

**DENILIQUIN BRANCH**

Welcome to the May Newsletter.

**Course News**:

The “Armchair Traveller” discussion group will commence on **MONDAY 4th June 11 – 12 midday to the end of Term 2.**

Helen & John Thompson will co-ordinate guests to share their travel stories (overseas or within Australia) with members of the group sharing their travel experiences, travel agents, transport etc. This is a group where members do not have to be avid travellers, they may wish to just hear stories or gather information for future travel plans. Thank you Helen & John.

Do we have any interest in one or all of the following courses:

* Exercise for Fun
* Collectors Club
* Art Appreciation

If you are interested please contact Helen Burnham on 0400110749.

**HISTORY GROUP**: The new subject “The Wars of the Roses will commence on Thursday 14th June at 10am. **Note there will be no history classes on 31st May & 7th June 2018.**

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Report from Gill Fraser Secretary of Deniliquin Branch U3A who attended the recent U3A conference in Canberra on 11 – 13 April 2018. Attendees from Deniliquin were Alison Wilson (President); Sue Gatacre (Treasurer) & Gill Fraser (Secretary) who travelled to Canberra for the Conference. They attended a full programme of workshops covering a wide range of subjects including:

* What makes a Successful U3A committee with a focus on governance of an association.
* Your Programme – Exploring the different approaches to learning.
* Financial Matters – Covering risk management and public liability.
* Communication – Concentrating on social media and ensuing challenges for publicity.
* Encouraging Volunteering within your U3A – Discussions about ideas and strategies to encourage members to participate.
* Online membership – introduction to online membership and how to manage your U3A.

Our second day was most interesting with a visit to the University of Canberra. The organising committee had invited some inspirational and thought provoking speakers including Professor Tom Griffiths whose subject was The View from the Cave –Time travelling in Australian history with a focus on the writer Eleanor Dark. Also Dr Caroline Fisher who spoke on the future of journalism in the digital age; Peter Coroneos whose talk about Cybercrime was rather alarming. And lastly Sarah Schindier from the National Library of Australia who encouraged us to use and add to the National Library.

We felt pleased to have attended the Conference, met some new U3A people of like minds and shared our problems and aims with many of them. The organising committee did a marvellous job and ran a tight and efficient schedule. The 2019 Conference will be held in Tamworth and should be very well presented and hopefully some of our group will travel to Tamworth.

Thank you Gill.

**MEDITATION REPORT – Leader: Irene Duffy**

Since commencing last year the meditation sessions have developed a group of dedicated members with the recent move to Wednesday afternoons enabling others to attend. The types of mediation practised are non-secular and based on a mindfulness approach to relaxing the mind and body.

If you are curious about attending but not sure what to expect then perhaps these words from a member of the group may encourage you. “I once read that meditation affects the structure of the brain within a matter of weeks by improving our learning and memory, while at the same time reducing our anxiety and stress. Luckily for me U3A now has meditation sessions each week for me to enjoy. This is a gentle, peaceful and blissful experience and is equal to a ‘mini-vacation’. It is amazing how fresh and clear my thoughts are after sitting and enjoying this time in ‘no-mans land’.”

If it is something you’ve been thinking of trying or just want to satisfy your curiosity we invite you to come and join us on Wednesday afternoons at 1 pm.

Thank you Irene.

**TAI CHI REPORT**

**Leader: Jan Renwick**

Tai Chi successfully continues on Monday’s at 10am at Intereach, a happy atmosphere and enabling gentle exercise of the body using the mind with lateral thinking. I would like to congratulate class participants on their positive progress. Always a warm welcome to new members.

Tai Chi is a mind/body exercise. Tai Chi was created based on nature. One of the core principles of Tai Chi is balance. Tai Chi emphasis is on physical and mental balance and has immense power for improving health and inner energy derived from a set of essential principles Tai Chi for Arthritis; Tai Chi for Osteoporosis and Tai Chi for Diabetes. These programs are safe, easy to learn and designed by Dr Paul Lam proven by scientific studies to improve health and quality of life.

Thank you Jan.

**NOTE: It is important that we start & finish our classes on time.**

**GUEST SPEAKERS**

Our guest speakers for the month of May were Diana Bull & Rob Sobolewski speaking about their recent trip to Japan. Thank you to Diana & Rob for such an informative presentation.



**GUEST SPEAKER FOR JUNE**

Guest speaker for the month of June will be Eileen Mason – retired Mental Health Nurse. Her topic will be “Ageing Happily”

A Q&A Moment for Seniors, on June 27th at 2pm. Please mark your diary/calendar for this date.

**PATHWAYS TO DENILIQUIN** – Our next guest will be Gai Burchfield – on **Thursday 7th June** at **11 am at Intereach**. We look forward to hearing about Gai’s journey to Deniliquin.

Gayle Beckton

Publicity Officer – U3A