

Postal Address:

PO Box 120
RICHMOND NSW 2753
Phone: 4578 2333

Email: u3ahwkby@norwestit.com.au

Webpage: www.u3ahawkesbury.org.au

Office:

Rear of Hawkesbury Skills
23 Bosworth St
RICHMOND

Office Bearers:

President: Geoff Hatch 0413 805 595
Secretary: Jeanette Hatch 0427 979 655

Opening hours

Mon: 9:00am to 12:00pm
Wed: 9:00am to 12:00pm
Fri: 9:00am to 12:00pm

Hawkesbury Incorporated

Vice-president: Rae McCully 0439 474 837
Treasurer:

We acknowledge that the Darug people were the original custodians of the land on which we meet.

News from the Office – April 2023

PRESIDENT'S MESSAGE

It is with great sadness that I begin this report with the sad news of the passing of Marguerite Wyborn, a long standing member of Hawkesbury U3A. Read more in the secretary's message.

What crazy weather, I thought we were approaching a more cooler climate but I was wrong. Summer has decided to have another fling, just to keep us on our toes. Stay as cool as you can and don't exert yourself, we need you.

On Saturday 25th March there will be a Market Day in the car park of the Skill's centre. The Men's Shed have been cleaning out their possessions and have decided to dispose of what they don't want or can no longer use. This is good for everyone as the Market is open to the public and such things as old tools, electrical goods, that have been tested, garden furniture, bird cages and so many other things for sale. Please come along. We will have an information table set up and a few giveaways. Cold drinks will be on sale.

After two months into another year we have several new classes that have proven to be popular and a healthy 332 members. Keep smiling!

Geoff Hatch J P
President

VALE MARGUERITE WYBORN

In an organisation such as ours, it is expected that we will farewell members as the years pass. Nonetheless, the passing of any member brings sadness to those to whom they were known. The news of the passing of Marguerite came as a great shock to many and our hearts go out to Bryan, daughters Deborah & Meagan, son in law Ian and two grandsons, Sean and Cameron.

Marguerite was involved in many community organisations, such as the Garden Club, the Kurrajong Comleroy Historical Society and Hawkesbury Walking Group to name a few. Marguerite joined U3A Hawkesbury in 2000 when the family moved to their new home in Kurrajong.

First and foremost, Marguerite was a loving and dearly loved wife, mother and Nanna. Not a person to let the grass grow under her feet, she became a dedicated and energetic member of every organisation she joined. As a committee member for U3A from 2005 to 2012 this was evident in the long list of tasks she performed which included publicity officer and events' organiser and newsletter mail out, all of which she carried out in true Marguerite style.

The classes Marguerite attended over the years included Garden Ramble, Mah Jong, Canasta, Book Discussion, Travellers' Tales and reflective of her musical love and talent as a pianist, Classical Music Appreciation.

Another love was travel of which many overseas trips were taken beginning at the age of 19 with a hiking trip around New Zealand. At home, two more important loves were her garden and her Dachshund dogs.

A moving farewell was held for Marguerite on Monday 6th March. A delightful and talented lady who touched many lives. I am proud to have had the privilege of knowing her.

Jeanette Hatch
Secretary

THE NSW POLICE NEXT OF KIN PROGRAM

At a recent seminar for seniors, the local Crime Prevention Officer provided valuable advice about the NSW Police Next of Kin Program. This program helps people living alone to have the contact details of their nominated person recorded at the local police station. The contact details of the Next of Kin, as well as the nominated doctor, dentist and any medical alerts that would help in an emergency situation will be entered onto a register. This information may assist the police and emergency services to contact a relative or other nominated person in an emergency situation.

The information provided is securely stored and only accessed by NSW Police. This is a free service available to all in the community. If you are interested in finding out more about this program, contact the Crime Prevention Officer, Senior Constable Carmen Bagust at Windsor Police Station on 4587 4057, or email: bagu1car@police.nsw.gov.au.

THE ENERGY AND WATER OMBUDSMAN NSW

At the same seminar, information was provided about a service to provide free, independent, informal dispute resolution services for all NSW electricity, water and gas consumers. If you have a concern regarding matters such as disputed accounts, poor customer service, payment plans or contracts, the Energy and Water Ombudsman NSW (EWON) can provide advice before or after you contact your provider. The EWON can help resolve a complaint, or negotiate an agreed settlement between you and your provider. The EWON can be contacted on 1800 246 545 Monday to Friday between 9am and 5pm. For more information visit: <https://www.ewon.com.au/>

PROPOSED BUS TRIP TO MOUNT WILSON

U3A is planning a bus trip to Mt Wilson in the first week of May to visit the spectacular autumn colours. This is a new initiative for our U3A, and we'd like to know how many people might like to join us. The bus cost will be around \$25.00 per person and entry to the gardens is \$10.00 which can be paid at the garden. The details of the date and time will be provided when the likely numbers are known. There is no lunch, tea or coffee provided so you would need to bring your own refreshments.

Anyone who might be interested is asked to contact the office during office hours, or via email, to put your name on the list. We will then contact you with the details. **Mangal Prahbu**

NEWS FROM THE OFFICE

The U3A Office is open Monday, Wednesday and Friday mornings from 9:00 to 12:00. If you haven't done so already, you are welcome to come to the office to renew your membership or adjust your enrolments during those times.

