



Forbes U3A Incorporated

ABN 65 576 292 388

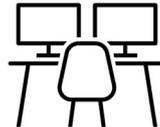
PO Box 710
Forbes NSW 2871

Email : forbesu3ainc@hotmail.com

Website: forbes.u3anet.org.au

President: Barb Thomas

Newsletter August 2022



From the President's Desk

Hello members,

Our thanks to Maureen and Graeme Miller for their hospitality in their lovely garden and to Dennis Irvine for his very helpful pruning tips. Are all your roses pruned now? No? Mine either, but I have started on them.... There is hope.

Thanks to our general meeting speakers, Steve Loane, Sam Leonard, and Dennis Moxey for their interesting presentations.

It has been a challenging winter for many, and news reports do nothing to cheer us. Our thoughts are with our members who are facing many different health issues. The courage and resilience of our seniors is always inspiring, and I do hope you will all bounce back better than ever. We have the Spring semester coming up to cheer you. Things to learn and opportunities to meet and chat.

Please choose the courses that interest you and fill out the enclosed enrolment form. Bring it with you to the **general meeting on the 9th August** at the Uniting Church Hall. 1.30 pm. We are optimistic about having a speaker from Evolution Mining at that meeting. They have contributed the cost of the Coach travel for our Goulburn trip, so we need only fund our accommodation, entry fees and meals. (\$150 per person). See details below.

Payment should be made to Trevor at the August meeting.

There are still some places left. You may wish to invite friends. They do not need to be members of U3A.

Our morning tea stop at Muringo will be catered by the local Primary school P and C and will include a visit to the Taubman and Webb Trading Post where Richard and Leah will give a talk on the late Syd Bayliss and history of the trading post. Richard may be prompted to share a bush yarn or poem or two. He may also give a whip cracking demo with 'Big Bertha 11'. The shop has a wide range of leather products and Akubra hats. Richard and Leah like to support and stock local produce such as free-range eggs, local honey, jams, chutneys, olive oil etc. and they are the cellar door for the award winning Trandari Wines.

The tiny Muringo community has had a tough time over the last few years. They are very excited that we are coming.

Stay warm, stay safe and stay curious. **Barb**

Senior Singers . The choir is currently in recess and will resume on the following dates. Mondays - August 8, 15, 22, 29. September 5, 12, 19. This is a very enjoyable activity and new members are welcomed with open arms. Meet at the Uniting Church Hall at 2pm.

Regular activities

Monday - Tai Chi -10am at the Uniting Church Hall. (Contact Cheryl 68512099) This is a particularly useful activity for those of us who have stiff, aching joints in this cold weather.

Tuesday - 8:45am Croquet at Halpins flat. A safe gentle sport that helps to get you moving. Mallets available from the club. Come along and bring a friend. It only costs \$2.50 to try out.

Thursday - 10am -12pm Scrabble. Uniting Church meeting room. Stretch your brain and try to convince the opposition that the word you've just made up is real.

A Taste of Forbes

A Taste of Forbes is our most popular activity, especially in this cold weather when we need to fill our stomachs with something warm and delicious. Our pre ordered lunches go down well and in an orderly fashion and we invite you to have a look at the offering for Lunch on August 24 which will be held at the Heritage restaurant (Postie). Please put your name and choice of lunch down at the **General Meeting on Tuesday August 9.**

Trip to Goulburn

Goulburn trip Tuesday September 13 and 14, 2022.

Leave Forbes 7.30 am with Loaders Coaches.

Morning tea and visit to Taubman and Webb trading Post at Muringo.

Arrive Goulburn. Choose between Trappers Bakery, Grit café, Oliver's, MacDonald's, or KFC for lunch at your own expense.

2 pm Water works museum.

3.30 – 4 pm. Garroorigang Historic homestead for tour and afternoon tea.

Mercure Hotel for evening meal and accommodation for the night.

8.00 am breakfast at the hotel

10 am Rocky Hill War Memorial

11 am Guided tour of St Saviours Cathedral

Lunch: Choose between Trappers Bakery, Grit café, Oliver's, MacDonald's or KFC for lunch at your own expense.

Cost: \$150 There is a single supplement of \$70 for those who would like a single room. All entry fees are included in the cost.

From the Treasurer

Following the information given at the last general meeting I can advise that numbers for "The Wedding Singer" have increased and the cost will now be **\$65.00 instead of \$70.00** as announced at the meeting. If numbers increase further there will be another deduction. Plenty of seats are available so feel free to invite people outside of Forbes U3A. I need to collect payment at

our next general meeting on the **9th August** to confirm bookings with the Theatre. If unable to attend the meeting, please contact Trevor on 0438205519 or 68511801 to arrange payment.

Elsewhere in the newsletter details about the Goulburn trip are given. Payment for this trip will also be due at the next meeting.

Dates and times for courses Spring Semester 2022

Singers	2pm – 3pm Monday from 8 th August Uniting Church Hall
Cards/Scrabble	10 am Thursday Uniting Church Meeting
A Taste of Forbes	Fourth Wednesday in Month, see newsletters for venue
Tai Chi	10 am Monday Uniting Church Hall
Croquet	Tuesday and Saturday
My Brilliant Career	1. 20 th September Ken Neville UC Hall 1.30 pm 2. 27 th September Chris Favell UC Hall 1.30 pm 3. 4 th October (TBA)
Open your ears. 10:30am	Wednesday 7 th , 21 st and 28 th September at Di Peets home, 6 Wyndham Ave
Painting	Fridays for 6 weeks from 14 th October Northside Chapel 9 am until 12 noon
Show and Tell	8 th , 22 nd and 29 th November Uniting Church Hall
Cryptic Crosswords noon	Wednesday 12 th , 19 th and 26 th Oct Uniting Church Meeting Room 10am -12 noon
French Basics	Expressions of interest needed. Stretch your brain and stave cognitive decline.

THE POST OFFICE HOTEL



02 68511399

FOOD MENU

OPEN 7
DAYS
12-2PM
6-8.30PM

ALL
\$17.50

LUNCH SPECIALS

Monday - Friday 12-2pm



RUMP STEAK

350g Rump Steak, served with steakhouse chips and garden salad

GOURMET STEAK SANDWICH

Scottish Fillet Steak, bacon, cheese, lettuce, tomato, beetroot, BBQ sauce, aioli served on turkish bread

CHICKEN CEASER SALAD/WRAP

Crumbed chicken, cos lettuce, bacon, egg, parmesan cheese, croutons and ceaser dressing

BUTTERMILK CHICKEN BURGER

Chicken Breast marinated in buttermilk brine with lettuce, tomato, cheese, house sauce served in a milk bun

CHICKEN SCHNITZEL

House crumbed chicken, served with steakhouse chips and garden salad

GRILLED BARRAMUNDI

250g Barramundi served with steakhouse chips, garden salad, lemon and tartar sauce

THAI BEEF SALAD

Beef Strips with lettuce, tomato, red onion, cucumber, roasted capsicum and house dressing

HONEY FRIED CHICKEN BURGER

Fried Chicken Thigh coated in honey vinegar, with coleslaw and house sauce served in a milk bun

PROMOTIONS

Ask our bar staff about our weekly food promotions that happen each night during the week!

TAKE-AWAYS

Our full menu is available for take-away! Just call 68511399 to place your orders!

FUNCTIONS

We have a number of different catering options available for different functions. Speak to our staff to find out more!