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INSERT IN NEWSLETTER:

Course Booking Form – Term 1 2013

OFFICE HOURS

ENROLMENT OPEN HOURS

**Tuesday 22 January to
Friday 1 February 2013
from 9.30am – 4.00pm**

(Closed 28 January 2013)

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

NORMAL OPEN HOURS

**4 February – 28 March 2013
from 9.30am – 12.00 noon**

Phone: 6584-3676

Office Location:

Maritime Museum Cottage
Corner William St & Pacific Drive
Port Macquarie

Web site: www.pmhu3a.org.au

REMINDER: Payments at the office can only be made by Cash or Cheque – credit card facilities are **NOT** available.

If you book courses on line, your place will be reserved for 5 days, until payment is received, after which time we reserve the right to cancel the reservation.

Notes from the President's desk...

On behalf of the Management Committee I extend New Year greetings to all members of our wonderful organisation and wish everyone a happy year with Port Macquarie Hastings U3A.

The year will have its challenges but with the cooperation of members and friends, your management committee is confident that we will meet all expectations in successfully providing interesting courses for everyone.

Your committee is pleased to announce that a most favourable agreement has been reached with Catholic Care for Ageing for lease of St Agnes Lodge to be used as the PMHU3A campus.

In conjunction with St Agnes Parish and consultants, King and Campbell, we are in the process of submitting a development approval application with Port Macquarie Hastings Council. The application is expected to meet all issues relating to car parking and council requirements relating

to the needs of PMHU3A including meeting rooms, handicapped access and car parking.

We are indeed grateful to Father Donnelly and Steve Quirk, Parish CEO, for their valued contribution to the welfare of the members of PMHU3A in providing the new premises as the new home base for the organisation to provide the broad range of educational, intellectual, social and physical programs for our members.

Subject to DA approval, Port Macquarie Hastings U3A hopes to take up residency at St Agnes Lodge later in 2013. In the meantime, courses will continue at the existing premises at the Maritime Museum, the Baptist Church and other locations in Port Macquarie, Laurieton and Wauchope.

Finally, I would like to express my sincere thanks to all conveners, who have signed up for 2013. In term one we will be providing a choice of 66 courses in Port Macquarie, Laurieton and Wauchope, which is an amazing achievement.

New members from the retired community are always welcome.

Kevin Pike, President PMH U3A ■

TERM 1 2013 – Course Enrolment

LAURIETON enrolment: LUSC, from 10.30am – 12 noon, MONDAY 21st January 2013.

WAUCHOPE enrolment: Wauchope Library Meeting Room, from 10.00am – 11.00am on TUESDAY 22nd January 2013.

PORT MACQUARIE office: Open 9.30am – 4.00pm from TUESDAY 22nd January – 1st February (closed Australia Day, 28 January) for Membership Renewals and Course Enrolments.

The office will revert to normal office hours of 9.30am – 12.00 noon from February 4th.

If you have not already renewed your Membership for 2013, please ensure you bring your Renew Membership Form (from the November Mid Term Newsletter) and your Course Booking Form (included with

this Newsletter) already filled out. You will be required to fill out the forms again if you do not have them with you.

If you have not renewed your membership before the 1st of February, you will be required to REJOIN U3A, with a joining fee of \$5.00 plus the annual \$35.00 Membership Fee, a total of \$40.00.

I would like to thank all of our members who have assisted us during the past year, and to those who have offered their help for the future when we move in to our new premises later in the year. It is only with your enthusiasm and co-operation that our U3A can move forward to become the organisation that nurtures and supports the community with interest and learning.

Jenny Tucker, Office Administration ■

Meet our new Treasurer, Lorraine Beukers



Lorraine is incognito here, but it IS her!

Lorraine is married to Frank (still, after 45+ years), has 3 children and 8 grandchildren, none of whom live in Port. Over the years she has lived in Tamworth and many Sydney suburbs before moving to Port in May 2011.

Her working background has always revolved around manufacturing industries in roles such as Manufacturing accountant,

Inventory Management, Demand Planning and Materials Supply Planning. She has always been involved in Frank's business in an administration capacity and still tries to keep up with his office admin.

Since moving to Port to semi-retire, she has joined the Pink Ladies and works one day a week at the Hospital and has become actively involved with U3A, which she is thoroughly enjoying. She hopes to be able to enrol in several courses this year.

Her other interests, when time permits, include enjoying the beautiful beach walks of Port, kayaking on the canals, ten pin bowling, fishing and the occasional book. ■

Seniors Lifestyle Expo

U3A will be represented at the Port Macquarie Seniors Lifestyle Expo on 18 March 2013 at Panthers Leagues Club. Volunteers may be asked for some assistance in manning our stall between the hours of 9am and 4pm. In addition some classes will be showcased throughout the day.

I have asked the U3A Network for funding so we can print out copies of the Newsletter for the stall and we have requested the Network to also supply us generic leaflets etc. I will seek volunteers a bit nearer the time.

