

**Patron**  
**Robert Oakeshott MP**

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**Port Macquarie**  
**NSW 2444**  
**www.hvu3a.org.au**

**President**

Brian Syms  
6582 7674

**Vice President**

Carol Surrey  
6586 1792

**Secretary**

Sheila Frost  
6584 7068

Secretary@hvu3a.org.au

**Treasurer**

Stuart Whan  
6583 5671

**Membership Secretary**

Bob Gerdes  
6584 0377

**Course Coordinator**

Ursula Bruce  
6583 8030

**Members**

Beverly Izard  
Robin Hansen

**Webmaster**

Nick Ogbourne  
6586 1627

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

**Tuesday 14th October**  
**1.30 pm – 2.30pm**  
**Auditorium,**  
**Port Macquarie**  
**Seniors Facility,**  
**Munster Street,**  
**Port Macquarie.**

**Please note: No  
enrolments will be taken  
before 1.30 pm. Only  
Committee Members and  
Course Conveners will be  
admitted to the auditorium  
before 1.30 pm.**

Welcome to term 4 and my first newsletter as President.

I must start with a heartfelt thank you to our outgoing President. Carol Surrey. Carol was the driving force behind the establishment of a U3A in this area, and has been President since 2005. Without her determination and enthusiasm we wouldn't be where we are today. Thankfully Carol has agreed to stay on our management committee and has accepted the role of Vice President.

Thank you also to those committee members who did not seek re-election this year. John Neilson and Harry Bryant both made significant contributions to the development of our U3A.

Thank you to all members who attended this years AGM. It has resulted in some changes to our committee. The new committee is listed on the left of this page, and you can see we have continuity in a number of key positions.

Stuart Whan has agreed to continue as treasurer - the Auditors report confirms what we already knew, he is doing an excellent job.

Bob Gerdes is continuing with his role as membership secretary , an important task which he makes look easy.

Ursula Bruce has, thankfully, agreed to continue as course co-ordinator. Our courses are our reason for existing, and I'm sure you will agree Ursula does an excellent job of finding a wide range of interesting things for us to do.

Beverly Izard is continuing as committee member. She is a font of information on constitutional matters and meeting procedures.

Carol Surrey has moved from President to Vice President and I've given up the secretaries role and moved to the Presidential chair.

We welcome two new members to our committee.

Sheila Frost has accepted the role of secretary. Sheila has been in Port since 1996, and at one time worked in an administrative role at the local community college.

Robin Hansen is a committee member who comes to us with a wealth of experience in teaching web design, graphic design and photography at TAFE. She designed our new logo for us last year.

Thank you to all the committee for offering to serve our U3A.

A special thank you to Nick Ogbourne our Webmaster, who quietly works throughout the year updating information & maintaining our website.

This newsletter is being written in the inter regnum - after the AGM but before the new committee has met for the first time. I am sure the other committee members would agree we have inherited a viable, financially secure organisation which has a great potential for growth. At the moment only a small percentage of local retirees belong to our U3A.

*Brian Syms*  
President

## Membership for 2009.

Enclosed with this Newsletter is your Membership Application Form for 2009. Membership fees remain at \$30 for a single & \$50 per couple. Please circle the word "Renewal" and write your membership number in the box. Complete the form, detailing changes to your name, address, phone number and email address. Post this with your cheque or money order to The Treasurer, P.O. Box 1210, Port Macquarie before 31st December. Receipts and name cards will be posted to you. Alternatively why not renew your membership on the 14th October at our enrolment day? You will save the cost of a stamp (55c nowadays) and avoid having to queue up to renew at the first enrolment day in 2009.

Please note even if you have let your membership lapse you will always have the same membership number and you will be counted as a "Renewal" and not as a new member.

**New members who join in term 4 2008** will be financial members until the end of 2009. They may collect their name tags & lanyards at Port Macquarie Library about two weeks after joining.

**ICE (In Case of an Emergency).** Just a reminder to write your contact name & number on the back of your new 2009 membership card. This means if you become ill or have an accident during a U3A course or excursion we can notify a family member or friend immediately.

## U3A NETWORK-NSW 2009 CONFERENCE & ANNUAL GENERAL MEETING

"Inspiration to Achieve"

Tuesday 24th – Wednesday 25th March 2009  
at the Ex-Services Club, Anon Street, Orange

This will be a "people's Conference". The programme is being designed to allow for lots of mixing, chatting and exchanging U3A news and ideas. On Monday evening (23rd) Orange U3A will be celebrating its 20th anniversary and visitors are invited to join them.

Workshops will be a feature of the Conference programme itself as will a Question & Answer session – plenty of opportunity to have your say. On Tuesday evening people will be able to renew old U3A friendships and make new ones at the Conference Dinner.

The full Conference fee is \$95 (ninety-five dollars) OR \$85 (eighty-five dollars) if paid by 30th November, 2008.

Further information from our secretary or from the U3A network web site [www.nsw.u3anet.org.au](http://www.nsw.u3anet.org.au)

### Uncollected 2008 membership cards and lanyards

Our membership secretary, Bob Gerdes, has a number of 2008 membership cards and lanyards that weren't collected from the Port Macquarie library. If you haven't received your 2008 membership card yet, please contact Bob.

### 2008 AGM

Only 21 of our members attended our recent AGM. Here is a photo of most of our incoming management committee

### Why Couples get 2 copies of our Newsletter

Often our newsletters contain notices we have a legal requirement to send to all members. To ensure we always meet this requirement we send 2 copies of all our newsletters to couples, even when they are at the same address. We suggest that members receiving a spare copy in this way share it with their friends who are not yet U3A members.

