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Bob Gerdes
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Course Coordinator

Ursula Bruce
6583 8520

Member

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**Our next Registration
and Enrolment Day
will be on:**

Tuesday 29th April
1.30 pm – 2.30pm
Auditorium,
Port Macquarie
Seniors Facility,
Munster Street,
Port Macquarie.

**Please note: No enrol-
ments will be taken before**
1.30 pm. Only Committee
Members and Course Con-
veners will be admitted to
the auditorium before 1.30
pm.

Welcome to Term 2 and to all our new members may I extend a warm welcome to our U3A. By now you will be enjoying some great mental stimulation, lively social interaction, lots of laughter and the opportunity to remain active and involved with your community. Please do not hesitate to contact a committee member if you have any questions or concerns.

I note among our new members a number of people who are willing to lead some courses.

This is great news. Your contribution will add to the already wide range of courses we are offering. I am continually amazed at the skills and talents we have in our U3A and we do appreciate the people who are willing to lead groups and share their knowledge and skills.

Enrolment Day for Courses.

Our first enrolment day this year produced a number of frustrations for our members and the Committee. This occurred simply because half of our members failed to renew their membership before the end of our financial year, December 31st, or even during the month of January. As a result many had to wait in a queue while at the same time, they were feeling anxious about missing out on enrolling in a course of their choice. Enrolment day in Term 1 is always busy as a lot of new members join our organization. So please be kind to yourself and avoid much angst by renewing your membership well before enrolment day in 2009. A new Membership Application Form is enclosed with the Term 4 Newsletter in September each year. Be an early bird and do yourself a favour by enrolling before the 31st December.

Contributions to the Newsletter.

We would love to hear all about your group, what you are studying, where you are going, what you have enjoyed, so do send us any photographs, reports or notes and we will publish these in our next Newsletter. You can send them to P.O. Box 1210, PMQ, or phone me on 6586 1792 for my email address. I have just purchased a new digital camera so I may just visit your group and take some photos to put in our U3A newsletter or scrap book.

Special Interests.

Special Interest Groups are by their nature meant to be small groups and are usually conducted in private homes, coffee shops, restaurants or clubs. They are for members who have a special interest and would like to share their interests with like minded people. While some members may have certain skills, no qualifications are necessary to start a special interest group. All you need is a willingness to share, show and discuss an interesting trip, your garden, a collection of stamps, a hobby, tips on how to catch a fish or anything you think might be of interest to others. Any member who would like to start a special interest group simply has to contact Ursula (6583 8520) and she will put your name and contact phone number in our Newsletter. People interested in your

topic or activity will then contact you directly. No fees and no formal enrolments are required.

However, you do have to initial an attendance sheet and you do have to meet during the 8 weeks of our U3A term. It is possible that you may choose to meet during the term break, but then you will meet as a private group, which would not be covered by our Public Liability Insurance policy. In fact many of our groups go on meeting all the year round. They attend socials, picnics and have parties. This is wonderful and many of our members get their social needs met in this way.

Have a look at our Special Interest section in our course leaflet and if the idea appeals to you the go for it.

Tutors. Please check that all the participants in your groups are financial members. Some people have made honest mistakes and have joined groups not realizing they have to be financial members of the U3A. Others thought that once they paid their initial membership fees that gave them life membership. It is easy to make mistakes so please check the members of your group. It is also important to encourage your group participants to wear their name cards as it does make it easier for members, particularly new members of the U3A.

Late Enrolments in Courses.

In many courses late enrolments are most welcome. However, the late participants must send their accommodation fees to the Treasurer. Please include a note with name, membership number and the name of the course.

Best wishes for Term 2.

Carol Surrey

New Courses for Term 2

As well as our old favourites, Ursula has managed to produce a smorgasbord of new courses - too many to write about here but you will find them listed clearly in the Course Brochure. I am sure you will be impressed with the variety and every member should find something that will appeal to them.

Lost your lanyard & pouch.?

If you have lost your U3A pouch & lanyard you may purchase a new one for the cost of \$3. These will be available at Enrolment

Three Safety First Reminders.

1. Take your own mug to your group meetings to avoid catching coughs, colds, influenza and sore throats.
2. Write your emergency contact number on the back of your name card.
3. Put your bags, coats etc in a safe place so they are not a hazard for people walking about the room or past your chair.



Here is our Course Coordinator, Ursula Bruce, at our U3A Information Table at Port Central.

At the beginning of each year we have a publicity campaign to advertise our U3A. This year we had 57 inquiries and gained quite a number of new members.



A photograph of Des Davis's Term 1 group "Who are We?". He is continuing with the same theme but calling his course "Images of Australia" in term 2.

Behind the Headlines - a heartfelt ditty

"I've seen some great headlines in my time"
An elderly person recalls:
"In forty-five 'THE ATOM IS SPLIT'
In thirty-nine 'PARIS FALLS'"

Now, headline writing's an art form
Designed to arouse fear and rage.
Newspapers aren't full of news now;
There's bias on every page.

