Church of Hope</i>	Bring along a new project and learn some new skills in friendly surroundings. Limit 20.
<b>Creative Writing</b> Jenny MacLennan 0407 412 929	Tuesday 10:15AM - 12:00PM <i>Panthers</i>	A structured writing class with a term focus and weekly assignments.
<b>Crime Fiction Week 1</b> Libby Tink 6331 0769	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	Discover a variety of Crime Fiction and participate in a discussion of these books with others in the group. Normal term dates do not apply. Week 1: Libby Tink; Week 2: Jennifer Short.
<b>Crime Fiction Week 2</b> Jennifer Short 6331 6942	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	Discover a variety of Crime Fiction and participate in a discussion of these books with others in the group. Normal term dates do not apply. Week 1: Libby Tink; Week 2: Jennifer Short.
<b>Croquet</b> Gail Osborne 6332 3551	Friday 09:00AM - 12:00PM <i>Croquet Court</i>	Participants will learn the skills required to play various forms of Croquet. Need to wear flat soled shoes/joggers. Bring sun protection. Cost \$30 for 6 week introductory course. Commencing each Friday on May 11 to June 15th.incl.
<b>Cryptic Crosswords on Monday</b> Lesley Carroll 6334 3054	Monday 02:15PM - 03:45PM <i>Macquarie Care</i>	A group for people who enjoy solving cryptic crosswords with others. An understanding of how cryptic clues work would be helpful.
<b>Cryptic Crosswords Thursday</b> Lesley Carroll 6334 3054	Thursday 02:30PM - 04:00PM <i>Home of Lesley Carroll</i>	A group for people who enjoy solving cryptic crosswords with others. An understanding of how cryptic clues work would be helpful.
<b>Current Affairs</b> Lindsay Cox 0429 916 618	Monday 10:15AM - 11:45AM <i>Panthers</i>	Discussion group on current politics: international, national, local.
<b>Discover Recorders</b> Kay Campbell 6332 3000	Tuesday 12:30PM - 01:00PM <i>Bathurst Baptist Church</i>	Little or no experience required. Easy techniques in breathing, finger placement and basic. Note: reading is covered.
<b>Drama</b> Petah Burns 0417 671 556	Friday 02:00PM - 03:30PM <i>Bathurst Library Meeting Room</i>	We will be working on our Xmas Spectacular. We are hoping for suggestions and input from the group; to mount the most scintillating extravaganza U3A has ever seen. Come and join us.
<b>French</b> Cathy Tregoning 0422 488 378	Wednesday 01:00PM - 03:00PM <i>Church of Hope</i>	A fun course for beginners comprising all aspects of French Vocabulary and Grammar, conversation, travel and culture.
<b>Geocaching</b> Lesley Buchan 6337 4161	Wednesday 09:30AM - 04:00PM <i>Bathurst Library Foyer</i>	All equipment and instruction provided. A great outdoor activity finding 'treasure' using a GPS and computer.

