



U3A Bike Riders at Mudgee

From the President

Another successful year for Oberon U3A, finishing with a very busy last term in 2018 as detailed below and buoyant membership numbers. I would like to again record the dedicated work of the committee members and facilitators who make this possible.

Your committee is aiming to spread the word more widely about what is available through our U3A and has prepared the flyer mentioned below to help achieve this. The committee is particularly keen to encourage more men to become involved in U3A activities and would appreciate suggestions for courses/activities or anyone to volunteer to facilitate a specific course.

I hope that you have a rewarding year ahead with your U3A
Graeme Precians

Some notes on last term's activities

Bike Riding

The bike riding group has continued its fortnightly riding excursions, with a recent highlight being a weekend trip to Mudgee in November, 2018. Staying at the Mudgee Riverside Caravan Park meant the 12 riders were camped right beside an excellent concrete riding/walking path, which links the town with the sportsground and other riding routes around and out of town. The group enjoyed a number of rides, which included calling in to a few wineries and a ride out to Karrabool Olives for lunch on the Sunday.

Volunteers Afternoon Tea

To acknowledge the efforts of our many volunteers, an afternoon tea was held at the Long Arm Farm Cafe on November 12. Twenty two people came along to enjoy the delicious spread and the conviviality of the function. In 2018, 35 volunteers helped run our amazing range of courses and the organisation. Oberon U3A is greatly indebted to its more than 70 volunteers who have helped run courses and outings over the 5 years the organisation has now been operating.

Relay for Life

As most of you know, Oberon U3A participated in the Relay for Life, held in mid November last year. Thanks to the support of our members, family and friends, our team of 17 raised more than \$3000, which was a brilliant effort. Oberon U3A members were on the track for all but 2 of the 18 hour relay. We also won a prize at the event for our "team spirit". The relay was a lot of fun and the atmosphere at the sports ground was warm and friendly, with a firm sense of commitment. Oberon's effort saw \$53,863 raised for the Cancer Council of NSW.

Our very own Data Projector

With the help of Oberon Council's Grants Co-ordinator, Gillian Salmon, Oberon U3A was successful in its application to Veolia Mulwaree Trust to fund a projector and motorised screen, which will be used for Armchair Travel, morning tea, and other power point presentations. Oberon U3A greatly values the excellent working relationship it has with Oberon Council and is grateful for Council's ongoing support. And we are particularly grateful to the Veolia Mulwaree Trust for providing the funds to purchase this very useful equipment.

Scams

We had approximately 30 people turn up to a very informative session on Scams. Speakers included Sue Rose from the Bathurst Police, our very own Julie Stott, Glen Stewart who is now Manager at Lithgow Commonwealth Bank and Jess Eslick, acting manager at Oberon CBA at the time. Some key points included: "if it sounds too good to be true" then it probably is; don't ever give your credit card or banking details over the phone to cold callers - in fact banks don't ever ask for your password or credit card details; don't be panicked by callers claiming to be from the tax office and threatening that you will be arrested if you don't follow their instructions (which might include buying things like iTunes cards - this request should raise alarm bells immediately - or payments in bitcoin or anything else)

Scammers will attack your vulnerabilities - whether it be the desire for financial profit (as in get rich quick schemes); fear (as in ATO threats about supposedly unpaid taxes); insecurity (as in cons from the so called "Telstra anti hacking department" trying to get access to your computer; or "phishing" scams where scammers create websites and emails that look like they are the real thing (as in Australia post, Origin Energy, and other utilities. If you click on the senders address in these emails you will be able to see who the sender really is.) So, the message is don't be fearful but be careful. The Australian Competition & Consumer Commission has put out a booklet called "The Little Black Book of Scams" which is worth a look. We will leave some copies at the library in case you'd like to take one.



New activities coming up next term

Gary Theiss works at Belly's Bikes in Bathurst and is a keen bike rider. Gary has kindly agreed to give up two afternoons to share his expertise on **bike maintenance** and tips for comfortable riding. We're sure the bike riding group will be interested but come along even if you are not part of this group.

