

Term 4, 2022

10 October – 18 November

Website: <http://orange.u3anet.org.au> – Contact: ddolstra@bigpond.net.au

Orange Senior Village Hub (OSVH)

77a Kite Street, Orange NSW 2800 (entrance via Woolworths Carpark)

PO Box 9017, Orange NSW 2800

Phone 0428 656 145 for General Enquiries. Ring the Course Leader for information on specific courses.

HELLO AND WELCOME TO ORANGE U3A's TERM 4.

A Newslink for Term 4 was not envisaged at the start of the just-completed Newslink Terms 3&4, but a number of changes need to be announced.

Everyone, both class participants and class leaders need to be thanked for the effort they put in during Term 3. Term 4 starts on Monday 10 October and concludes on Friday 18 November 2022.

The next Newslink you will receive after this will be at the start of Term 1 in early 2023. You will receive your re-enrolment information in the post included in the Newslink. There was a bit of a problem with the two forms at the start of 2022. The committee thought it would be a good idea to send it to the 80% of members who have an e-mail address, unfortunately we didn't realise only about half of these email recipients didn't have a working printer, let alone a scanner. That's why the re-enrolment papers are going out to everyone in the mail.

2023 re-enrolments will be at the Orange Senior Citizens' Centre (now known as the Orange Senior Village Hub) in late January 2023, NOT in the shopping centre.

ONE POSITION REMAINS VACANT. The Course Co-ordinator. Unfortunately, both Mary McArdle and Diane Melville did not seek re-election because of continuing ill-health. Lydia Smith, who developed the very successful Open A Door publicity strategy, also did not seek re-election because of family issues. That means that Grey Matters will not be offered in Term 4. All three will be missed.

CHRISTMAS & END-OF-YEAR 'BREAK-UP' PARTY AND LUNCHEON. Will be held at the conclusion of the General Meeting on Friday 18 November at the Orange Senior Citizens' Centre / Orange Senior Village Hub. Bring a plate. Several U3A classed are providing the entertainment.

FRIDAY SOCIAL MORNING TEA VENUES. Orange Ex-Services Club, 10am. Morning teas are held every second Friday of the month. In Term 4 they will be held on 14 October and 11 November. Remember, the regular venue, the Orange Ex Services Club opens 10am. Contact Isabel Mitchell on 6365 8228 to make a booking.

WHY ARE YOU SO WELL? – UNDERSTANDING THE HUMAN BODY.

Ron Mills will start on Monday 10 October at 10am at the Orange Senior Village Hub. The course will run for four Monday sessions. Its aim is to review how the body works in general, provide the basics of first aid and to look at dietary issues and eating sensible foods as we become a little older. Participants will need to bring an exercise book and a pen. Course Leader Ron Mills can be contacted on 6360 0115.

ARMCHAIR TRAVEL is now only scheduled for Monday, 7 and 14 November 2022 following the conclusion of Understanding the human body. Enjoy our members travel tales from around our great country or overseas in the company of friends. Contact: Ray Norman 6361 4385.

CRAFT CLASSES START AGAIN. Are you interested in having a crafty afternoon with friends? Welcome back to Kristine Smith who has volunteered to run craft classes in the south (wooden-floored) room at the Orange Senior Citizens Centre (the Hub). She is offering Crochet for Beginners and those more advanced from Wednesday 21 September. Classes start at 1pm and continue to 3pm (or even 4pm). Just turn up. Once Term 4 gets properly underway Kristine wants to move on to Origami (Japanese paper folding) and later to Knitting, Sewing, and Scrapbook Making. Also in 2023 Kristine has offered to teach Japanese cooking again to groups of five at her home. Contact Course Leader Kristine Smith on 0428 011 700 or by e-mail at kristinesmith11@gmail.com



Best Wishes for a Merry Christmas and Happy New Year to all

DATES TO REMEMBER

- **Term 4 starts Monday 10 October**
- **Friday Social Morning Tea venue and dates, Orange Ex-Services Club, 10am, 14 October and 11 November**
- **The Christmas Lunch will be held at the Orange Senior Village Hub on Friday 18 November at 12.00 noon. Bring a plate.**

Notes from the President

Hurray, we are now on Facebook. It is called U3A Orange and can be found on Facebook by searching for it. You need to apply to Michelle Holland the Administrator as it is a private site for members. Thanks Michelle.

At the committee meeting on 16 September it was agreed that we would be more comfortable having an end-of-term gathering (end-of U3A's year) and Christmas function on our 'home-soil', the Orange Senior Citizens' Centre (The Hub). It's a lower cost option that allows us to move freely around to talk with others. We had previously considered going to the Robin Hood for lunch. If we went to the park we were likely to end up wet.

