



Fleece, Fibre, Felting and Yarn group

## President's Message

Can you believe we are up to Term 4 already? The gardens around Oberon are looking lovely, with spring blossom and daffodils everywhere but what a winter it has been! I think we are all a little tired of the cold and wet weather, so here's hoping some long stretches of nice sunny days lie ahead.

The Extraordinary General Meeting, held on September 20 at the Golf Club was very well attended. The proposed motion, which was circulated to all members, "that all Oberon U3A members are welcome to enrol in any class on the program, regardless of their Covid-19 vaccination status" was put to the vote and overwhelmingly carried with a show of hands.

Some of our groups are going to be participating in this year's Oberon Outdoor Festival, primarily on December 4, which will be right at the end of the celebration. Plans are still being formulated, but hopefully members of various groups including cycling, walking, Pilates and Tai Chi will participate in the festival and at the same time, demonstrate some of the activities available to members.

Thanks, as always, must go to all the course volunteers who run our classes. In addition, a big thank you to those who step up to keep the classes running while class leaders are away or not available. Sometimes, this is for an extended period of time. It's an excellent reflection on the commitment of our members, that they are willing to make the effort to keep classes running. There are very few classes that are ever cancelled, which is noteworthy. On this subject, please do not forget to let your course leader know if you are unable to

attend the class into which you have enrolled.

I do hope the alternate rooming arrangements are working for you all. It's going to be a while yet before we can use the Community Hub, but hopefully, it will be wonderful when it's finished.

For some of us, the pandemic caused a withdrawal from community and U3A involvement. We became used to staying at home. However, social interaction, physical activity and mental stimulation are critically important to healthy ageing! So, I'd like to encourage all our members to come on out, enrol in classes that interest you and make the most of your U3A membership. In addition, when you meet people new to the area, tell them about Oberon U3A and invite them to join!

**The Fleece, Fibre, Felting and Yarn group (FFF&Y)** participated in a "weaving adventure" during the recent school holidays, at the Malachi Gilmore Hall.

Members of the U3A group joined commissioned weaver, Emma Shepherd from Victoria, who was engaged by the owners of the Malachi, Lucy and Jonathon East, to handmake the new "Grand Drape". The project was to weave fabric which would then be used for the top valance and bottom extension to the stage curtain. "This is the final touch in the refurbishment of the hall's stunning art deco interior," Lucy said.

Spinners worked with a locally sourced fleece, donated by Cress Dawson of Mt Olive, spinning yarn which will eventually be used to make decoration for the current curtain, which separates the foyer from

the main hall.

Lucy said “I would like to thank sincerely the FFF&Y group for embracing this creative heritage project and for filling twelve days of six hours long demonstrations with spinning volunteers! It’s a lovely vibe of crafting and conversation and many reminiscing of the Cobweb Craft days.”

### Bridge

Since the demolition of the Community Centre the U3A Bridge group has been meeting at the Tennis Centre. This has proved to be a suitable and convenient location and we are grateful to the tennis club for allowing us to use it.

Our “beginners” have now graduated and are playing with the regulars. Our next lot of beginners classes will start in 2023. Our players are an enthusiastic bunch and some seek out other opportunities to play, for example at Bathurst and District Bridge Club, or online with the popular Stepbridge Club. We will always welcome other players who would like a game on any Monday or Thursday morning.

### What's on the Box

We regularly discuss TV shows on the ABC, SBS and various streaming services like Netflix and Amazon Prime. Other group members go away with a list of shows they can start to watch. Shows that we enjoyed (or are enjoying) recently are Great Southern Landscapes on ABC, the thought provoking The Australian Wars on SBS. TV crime dramas like Silent Witness on ABC, Too Close on SBS, Savage River on ABC, Sherwood on Foxtel, Four Lives on SBS. We all loved the TV series on the ABC called Old Peoples Home For Teenagers. All the shows mentioned can be viewed online via ABC iView or SBS On Demand.

We usually met at the Long Arm Cafe and discussed our viewing ideas over a cuppa. In the future, this will be at Cafe Oberon.

### Learning an instrument brings bonuses!

They say that learning a language or how to play a musical instrument can help to keep your brain functioning well. And while Oberon U3A doesn't have any language classes at the moment it does

have two classes for those wishing to make their own music - Recorder and Ukulele. The Ukulele group is building up again after a rather long struggle with Covid restrictions and members being afflicted with various illnesses—e.g we had two players out with broken wrists this year alone! But, when we are all there the group numbers about 15 and this is enough to produce a rich variety of sound and experience. We play a wide selection of songs from two main ukulele books as well as using single sheets for tunes suggested by our members. And we think we are improving all the time! We're happy to include new members or, if you want to learn how to play this lovely, easy little instrument, let Denise know and we will organise some beginner's lessons either later in the term or early next year.

### New in Term 4

Coming up this term will be an **afternoon with Eugenia Miroshnikoff, author of Matayashka Doll**, which has ben nominated for the NSW Premier's Literary Award and member of Oberon U3A. Eugenia has kindly agreed to talk to us about her fascinating life and how she came to publish her book, which chronicles her extraordinary family history of life across three continents.



Arctic tern

Also on the program for Term 4 is an afternoon of **Armchair Travelling with Hamish and Janet Gidley-Baird** who will take us on an amazing journey to Svalbard and Greenland.

The popular **Tai Chi** and **Aquarobics classes** will also be back in Term 4.

**Date for your diary - U3A end of year afternoon tea Saturday, December 10, 10am at the Showground Pavilion**

**Have a great term!**

### Committee Contact Details

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The bike riding group recently rode from Black Springs to Mayfield.