

No-one wants to miss OPEN DAY



Wednesday 22 January is a great opportunity to reconnect with old friends, check what is happening, suss out any new courses, meet tutors, bring your enrolment form to renew your membership and meet the people who are responsible for all that is going on in our wonderful U3ANR world.

Open Day at Lismore Workers Club will start at 9.30, although tutors and helpers will be setting up tables, chairs, display boards etc from about 8.30am. It will finish at noon.

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What is U3A?

U3A is a self-help, non-profit organisation run by seniors for seniors and devoted to learning for the fun of learning, while making new friendships and enhancing old ones.

U3A Northern Rivers (U3ANR) offers more than 35 courses and activities each term. One annual membership fee entitles you to take part in as many activities as you wish, provided that the house is not full.

Members may also attend courses run by Ballina /Byron.



President's Report

Welcome, everyone, to 2020. I trust you all had an enjoyable Christmas and New Year.

We will be off to a flying start on **Open Day, Wednesday 22 January**. Your Committee has worked hard to ensure that the day runs smoothly so please make a point of attending; renew your membership and sign on for some of the many excellent courses running again this year. Socialising is also an important part of Open Day.

The last official function for 2019 was our Christmas Lunch held at the Lismore Workers' Club at the end of November. This was an excellent event with nearly 100 people attending.

We were also pleased to welcome guests from other U3As: Laura O'Brien, President of Clarence River and their Secretary, Graham La Motte, Roger Curren, President of Brunswick Valley and Network Representative for the Far North Coast Region, Des Wann and his wife Beth also from Brunswick Valley. Des has given many very enjoyable musical presentations at Tuesdays with U3A. Warren Hastings-Harris, Vice President of Ballina also attended.

It was a most enjoyable day and our request for Christmas food items for farmers was an overwhelming success with two large tables loaded with 'goodies'. Due to the many tragedies experienced by local people due to bush fires it was decided at our final Committee Meeting of the year to keep

our donations more local and they were passed on to the Country Women's Association for distribution to families in our region.

Alison Paterson, a member of the CWA, attended to receive the donations and was completely overwhelmed when she saw the volume of gifts donated. A big 'thank you' to all who donated even if not attending the lunch.

We were, for the first time, offered a table at the North Coast National Show this year. Pat MacLaren-Smith and I set up a display table in the main pavillion. We were assisted over the three-day event by Treasurer, John Marchant and Course Co-ordinator, Lis Marshall. It was an interesting venture. We were pleasantly surprised by the number of people who knew about about U3A. We spoke to many people and handed out a lot of advertising material.

On Saturday 26 October 17 U3A people attended an outing at the Dunoon Sports Club;. Food was included in the cost, with drinks at own expense. A very enjoyable social afternoon.

We will be celebrating Seniors Week on Tuesday 18 February this year. This promises to be a light-hearted fun day. Morning tea and lunch will be provided so I encourage you to come along and support the sub-committee who have put so much hard work into this day.

The AGM will be held on Tuesday 3 March. John Marchant's time as Treasurer ... continued page 3

Open Day 2020 - Enrolment information

Each year you must complete a new *Application for Membership* form (both sides), but you do not need to wait until Open Day to fill it out.

Membership forms can be downloaded from <http://www.u3anriv.org.au/Application%20for%20Membership.pdf> and filled out before Open Day.

Alternatively, you can collect a form and fill it out at Open Day and either present it with your payment on the spot, or send it in with your cheque or Direct Debit receipt number to the address on the form.

Membership renewal paid on or before Open Day attracts a \$5 discount. This means you pay \$40 rather than \$45. New members pay \$50.

Where's My Badge?

Our Membership Secretary explains: Our Treasurer collects the mail, notes the receipt number on the form, and passes it on to me. I enter the payment details into your record on our database and send out your Membership Badge. This process can take up to four weeks, as, for a start, your form can take a week to arrive in our PO Box (goes via Newcastle sorting centre). If you haven't received your badge after four weeks, please contact me and I will try and track it down. (We have had post office staff incorrectly amend addresses, e.g. from NSW to Vic. for Eltham.)

If you cannot download the membership form from the internet and you are not going to Open Day, please contact me and I will organize to get one to you. When completing the form, PLEASE print clearly. I have had some trouble interpreting a few names/addresses/email addresses, particularly emails as some people do not use their name as part of their email address.

Thank you in advance for your cooperation.
Kerren Leahy (Ph: 0415 369 499)

President's Report

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...comes to and end this year and a very competent replacement Treasurer has been found. John Zaat will also be standing down this year. A new Minute Secretary has been found so there is only one space on the committee to be filled this year.

And finally, a request from the Lismore Workers' Club. The Club does so much for us in providing free rooms for many of our classes. If U3A members attend classes at the LWC they should consider becoming members. If you are not a member then you will need to sign in to attend a class on their premises. If you fail to do this and even just buy a coffee, this leaves the Club open to heavy fines.

Enjoy our Term 1 courses/classes.

Jean

Want to try something different?

Four extra courses are offered this term.

Simple Grammar begins Tuesday 4 February, with Hendrik de Vries at Lismore Heights Bowling Club 10am to 12.00 noon.

History of the English Language begins Tuesday 4 February, with Shirley Beaver at the Presbyterian Church Hall, Keen St, Lismore 10am to 12.00 noon.