It kicks off from 12 midday right after the last Orange U3A meeting on 18 November. Absolutely all members (and their partners) are encouraged to attend. Bring a plate. Tea and coffee and non-alcoholic drinks will be supplied. Several U3A classed are providing the afternoon's musical and other entertainment. Course leaders are especially encouraged to attend as I want to thank you for all the work you have put in – *Elizabeth*

Committee Members			TERM DATE	
President	Elizabeth Griffin	6361 1920	Term 4, 10 October – 18 November	
V/President	Barry Jensen	0419 803 651	Class accommodation is only booked between these dates each term, except for Wednesdays	
Secretary	Derek Dolstra	ddolstra@bigpond.net.au	Meetings & Social Dates, Term 4	
Treasurer	Jenny Solling	0409 557 004	COMMITTEE MEETING	
Publicity Officer	Michelle Holland	0401 693 297	Friday 21 October	
Membership Secretary	Jean Penrose	6315 6025	GENERAL MEETING (for all members)	
Committee	Ray Norman	6361 4385	Friday 18 November	
	Christine Fraser	0419 277 606	Christmas luncheon after the meeting.	
	Bev Holland	6362 4744	Meetings are held at the	
Social Secretaries	Ron Mills	6360 0115	Orange Senior Village Hub and commence at 10am	
Course Leader Co-ordinator	Isabel Mitchell	6365 8228	FRIDAY SOCIAL MORNING TEA VENUES	
Course Leader Liaison	Vacant		Orange Ex-Services Club, 10am	
Welfare Secy	Christine Fraser	0419 277 606	Every second Friday of the month starting 14 October and 11 November	
Grievance Officer	Jenny Sams	6362 9638	Remember Orange Ex Services Club opens 10am.	
Newslink & Webmaster	Kate O'Connell	6362 8537	Contact Isabel Mitchell on 6365 8228 to make a booking.	
	Barry Jensen	0419 803 651		

THE AIMS OF U3A AS DECIDED AT THE 1996 CHARTER.

1. To provide for mature people, in complete or partial retirement from paid to unpaid employment, programs of learning activities which will give stimulation and development in their lives.
2. To create a community of scholars in which there is no distinction, in terms of its membership, between those who teach and those who learn.
3. To operate the U3A in such ways that learning is pursued without any reference to entry criteria, qualifications or assessment.
4. To assist in dispelling the notion of intellectual decline with age.
5. To exchange ideas and resources with other U3As, both in Australia and overseas.
6. To encourage the establishment of similar institutions in other parts of Australia.

THE GUIDING PRINCIPLES FOR THE OPERATION OF U3A

1. Members will be encouraged to learn and teach, or in other ways to assist in the operation of U3A.
2. Members will receive no payment for contributions as tutors (course leaders, etc.), convenors or organisers.
3. Young person's will not be prevented from joining, but the interests of Third Age people will provide the criteria for the organisation of U3As and its programs.
4. U3A will be financed principally by annual membership fees at levels which enable access to persons on limited means.
5. The program of activities will be as wide as the human resources of its membership permit.
6. No qualifications from a local university or tertiary institution, but organisation and financial autonomy will be the guiding principle at all times.
7. Every U3A should be encouraged to affiliate with the NSW Council of U3A Inc. for mutual encouragement and support.

Venue Abbreviations

ASR	Art Society Rooms, Cultural Centre in Woolworths car park. Use door closest to Harris Farm Markets and the Orange Arcade.
C of C	Church of Christ, Cnr Rawle Ave & Burrendong Way.
OSVH	Orange Senior Village Hub, 77 Kite Street, (entry via ramp from Woolworths car park).
OAG	Orange Art Gallery, adjoining Orange City Library – Byng Street.
OCL	Orange City Library, Byng Street.
ORC	Orange Regional Conservatorium 73a Hill Street (almost opposite car wash).
WEML	Westend Motor Lodge, 2–6 Dalton Street, Orange.

Term 4 Program

MONDAY

Why are you so well? – Understanding the human body OSVH 10.00am. The course will run for four Monday sessions. Its aim is to review how the body works in general, provide the basics of first aid and to look at dietary issues and eating sensible foods as we become a little older. Participants will need to bring an exercise book and a pen. **Course Leader:** Ron Mills can be contacted on 6360 0115.

Armchair Travel OSVH 10.00am Now scheduled for Monday, 7 and 14 November 2022 following the conclusion of Understanding the human body. Enjoy our members travel tales from around our great country or overseas in the company of friends. **Contact: Ray Norman** 6361 4385.

Pencil Drawing OSVH 1.15–2.45pm. Interested in drawing? Let's start at the beginning then branch off into the area of your interest and ambition. Contact the Course Leader for equipment needed for first lesson. **Course Leader:** Lynne Atkins 0476 664 489.

Geology OSVH 3–4pm. This group will continue to explore local and distant rocks, minerals, volcanos and earthquakes, as well as how rocks play an important part in everyday things. Weather permitting, short excursions could be included. **Course Leader:** Derek Dolstra 6361 4872, ddolstra@bigpond.net.au

TUESDAY

Art Appreciation OAG 2.00pm. Sessions will be held the second Tuesday of each month during term. The Education Liaison Officer at the Gallery takes us on a journey through current exhibitions and it's amazing what we can see. Unfortunately this popular course is full. **Contact:** Julie Horspool 0428 617 595.