The media shock and provoke us,
To anger and ulcers - or worse;
And blood pressure, heart attacks, headaches
Are part of this modern-day curse.

We read about mud-slinging polities,
Corruption and rapists and vandals.
We hear very little of goodness -
And oh! all too much of the scandals.

If 'power corrupts' (absolutely)
And media's very corrupt,
Let's examine their *power* minutely
And let your response be abrupt.

Stop buying the papers, like I did.
Recycle the rubbishy rags.
Start living and loving your neighbours -
Yes, even the neighbour who nags.

For getting riled up fixes nothing,
And hatred not only annoys;
It builds up in bitter resentment
That ruins your health and destroys.

Read only the things that uplift you,
And switch off the things that are rude,
And set an example of kindness:
Build *bridges*, not walls that exclude.

Yes, don't allow 'news' to upset you,
Determining how you will live.
An angry life isn't worth living.
We all have done things to forgive.

Start seeing the goodness in others;
(unlikeable people need love);
And count not their crimes but our blessings
And give all that hatred a shove!

At Christmas we're told our Creator
brought into the world in a manger,
A child who would show us the right way
To treat both the friend and the stranger.

"Let those without sin cast the first stone"
He said and the men slunk away.
And, twenty long centuries later,
There's none of us perfect today.

Since nobody's ever solved problems
By living in hatred and fear,
Let's look for the goodness in others
And so have a happy New Year.

Bessie Jennings

Letters to the Editor

We encourage our members to write to us with suggestions for improving both this newsletter and, of course our U3A. Longer contributions relating to the activities of our U3A are also welcome.

Beginning Writers

Our Beginning Writers special interest group is continuing to encourage us (usually 6 of us) to write with growing confidence in a friendly informal atmosphere. Two are gradually writing their life stories. We have all tried writing short stories, memoirs and poetry, discovering talents we didn't know we had. We critique each other's work with helpful encouragement and suggestions. It works well because the group has remained small. Some of us plan to enter a writing competition being run this year by U3A Sunshine Coast.

Bessie Jennings, (convenor/facilitator).

Contribution from a member of a Special Interest Group.

Thoughts at Night.

*Sometimes I lie awake at night
And wander through my life.*

I think of all the happy times

And shudder at the strife.

So I put my arms around

All the people that I know

And rid the world of cruelty

Make hate and evil go.

Then I have to be reminded

That God works very slow.

By Joycelyn Jarvis



Joycelyn is a student in Bessie Jennings's Special Interest Group, "Beginning Writers".

Newsletter contributions.

If your group is doing something interesting, something different or going on an excursion please let us know.

A short report accompanied by some photographs would be wonderful.

We will publish your contributions for every one to enjoy.

Dates to mark in your diaries.

Term 2 2008	Enrolment	Tues 29 April
	Start	5 May, End 27 June
Term 3 2008	Enrolment	Tues 22 July
	Start	28 July, End 19 Sept
Term 4 2008	Enrolment	Tues 14 October
	Start	20 Oct End 12 December

Name Badges.

New members may collect their name badges from the Reference Desk at Port Macquarie Library. Please let Bob Gerdes know if you have not received your badge.

Members are requested to wear their badges when attending any U3A activity.

Again we remind all members to have their contact numbers on the back of their badges in case of an emergency.

In answer to a few enquiries as to why some name cards are hand written, this happens when just one or two name cards are required and it is uneconomical to use a whole sheet of cards to print them from the computer ...mystery solved.

Newsletter.

Do let the secretary know if you are a member and do not receive your own copy of this newsletter. This newsletter will be published just before the start of each term, and contain information about groups and activities for the term ahead.

Change of address.

Please let the Secretary or Membership Secretary know if you move house and especially if you change your email address

If undelivered return to:

Hastings Valley U3A Inc
PO Box 1210
Port Macquarie
NSW 2444

**SURFACE
MAIL**

Late Enrolments

Late enrolments are welcome in many courses. Please contact the Course Convener to ascertain if he/she is accepting additional members. If you enrol after the course has started you pay only for the rest of the term. Post your cheque to the Treasurer with a covering note. Course Conveners cannot accept money during term.

Tutors please note names cannot be entered on the Attendance Sheet unless accommodation fees have been paid. Money cannot be paid to the group leader during the term. An exception may be made in the case of late enrollees who owe a minimal amount of money, too small for a cheque to be posted to the Treasurer, these people may add their names & how much they owe to the bottom of the Attendance Sheet. The Treasurer will then have a list of who owes what and this can be paid to the treasurer on the next Enrolment Day. ***Enrolments will not be accepted for new courses prior to the official enrolment day.***

Attention Course Conveners.

You are asked to come to enrolment by 1:15 pm. This will give you an opportunity to meet other course leaders and learn about venues, record keeping and enrolment procedure prior to meeting your prospective group members for next term. Please inform the Secretary, Brian Syms, if you are planning any excursions away from your usual meeting place. Dates & details are required for insurance purposes.

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