Islam begins Wednesday 29 January, with Hendrik de Vries at the Presbyterian Church Hall, Keen St, Lismore 10am to 12.00 noon.

Philosophy begins Friday 31 January, with Julie Pigdon and Victor Bosnic at the Presbyterian Church Hall, Keen St, Lismore 1.30pm to 3.30pm

Course	Time	Coordinator/s	Page
		Monday	
Technology	10 - 12	Stuart Montgomery. 6601 5412	6
Advanced Italian	10 - 12	Marion Somerville 6621 7332 Class Full	6
Science Discussion	10 - 12	Geoff Manning 6663 5211	6
Intermediate Spanish	10 - 12	Denise Bennett. 0421 757 971	6
Spanish Grammar	9 - 10	Marion Andrew 0409 141 601	7
Spanish Conversation	12 - 1 pm	Sabina Baltruweit. 6688 6214	7
Aquatic Fitness	2 - 3	Jenny Dodds 6624 1828	7
Genealogy (Fortnightly)	2 - 4	Rosemary Joseph 6663 5399 Warwick Sherring 6621 4619	7
		Tuesday	
Literature and Opera	10 - 12	Alison Siliakus 6628 8108	8
Simple Grammar	10 - 12	Hendrik de Vries 6689 1233	8
History of English Lang.	10 - 12	Shirley Beaver 0434 905 364	9
Yoga	8.30 - 9.45	Connie Sporne 0413 519 775	9
Qigong	10 - 11.30	Narelle Evans 6628 0858	9
Hand Embroidery	9.30 - 12	Sue Beacroft 6621 7348	9
Tuesdays with U3A	1.40 - 4	Pat McLaren-Smith 6622 7408	10
		Wednesday	
Dance Class	9 - 10	Miriam Torzillo. 0404 593 312	10
Islam	10 - 12	Hendrik de Vries 6689 1233	10

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Wednesday continued			Page
History	10 - 12	Eric Hocking 6629 1020 Barry Slattery 6624 1682	11
Improve Your French	10 - 12	Ed Bennett 0431 205 770	11
Read a non-fiction book	2 - 4	Lyn Sandstrom 0427 823 177 Irene Gallagher 6621 9853	11
SMUG	2 - 4	Eric Davison 6624 4537 Ros Sharp 6628 3921	11
Travel Forum	2 - 4	Marion Andrew 0409 141 601	11
Aquatic Fitness	2 - 3	Dot Lawn 0423 150 048	12
		Thursday	
French for More Advanced Learners	10 - 12	Maria Whitney 6624 1835 Class Full	12
Qigong	10 - 11	Robert Albertini 6628 2220	12
Music Appreciation	10 - 12	Kath Perry 0402 144 009	12
Backgammon	2 - 4	John Perry 0401 232 601	12
Solo Card Group	1 - 4	Anne Ball 6624 4973	13
Intermediate Italian	1 - 3	Barbara Somerville 6622 1916	13
Aquatic Fitness	2 - 3	Jenny Dodds 6624 1828	13
		Friday	
Tennis	8 am	Phil Luckie 6624 2653 Ed Bennett 0431 205 770	13
Friday Forum	9.30 - 11.30	Shirley Beaver 0434 905 364	13, 17
La Fontanella	10 - 12	Robert Dingle 6624 8125	14
Photography	10 - 12	Merilyn Teasdale 6625 2256 or 0428 459 368	14
Investment Discussion	10 - 12	Brian Sykes 6624 3264	14
500 Card Group	1.45 - 4.15	Judy Mason 6624 1549	14
Philosophy	1.30 - 3-30	Julie Pigdon yakkaj@hotmail.com Victor Bosnic	15
Book Group	1.30 - 3.30	Delyce Rowe 6621 3438. Class Full	15
		Saturday	
Trivia with U3A	2 - 4	Gina Murray 6689 5104	15

Course Details for U3ANR in Term 1, 2020

TERM 1 runs from Tuesday 28 January to Thursday 9 April (11 weeks)

Holidays: Australia Day 27 January, Good Friday 10 April

Please contact the listed Convenor or Tutor before a class starts.

As a financial member, you are entitled to attend as many activities as you like,

MONDAY

Advanced Italian

Note Change of Venue

Venue: Lismore Workers **Golf** Club

Time: 10am to 12 noon

Tutor: Marion Somerville 6621 7332 alimario@bigpond.net.au

This class usually continues throughout the year but is currently full. If you would like to go on the waiting list, please contact Marion.

Science Discussion Group

Time: 10am to 12 noon

This group meets throughout the year.

Venue: Lismore Workers Club

Convenor: Geoff Manning 6663 5211

A relaxed group of people with knowledge and expertise covering many aspects of scientific, geological, marine, ecological, biological and medical matters together with people who are just curious, interested and eager to learn. New members always welcome.

Technology

Resumes: 3 February

Venue: Lismore Workers Club

Time: 10am to 12 noon

Convenor: Stuart Montgomery 6601 5412

Backing up your mobile or PC, using free apps to alert you to emergencies such as bushfire and road accidents, finding trustworthy health advice online . . . these are just three of the practical topics to be featured at Technology this term.

Also you can get help with your computer problems.

Watch E-board for notifications of what's coming up each week.

