



DORRIGO
PLATEAU

U3A



Newsletter

January 2019

Annual General Meeting
23 February 2019 - Dorrigou Heritage Hotel - 10am



U3A DEPENDS ON VOLUNTEERS

Two members of the committee will be stepping down from the executive at the coming Annual General Meeting. They include Martin Pearce, our President, and Bill Hinchcliffe, our Treasurer.

We are extremely grateful to both who came forward last year to take over these roles but find that they are unable to continue. They have both worked hard for the success of our organisation and to them both, sincere thanks for your contributions, Unfortunately two of our very long serving committee members are also retiring, Brian Magrath and Julie Ward. Thanks to you both for your wisdom and cheerful input over many years. We hope you will still be able to contribute to and participate in U3A activities on the Dorrigou Plateau.

The departure of these volunteers leaves quite a hole. So we need to pause and take stock.....

We need new committee members... and we need a new President and Treasurer.

It would be great to have you join us to help U3A in Dorrigou go on to further successes, think about how you can contribute and please do get in touch.

If you are not certain what these roles entail, feel free to contact Martin Pearce on 0419 333 525 or email him at the U3A email address, dorrigou3a-mail@gmail.com.

ANNUAL GENERAL MEETING

The Annual General Meeting will be held on 23 February at 10am, in the Club Room of the Dorrigou Heritage Hotel. Please do come along and meet other members of U3A, as well as the committee.

P.O. Box 107
Dorrigou
NSW 2453
Email:
dorrigou3a@mail@gmail.com

PROGRAM - FIRST SEMESTER 2019

After our Christmas and New year break U3A will resume when school term starts in February 2019. A program of classes for first term has already been circulated to members but if you don't have it you can find a copy on either www.dorrigo.com or www.destinationdorrigo.com

Drawing



A wonderful addition to the published program will be "See to Draw" classes starting 25 February, on Mondays, from 10am to 12 noon. The classes are run by Louise Stanton and will continue for six weeks. Students should bring A3 drawing paper, 1 x HB pencil, several soft pencils, 3B - 8 B, (other drawing mediums if preferred) and a portable support for your paper. Beginners to those competent at drawing catered for. Venue: 69 Kurrajong Street, Dorrigo.

There will be a maximum of eight or nine students in the class. Previous courses run by Louise have filled up quickly so don't delay if you are interested! You can contact her on 6657 2328

Tech Savvy Seniors

Are computers, email, the internet all mysteries to you? Or are you a recent beginner wanting to find out more about computing? Then our Tech Savvy Seniors course might just be the opportunity you have been waiting for!

Sessions will be held on Friday afternoons at the Dorrigo Library. Beginners will meet at 1pm and Intermediate Students will meet at 3pm. Your tutor will be Terry Muldoon and if you are interested in participating or would like to find out a bit more about the courses, you can contact Martin Pearce on 0419 333 525. It would be helpful if you have your own

laptop, to bring it along to the sessions.



Putting it all together

Here's one idea for trying something practical. Celia Ashby who is an experienced dressmaker will be holding classes in Basic sewing and dressmaking weekly. Learn how to make anything from a cushion cover to a skirt or a shirt! You will learn how to read a paper pattern, how to insert a zipper or adjust the length of a garment - whatever sewing skills you need to learn to make garments, household items, gifts or even do basic repairs. And this class is not only for ladies; guys are welcome also!

You will need to bring your own machine and materials. Sessions will be held at Misty Threads in Hickory Street and there will be a session charge of \$5 to cover room hire.

If you are interested in enrolling please contact Martin Pearce on 0419 333 525.

Stretching and more...

Feeling tied in knots? What to stretch out after overdoing it over the holiday season? Martin Pearce's course to **Disrupt Ageing** may be just the thing for you. Help your body to stay youngwell, youngish anyway! This is a class for men and for women, for those carrying past injuries and incapacities or not, and for those recovering from surgery (with your doctors consent).

Participants will be gently exercising their bodies with the aim of regaining some of their youthful agility and balance which will in turn reduce our incidence of falls and injury. This is not an aerobic class! The exercises are performed slowly (and with grace?!) which helps to progressively strengthen little used muscles and to avoid over extension and over stress injury.

Classes are held at 9.30am in the Recreation Centre and there is a charge of \$3 per session to cover the cost of hiring the hall.

Any questions, contact Martin on 0419 333 525.

Martin is also challenging those of you who are interested in family history with his **Who Do You Think You Are** course held in the Dorrigo Library on Fridays between 10.00 and 12 noon. If you are interested in tracing your forebears and the lives they lived then now is your chance to get some hints on how to go about it. It is also a great way to learn about the history of the places in which these people lived and worked, and the reasons why they came to Australia in the first place.

Contact Martin on 0419 333 525.

Spanish courses are continuing on Thursday mornings at the Club Room in the Heritage Hotel. Beginners meet at 9.00am with Barbara Dwyer and Jenny Hawkins, followed by more advanced students at 10.00am with Rigoberto Briones.

Contact Barbara on 0428 857 307, Jenny on 0438 613 509 or Rigo on 0425 820 958.

Barbara, Jenny and Sigi will be immersing themselves in some serious Spanish in South America early in the year and Margaret and Garrick are going for immersion in Castilian Spanish in Spain in the European spring; nevertheless, our classes here on Thursday mornings will be continuing!

Our lively **discussion group** meets on alternative Wednesdays at 1.30pm over coffee at the Food Angel Cafe. Topics for discussion vary widely over the year and can cover topical news or things deeply philosophical. Suggestions for new areas of discussion are always welcome.

If you would like to participate, contact Chris Moore on 0431 510 275.

RECENT HIGHLIGHTS

Our two Spanish classes held a festive Christmas lunch at the Dorrigo Heritage Hotel in mid-December. Margaret Bell kindly entertained us with some music on her ukele as we enjoyed a delicious meal and we all vowed to work harder to learn more Spanish next year. ¡Buena suerte!



Feliz navidad at the Spanish Christmas lunch

MEMBERSHIPS FOR 2019 ARE NOW DUE

Our membership year runs from 1 January to 31 December each year. If you do not renew by March 31 of any year your membership will lapse.

Two important things about membership are that:

- it provides our insurance cover through the umbrella of U3A nationally; and
- it assists us with issues such as fair usage of copyright material.

So it is important that participants are members.

Membership Forms for 2019 are available from the library or from the Destination Dorrigo website under the Dorrigo Plateau U3A page, or from the dorrigo.com website.

ENROLLING IN COURSES

Please note that some courses may have a small charge to cover the cost of some materials or room hire, etc.

If you have any questions about the content of a course you can check by phoning the relevant tutor for that course.

You must be a current member to attend courses.

To enrol for any course:

Phone the relevant tutor for your selected course to register your details. Don't delay, as a course may be cancelled if there are insufficient enrolments **seven** days before the course is due to commence.

Keep a record of the dates and place for your course.

Turn up on the correct date and enjoy!

(Your tutor will notify you if for any reason a course cannot proceed or if there are any changes to the dates or venue. Please, as a courtesy, notify your tutor if for any reason you are unable to attend any particular session.)

MEMBERSHIP CARDS

Membership cards can be collected from Dorrigo Library. Your membership card needs to be shown to your tutor at the first class of your course to demonstrate that you are a financial member. It will also be required if you attend classes at another U3A group.