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### INSERTS IN MIDDLE OF NEWSLETTER:

Course Summary – Term 1 2012  
 Conference Registration Form  
 Conference Workshops Form  
 Conference Tour Information  
 Course Booking Form

## OFFICE HOURS

### OPEN

**Monday 23 January –  
 Friday 30 March**

**CLOSED Australia Day  
 Thursday 26 January**

**Phone: 6584-3676**

### Office Location:

Maritime Museum Cottage  
 Corner William St & Pacific Drive  
 Port Macquarie

Payment of membership fees & Enrolments for courses will be taken.

NSW U3A Conference registrations and payments will also be taken.

**Web site: [www.pmhu3a.org.au](http://www.pmhu3a.org.au)**

## 'Orientation Day' is the new name for 'Enrolment Day' at Port Macquarie

What used to be 'Enrolment Day' will now be known as 'Orientation Day' and will no longer be devoted exclusively to enrolments, but will take on more of a social and informative atmosphere. Some convenors will give short presentations on what they are offering, others will be available to explain what their courses are about. Or you may just want to share a cup of tea and/or coffee with other fascinating people. ■

Some of the short presentations we plan to showcase are by Matthew Wallace on 'The Solar System', Des Davis and Faye Montgomery on 'Shakespeare Revisited', Amy Longworth on 'Speech, Drama & Phonetics', Frank Jennings on 'Behind the Headlines', Galina Turker on 'Egyptian Belly Dance and possibly Doug Jones on 'Engineering Marvels'.

— Maggie, Course Coordinator ■

## Bring your voice out of the shower!

Do you know that singing in a group is just as beneficial as doing gentle exercise, studying sudoku & puzzles...in fact, way more so?

There is a whole body of evidence pointing to a range of positive outcomes for singers who gather in groups and use teamwork to affirm and work towards their musical goals. Even for only one hour a week we should all notice a difference so why not try?

I'm really looking forward to setting up our U3A singing group and want to encourage as many men and women as possible to come along.

Rehearsals each Monday 12.45 – 1.45 pm will be held in the "Mac" Adam Music Centre; there is no audition, we accept one and all...and, no, you will not have to sing solos!

The hour will fly and this will set you up beautifully for whatever the afternoon holds for you – you will leave smiling & feeling exhilarated.

Bring water and wear comfortable shoes and clothing on the day and if you can think of it 24 hours prior to the rehearsal

try to drink as much water as you can as the vocal folds absorb more than you'd think.

We do hope to perform at least one song at the U3A conference so come on U3A-ers, bring your voice out of the shower and come along – no matter how rusty you are – we want as many as possible...and be prepared for some fun as you exercise your brain big time!

See you on February 6 2012 at 1.45 p.m.

— Robyn Ryan ■

## Important changes to Enrolment procedures

The online "shop" is now up and running and will be ready to take enrolments on Thursday 19th January, but the new system cannot register enrolments for unfinancial members. This means that as long as you have renewed your membership, you may commence enrolling online shortly after you receive this newsletter. Just go to the web site and follow the prompts — you will be asked to pay by bank transfer. Or, you may continue to enrol at the office and/or on Orientation Day and pay by cash or cheque. — Nick, Webmaster ■

## ORIENTATION DAY Tuesday 31 January 2012

**PORT MACQUARIE:**  
Baptist Church Chapel,  
18 McIntyre Close  
1:30 – 2:30pm

## ENROLMENT DAY Tuesday 31 January 2012

**WAUCHOPE:**  
Wauchope Library meeting room  
10.00 – 11.00am

**LAURIETON:**  
LUSC  
10.15 – 11.30am

**NOTE:** Members can also enrol at the office from 23 January or online from 19 January.

## MORNING TEA

Every 2nd Thursday of the month  
9th Feb & 8th March  
at 10.00am  
Rear of the LUSC  
Laurieton

## What's On!

### ORIENTATION / ENROLMENT DAY – TERM 1 2012:

Tuesday 31 January 2011  
10.00 - 11.00 at Wauchope  
10.15 - 11.30 at Laurieton  
1.30 - 2.30 at Port Macquarie

See page 3 of newsletter for details.