Enjoy a two-hour session, including a coffee/tea break, every Monday in term time.

Intermediate Spanish

Resumes: 3 February

Venue: Presbyterian Church Hall

Time: 10am to 12 noon

Keen Street, Lismore

Convenor: Denise Bennett edanddenisebennett@gmail.com 0421 757 971

This group will focus on extending our Spanish vocabulary and grammar, as well as improving our speaking and listening skills. We will use a variety of printed and audio resources and spend some time in conversation & discussion each week. The group is suitable for participants with a range of skill levels, but you should have at least a basic Spanish vocabulary and knowledge of the simple present, past and future Spanish verb conjugations.

MONDAY continued

Spanish Conversation

Venue: Presbyterian Church Hall,
Keen Street, Lismore

Starts: 3 February

Time: 12 noon to 1pm

Coordinator: Sabina Baltruweit sabinabaltru@internode.on.net , 6688 6214
Conversación Español

Este grupo va a encontrarse cada lunes para charlar un poco en español. Es una oportunidad para mejorar tu español oral en un ambiente amable. Damos la bienvenida a todos niveles de experiencia.

Spanish Grammar

****NOTE NEW TIME****

Venue: Presbyterian Church Hall
Keen Street, Lismore

Starts: 3 February

Time: 1pm to 3pm

Tutor: Marion Andrew 0409 141 601, mandrew2014@outlook.com

This group goes on from the Beginners' group of last year and will do lots of revision of basic grammar. We will aim to extend our vocabulary and to improve our Spanish pronunciation. We will spend quite a bit of time on Spanish verbs – how to conjugate them and how to use them. We use *Easy Spanish Step-by-Step* by Barbara Bregstein, which is available online. Ideally participants should have at least some very basic Spanish phrases and grammar, or have knowledge of related languages, French or Italian and be able to quickly “translate” that into Spanish skills. Otherwise, be prepared to work by yourself through the first few chapters of the book, in order to come up to speed with the class.

Aquatic Fitness Class

Continues throughout the year except for public holidays from 2 January.

Venue: Summit Sports & Fitness Centre
791 Ballina Road Goonellabah

Time: 2pm to 3pm

Cost: \$3 per person per visit

Contact: Jenny Dodds 6624 1828

Gentle and intermediate aqua exercises. This continuing class will be in the heated pool at The Summit.

See also Wednesday and Thursday classes.

Genealogy Discussion Group

Meets: second and fourth Monday of each month
(10 and 24 February, 9 and 23 March)

Time: 2pm to 4pm

Venue: Lismore Heights Bowling Club
High Street, Lismore Heights

Convenors: Rosemary Joseph 6663 5399 and Warwick Sherring 6621 4619
New members always welcome.

TUESDAY

**** NEW COURSE ****

Simple Grammar

Venue: Lismore Heights Bowling Club

Tutor: Hendrik de Vries 6689 1233

Begins: 4 February

Time: 10am to 12 noon

“Students were told to not attend classes” (measles in Samoa). “It was a miracle that more people were not killed” (Bourke Street, Melbourne). “It was wrong of Annie and I to accept the invitation.” If you see nothing wrong with the above sentences, you may benefit from this course. So will people who are learning a foreign language (all languages have grammar!) and struggle with ‘gender’, ‘case’, ‘tense’ or ‘mood’. We can get by with slightly defective grammar (as virtually all of us do!) but if “the pen is (to be) mightier than the sword”, it must be wielded with precision and skill. Grammar is quite complicated, but we shall try to start from scratch and travel at a pace that everyone can follow. However, “God only helps those who help themselves!” It may involve some use of the ‘grey matter’, but at our age: Who is afraid of a challenge? You may even enjoy it!

Literature and Opera

Venue: St Matthew’s Community Centre,
3 Jubilee Avenue, Goonellabah

Begins: 28 January

Time: 10am to 12 noon

Convenor: Alison Siliakus 6628 8108 or 0401 346 607

We will study Shakespeare’s history play “Richard II”. The action takes place, prior to the better known plays, Henry IV Parts 1 and 2 and Henry V. It is part of Shakespeare’s exploration of the qualities required for good leadership. But it also has an unusual story line and characterization. After watching a DVD, we will read all of the play aloud discussing as we go. At the end we will watch a different interpretation on DVD. You will need your own copy of the text, readily available from the usual sources – the Arden Editions are good.

Everybody is welcome, newcomers or continuing and especially those who did not enjoy Shakespeare at school.

AGM

Don’t forget the Annual General Meeting

When: 3 March 2020 at 2pm

Where: Lismore Workers Club.

Afternoon tea provided.

Nomination Forms available from the Secretary: secretary@u3anriv.org.au.

TUESDAY continued

History of the English Language

Venue: Presbyterian Church Hall
Keen Street, Lismore

Begins: 4 February

Time: 10.00 am – 12 noon

Contact: Shirley Beaver 0434 905 364. beaver121@optusnet.com.au

For those with a general interest in language and curiosity about how our own language came to be the strange beast it is!

Please note that this is (almost) the same course I ran in 2010 and 2016, but you are welcome to sign on again if you have forgotten the detail! (I have!)

Bring 50c for morning tea.

