



Favourite Walks

President's report

Another term gone and the last for the year about to begin. Some members have had a very active time learning new skills and pursuing old interests. However there are still some who have yet to enjoy the camaraderie that attending a class brings, and are members in name only. I urge you this term to come along and see what U3A has to offer. You won't be disappointed. Volunteer tutors are constantly being sought and we have discovered so many talented people. Members have expressed interest in taking good photos, wine appreciation, kite flying, learning a language, tai chi and bridge, so if you know someone with the appropriate skills (or have them yourself) please let us know.

Do read the new term program carefully and don't forget to enrol early. Some courses fill up very quickly. We hope there is something here to interest you. You never know where U3A might take you!

You are reminded of the Morning Tea and Displays that will round off the year on December 12 at the Community Centre. Bring your family and friends and be amazed at what members have produced during 2015. Have an interesting and stimulating term.

Nancy Brown

Thank you!

A huge thank you to all our volunteers for last term: Lynn Agland, Sue Arnison, Nancy Brown, Barbara Coleman, Robin Toedter, Megan Sovik, Maree Arrow, Shirley Arrowsmith, Julie Stott, Shane Evans, Mikaela Piper, Barry Wilton, Lynne Woods, Jenn and Don Capel, Rosalie Manhood, Pam Dellow, Vonda Voytilla, Marjorie Armstrong, Nancy Dennis, Marjorie Webb, Barry Stubbs, Brenda Lyon, Kay Jones, Katie Dullard, Lorraine Fielding, and Jim Hawkes. A big thank you also to Oberon Council, the Unit

ing Church, and the RSL Club for allowing us to use their facilities, and to Tony Still for showing the walkers through the Malachi Gilmore Hall.

A run down on some of last term's activities

We had a most interesting introduction to the very ancient art of calligraphy. Marj Armstrong was a skilled and very patient teacher as she introduced us to various calligraphy styles such as Copperplate, Italic, Baby Steps and Gothic. Most participants settled on a style that suited them best and we all agreed that our normal handwriting had improved as a result. Calligraphy is a lovely quiet contemplative activity that requires much practice to become proficient. We now have a great admiration for those Medieval monks who spent hours perched on high stools producing beautiful manuscripts and illuminations! At least we have made a start- and not a quill pen in sight!

The cheese and bread making class conducted by Sue Arnison was knowledgeable, inspiring with great company, and with minimal effort we took home a delicious loaf of fresh baked bread and cheese to die for!

The tours of the Borg MDF facility were so popular we ended up having three of them! Jim Hawkes was our guide and he gave a detailed and very informative tour of the whole factory much to the delight of the 30 or so participants. We are particularly grateful to Jim and the Borg brothers for making this available to our members, and are hopeful that we can repeat the exercise sometime next year for those who missed out.

Lynne Woods' traditional Christmas pudding class was excellent with each participant taking home a small pudding in a calico cloth. It wasn't nearly as complicated as some of us thought!



Traditional Christmas Pudding

The Bike Riding group has travelled along the track beside the railway line to Black Bullock Road and back, also along the same track to Hazelgrove and then back in to town along the Hazelgrove road, and lastly to Mayfield Gardens for a morning cuppa. A good start for this fortnightly activity.

The Ukulele jam session keeps growing and Rosalie and Pam do a wonderful job of keeping members on task and learning new chords - their repertoire of songs is getting bigger and bigger.

The "Come Gardening" group spent their first day learning how to prune roses and divide perennials as well as partaking in a delicious home cooked lunch!

Barry Stubbs led an excellent Vegie Gardening class explaining the principles of composting and the benefits of soil improvement using natural inputs. Leaves, manure (horse, poultry, cow), kitchen scraps, green manure and hay are invaluable to Barry who uses them all to build up the soil and promote the productivity of the plants. Barry and Jill's garden is testament to the benefits of compost in creating an enduringly beautiful and productive garden. With patience and effort, wonderful soil is within reach of every keen gardener.



Bike Riding

The Favourite Walks group met for great walks in Lowes Mount Forest, Blenheim Forest, Snake Valley Road, Shooters Hill, Titania, Kelly's Lane and Lake Oberon, a town walk, and one along the railway line to Black Bullock Road and back.

Regular exercise classes Pilates and Balance 'n Bones have been attended by an enthusiastic and loyal following. Since the move to the RSL club we have been able to accept more members into these classes.

Coming up in Term Three

Beth Denny (the woman behind Balance 'n Bones) returns on Tuesday 27 October to lead a special class for us at 8.30

am at the Oberon RSL Club. All U3A members are welcome to come to this special class. Following the class at 9.30am members are invited for morning tea and to hear Beth speak about fitness and mobility as we age. Members can come for both class and morning tea or just come to one session.

Kirsten Hartley qualified as a Naturopathic Herbalist and her love of the natural world took her into Permaculture and Holistic Management. She grows garlic at her farm at Hampton and is keen to introduce U3A members to the principles of Permaculture.

Bernie McShane has been a fly fisherman for over 65 years so knows a thing or two about it. Bernie will conduct a beginners class early in the term but numbers will be limited so don't dawdle if you are interested.

Since Christmas is not that far off Lynne Woods will repeat her traditional Christmas pudding lesson and Barbara Coleman will be back with her class on making a Christmas cake. Even Sue Arnison will give Christmas a nod with her Stollen bread, and Marjorie Armstrong's Floristry class will focus on making either a Christmas gift or a special Christmas decoration.

John Martin returns with another vegie gardening class. John has been growing his own vegies for many years and potato farming was one of his many past occupations. He will focus on what to grow, and when, in Oberon's climate.

Interested in Meditation? Janet Baljeu will guide us through a weekly course. Meditation is well known to help create more happiness and contentment in our lives whilst reducing stress.

Interested in travel but not able to get to all those places on your wish list? We are going to experiment with an "armchair travel" session which will be limited to about 30 - 40 minutes of slides / photos followed by afternoon tea and a short discussion. This term we take you to Ecuador/Galapagos and Turkey.

We are hopeful that Aqua Aerobics will return in Term 4. Negotiations with Council are still taking place. Oberon's heated pool makes it easy to enjoy the fun of fitness to great music in good company with an entertaining instructor.

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. You can also pay at the Christmas morning tea.

Enrolments for Term 4 close on October 9th. Please enrol in everything even if you have been a "regular" because new members often express interest in established classes and we need to know exactly who is booked into them. You will receive confirmation of your enrolment, but no reminders after that, so make sure you keep a record of your classes in your diary.

Don't forget Christmas Morning tea will be held Saturday 12 December 2015 at the Community Centre commencing at 10am. Members are welcome to bring family and friends along to enjoy the displays and chat over a cuppa.

Have a great term!