<b>German</b> Jenny MacLennan 0407 412 929	Thursday 10:15AM - 11:45AM <i>Panthers</i>	The course for those who know some German. We cover all language aspects, from basic grammar to reading current online headlines.
<b>Getting it all Down</b> Sue Jones 6332 3463	Thursday 10:00AM - 12:00PM <i>Bathurst Baptist Church</i>	The most precious gifts you can leave your family are your memories. Write and share your stories with a supportive group. This is not a how-to-write class.
<b>Just Write</b> Wendy Casey 6358 0403	Wednesday 10:00AM - 12:00PM <i>Seymour Centre</i>	To be part of a cohesive and trusting group who share what they have written whether it is fact, fiction, life stories or poetry. Our mission is to "Just Write".
<b>Keep the marbles rolling</b> Allison Aspden 6332 3036	Wednesday 01:30PM - 03:00PM <i>Bathurst Neighbourhood Centre</i>	Do you want to keep your brain active? If so, come along to this 8 week programme.
<b>Lapidary</b> Paul Martensz 6332 1017	Thursday 09:00AM - 12:00PM <i>Eglinton Old Fire Shed</i>	Learn about gems and minerals and how to polish them with to make simple jewellery.
<b>Lawn Bowls</b> Gordon Adams 6331 5274	Monday 10:00AM - 12:00PM <i>Community Bowling Club</i>	Why not come along to learn to play lawn bowls? Lawn Bowls provides a number of health benefits for Seniors. It will improve your fitness, Coordination and skill development in a relaxed atmosphere.
<b>Literature</b> Joan Phillips 6332 4576	Monday 02:15PM - 03:45PM <i>Room 31, CSU</i>	Join with Dr Joan Phillips to read and talk about a selection of short stories.
<b>Mah Jong</b> Judith Henderson 6331 5101	Monday 10:00AM - 12:00PM <i>Bathurst Neighbourhood Centre</i>	Mahjong is a game played by up to 4 people using numbered tiles. Mahjong is mostly a game of strategy with an element of chance. Group members enjoy the opportunity to learn together.
<b>Memorable Movies</b> Rob McDonald 0438 690 473	Friday 01:45PM - 04:00PM <i>Panthers</i>	Come along and enjoy some great movies from years past and then join in an informal discussion with the members afterwards. As we head toward the holiday period there will be a stronger emphasis on comedy this term.
<b>Metaphysics</b> Brian Sherman 6331 7219	Friday 10:15AM - 11:45AM <i>Panthers</i>	This is a course for anyone interested in deeper mysteries of life and creation.
<b>Philosophy</b> Brian Sherman 6331 7219	Wednesday 01:00PM - 02:30PM <i>Panthers</i>	This is an easy philosophy forum dealing with general everyday questions of life and creation.
<b>Quilting and Craft</b> Sue Cowdroy 6331 8124	Friday 09:30AM - 12:00PM <i>Bathurst Baptist Church</i>	Quilting and Craft provides a venue for happy ladies to share or learn various types of quilting or any material/wool crafts.
<b>Read and Share Week 3</b> Allison Aspden 6332 3036	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	We read and discuss a variety of books - fiction, non-fiction, memoir, poetry. Members are required to acquire their own books. Discussion of set number of books.
<b>Read and Share Week 4</b> Denise Payne 6332 4869	Tuesday 02:00PM - 03:30PM <i>Bathurst Neighbourhood Centre</i>	We read and discuss a variety of books - fiction, non-fiction, memoir, poetry. Members are required to acquire their own books. Discussion of set number of books.
<b>Reading a French Novel</b> Lorraine Ryan 6358 0042	Thursday 10:00AM - 11:00AM <i>Panthers</i>	Read novel written in French
<b>Rediscover Recorders</b> Kay Campbell 6332 3000	Tuesday 01:00PM - 02:30PM <i>Bathurst Baptist Church</i>	For experienced players who can read music. A collaborative effort keeping pace with player ability to play classic, popular or sacred pieces.
<b>Revitalise and Step</b> Pixie Lincoln 6334 3863	Tuesday 11:30AM - 12:30PM <i>Dedicated To Fitness (DTF)</i>	11-11:30 Step class: especially suited for beginners. High Energy. 11:30-12:30 Revitalise: A low impact workout designed for all fitness levels. Cost \$5. Enjoy social interaction while getting fit.
<b>Revitalise Thursday</b> Pixie Lincoln 6334 3863	Thursday 11:30AM - 12:30PM <i>Dedicated To Fitness (DTF)</i>	11-11:30 Step class: especially suited for beginners. High Energy. 11:30-12:30 Revitalise: A low impact workout designed for all fitness levels. Cost \$5. Enjoy social interaction while getting fit.
<b>Scrabble</b> Heather Ornek 6332 5039	Thursday 01:00PM - 03:00PM <i>Bathurst Library Meeting Room</i>	Scrabble for new or experienced players. Come and have fun with words.

