



President's report

Another very successful year behind us and a new one about to start. I do hope everyone had a refreshing break and is ready to embrace the term's activities with the usual zeal. Please read the program carefully and enrol early to ensure your place and to allow the rolls to be compiled. Be adventurous and try something new! You never know what may eventuate - you may find a hidden talent or ignite a new passion. One thing is certain - you will have fun and make some wonderful friendships. Have a great Term I.

Nancy Brown

A run down on some of last term's activities

Our Christmas morning tea in December was a huge success with about 60 people in attendance. There were artworks and other class products on display and the singers and ukulele groups treated us to a performance. Who can forget Brian's light footed dance through the audience! Thanks to all those who provided food for the occasion.

The exercise classes, which continue over school holidays, are certainly contributing to the overall fitness of many of our members! Jenn Capel's two Pilates classes have over 20 regular participants. Balance 'n Bones also has a dedicated following of at least a dozen each week, while aqua aerobics provides a refreshing contrast for those who like gentle exercise in water. For the more agile members Don Capel's bike riding group has completed trips around Oberon and out to Mayfield gardens. All of these classes have spare room and come highly recommended.

The floristry class produced some amazing Christmas decorations - some of which were displayed at the morning tea. Our Creative Arts class will continue this term while Mikaela takes a break, and Tad Pietrzykowski has offered to conduct some lessons. Nancy Brown has some good DVDs lined up and the group is experienced enough to lend a helping hand to any newcomers who would like to enrol. The Mah

Jong and Scrabble groups continue to stretch members' brains and both these groups would love to welcome new members. Current Affairs is so popular you need to get in early to secure a place! Beth Denny's special Balance 'n Bones class attracted 25 participants - a great turnout! Kirsten Hartley's Permaculture class was hugely interesting and we look forward to seeing her garlic crop flourish. Barbara, Sue and Lynn's cooking classes were extremely popular - as always! The Armchair travel sessions attracted about 20 participants so these will continue this term. Janet Baljeu taught members how to achieve more "calm" in their lives through meditation and Bernie McShane's lesson on casting gave participants a "leg up" for their next fly fishing excursion. Bernie will be back in Term 2 with another fly fishing session. The ukulele group did a gala performance at Oberon Village just before Christmas and they hope to go again at various times throughout 2016.



Learning how to cast for fly fishing

Thank you!

A huge "thank you" to all our volunteers for last term: Beth Denny, Sue Arnison, Janet Baljeu, Bernie McShane,

Kirsten Hartley, Lyn Prowse, Nancy Brown, Barbara Coleman, Megan Sovik, Maree Arrow, Shirley Arrowsmith, Lynn Agland, Julie Stott, Shane Evans, Richard Harrowell, Barry Wilton, Lynne Woods, Jenn and Don Capel, Rosalie Manhood, Pam Dellow, Marjorie Armstrong, Nancy Dennis, John Martin, Brenda Lyon, Kay Jones and Katie Dullard, A big thank you also to Oberon Council, the Uniting Church, Oberon High School and the RSL Club for allowing us to use their facilities and to Bev Fisher and Janet Reynolds for their assistance to Balance 'n Bones and Pilates.

New activities for Term One

Join the U3A excursion to Canberra on February 29 to experience the work of legendary Australian artist, **Tom Roberts at the National Gallery of Australia.**

This extraordinary exhibition brings together Tom Roberts' most famous paintings, including *Shearing the Rams* (1888-90) and *A break away!* (1891)

One of Australia's most well loved artists, Tom Roberts migrated from England with his parents in 1869. Through the 1880s and early 1900s he worked in his Melbourne studio and at a number of artists' camps around the colony. Many of his most famous paintings come from this period. Roberts painted a considerable number of fine oil landscapes and portraits, some painted with his friend Frederick McCubbin. Country people working was one of his favourite subjects.

An exhibition for all Australians, it's not to be missed.

Some of our members have been asking for a **bridge class** ever since we formed. Well, we finally have a teacher! Ed Barnes makes his living from teaching bridge and he travels around the state doing just this. He has been a passionate player since his university days and we are very excited to have him volunteer to take a beginners' class.

Aged Care advice – what you didn't know you need to know! U3A has invited Eric Hiam from Balance Financial Solutions to make a return visit to Oberon on March 7. He will again talk about preparing for aged care for the benefit of members and other interested people.

Aged care advice is not the same as financial advice. It is specifically aimed at ensuring the best outcome when you, or someone you care for, is considering moving into aged care.

Aged Care legislation is something of a minefield! There are three or four federal government agencies involved, which often provide inconsistent advice to the unwary. Even the application form for Aged Care is complex and most will need assistance completing it so that applicants are not disadvantaged.

It is clear that people looking at aged care should seek advice from specialised aged care advisors who can alert them to potential pitfalls about which most are not even aware! This U3A session on Aged Care will pose and answer many questions, opening the door to the Aged Care Advice industry. This workshop is not restricted to U3A members - bring along a relative or a friend! Eric's talk will be followed by a tour around Oberon Village.

Oberon U3A has run a number of excellent cooking courses which, by and large, have been attended by women members.

On offer this term is *A Boys' Day in the Kitchen*, where over three sessions, Don Capel, lover of good food and a commit-

ted carnivore, hopes to entice some of U3A's males into the kitchen.

Don started in the kitchen as a jackaroo on a sheep station, cooking for the family. From there he progressed to Sunday night cooking for his family which is a tradition he continues. Don's signature dish is Tiramisu but he is going to leave that for another day!

Want to find out more about **Oberon Men's Shed**? Ian Davis and David McMurray would love to show you around and explain what they do. Men and women are invited and we're happy for you to bring along friends who may not belong to U3A.

Finally there are fresh ideas for **cooking classes**: buns, scones and cakes - don't dawdle with enrolments because these fill quickly.

Etiquette

Just a few reminders.:

- If you sign up for a class please make the commitment to come each time – particularly if it only runs for one term e.g. the bridge classes coming up. It's not fair to volunteer teachers to have class members turn up irregularly.
- Similarly, if the time says three hours for a class allocate three hours and don't have another commitment after two hours that you have to go to. This is very disconcerting for teachers.
- If you can't attend a class for a good reason (and that does happen) please put in an apology.
- Finally, all our teachers are volunteers. Please help them set up and pack up where needed. They are the ones who make Oberon U3A so valuable and successful and we need to ensure that we help out whenever we can.

Membership

We now have 195 members and there's a steady stream of new members all the time. That's one reason why it's important to wear your badge to classes. It's good for the "teacher" to be able to see names and there is nearly always at least one person in each group who doesn't know other people. Please fill in the medical information on the back. It won't be looked at unless there is an emergency, but it could prove to be very helpful if an emergency does occur.

Membership Renewals

These are due before the end of January 2016. There is no need to fill out any forms - just pop your \$20 and your name in an envelope addressed to Oberon U3A and leave it at Arrows Newsagency, or post a cheque to The Secretary, 926 Lowes Mount Road, Oberon 2787. We'll get your badge to you as soon as we can.

Some dates for your diary

- NSW U3A Network Annual Conference: April 27 - 29 (Megan Sovik & Barry Wilton will represent Oberon)
- Term 2: Mon May 2 - Friday June 24
- Oberon U3A AGM - Wednesday May 11 at 2.30pm
- Mid Year Morning tea - Saturday June 25, 10am
- Term 3: Mon. July 25 - Friday Sept 16
- Term 4: Mon. October 17 - Friday December 9
- End of Year Morning Tea - Sat. December 10, 10.00am

(Programs and newsletters will come out a fortnight before each term starts.)

Have a great term!