Covid-19 is still with us

We will continue to monitor the health advice regarding staying safe against Covid-19. Thank you for your support helping us to minimise the risks associated with our activities. As a reminder, **please stay at home if you have cold and flu symptoms**, and speak with your doctor regarding the latest vaccinations that are available.

Name Badges

If you have not yet received your 2023 name badge (gold in colour) either from a Tutor or in the mail can you please let the office know and we will get one to you.

Withdrawal from Classes

If you have enrolled in a class and decide not to continue can you please either inform the class Tutor or the staff in the office. Many of our classes are now full and have waiting lists; this provides opportunities for members who are on the waiting list to join the class. A Tutors contact list is attached.

Tutors and Class Convenors

We hope that your classes are going well. We look forward throughout the year to receiving your report (plus photos) of your U3A activity to be include in the monthly Newsletter. Please ensure your reports are received in the U3A office before the 20th of each month.

Office Roster for April 2023

Monday	Wednesday	Friday
3 rd April - Chris & Jan	5 th April – Ken & Anne	7 th April – HOLIDAY
10 th April – HOLIDAY	12 th April – Annette & Tiiu	14 th April – Jeanette & Jan
17 th April – Penny & Donna	19 th April – Jeanette & Jill	21 st April – Rae & Mangal
24 th April – Meg & Donna	26 th April – Ken & Annette	28 th April – Marilyn & Penny

If you would like to help out in the Office, please call us on 4578 2333 during Office hours or send an email.

CLASS NEWS

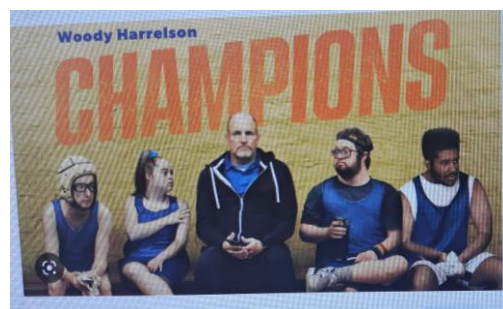
MOVIE-GOERS GROUP

The first movie we saw this month was **The Son**.

The Son was a gripping drama that delivers a powerful emotional punch. The father Peter, played by Hugh Jackman, has left his first wife Kate and son Nicholas and is now married to his second wife Beth. He has a hectic career as well as a newborn son. Peter's hectic life gets further complicated when his ex-wife tells him their teenage son, Nicholas, is deeply troubled. He soon tries to take care of Nicholas the same way he would have wanted his own father, played by Anthony Hopkins to have taken care of him.



The movie tells the story of a father and son's complicated relationship and their journey toward reconciliation.



Our next movie was a feel good movie called **Champions** with Woody Harrelson. It is a story of a Basketball Coach who is being a jerk and ends up being sentenced to community service. He is assigned to training a basketball team of various learning and disability kids (one being a hardheaded girl). The

journey is very warming and relatable. The movie is funny, sensitive, and most of all engaging. It shows the Coach changing, and finding love in a roundabout way. By the end of the movie he is a changed man. **Annette Haynes**



The FOUR PHASES OF RETIREMENT

In our "What's the Point?" class, Tutors Michael and Brent shared a link to a video about the phases people go through in retirement. The video goes for about 13 minutes, and I found the analysis by the speaker, Dr Riley Moynes from the USA, entertaining, engaging and insightful. Here is the link: [4 Phases of Retirement](#) on YouTube. What phase are you in? **Ken Fraser**

BIRDS OF THE HAWKESBURY - FIELD TRIP

Our field trip this month was to Pugh's Lagoon and the Richmond lowlands. This is a regular trip for us but the difference this time was that we saw over 40 different species which was more than we have seen on any of our Field Trips over the last few years.

There were great things to see as soon as we arrived at Pugh's Lagoon. In addition to the ducks, cormorants and water fowl that we normally see, in the dead tree across the lagoon from the picnic shelter a Black-shouldered Kite was spotted. It took off and flew and soared around in circles above the tree and then landed again.



We were excited to see Azure Kingfishers, flying low across the water of the lagoon and sitting on an overhanging branch. We also saw a Sacred Kingfisher which will shortly be migrating north to Northern Australia, PNG and Indonesia, only to return again in the spring to breed.

A Little Pied Cormorant landed on a branch just above us to dry its wings. It was close enough for us to see its hooked beak easily.

We then pooled cars to travel down Onus Lane into the Richmond Lowlands. We were watching a flock of Straw-necked Ibises and White Ibises perched around a large dam, with Great Egrets and White-faced Herons, when all of a sudden they inexplicably took flight, en masse. Then one of our sharp-eyed members (Jem) spotted a large raptor. We agreed that it was a Wedge-tailed Eagle, and we then saw another, and then another. Clearly the birds saw it before we did. What a treat.



It was hard to get agreement for "Bird of the Day" as there were so many to choose from. **Ken Fraser**

EASY WALKING GROUP

On our first walk this month started at Richmond Market Place. The day was fairly warm as we headed to Western Sydney University. We walked up the main drive under the shade of some beautiful trees before returning to the air-conditioned shops for some "cool" refreshments and a chat.



Our next walk was at Bligh Park and the weather was Pmuch kinder to us. Our walk was mainly on walking tracks, of which there are many in Bligh Park. The Rainbow Lorikeets were out in force squawking away at us as we walked. The walk ended with a nice coffee and chat.

Annette Haynes



Newsletter Editor: Annette Haynes (committee member)