Creative Writing OSVH 10.00–11.30am. We are an enthusiastic group of people who simply enjoy writing. We encourage good writing and self editing, but do not offer censorship. Weekly sessions require each person to do some spontaneous writing and are given writing exercises for homework to be read out (if desired) on the following week. At the end of the year a book of our work is published called *The Moving Finger*. **Course Leader:** Rosemary Curry 6362 3232.

Continuing French OSVH 12.30am–2.30pm. Please contact Christine for more information. There is not room for beginners this year and the one session will last for two hours. **Course Leader:** Christine Rondeau 0417 257 684.

Painting for Fun 1.30–3.00pm ASR. Edna Silvester has moved to Dubbo but this course is continuing. Painting for fun is an interesting venue for working in all mediums. Come along and enjoy the challenges. **Course Leader:** Ray Norman 6361 4385.

Music Appreciation 1.30pm C of C. Starts on Tuesday 4 October. Come and see if you like it, always relaxing. Music is important to connect the brain. Every week the group listens with 'listening ears' as directed, to a specific work and its composer. **Course Leader:** Ruth Harrison 0427 500 035.

WEDNESDAY

Lively Discussion OSVH 10–11.15am. This group discusses a wide range of interesting and stimulating subjects. Each week there is a new quick topic and a new in depth topic to be explored. Contact: Christine Fraser 0419 277 606. or Helen Nicholson 0447 096 677.

Cryptic Crosswords OSVH, 11.15am–12.30pm. Think outside the square and learn to decipher those CRYPTIC clues that seem to make no sense at all. There is expert help to guide you through the maze of words. **Course Leader:** Jean Penrose penrosel@tpg.com.au or 6315 6025.

Craft Classes OSVH (South) 1–3pm. Are you interested in having a crafty afternoon with friends? Welcome back to Kristine Smith who has volunteered to run craft classes in the south (wooden-floored) room at the Orange Senior Citizens (the Hub). She is offering crochet for beginners and those more advanced. Classes start at 1pm and continue to 3pm (or even 4pm). Just turn up. Once Term 4 gets properly underway Kristine wants to move on to Origami (Japanese paper folding) and later to Knitting, Sewing, and Scrapbook Making. Also in 2023 Kristine has offered to teach Japanese cooking again to groups of five at her home. **Contact Course Leader:** Kristine Smith on 0428 011 700 or by e-mail at kristinesmith11@gmail.com

Card & Board Games OSVH. 1–4pm. Another long running session where Marjong, 500, Scrabble and Canasta will be played this year. If there is sufficient interest, we will endeavour to revive Bolivia classes. Afternoon tea 50c. **Course Leader:** Jenny Solling jasolling@gmail.com or 0409 557 004.

Ipads and Iphones OSVH, 2–3pm. This course is basically for individuals, covering Ipads, tablets and Iphones. **Contact Course Leader** Bev Holland bevpch70@bigpond.com or 6362 4744, to check if your equipment is covered by Bev's expertise, as there are so many different brands on the market which do not speak to each other these days.

THURSDAY

Recorder Consort C of C 11.30–12.30pm. A group of recorders playing in four parts with music from the Renaissance to a more modern style. They play for U3A functions and at local retirement homes regularly. **Course Leader:** Ruth Harrison 0427 500 035.

Literature WEML, 2–3pm. Study 12 novels throughout the year, chosen by group members the year before. We read and share poetry chosen by members for four sessions at the beginning of each term. Novels are studied one week and short stories, microfiction or essays are read and discussed the next week. Each member receives a detailed outline of the weekly discussions at the beginning of the year. Group members volunteer to prepare information and discussion questions for each of the novels read. **Course Leader:** Sue Adams 0467 529 990 and Julie Horspool 0428 617 595.

FRIDAY

History Unravalled OSVH, 2–3.30pm. Come on an adventure through history. Who knows where we might explore about Australian History and what events we will discover. Cross the centuries and some foreign countries to discover the impact that they had on Australian History. Possibly a bus trip or two can be organised to explore why early settlers settled in the district. **Course Leader:** Elizabeth Griffin egriffin31@outlook.com or 6361 1920.

Simply Ukcs Ensembles ORC, Friday 10.30–12 noon and Saturday 11.00am–12 noon during school terms. Classes are held at the Orange Regional Conservatorium (ORC) in conjunction with students enrolled via the ORC. Beginners are welcome and preferably should contact Lee prior to first class to get a heads up on how the classes are run and what will be provided. **Course Leader:** Lee Britton 0411 219 537.

Friday Social Morning Teas at the Orange Ex-Services Club at 10.00am. In Term 4 they are being held on 14 October and 11 November 2022 (not a problem with Armistice Day). They are regularly held in term-time on the 2nd Friday of each month. Remember the Ex Services Club opens at 10am. **Contact** Isabel Mitchell on 6365 8228 if you wish to attend.

Armchair Detectives OSVH, 10.00–11.00am. The first Friday of every month, including holidays. A return of the popular literary journey through the history of crime fiction. Lively discussion, lots of interactions and a murder to keep you on your toes. **Course Leader:** Lydia Smith, 0458 017 527, lydiasmith1066@gmail.com