START OF TERM 1 2012: Monday  
6th February.

**Note:** Some Thursday and Friday classes are starting a week early to get in the full 8 weeks due to the NSW State Conference being held the last week of Term 1.

**END OF TERM:** Friday, 30th March.

**TERM 1 2012:** February 6 - March 30

**TERM 2 2012:** April 30 - June 22

**TERM 3 2012:** July 23 - September 14

**TERM 4 2012:** October 15 - December 7

### NSW U3A AGM & CONFERENCE:

March 28 - 30, 2012 at the  
Glasshouse, Port Macquarie

**For contributions to What's on!** Please leave the written information at the U3A office for the Newsletter Publisher or email to [publications@pmhu3a.org.au](mailto:publications@pmhu3a.org.au)

## Reciprocal arrangements between PMHU3A and Watonga U3A

We have reached an arrangement with Watonga U3A where you can attend Watonga courses during Term 1 2012, paying only their course fees. You will not be required to pay joining or membership fees to Watonga. Priority on any course will be given to their own members before any vacancies become available to our members. In the same way, Watonga members will be able to attend some of our courses where there are vacancies.

A list of available courses is on display in the office. During the week before classes

commence, places that are available will be listed in the office and on our web site together with information about how to reserve a place on any course. ■

## NO PARKING

Please do NOT park on the grass at the Maritime Museum or outside the museum.

\$500 fine from council

## Conference registrations

**NOTE:** For those wishing to register on line the original form contains an error. The Bank Account to which fees can be remitted is incorrect. The BSB is correct 802214 but the account number should be 75592. We apologise for any inconvenience.  
— Des Davis

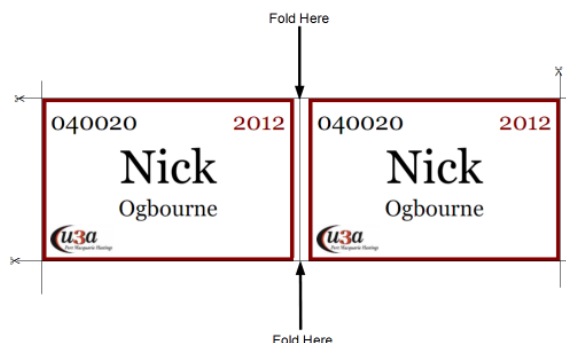
## Renew your membership now

Renewals of membership may be made online until 1 February. After that date you will need to either attend at the office or make use of the postal service.

Remember that you may NOT register for, or attend courses, unless you can show that you have a current badge or receipt. — Nick, Webmaster

## Members Badges

If you have paid your 2012 membership fee you have received your 2012 badge with your copy of the newsletter. The badge has been redesigned to overcome the twirling problem! See Example below:



Cut the badges as indicated “and fold along the centre. Insert the badge into the pocket of your lanyard; your name should be showing both front and back.

If you have paid your membership since the date the badges were printed, you can collect your badge from the office. If you lose your badge the office can reprint a new copy at no additional cost. However, if you have lost your lanyard, a replacement will cost you \$3.

— Nick, Membership Secretary

## You have been recognised!

Congratulations to all of our volunteers – the Management Committee, the convenors, the office staff, the membership & IT teams, our welfare officer & those who help on special occasions.

YOU have received a National Volunteer Award from the Australian Government in the new organisation category.

We did a very rough calculation of the time our volunteers contributed and came up with a figure of 3,060 hours per month — and we believe this is a conservative figure. This is a truly remarkable effort on your behalf.

The award was presented by Rob Oakeshott on 10 December, the 10th anniversary of United Nations International Year of Volunteers.

At the same time our own Eric Graham received a Long Term Service Award in recognition, not only of his voluntary service with our U3A, but of his 40 years with Rotary and Probus.  
— Frank Jennings ■

## A new secretary

Sue Moll has agreed to take on the role of Secretary for the PMHU3A. Welcome aboard, Sue.