<b>Singing for Pleasure</b> Marie O'Donnell 6332 1819	Monday 12:30PM - 02:30PM <i>Bathurst Baptist Church</i>	Learning to sing as a unit, improving one's voice and breathing and creating a better singing voice while enjoying the benefit of singing and company of like minded people.
<b>Spanish for Beginners</b> Manuel Pro 0434832118	Wednesday 10:00AM - 11:30AM <i>Panthers</i>	In Conversational Spanish, participants will be able to improve their conversational skills, learn general grammar principles, and increase their knowledge of Spanish culture and life style. In the Beginners class, participants will be able to correctly ...
<b>Stitch and Chat</b> Rhonda Henry 6331 2773	Friday 10:00AM - 12:00PM <i>Bathurst Neighbourhood Centre</i>	Stitch, knit or crochet with a group of like-minded members who love to chat.
<b>Stretch and Flex</b> Ann Mader 0408 973 376	Monday 08:30AM - 09:15AM <i>Dedicated To Fitness (DTF)</i>	Understand fitness principles through practical exercises, including Yoga. Cost \$5 per visit.
<b>Table Tennis</b> Sally Fulton 6331 5760	Friday 10:00AM - 11:30AM <i>Walmar Park</i>	Table Tennis allows us all to enjoy a low-injury risk sport which keeps us agile, fit and flexible without overtaxing our joints. It helps us to improve our mental alertness, eye-hand coordination and general fitness. A great way to get a cardiovascular workout in a relaxed social setting.
<b>Tai Chi for Health on Monday</b> Lorraine Griffin 0435 786 485	Monday 12:30PM - 02:00PM <i>Dedicated To Fitness (DTF)</i>	Learn up to 3 short Tai Chi for Health programs and several qigong exercises. The gentle, slow movements improves flexibility, balance and muscle strength, calms the mind and improves breathing. Cost is \$5 per class.
<b>Tai Chi for Health on Thursday</b> Lorraine Griffin 0435 786 485	Thursday 12:30PM - 02:00PM <i>Dedicated To Fitness (DTF)</i>	Learn up to 3 short Tai Chi for Health programs and several qigong exercises. The gentle, slow movements improves flexibility, balance and muscle strength, calms the mind and improves breathing. Cost is \$5 per class.
<b>Writing your own Story</b> Peter Hodgson 6332 3021	Friday 11:00AM - 01:00PM <i>Panthers</i>	To provide a supportive environment in which to write the story of your own life or of your family.
<b>Yoga</b> Christine Stopford 0414 734 003	Wednesday 10:30AM - 12:00PM <i>Bathurst Library Meeting Room</i>	Gentle stretching combined with deep breathing enables each participant to feel relaxed and revitalised at class end. No experience required. Bring rug, mat and pillow.

# BATHURST U3A INCORPORATED

## APPLICATION FOR COURSE ENROLMENT

**TO: The Enrolment Officer, Bathurst U3A Incorporated**

- I hereby apply to enrol in the course(s) indicated below, or  
 I hereby notify that I am withdrawing from the course(s) indicated below.

In order of preference

(PLEASE PRINT CLEARLY)

#	COURSE	DAY	#	COURSE	DAY
1			4		
2			5		
3			6		

- I am a financial member of the Bathurst U3A

First name:	Last name:
Phone:	Mobile:
Email:	

**Please note:**

1. Most courses run for four terms during the calendar year.
2. Participants are asked to notify their tutor and the enrolment officer if they withdraw from a course during the year.
3. This form may be lodged:
  1. online at [bathurstu3a.com](http://bathurstu3a.com), or
  2. at the January Enrolment Day, or
  3. at the Bathurst Neighbourhood Centre, 96 Russell St, or
  4. by mail to The Enrolment Officer, Bathurst U3A, PO Box 1332, Bathurst, 2795.
4. Normally, applicants can assume acceptance. If there are difficulties you will be contacted by the Enrolment Officer.
5. In the case of late applications (less than seven days before term commencement) you should contact the Enrolment Officer<sup>1</sup> for confirmation of acceptance.
6. The Bathurst U3A privacy statement can be viewed online at [bathurstu3a.com](http://bathurstu3a.com).

I acknowledge that I have read and understand these six conditions.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

<sup>1</sup> see [bathurstu3a.com](http://bathurstu3a.com) for contact details.





**Bathurst U3A is grateful to CSU for the support and provision of the lecture room and storage room for our members to enjoy.**

**If undelivered, please return to  
The Bathurst U3A Inc.  
PO Box 1332, Bathurst NSW 2795**

**SURFACE MAIL**

**POSTAGE  
PAID  
AUSTRALIA**

## **THE BATHURST U3A INC NEWSLETTER TERM 4 2018**

If this Newsletter is delivered to you by mistake, please mark it 'NOT AT THIS ADDRESS'  
Please repost it so that we can make sure all our members receive a copy.