



P.O. Box 343
GLOUCESTER 2422

www.gloucester.u3anet.org.au

President: Charlie Faulkner
Secretary: Cecily Mahoney

Vice President: Gavan Bethke
Treasurer: Synthia Elks

Newsletter - July 2018

We are very pleased to introduce to you our new President, Mr. Charlie Faulkner and Vice President, Mr. Gavan Bethke.



CHARLIE FAULKNER-President (Left)

Charlie was born in England but has been out here for 60 years so classes himself as Aussie now. He moved to Gloucester in 2002 and purchased the fish farm as a going concern and ran this business for 11 years. Since retiring he and Bonnie moved to town where he became active with the Men's shed and U3A and has been a contributing member of both these organisation since.

He would like to see U3A go onto be a bigger and better organisation by enlisting more volunteers and members.

Charlie and Bonnie have extensively travelled and have seen a lot of the world but are always glad to come back to home. Because of their travel Charlie will not always be available but has given a commitment for 12 months as President.

GAVAN BETHKE-Vice President (Right)

Gavan Bethke moved to Gloucester (Barrington) from Yass with his wife, Valda, in 2016. Prior to ceasing working for money, Gavan spent over 30 years working in and around Federal Government in the realm of information technology, particularly data security. He started his own company in 1991 and employed several staff providing IT software and services to Government. In the last few years of his working life Gavan acted as an IT security consultant to the Department of Immigration in Canberra.

He has always had a strong interest in human behaviour and psychology and even as a teenager believed there is more to life than can be seen. He spent many hours reading books and attending courses in an endeavour to gain a better understanding of the non-physical aspects of the human being. He eventually gravitated to the international School of Practical Philosophy and spent some eight years leading groups in the exploration of what it is to be a human being. The study of Mindfulness, which Gavan delights in presenting at U3A in Gloucester, helps students to

understand the vagaries of the mind and in doing so gain a greater sense of equanimity and therefore peace in their lives.



BOB BIRRER OUR NETWORK REPRESENTATIVE

Bob hails from the Kempsey Macleay Valley U3A and is our Regional Representative for the Mid North Coast, which takes in 7 U3As.

He joined us for our Term 2 morning tea and spoke about the five things that he has learned about U3As.

1. Without members, there is no U3A

For a town the size of Gloucester we are batting above our weight with 178 current members and more and more people are finding our U3A fills a real need.

2. Without classes, there is no U3A

Each term we are offering an average of 25 courses with about 15 being regular classes. The range of classes is wide but ideas are always welcome.

3. Without class leaders, there is no U3A

How lucky we are that so many of our members are willing to offer classes term after term with others happy to step in when a break or holiday comes along.

4. Without volunteers, there is no U3A

We owe a debt of gratitude to those who may not be on the committee or class leaders but are willing to be course clerk or offer to help set up or put the room back in the way it was before class. Many hands make light work.

5. Without a management committee, there is no U3A

Wonderful to have a full committee once again with Charlie Faulkner and Gavan Bethke coming on board. We will have more changes coming up by the AGM next year so do think of putting your name forward when the time comes and you will find it a very positive experience to keep our Gloucester District U3A growing and thriving.

Bob left us with the following:

People are living longer and active life is also extending. For older people, three types of activity are beneficial:

1. Learning and cognitive activities are beneficial to the mind following the adage “use it or lose it”
2. Physical activity benefits the body and also the mind
3. Social links are strongly beneficial both for health and mental function.

Our Gloucester District U3A offers all three types of activity and so much more.

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Enrolment for Term 3 is on Monday 23rd July

Penny Vavasour – Thank You

Penny volunteered to come on board when there was no Vice-President nominated for election at the 2017 AGM. Shortly thereafter she inherited the presidency and with warmth, generosity and humour guided us through a difficult period. Though she wished for a lesser role in 2018 (to have time to juggle health and personal priorities) there were no nominees to fill the Presidency. On behalf of all the membership thank you Penny for a job well done and we hope that life is good to you and Chris in the future.

CARD TABLE

Alice and Brian have unfortunately left our happy group after 5 years of looking after us. Alice's morning teas are legendary and we thank them both for their time and commitment. However, the game goes on with "500", "Hand and Foot" and that ancient game of "Cribbage". We are a friendly group and very patient with newbee's, so come along and have a go.

BALANCE & BONES AND MOVE ALONG

I would like to express my appreciation to Steve & Pippa Robinson, Robert Sparke & Cecily Mahoney and finally Pat Frude & June King.

Thank you for picking up the responsibility of facilitating the exercise sessions in Term 2 so that participants could still enjoy the benefits of these sessions.

It's part of the ethos of U3a that we keep learning from each other or anywhere!

Clare Frew

WEB SITE

Visit our web site and see the updated version email: <http://gloucester.u3anet.org.au>

DO YOU KNOW??? Any person who has something to give in the way of knowledge and experience that we, as an organisation could gain from?

Maybe someone in your family or friends circle would be willing to spend a morning or afternoon imparting information to us.

If this is the case and they are willing, please contact Susan Dixon the Programme Officer, 02 6550 2591 email: bsdixon410@gmail.com in the first instance.

"At middle age the soul should be opening up like a rose, not closing up like a cabbage" John Andrew Holmes – 1927