Also, a big thank you to Gordon Maxwell for stepping in to take minutes at our committee meetings the last few months.  
■

## Our members get published!

It has come to my attention that some of our members have recently published books, have been accepted for publication or are in line to win awards, all of which are achievements worthy of mention.

Congratulations to Catherine Lakeman for publishing her biography/memoirs “*Survival Against all Odds*” as a result of a workshop through Margret Meagher of Arts & Health Australia. Catherine is also a member of PMHU3A at Laurieton and a participant in the “Writing for Pleasure” course.



Metta Mata Aranya, course convenor and member, has also recently published “*Garrawilla*”, *A Spiritual Journey. The Autobiography of Metta* (a 63,000 word book) available from Metta.

In November 2011 Maggie Jones, one of our ‘Improve your Writing’ group members had her novella entitled “*The Lost Child*” accepted for commercial publication by Ginninderra Press in South Australia, a commendable achievement.

Gill Goater, another of our U3A members and writers, launched a poetry book in November entitled “*Occupied by Gods*” *A collection of poems*.

And, our award winning bush poet and course convenor Bessie Jennings has published a children’s book called “*Aussie A-B-C*” (words by Bessie, pictures by sister Patricia Gardner) which is a finalist in the 2012 Australian Bush Laureate Awards for “Children’s Poem of the Year”. The awards ceremony will be staged in the Tamworth Town Hall on Tuesday, January 24 during the Tamworth Country Music Festival. Our best wishes to Bessie; we’ll know before start of Term 1 if she has come home the winner.

Congratulations to all of our U3A authors.  
(Editor) ■

## A note of thanks from an 'old' bird

To the great folk of U3A, thanks for organizing our recent 'Family History' morning at the Library meeting room. It was really interesting and informative. Jeff and Karin did a wonderful job.

This old bird did know lots but also learnt lots more!

Kind regards,  
Carole J. Hill

## U3A celebrated Christmas

A festive atmosphere complete with punch 'with' and 'without' was in evidence at Tennison Woods on December 15th. There were lots of goodies to nibble, Derek Nichols on the piano provided music for our carols, Bessie Jennings delighted us with some of her bush poetry and we raised money for charity.

Approximately 50 enthusiastic members enjoyed the fun and festivities of the afternoon. ■



If undelivered return to:

**Port Macquarie Hastings U3A Inc**  
**PO Box 1210**  
**Port Macquarie**  
**NSW 2444**

**SURFACE  
MAIL**

### Patron – Robert Oakeshott MP

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**Webmaster**  
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### ORIENTATION/ENROLMENT DAYS FOR 2012

**Term 1: Tuesday 31 January**

**Term 2: Tuesday 24 April**

**Term 3: Tuesday 17 July**

**Term 4: Tuesday 9 October**

**NAME BADGES – ALWAYS wear your name badge when attending classes and U3A activities.** Write your emergency contact details on the back of your badge.

**CHANGE OF ADDRESS OR EMAIL** – Please inform the Office on 6584 3676 or the membership team via email on [memberteam@pmhu3a.org.au](mailto:memberteam@pmhu3a.org.au) if you move house or change your email address.

**NEWSLETTER contributions welcome** – We reserve the right to edit material submitted for

publication. Copyright of original material remains with the author.

### PHOTOGRAPHS AND PRIVACY

– If you have an objection to having your photograph or name 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 must first be aware of your need.

**DISCLAIMER** – Opinions expressed here or in PMHU3A activities are not necessarily those of PMHU3A or its officers. PMHU3A accepts no responsibility for statements or opinions expressed. PMHU3A offers courses that provide general information for its

members. PMHU3A does not warrant that such information is true and correct.

## Reminder

Don't forget to drop your 50¢ into the tin for morning or afternoon tea. It will be most appreciated as the money is needed to replenish supplies. Thank you.

