



NEWSLETTER

No # 233

1st April 2025

From the Desk of the President — Sue Cameron

Contact Details

University of the Third Age
Armidale Incorporated

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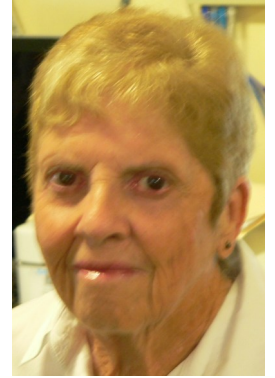
The Executive

President	Sue Cameron	0429 781 330
Vice-President	Sene Hicks	0438 448 341
Secretary	Margaret Sims	0421 659 467
Treasurer	Doug Barber	0439 769 003
Committee	Diane Kristensen	0437 507 039
	Lynette McLean	0412 457 797
	Laurie Pulley	0421 453 525
	Lucinda Wright	0438 880 225

NEXT NEWSLETTER DEADLINE

1st June 2024

Please email contributions to
The Editor, Catherine Michael,
u3aanewsletter@gmail.com



Welcome to all our new members, I hope you are enjoying your chosen activities.

As our membership continues to steadily increase, (we now number 453) it is timely I remind you our Annual Membership fee will drop back to \$60 as of 1st April, so if you know of anyone showing interest in our organisation, you might point this out to them.

Since our last Newsletter we have enjoyed some recognition and success within the local community with U3A Armidale being awarded a “NSW Senior’s Festival Local Achievement Award for Service to Armidale Community” (the certificate is displayed on our Noticeboard), and the Crochet & Knitting Group’s beautiful Christmas Tree winning 1st Prize at the Armidale Show. Congratulations to all involved.

After 23 years, Jean Jackson has retired from leadership of the “Book Discussion Group”, a tremendous effort and a hard act to follow. A big “Thank You” from myself and all the Committee, Jean.

We continue to grow our list of Activities with “Spinning” now being included in the *eighth* edition of the 1st Semester Course and Activity Booklet! I am thrilled to hear that our new Sing for Life group has been so popular and will be continuing beyond the initial 6 weeks trial. Maybe, one day, someone will reactivate our Bushwalking Group which I personally would love to see happen.

Finally, another big “Thank You”, this time to the Armidale Golf Club and The Dojo, both of which generously allow us to operate classes in their premises at no cost. We greatly value their sponsorship and suggest you support them whenever possible.

Sue Cameron

PS : Please note that we have closed our Post Office box — all postal mail is now to be sent to 166 Barney St.

Please support our sponsors:

AMAI The Dojo, 2ARM-FM, Armidale City Bowling Club, Armidale Golf Club, Bunnings, CGA Country Glass and Aluminium, Chris Ferris Armidale Horticultural Services, New England Foot Clinic, Regional Australia Bank, SportUNE.

For further information sponsors’ websites can be accessed from the U3AA website www.u3aa.org.au

U3AA Photography Group



'Movement', Bill Palmer

'Beautiful Italian laneway', Glenys Williams



U3AA Crochet & Knitting group are winners!

After receiving lots of positive feedback when the crochet Christmas tree decorated the foyer of the U3AA building, it was suggested that it be entered in the crochet section of the Armidale Show. The 'tree' was entered in the Group Projects section. The U3AA Crochet & Knitting group were thrilled when it was awarded the First Prize!

Barbara Archer

Patchwork 'Starburst' by our member Naomi Hayward



U3AA Sing for Life

The group has decided they want to continue to sing together beyond our initial 6 weeks trial.

We have 25 names on the list but group consensus is that they don't mind sharing a song book if more choose to join. But it would be a good idea to phone me first if you want to join, to see how the numbers are going.

Some benefits of singing: increased mental alertness, energizes, opens up sinuses and respiratory tubes, enhances mood and increases feelings of well-being and it's fun!

Thursdays, weekly 11.30am – 1pm, ASCA House East Room.

Viv Sercombe 0417 824 354
viviansercombe@gmail.com

Member profiles—volunteers wanted!

You may have noticed last year your newsletters included a member profile. The kind subjects of these profiles volunteered to be interviewed to enable me to write these for each newsletter. Now I need more kind volunteers – I have run out of people to talk to. I need more people to talk to. If you are willing to be profiled in one of the newsletters this year please contact Penny indicating you give permission for her to pass your contact details on to me and I'll get in touch sometime to arrange a time for a chat.

Margaret Sims

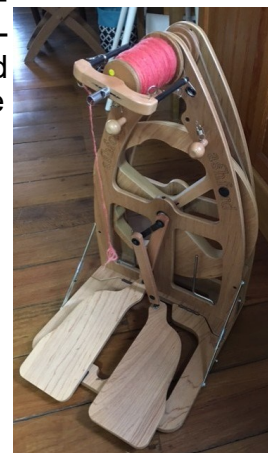
NEW!

SPINNING (AND ALL THINGS FIBRE RELATED)

98

Do you have a spinning wheel languishing in your spare room? Then dust it off and bring it with you to ASCA House on Tuesday mornings. Spinning has come a long way since the 70's and 80's and while the principles remain, some of the old rules have been thrown out the window. We now have access to everything from carefully grown raw fleece (from many different breeds) to highly processed fibres in a multitude of stunning colours. Open your mind, explore the possibilities and learn from each other's experience. Fibre is available from outlets in Armidale, Guyra and Uralla - contact the leader for details. A small quantity of fibre will be available for beginner spinners. If your wheel needs attention, please advise beforehand.

Leader: **Tracy Everett**
Phone: **0402 058 504**
Frequency: **Every Tuesday**
Time: **9:30am**
Duration: **2½ hours (flexible)**
Venue: **ASCA House (South Room)**
Incidental Costs: **Equipment and fibre**
Start Date: **8 April 2025**



NSW Seniors Festival at NERAM 11—14 March 2025

U3AA participated in the festival by providing two free 'taster' sessions of yoga with chairs (as well as an overview of U3AA and all that we have to offer).

A big thank you to our yoga leaders, Bron and Maureen, who demonstrated key yoga movements and guided their groups through the practice.

Penny Nicholson



Bron's group enjoying a cuppa after a good stretch



Maureen's group in action

Annual Calendar 2025

University of the Third Age Armidale Inc.

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Armidale Arboretum - Photography Group

Have you picked up your 2025 Calendar yet? \$7.50 each
Call in to the office and get one. Mon - Wed 9:30 to 12:00

U3AA Receives a 2025 NSW Seniors Festival Local Achievement Award




PRESENTED TO

U3A Armidale

FOR

Their valuable service to the Armidale community.


Jodie Harrison
Minister for Seniors


BRENDAN MOYLAN MP
Member for Northern Tablelands

March 2025



Mr Doug Barber
University of Third Age Armidale
166 Barney Street
ARMIDALE NSW 2350

Dear Mr Barber

I write to congratulate U3AA on receiving a NSW Seniors Festival Local Achievement Award from the Minister for Seniors, the Hon Jodie Harrison MP and thank you and your committee for your long standing service and dedication to the Armidale community.

I recognize U3AA's continuing efforts to provide its members with a broad range of opportunities for learning, exercise, and social interaction. Your efforts are truly appreciated by your fellow members and volunteers.

Once again, congratulations on receiving this honour and I wish you all the best in the future.


BRENDAN MOYLAN MP
Member for Northern Tablelands

05 MAR 2025

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