



Ukulele at end of year Morning tea

President's Message

Dear Members

This year we celebrate 10 years of the University of the Third Age in Oberon! From the first tentative discussions, which began in August 2022, a small number of courses were offered in February 2013 to gauge community interest in the concept of U3A. Oberon U3A's first committee was elected at a public meeting attended by 20 people in May of that year. Following incorporation, the establishment of a website and affiliation with the NSW U3A Network, the organisation was off and racing. By the end of that first year, members had already been offered 28 different courses in which to enrol!

That last sentence is really rather amazing. 28 different courses at the end of the first two terms! This has been the ongoing strength of U3A in Oberon. The fact that generous volunteers keep offering their time and their expertise to a wonderful group of members who want to be involved, mentally, physically and socially, has seen the organisation successfully navigate its first 10 years. Even during the pandemic lockdowns, some classes kept going, using a range of different initiatives, while the committee worked on keeping in contact with all the members. As we start another year, our thanks go to the course leaders who have agreed to run this term's classes. Obviously, without the commitment of these kind people, Oberon U3A could not function.

To celebrate the 10 year milestone, there will be a celebratory lunch on June 24 at the RSL to which all members, past and present, will be invited. Please note the date in your diaries.

At the end of last year, our long term Current Affairs facilitator, Graeme Precians moved to Bathurst with his

wife, Lyndall. We are very sorry to see Graeme and Lyndall leave. They have been wonderful contributors to not only Oberon U3A but the Oberon community. I'm sure you will join me in wishing them all the best for their new life in Bathurst.

Pilates Outdoors

As part of the **Oberon Outdoor Festival** at the beginning of December last year, some members of the U3A Pilates class performed a routine at the football ground. Surprisingly, the fresh grass was rather nice underfoot and seemed to assist the participants, especially with the balances!

It was very hot in the sun at 11am, so the "class" was fairly short. There were not a lot of people around, which was something of a relief to the participants. Thanks to all for coming along for the demonstration



Pilates in the Park

End of Year Morning tea

The **2022 end of year morning tea** at the Showground Pavilion was a very enjoyable get together, which celebrated another year of Oberon U3A activities. The recorder group and the ukulele group provided the

entertainment. Special guest, Sharon Inwood from the Oberon Fitness Centre, gave a short address about what the centre offers for the over 50s. Sharon's talk was followed by a demonstration of some of the exercises in her fitness routine, kindly presented by



Gym demonstration

Megan Sovik and Vonda Voytilla.

All Oberon U3A classes don't necessarily take a break for the entire summer holidays. Quite a number continue to meet with only a short break over Christmas. These classes include Aquarobics, Balance 'n' Bones, Bridge, Book Club, Food Safari, Friday Walks, "Rusty Restorers", Pilates and What's on the



Friday Walkers group

Box. Some people just don't do holidays!

Events for Your Diary

Our **Annual General Meeting** will be held on the first Tuesday in March, which will be the 7th commencing at 3pm. The venue is the Masonic Lodge and afternoon tea will follow the meeting. RSVP would be appreciated. Please note that President, Jenn Capel, Vice President, Denise Harper and Treasurer, Malcolm Graham have all served the maximum three years in these positions. If you feel you have the time and the interest to stand for a position on the committee, please talk to a committee member or fill in the nomination form which is attached to this email. Nomination forms can also be downloaded from the Oberon U3A website. Please scan the form or take a photo and send it to oberonu3a@gmail.com no less than 10 days prior to the AGM.

Oberon Council is hosting an **International Women's Day dinner** on Wednesday, March 8th at the Showground Pavilion, to which we are all invited. This is usually a very enjoyable community function, so it would be great to see a good representation of U3A members at the dinner. Keep a look out for details as to how to book a seat.

"Use it or lose it" is a phrase with which we are all familiar! This phrase applies equally to mental and

physical exercise, which I trust we all agree, is critical to pursue for our continuing health and well being. Oberon U3A offers a range of courses addressing physical and mental fitness. Some of the physical fitness courses are more demanding than others but don't be put off! There's a level appropriate for everyone, whether its Balance 'n' Bones, Pilates or Tai Chi. Which one will you choose to join?

Tai Chi will again be offered this term, led by Diane Hollebhone from Bathurst. Tai Chi is distinctive in its slow and graceful movements; it is based on a "soft internal school" of Chinese martial art. It is also a form of "moving meditation". Tai Chi is often called "the holistic exercise" because it exercises body, mind and spirit and promotes relaxation. (It has been practiced in China for more than a thousand years.)

As Diane has to travel from Bathurst, participants are required to pay \$50 for the term's lessons, in advance. The money in an envelope can be left at the Oberon Craft Shop, with your name and contact details noted, or it can also be paid by direct deposit to the Oberon U3A account BSB 882 000 Account number 100084866 with your name referenced.

Current Affairs will be led by Robyn Ashton, who has kindly volunteered to take over from Graeme Precians. Please note the venue on the program, as the Ross St meeting room will be closed during part of February and March as part of the Visitor Information Centre renovation.

Armchair Travel is on again this term. Tour leader, Don Capel is looking forward to taking participants on a driving trip around Iceland, which will include the Westfjords.

Dates for your diary

- **AGM March 7, 3pm at the Masonic Lodge**
- **International Women's Day dinner March 8 at the Showground Pavilion**
- **Celebrating 10 years of U3A in Oberon, lunch at the Oberon RSL, June 24**

Have a great term!



Recorder group at end of year morning tea

Committee Contact Details

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