Tim Arnison has been a "backyard beekeeper" for many years and is happy to show you the basics. Spend an enjoyable and informative couple of hours finding out what's involved in **keeping hives and harvesting your own honey**.



The concept of "paddock to plate" is very trendy at the moment, with the focus on knowing where your food comes from and how it is grown. Oberon U3A members have been offered the opportunity to take a **farm tour and enjoy some tasting plates at Kerry and Rochelle Prater's Twisted Willows Farm**, Black Springs which runs grass fed beef, lamb and pigs, as well as free range geese and ducks.

Brenda Lyon has been gardening in Oberon for over 45 years and she knows her stuff! Her focus will be **how to add colour to your garden the whole year round**. Attendees are guaranteed some excellent tips, a lovely morning tea, and an armful of garden goodies to take home.

Last term we had Leigh Urquhart run some sessions on setting up a My Gov account and understanding My Health Record. Julie Stott will follow up on this by helping interested individuals set up their own **My Gov** Account and access

their **My Health Record**, where you are able to set privacy controls. Lesson times will be negotiated once you enrol.

Finally, Hamish Gidley-Baird will share his travel experiences in **Namibia**, and Jenn & Don Capel will take you on a tour of **Centre Australia**.

Thursday Afternoon Trouble Shooting sessions

This is a brilliant service for the Oberon Community! Please take advantage of it. If you have a computer problem, a phone problem or troubles with a tablet, then Julie, Shane or Richard are almost certain to be able to solve it, or at least point you in the right direction should you need to buy something new. And the cost of this amazing service is usually less than \$10! Pop in to the Community Technology Centre between 1.00pm and 3.00pm on Thursdays. You won't be disappointed with the service!

Oberon U3A flyer

Hopefully, you will have seen our new flyer around town. Amazingly, there are still people in and around Oberon who know nothing of Oberon U3A. The flyer is one way to spread the message. However, word of mouth is still the best way to encourage new members, so please, talk to your friends and neighbours about what a brilliant organisation Oberon U3A is!

Membership Payments are due before the end of this month. You can leave your money in an envelope (make sure your name is on it) at Arrow's newsagency; post it to Jenn Capel (address below); or direct deposit it to Oberon U3A, BSB: 882000 Account No. 100084866. Again, make sure your name is included. Thanks to those who have already made payment.

Ukes with Altitude

Our ukulele group is branching out - they are going to perform at the Katoomba Ukulele festival on Saturday, February 9th at 4.30pm in the Carrington Hotel Marquee Finity Consulting Stage. While a little nervous, they are nevertheless practising furiously so that their 25 minutes "on stage" goes off without a hitch! :) Feel free to check them out and see what else is on offer at the Festival on both Saturday and Sunday Feb 9 & 10.

Annual General Meeting: Tuesday March 5th, 3.00pm

Our AGM is on Tuesday, March 5th starting at 3.00pm at the Community Centre. Do try to come if you can. We usually need about 20 people for a quorum, but this depends on our membership numbers. If you are interested in joining the Committee fill out a nomination form, get two members to sign it and send it to our Secretary, Jenn Capel, 2795 Abercrombie Rd, Oberon by 3.00pm on Friday February 22nd at the latest. A scanned copy can be emailed to oberonu3a@gmail.com by that time and date. Nomination forms can be found on our website (<http://oberon.u3anet.org.au>) or you can phone Jenn on 6335 8226. The website also contains our Constitution and a copy of the job descriptions for Committee positions.

Dates for your Diary

- **Term 1:** Monday Feb 4th - Friday April 5th
- AGM: Tuesday March 5th, 3pm, Community Centre
- **Term 2:** Monday May 6th - Friday June 28th
- Mid year morning tea - Saturday June 29th
- **Term 3:** Monday July 29th - Friday September 20th
- **Term 4:** Monday October 21st - Friday December 13th
- End of Year morning tea - Saturday December 14th

(The program & newsletter will be out to you approx. 9 days before the start of each term)

Have a great term!