

# Hastings Valley U3A Inc

## Newsletter

Volume 2 number 2

Term 2 2006

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**Port Macquarie**

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**Our next Registration  
and Enrolment Day  
will be on:**  
**Wednesday 26 April,**  
**2.00 pm – 4.00pm**  
**Auditorium,**  
**Port Macquarie**  
**Seniors Facility,**  
**Munster Street,**  
**Port Macquarie.**

**Calendar for term 2  
2006**

**Enrol** 26 April  
**Start** 2 May  
**End** 28 June

At last I hear you exclaim, I can read my Newsletter without a magnifying glass. Yes, we have experimented and have changed the format a few times in our short life. But this latest edition is looking good. Plenty of space for everyone and now we are expecting contributions from the members. Anything from letters to the editor, a report about what your group is learning, doing or seeing, an excursion, a poem, a story or a photograph. Just post your contribution to the Editor at the above address or email it to [secretary@hvu3a.org.au](mailto:secretary@hvu3a.org.au)

Ah blessed, beautiful Autumn. Not too hot and not too cold. Just right to learn something new and stimulating or to continue in some of the well established groups. What's new this term?

First, an interesting two hour talk on a "Tibetan Buddhist Teachings" which will be held in Port Macquarie Library on Friday 16th May starting at 10.00 am. It must be serendipity because we have another course titled "Calm Abiding Meditation". The Course Convenor has been leading a weekly Tibetan Buddhist meditation and discussion group in Port Macquarie for the past four years. He is a student of Sogyal Rinpoche and Lama Choedak Rinpoche. He has been formally trained by Lama Choedak Rinpoche to teach "Calm Abiding Meditation". Digital Photography is back on the list. This an excellent course to learn all about getting the best out of your camera. Our Newsletter will be a perfect format for publishing some of the participants' photographs. Another new course is simply titled "Man". This course will examine aspects of the origin, the biological and the cultural evolution on Man. The new venue for the Mindful Meditation Course proved to be a real winner. The hall is out among the gum trees at Sancrox - quiet, peaceful and the perfect place to continue the course into Term 2. See course brochure for more details.

Our free information session this term will be conducted by a local solicitor. The topic is "Neighbours, Householders and the Law". This will be held in the Meeting Room, Port Macquarie Library at 10.00 am Tuesday 16th May. Visitors are most welcome.