Yoga

Venue: UC Hall, 118 Woodlark Street, Lismore
Access via ramp to the rear

Begins: 4 February

Time: 8.30 am to 9.45 am

Tutor: Connie Sporne 0413 519 775

Class will finish on 17 March

"Hatha yoga" or "Yoga for Health", which is the style I teach is suitable for everyone. Expect a slower-paced stretching-focused class with some basic breathing exercises. Hatha classes are a good place to work on your alignment, learn relaxation techniques and become comfortable with doing yoga while building strength and flexibility.

Qigong

Venue: UC Hall, 118 Woodlark Street, Lismore
Access via ramp to the rear

Begins: 28 January

Time: 10.00 am to 11.30 am

Tutor: Narelle Evans 6628 0858

Gentle movements to restore harmony in the body and mind.

This is a continuing class. Newcomers are welcome but please contact Narelle before attending.

See also Thursday class.

Hand Embroidery

Venue: Uniting Church Hall.
14 Bugden Avenue, Alstonville

Resumes: 28 January

Time: 9.30 am to 12.00 noon

Convenor: Sue Beacroft 6621 7348

In Term 1 we will be offering two projects concurrently. Glenys will be teaching Casal Guidi embroidery, a raised technique developed in Tuscany in the 19th century. Lesley is teaching Candlewicking embroidery. Resourceful women in the American Wild West used candlewick to make lovely open designs.

Or you can work on your own projects! All welcome to join us!

TUESDAY continued

Tuesdays with U3A

Venue: Lismore Workers Club

Contact: Pat MacLaren-Smith 6622 7408

Resumes: 4 February

Time: 1.40 for 2 to 4pm

Tuesdays with U3A offers a variety of educational presentations. Topics may include travel, history, science, nature, music etc. All members welcome. No need to enrol. Program for Term 1 prepared by Pat MacLaren-Smith assisted by Gina Murray.

The program for this term appears on page 20

WEDNESDAY

****NEW COURSE****

Islam

Begins 29 January

Venue: Presbyterian Church Hall, Keen Street, Lismore

Time: 10am to noon

Tutor: Hendrik de Vries 6689 1233

With Islam in the news almost daily, often in a negative way, people may wonder whether it is a religion preaching violence. Religion is at the base of quite a few modern conflicts: in Syria, Yemen, Iraq, Afghanistan, among others. Islamic State is still not completely defeated. So what is Islam? Is it compatible with our democracy? Is it necessary for women to hide behind a veil? What is the difference between a *sunni* and a *shi'ite*? What is an *imam* or an *ayatollah*?

Form your opinion on these topics on a better informed basis. We use a \$5 booklet as a guide through the course and this gives us more time for discussion, while keeping 'notes' to a minimum.

Conversion to Islam (or any other religion) is NOT one of my aims!

Dance Class

Resumes 5 February

Venue: 118 Woodlark Street, Lismore

Time: 9am to 10am

Tutor: Miriam Torzillo 0404 593 312 mimitorz@gmail.com

This class is designed to benefit the body, mind and creativity. All three combined are what makes dance a great activity at any age.

Each class includes a warm-up of gentle stretches and exercises for strength, co-ordination and flexibility. This is followed by set sequences, made up of steps you might remember from social dance and everyday movement. Finally, there is an opportunity to activate the mirror neurones, muscle memory and creativity with some improvisation and choreography. The class is open to any experience level and physical ability. The class can be done seated or standing, depending on mobility.

MESSAGE FOR TUTORS/CONVENORS: If you need to change the time or venue of your class or activity, please inform the Course Co-ordinator Liz Marshall (Ph 0451 020 241)

WEDNESDAY continued

History

Venue: Lismore Workers Club

Contacts: Eric Hocking 6629 1020 and Barry Slattery 6624 1682

Ancient Mesoamerica *Maya to Aztec* – uncovering the fascinating rise and fall of the Maya and Aztec civilisations is – is continuing in Term 1.

Resumes 29 January

Time: 10am to 12 noon

Improve Your French

Venue: Participants' homes

Convenor: Ed Bennett 0431 205 770

This is a continuing self-help group (not for the beginner). Some knowledge of vocabulary and grammar is required.

Resumes 29 January

Time: 10am to 12 noon

Travel Forum

Meets monthly - 26 February and 25 March

Time: 2pm to 4pm

Venue: Presbyterian Church Hall, Keen Street, Lismore

Convenor: Marion Andrew 0409 141 601 mandrew2014@outlook.com

Do you like travel? Are you thinking of travelling soon? If so, then you might find this monthly group of interest. We discuss all things "Travel" – the nuts and bolts of how to get the most out of the experience and also some great ideas of places to go – both overseas and in Australia. Each month we will focus on a broad topic, then there will be time for questions that you might want to put to the rest of the group as well as an opportunity to share photos of your favourite places. If you would like to share some photos, pop them onto a USB stick and bring them along. Remember, this is not a venue for an in-depth slide show of your last holiday, but an opportunity to show some highlights – between ten and twenty photos.

Topics in Term 1: 26 February: Australia 25 March: Airline bookings.

Read a non-fiction book aloud

Venue: Lismore Workers Club

Contacts: Lyn Sandstrom 0427 823 177 and Irene Gallagher 6621 9853

This is an enjoyable way to be in a book group without having to beg, borrow, steal or buy a short to medium-sized book or having to read any of it ahead of time! The book is read aloud on the day. New members welcome. For further information please contact Lyn or Irene.