Happy New Year! — Sue Moll ■

Doug Jones receives elite Engineering award

Doug Jones, convener of our popular "Engineering Marvels" course, has been a "Fellow" of the Institution of Engineers, Australia (EA) since 1993 and recently was presented the award of "Honorary Fellow" of The Institution of Engineers, Australia, the highest category of membership of EA. The general citation the award is based on is:

"Honorary Fellows

Eligible recipients are Fellows of The Institution of Engineers Australia or distinguished non-members, have rendered conspicuous service to the profession of engineering, are eminent in engineering or an allied science, or a distinguished person whom the Council

desires to honour, either for having rendered conspicuous service to the Australian people or in recognition of outstanding achievement."

For 17 continuous years Doug served as an elected office bearer of EA including President of Sydney Division in 1994 and 12 years on the National Council of EA, culminating in his election as National President of EA in 2004.

There are only about 166 Hon Fellows in EA (many now deceased), which has a current national membership of about 100,000. Some well known recipients of the award are:

- HRH The Duke of Edinburgh, Prince Phillip
- His Excellency the former Governor General of Australia, Major General Michael Jeffery
- Former Chief of the Defence Force of Australia, General Peter Cosgrove

Doug is a great supporter of our U3A.

— Eric Graham ■



Doug Jones receiving the Honorary Fellow Award of the Institution of Engineers, Australia, from Karlie Collis, President of Newcastle Division, at their AGM on 5 December 2012.

U3A Network NSW 2013 Annual Conference 4 – 5 April 2013

The 2013 U3A Network Conference is being hosted by U3A Goulburn–Mulwaree Inc. at the Goulburn Soldiers Club.

Features of the conference –

Wednesday 3rd April: Pre-conference informal get-together from 5.30pm for all delegates. **Free.**

Thursday 4th April: Conference program from 9am with speakers to inspire discussion and a variety of interactive workshops to choose from.

Conference Dinner: 7.30pm (\$35)

Friday 5th April: U3A Network AGM and Members' Forum (morning); Excursions in and around historic Goulburn (afternoon).

Early bird Registration (\$52) until 31st January; payment must be received by this date.

Standard Registration (\$60) from 1st February and closing March 14.

Workshops include:

- 1) Hooked on (family) history
- 2) So you want to run a book club?
- 3) Chair yoga & meditation
- 4) Panta REI Fusiondance workshop
- 5) Cultural identity – a source for courses
- 6) A presenter's & tutor's guide to Powerpoint
- 7) Dancewear & costume making
- 8) Let's communicate: U3A Web weavers share their skills
- 9) Maintain your brain

Complete details and forms are available in the office and on the PMHU3A website. ■

What's On!

ENROLMENT DAYS – TERM 1 2013:

See pages 1 and 3.

PMHU3A TERM DATES 2013

TERM 1 2013: February 1 – March 28

TERM 2 2013: May 6 – June 28

TERM 3 2013: July 22 – Sept 13

TERM 4 2013: Oct 14 – Dec 6

U3A Network NSW 2013 Annual Conference: 4 – 5 April, 2013, Goulburn, NSW: See PMHU3A website for details.

Laurieton Choir: Public performance April 12th, 2.00pm, School of the Arts, Laurieton.

For contributions to What's On! in your U3A group, please leave the written information at the U3A office for the Publicity Officer or email to publicity@pmhu3a.org.au

PORT MACQUARIE HASTINGS U3A COURSES – Term 1 2013

ENROLMENTS

- **PORT MACQUARIE OFFICE: Extended Hours 9.30am – 4.00pm 22 January – 1 February 2013 only**
- **WAUCHOPE: 10.00 – 11.00, TUESDAY 22 JANUARY, WAUCHOPE LIBRARY MEETING ROOM**
- **LAURIETON: 10.30 – 12.00 NOON, MONDAY 21 JANUARY, LUSC (UNITED SERVICES CLUB)**

COURSE FEES: The course fees shown here are for members of PMHU3A.

PLEASE NOTE: Port Macquarie courses are in black text; **Wauchope courses in red**; **Laurieton courses in blue** (for web viewing only).

GENERAL DISCLAIMER: Most activities involve some element of risk. Cycling and sailing, in particular, are inherently dangerous activities and require an appropriate level of fitness. While U3A maintains public liability insurance and will endeavour to protect your safety, it cannot remove all the dangers. It assumes that participants, by booking, consider themselves to have appropriate levels of fitness and mobility. Those undertaking activities should therefore be aware that they participate at their own risk.

MONDAY COURSES

World Geography – 8 wks \$16 Malay Peninsula

Class limit: Minimum 15, Maximum 30

Commencing : Monday February 4

Time : 9.30 – 11.30 am

Venue : Maritime Museum Cottage, PM

Convener : Brian Tolagson 6583 4384

Be tempted by Thailand, stupefied by Singapore, mesmerised by Malaysia and bewildered by Burma in an informative, well-researched study of the development of culture.