To all our members and guest tutors:

**A Merry Christmas  
and  
a Happy New Year.**

Stay healthy, stay safe, live long and we shall see you all again in the New Year.



L to R: Bob Gerdes; Sheila Frost; Bev Izard; Brian Syms; Carol Surrey; Stuart Whan; Ursula Bruce. (Robin Hansen is missing from this picture)

## Yes, I'm a Senior Citizen!

I'm the life of the party ... even if it lasts until 8 pm.  
I'm very good at opening child-proof caps ...  
with a hammer.  
I'm usually interested in going home before I get  
to where I am going.  
I'm awake many hours before my body allows me  
to get up.  
I'm smiling all the time because I can't hear a thing  
you're saying.  
I'm very good at telling stories; over and over and  
over and over ...  
I'm aware that other people's grandchildren are not  
nearly as cute as mine.  
I'm so cared for - long term care, eye care, private  
care, dental care.  
I'm not really grouchy ...  
I just don't like traffic, waiting, crowds, lawyers, loud  
music, unruly kids, Jenny Craig and Toyota commer-  
cials barking dogs, politicians and a few other things I  
can't seem to remember right now.  
I'm sure everything I can't find is in a safe secure  
place, somewhere.  
I'm wrinkled, saggy, lumpy, and that's just my left leg.  
I'm having trouble remembering simple words like ...  
I'm beginning to realise that ageing is not for wimps.  
I'm sure they are making adults much younger these  
days, and when did they let kids become policemen?  
I'm wondering, if you're only as old as you feel, how  
could I be alive at 150?  
And, how can my kids be older than I feel sometimes?  
I'm a walking storeroom of facts I've just lost the key  
to the storeroom door.  
Yes, I'm a SENIOR CITIZEN and I think I am having  
the time of my life!

From 'Men's Health, Peer Education', volume 7 number 3.  
© Commonwealth of Australia 2008

Thank you to John Neilson for drawing attention to this interesting  
journal.

If you have access to the internet, It's a magazine well worth  
browsing. It can be found at:

<http://www.dva.gov.au/health/menshealth/magazine.htm>

### **STACKS/PORT**

A member of **STACKS THE LAW FIRM**

#### **TONY COX**

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We provide legal services in the areas of Civil litigation,  
Property/Commercial/Business law, Wills and Estates, Family  
Law, Criminal law, Land and Environment, Local Government  
and Industrial and Workplace relations

## "Deaf Sentence" - Book Review by John Neilson

While this is a novel it reads like an autobiography. It  
provides a deal of technical information about using  
hearing-aids, not all of it accurate. And it describes the  
tribulations of coping with one's hearing loss, and those  
of the sufferer's partner in doing so, in a graphic and  
highly amusing fashion. Anyone who has had to live  
with their, or their partner's hearing loss will derive a lot  
of smiles and a few belly laughs from this story. And  
each will get a better understanding of the other's  
predicament.

In addition, the novel explores the marital and the  
father-son relationships of the central character very  
sensitively and insightfully. He is a retired professor of  
linguistics, so readers also learn a lot about that subject.

I highly recommend this book as informative,  
entertaining and keenly observant of the human  
condition. A darned good read. It is available from the  
Port Macquarie Library.

"Deaf Sentence", by David Lodge. Published by Harvill  
Secker (Random House), UK, 2008.  
ISBN 9781846551673.

### **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.

### **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.

No letters were received for this edition of the news-  
letter

HVU3A offers courses that provide general  
information for its members. HVU3A

does not warrant that such information is true and  
correct. Members seeking to rely on anything said or  
done in this regard should seek independent, expert  
advice

### Dates to mark in your diaries.

<b>Term 4 2008</b>	<b>Enrolment</b>	Tues 14 October
	<b>Start</b> 20 Oct	<b>End</b> 12 December
<b>Term 1 2009</b>	<b>Enrolment</b>	Tuesday 3 Feb 2009
	<b>Start</b> 9 Feb	<b>End</b> 3 April

### Replacement Name Cards - lanyards & pouches.

If you have lost your Name Card or did not receive your Name Card, please contact our Membership Secretary, Bob Gerdes on **6584 0377**. Replacement Lanyards and pouches may be purchased from Bob on Enrolment Day at the beginning of each Term.

### 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.

### 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.

### 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**

### Enrolments

*Enrolments will not be accepted for new courses prior to the official enrolment day.*

*We do not have the ability to accept or process postal enrolments. However asking someone else to enrol for you is acceptable. In general committee members are not able to undertake this role.*

**Late enrolments** are welcome in many courses. However you **MUST** first contact the Course Convener directly 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. You should post your remittance to the Treasurer with a covering note, and initial the attendance form to show you have paid. If the amount owing is less than \$5 we will accept postage stamps as payment. 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.

### Course Conveners and Excursions.

Please inform the Secretary if you are planning any excursions away from your usual meeting place. Dates & details are required for insurance purposes.

### Photographs and Privacy

If anyone has an objection to having their photograph in the on line gallery (or in our Newsletter), please write to the Secretary and make this fact known. We will always respect your privacy but we must first be aware of your need.

Opinions expressed here or in HVU3A activities are not necessarily those of HVU3A or its officers. HVU3A accepts no responsibility for statements made or opinions expressed. We reserve the right to edit any material submitted for publication. Copyright of all original material remains with the author.