Resumes: 29 January

Time: 2pm to 4pm

Senior Macintosh Users Group (SMUG)

Venue: Lismore Workers Club

Convenors: Eric Davison 6624 4537 and Ros Sharp 6628 3921

SMUG meets weekly and it's great to be able to learn, practise our skills and solve problems on the spot. We also show lots of short videos demonstrating aspects of Mac and iPad computing. All are welcome to our friendly, helpful group, whether beginners or experts. We are happy to learn from each other with guidance from Ros.

Resumes 29 January

Time: 2pm to 4pm

WEDNESDAY continued

Aquatic Fitness Class

Time: 2pm to 3pm

Venue: Summit Sports & Fitness Centre 791 Ballina Road Goonellabah

This class continues all year (not public holidays) from 2 January. It consists of gentle and intermediate aqua exercises and will be in the Summit's heated pool.

Cost: \$3 per person per visit.

Contact: Dot Lawn 0423 150 048.

See also Monday and Thursday classes.

THURSDAY

French for More Advanced Learners

Resumes 30 January

Venue: Participants' homes

Time: 10am to 12 noon

Tutor: Maria Whitney 6624 1835

This class is currently full.

If you would like your name put on the waiting list, please contact Maria.

It is a continuing course for learners with a sound knowledge of French grammar and vocabulary. The course is based on an audio-lingual approach and reading skills are also addressed.

Qigong

Resumes 30 January

Venue: Silver Cloud Studios

Time: 10am to 11am

14 Foleys Road, Lismore

Contact: Robert Albertini 6628 2220

Come along and enjoy the relaxation and health benefits of Qigong.

New members welcome. Phone Robert for further details.

See also Tuesday class.

Music Appreciation

Venues: Various

Time: 10am to 12 noon

Convenor: Kath Perry 6625 1920

Do you like good music? We meet on the second Thursday of each month during term time to listen to a selection of fine music. Venues vary from Lismore to Ballina. If you think you might be interested, or have a question or two, please call Kath.

Backgammon

Time: 2pm to 4pm

Venue: Mezzanine Level 2, Workers Club, Keen Street

Convenor: John Perry 0401 232 601.

The oldest recorded game in history, Backgammon has been played for 5,000 years. Easy to learn, fun (frustrating at times) to play. A pleasant afternoon is assured.

THURSDAY continued

Solo Card Group

Time 1pm to 4pm

Continues throughout the year including school holidays. New players welcome.

Venue: Various. Contact Anne Ball

Convenor: Anne Ball 6624 4973

Aquatic Fitness Class

Time: 2pm to 3pm

Venue: Summit Sports & Fitness Centre 791 Ballina Road Goonellabah

This class continues all year (not public holidays) from 2 January. It consists of gentle and intermediate aqua exercises and will be in the Summit's heated pool.

Cost: \$3 per person per visit.

Contact: Jenny Dodds 6624 1828

See also Monday and Wednesday classes.

Intermediate Italian

Resumes: 30 January

Venue: Lismore Workers Club

Time: 1pm to 3pm

Convenor: Barbara Somerville 6622 1916

The required text for 2019 will be *Complete Italian*, Collins Easy Learning. It is available to order from the Book Warehouse in Lismore.

FRIDAY

Friday Tennis

Time: 8am

Tennis continues throughout the year, weather permitting. No term breaks.

Venue: Goonellabah Tennis Club

Reserve Street, Goonellabah

Convenors: Ed Bennett 0431 205 770 and Phil Luckie 6624 2653

If you wish to join this group, please contact either Ed or Phil.

Friday Forum

Resumes 31 January

Venue: Lismore Heights Sports Recreation
and Community Club

Time: 9.30am to 11.30am

High Street, Lismore Heights

Convenor: Shirley Beaver. 0434 905 364 beaver121@optusnet.com.au

Lively weekly discussion. New members and visitors welcome. No need to enrol.

Please bring a 50¢ coin and a mug for morning tea.

See page 17 for programme.

FRIDAY continued

La Fontanella Recorder Ensemble

Venue: SDA Church Hall

Pearces Creek Road, Alstonville

Convenor: Robert Dingle 6624 8125 0447 120 739

La Fontanella is U3ANR's very own recorder ensemble. It began twenty years ago as a group of beginners, but its members are now all at least of intermediate standard, and some would fall into the advanced category.

We would like to start a beginners' class, either for beginners or for those who would like to start playing again after a break from the instrument. If you fall into any of these groups, please contact Robert Dingle, phone or email: rjdingle@bigpond.net.au.

Resumes: 31 January

Time: 10am to 12 noon

Photography

Venue: Lismore Workers Club

Convenor: Merilyn Teasdale 6625 2256 or 0428 459 368

This class is for instruction, hands-on participation and social fun. Members learn about photography, better picture-taking and editing techniques. They have the opportunity to engage in friendly competitions and have their pictures appraised by an experienced teacher. New members welcome. There will also be one or two non-compulsory outings per term.

Resumes: 31 January

Time: 10am to 12 noon

Investment Discussion

Time: 10am to 12 noon

Meets on the second and fourth Friday of each month during school terms.

Dates: 14 and 28 February, 13 and 27 March

Venue: Lismore Workers Club

Keen Street, Lismore

Convenor: Brian Sykes 6624 3264. bjsykes@westnet.com.au

A very informal discussion group. We share general information about all aspects of retirement income and investment. Everyone is welcome.

500 Card Group

Time 1.45pm to 4.15pm

Continues throughout the year including school holidays, but not public holidays

Venue: Lismore Workers Club

Mezzanine Level 2

Convenor: Judy Mason 6624 1549. jumia_m@bigpond.com

Everyone, including new players, welcome. Just turn up on time and you will be included. The draw for teams happens promptly at 1.45 pm.

Contact Judy for further details.

Once again, U3ANR thanks the Lismore Workers Club for their generous support of our organisation, and reminds members they should also become members of LWC.

FRIDAY continued

Book Group

Meets on the third Friday of each month

Time: 1.30pm to 3.30pm

Venue: Lismore Library

Convenor: Delyce Rowe 6621 3438

This group is currently full but please contact Delyce if you would like more information or would like to go on the waiting list.

****NEW COURSE****

Philosophy

Begins 31 January

Venue: Presbyterian Church Hall,
Keen Street, Lismore

Time: 1.30pm to 3.30pm

Tutors: Julie Pigdon yakkaj@hotmail.com and Victor Bosnic

The class will consist of lively discussion forums around universal themes – reality, truth, beauty, consciousness, morality – and a study of the different approaches to these themes, through different philosophers of the ages. All welcome. Please contact Julie for more information.

SATURDAY

Trivia with U3A

Resumes 1 February

Meets on the first and third Saturdays of each month

Time: 2pm to 4pm

Dates: 1 and 15 February, 7 and 21 March, 4 and 18 April

Venue: Presbyterian Church Hall, Keen Street

Convenors: Gina Murray 6689 5104 and Elsie Perin 6621 3681

The purpose of the Trivia afternoons is **FUN**. No one sits on the same table two weeks in a row so that no one team dominates. We are endeavouring to find the Trivia Champion, or at least the person who has been lucky enough to sit on the winning table the most times.

Come along for an afternoon of fun and you might win a weekly prize of a chocolate!

Your badge is important

Your badge must be worn to all U3A functions.

Why? For **THREE** reasons:

- It helps others avoid the embarrassment of not remembering your name
- It provides proof that you are a member of U3A with the right to attend class
- Most important for your health and safety, and just in case, please insert emergency contact details on your membership card. This also helps to ensure we comply with insurance requirements

Out and about

SENIORS WEEK

We will celebrate on Tuesday 18 February at the Presbyterian Church hall (opposite Woolworths) from 9.45am to 3.00pm

A fun interactive musical day is planned, *Let's Dance, Sing and Act up.*

All members are invited.

Morning tea and lunch are provided at no charge.

See details on page 26

JAPANESE LUNCH

Thursday 5 March. 12 noon

Banzai Restaurant: 34 Molesworth St (just down from the police station).

Experience genuine Japanese food. You don't have to sit on the floor!

Book by Monday, 2 March.

Phone Glenda Schofield on 66895284 0 or 0427593400.

YAMBA BOAT CRUISE

Sunday 29 March.

Arrive by 10.45am.

We have organised a lazy cruise on the Clarence river leaving from Yamba at 11.00am returning at 3.00pm. Enjoy live local entertainment on board and a cafe and bar where you can order lunch and drinks. The cost will be \$30 per head for the boat trip and you can purchase anything else you want yourself.

It is a lovely time of the year when the weather is cooler and there is plenty of accommodation in Yamba so why not make a weekend of it?

Meet at the Clarence River Ferries berth at the end of River St, Yamba.

Book by Friday, 20 March

Phone Margaret 0403 583 766 or Judith Rodrum 0405 324 258

BUSHWALKING

For all of you who like the great outdoors, Michael Smith is once again organising interesting bushwalks this year.

He will post all the details on E-board. Keep a look out!

FRIDAY FORUM for term 1

9.30 - 11.30 am – Lismore Heights Sports Club,
High Street, Lismore Heights

Convener: Shirley Beaver 0434 905 364

Lively and topical discussion – new members and visitors welcome
Please bring a mug, a teaspoon and a 50c coin for tea/coffee.



31 January	Is it real important to talk proper? Nick Mosey & Diana Sharpe
7 February	How should whistleblowers be treated? Chris Rolfe & Victor Bosnic
14 February	How valid is alternative medicine? Joan Pickup & Philippa Cutter
21 February	Were there ever any “good old days”? Geoff Walker & Richard Swinton
28 February	Is “class” common to all cultures? Ian Tarrant & Diana Sharpe
6 March	What are necessary qualities for leaders? Shirley Beaver & Chris Rolfe
13 March	How do the PTB (Powers That Be) get away with it? Clara Hilscher & Pri Sekhon
20 March	Is space exploration a waste of resources? Geoff Walker & Tim Challis
27 March	Are we slaves to our possessions? Nick Mosey & Lindsay Aitkin
3 April	Is advertising a blessing or a curse? Richard Swinton & Reg Timbrell



Congratulations to U3A dance group, who last term participated in the public performance art event *The Trail of Light and Sound* as part of the UnUsual Festival at Spinks Park

Dressed in white and carrying and using white umbrellas that lit up with LED lights, each dancer took their place, sitting in a lighted alcove, as a representation of the everyday. This then transformed in the second half of the show, into some fast and more chaotic movements, representing changes and modern life.

Participants included Christine Russell, Joy Smith, Cynthia Rorke, Pornfah and Eric Venn.

U3ANR statistics for last term.

Classes or Groups: 34

Tutors or Conveners: 37

Class times:

Monday: 7 classes - 5 morning, 2 afternoon

Tuesday: 6 classes - 5 morning, 1 afternoon

Wed'day: 6 classes - 3 morning, 3 afternoon

Thursday: 7 classes - 3 morning, 4 afternoon

Friday: 7 classes - 5 morning, 2 afternoon

Saturday: 1 class, afternoon

Venues:

12 Workers Club

3 Summit Pool

4 Presbyterian Church

3 UC Hall 118 Woodlark Street

2 Lismore Heights Bowling Club

4 private homes

Also: Silver Cloud Studios,
St. Matthews Community Centre,
Alstonville Uniting Church Hall,
Lismore Library.

Trivia on Saturdays

Champion crowned

On the first and third Saturday afternoons of each month, a group of trivialists meet at the Presbyterian Church in Keen St. Every year a winner emerges.

Dorothy Collins has been crowned the U3A Trivia Champion for 2019. The runners up were Alison Richardson, and Ruth Mogg



Convenors of the Trivia afternoons are Elsie Perin (left) and Gina Murray

Tuesday with U3A

1.45 to 4 pm at Lismore Workers Club, Keen Street (most Tuesdays)

Program compiled and convened by Pat MacLaren-Smith 66 227 408,

Sign-in book: Trish Smith

Photos: Rob Hardy

Equipment: Eric Davison, Gina Murray and Beth Mitchell

4 February. Zenith Virago, an educator, facilitator, consultant. She has co-authored a book titled *The Intimacy of Death*.

11 February. U3A member Clara Hilscher: A Lady in Black

Clara tells the story of her life experiences as a Lady in Black working with David Jones travelling the world as a buyer of some of their exclusive products.

18 February. Seniors Day. Details are on page 26.

25 February. Heather Marshall: Quality of life is important.

Heather will talk about products that may increase your joint mobilisation, assist in the reduction of musculoskeletal pain and reduce excess oedema (swelling) whether the cause is vascular or lymphatic.

U3A does not endorse these products but they are used by the Australian Defence Force and many sporting bodies, so members may be interested in this technique..

3 March. Annual General Meeting (afternoon tea provided)

10 March. Presenter Alan MacLean

NSW Scottish Regiment formed in 1885 with six companies in Sydney and three on the Northern Rivers in MacLean, Lismore and Mullumbimby, plus the **Royal NSW Lancers**, one of the most highly decorated units in the Australian Army.

17 March. Lili: Growing up in a rural/traditional French village

Lili will give a presentation of her childhood in a traditional French village. If time allows she may talk about some of her travel experiences.

24 March. U3A Vice President Michael Knock: Crescent of Mesopotamia

Join us on a journey exploring the most ancient of lands and cultures. See the real Turkey through the eyes of a small group that recently discovered the lands that time has not forgotten along the Syrian, Iraqi, Iranian, Armenian and Georgian borders."

31 March. U3A members Stephen and Anne Jones: Our Winter adventure Part 2.

We visited Helsinki, Tallinn, Riga and Stockholm then moved on to Copenhagen. Then we embarked on a rail tour of Danish towns.

Throughout our trip we experienced winter in northern countries in winter, with lots of snow adding to the beauty of the journey.

7 April. U3A member Hazel Davidson: Miners, Missionaries and the

Warnindilyaugwa People: The Davidson family on Groote Eylandt 1972-1980.

A bit of historic information, interaction between BHP and the local people and the role missionaries played; local language and culture; spear fights and crocodiles, nits and food gathering ...

U3A bushwalkers

Brunswick Heads was the site of one of the term four bush walks.



The featured kite-flying was quite competitive.



U3A photographers shine at local shows



Dusk to Dawn by Heather Boulton Best in Show Champion at Bangalow Show



U3A Photography people were well represented at in the local agricultural shows. At Bangalow Show, Helena Armstrong and Penny Kempler earned a number of first, second and highly commended certificates.

The usual U3ANR weekly competition continues to attract quality photos. Most of the photos that featured in the local agricultural shows, were first seen at our meetings.

Naidoc Day by Helen Armstrong



Eyes on the prize
by Helen Armstrong

*Near Eurongilly Hall.
Junee, southern NSW.*

by Kerren Leahy



Mia
by Helen Armstrong

Who did you see ...

Graham La Motte
Clarence River

Joy Smith

Jean Cook

Des Wann
Brunswick

Roger Curran
U3A Network
NSW Regional
representative

Warren Hastings-
Harris Ballina

Laura O'Brien
Clarence River

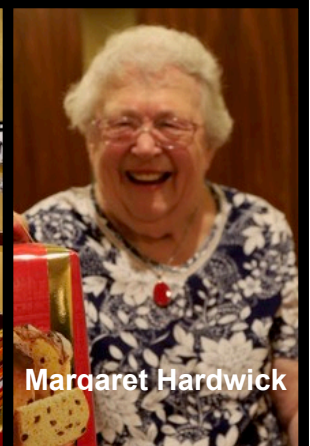
Beth Wann
Brunswick Valley



Ric Mepsted, Pat MacLaren-Smith
Diana Mensted



John Dunn and
Jennifer Somerville



Margaret Hardwick



Peter Sandstrom

Diane and Alec Cruickshank



Ed and Denise Bennett



Barry Slattery

Rob Hardy,

Barbara and Peter Swain

... at our Christmas party?



Joclyn Day

Eric Davison

Clara Hilscher



Clara Hilscher.

Lyn Sandstrom

Judith Rodrum



Bette Guy reciting



Glenda Schofield



Heather Boulton

Brian Sykes



Jean Cook.

Pat Maclaren-Smith

with donated gifts for bushfire victims

Join the fun

Let's Dance & Act-Up

Seniors Day Tuesday 18 February 2020

Something for everyone:

- Imogen Wolf from the Lismore Conservatorium will have us singing,
- Theatre Panel discussion featuring local actors, writers, directors and supporters will be facilitated by Jenny Dowell,
- Entertainment by singers, dancers and a short play by Bette Guy
- Dance participation, sitting or on your feet, led by Miriam Torzillo and Katie Cooper-Wares.

Time: 9.45am to 3pm

Venue: St Paul's Presbyterian Church Hall, Keen Street, Lismore

Cost: Free. Morning tea and Lunch provided. Bring a friend

Enquiries/bookings: Joy Smith 0474644704 or secretary@u3anriv.org.au
by 11 February 2020 (essential for catering and seating).

Volunteers are needed to help prepare sandwiches and serve morning tea and lunch.
Contact Joy if you are willing and able to help.

Stepping On for over 65's coming to Lismore

Coming in Term 1, 2020, *Stepping On* is a free, exciting and friendly community program for people aged 65 years and over. The program helps build knowledge, strength and confidence to prevent falls and help people to stay active and independent. Run over seven weeks, the program combines gentle strength and balance exercises with educational sessions. The sessions are informative and fun and have a great social aspect.

Who can join? Anyone who:

- is 65 years and older
- is living at home
- is fearful of falling
or has fallen recently
- is able to walk independently
or with a stick.

Those interested in attending can call the *Stepping On* Coordinator on **6620 2553** to register or find out more.

A poster for the 'Stepping On' program. The top half features a photograph of four people (two men and two women) standing side-by-side, showing their lower legs and feet. They are wearing various casual shoes. The bottom half of the poster has a purple background. On the right, there is a graphic of a pair of white sneakers with the text 'STEPPING ON' in large, bold, white letters. Below this, in smaller text, it says 'Stepping On © Clemons and Swann 2008'. On the left, the text 'Stepping On' is written in a large, white, serif font. Below that, in a smaller white font, it says 'Stepping On is a free, exciting and friendly community falls prevention program for people aged 65 years or over.' Further down, it says 'Program starting in Lismore in February 2020. Places limited. Call (02) 6620 2553 to register.' At the bottom right, there is a logo for 'NSW Health' with the text 'Northern NSW Local Health District' next to it.

Stepping On

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Program starting in Lismore in February 2020. Places limited. Call (02) 6620 2553 to register.

NSW Health
Northern NSW Local Health District

More information will be available on open Day.

Are you au fait with E-board?

One of the services our U3A offers members is the right to join up to eight separate electronic mailing lists.

Most members, when they complete their membership form, opt to be able to send and receive messages about U3ANR's activities through **e-board**. E-board stands for electronic notice board.

Members can use e-board to exchange general U3A information, make announcements such as times of U3ANR meetings, ask or give help to other members with anything, swap/share/give away anything and sell one-off items.

Policy says e-board is not to be used for any unlawful matter, to discuss topics that other members could find offensive (i.e. politics, sexist jokes), or to advertise **a range of products or services** for personal gain.

Apart from **general** e-board, members can join seven other **specialist** lists. These allow members to send/receive messages from others involved in these U3ANR groups:

- fridayforum
- genealogy
- investments
- photography
- science
- technology
- tuesday-with-u3a

To send a message to all members of specialist list X, send it to:

X@lismoreu3a.org.au

Follow the same style to send a message to **all** subscribed U3ANR members via the general e-board, i.e.

e-board@lismoreu3a.org.au

If you would like to join or leave any list, email your request to

X-owner@lismoreu3a.org.au

(The Webmaster is the “owner”)

You may find it convenient to add the address of e-board and any other U3A message group to your contacts list.

Management places some restrictions on messages to reduce the risk of viruses. For example, the size of messages is restricted to the equivalent of one page of plain text (15K) and they must be signed.

Attachments of any kind (photographs, Word documents) are not permitted but you can include a simple Web address in your message.

Under the deal U3ANR currently has, its ISP cannot provide any more specialist mailing lists. If a class wants a new mailing list another class will have to give one up.

For further information go to

http://lismoreu3a.org.au/mailman/listinfo/technology_lismoreu3a.org.au

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Dates to remember

22 January: Open Day

3 March: AGM

18 February: Seniors' Day

see pages 16 and 26

5th March: Japanese lunch

see page 16

29 March: Yamba cruise

see page 16

End of term

Thursday 9 April

Deadline

for next newsletter

Wednesday 25 March

Disclaimer

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