Australian History 8 wks \$16

Class limit: 40

Commencing : Monday February 4

Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM

Convener : Colin Creek 6584 6535

Didn't do Australian History at school? Or forgotten all about it? Come along each Monday to find out what happened on this date in past years, plus a major topic of the group's choice. (Best morning tea in U3A guaranteed!)

Folk Dance – Beginners 8 wks \$16

Class limit: 30

Commencing : Monday February 4

Time : 9.30 – 11.30 am

Venue : 16 Kingfisher Road, Port Macquarie

Convener : Christine Battisson 6581 5760

Come and experience a smorgasbord of fascinating music and rhythms from around the world in a relaxed atmosphere. No partner necessary. Please bring a pair of jiffies or similar soft shoe without a black sole for dancing.

French 8 wks \$16

Continuing students only – no waiting list

Class limit: Minimum 10, Maximum 12

Commencing : Monday February 4

Time : 10.00 – 11.30 am

Venue : Port Macquarie Library Meeting Rm

Convener : Celine Bird 6582 6822

Elementary Grammar and Conversation.

Aboriginal Culture with 2 wks \$4 Uncle Bill

Class limit 11

Commencing : Monday Feb 25 & March 4

Time : Feb 25 from 10.00 – 12.00 noon

March 4 from 10.00 – 12.30 pm

Venue : LUSC, Laurieton

Convener : Bill O'Brien

The course is about **Aboriginals from settlement to 2013 and how government policies have affected Aboriginals, a bus trip that will include Sea Acres to see the *Spirit of the Land* exhibition.**

Italian language 8 wks \$16

Continuing students, names taken

Commencing : Monday February 4

Time : 10.00 – 12.00 noon

Venue : Library, Laurieton

Convener : Marie Addario 6559 6289

This course would suit those who have a little knowledge of the Italian language and would like to practice conversation skills and basic grammar to improve understanding, speaking and reading.

Book Club 2 sessions \$4

Class limit 10 (names taken)

Commencing : 2nd Monday of the month,

February 11

Time : 10.00 – 12.00 noon

Venue : 3 Wattle Close, Laurieton

Convener : Pat Trood 6559 6442

Book Club is a casual friendly group who meet to discuss a common novel once a month. We access the books and questions through the local library

Vox Choir – 8 wks \$16 PMHU3A Voices with Robyn Ryan

Class limit: unlimited

Commencing : Monday February 4

Time : 12.30 – 1.30 pm

Venue : TBA (If you know a venue that has a piano, please contact Faye)

Convener : Faye Davis 6583 9105

Our Vox choir continues this term with fun, camaraderie and song. New members are very welcome. There will be an additional fee for expenses for the course of \$25 per person to be paid **on registration at the U3A office in the Maritime Museum cottage.**

German Conversation 8 wks \$16

Class limit: Minimum 4, Maximum 10

Commencing : Monday February 4

Time : 2.00 – 4.00 pm

Venue : Baptist Church Outer Hall, PM

Convener : Mike Pepperday 0431 606 380

This informal group is intended for those who have enough grasp of German to contribute to a normal conversation on any topic.

Cryptic Crosswords 8 wks \$16

Class limit: Minimum 6, Maximum 12

Commences : Monday February 4

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convener : Dick Engel 6583 6663

No beginners, but there will be a table for those who have done a beginners course previously, dealing with crosswords of average difficulty. A separate table to solve David Astle's Friday puzzle from the SMH. Small fee for copying.

Learning Circle 8 wks \$16

Class limit 15

Commencing : Monday February 4

Time : 2.00 – 4.00 pm

Venue : Masonic Hall, Whiddon Group Retirement Village. Entrance via Tunis Street, Laurieton.

Convener : Jude Roberts 6556 7668

Where everyone has the opportunity to express their opinion, discuss current affairs, relate their own experiences and consequently learn about a wide range of topics determined by the group itself.

A small amount of research is encouraged to create discussion points, knowledge and interest.

TUESDAY COURSES

Current Affairs Discussion 8 wks \$16 Group

Continuing group members only

Class limit: 12

Commencing : Tuesday February 5

Time : 9.30 – 11.30 am

Venue : "Mac" Adams Music Centre, Fillmore Room) near The Players Theatre, PM

PORT MACQUARIE HASTINGS U3A COURSES – Term 1 2013 *(continued)*

Convener : Muriel Biggs 6584 4342

Discussion group focusing on current issues, local, national and international.

Exercise for Seniors 8 wks \$16

Class limit: Minimum 15, Maximum 30

Commencing : Tuesday February 5

Time : 9.30 – 11.00 am

Venue : "Mac" Adams Music Centre (Main hall) near The Players Theatre, PM

Convener : John Harlow 0407 456168

Group exercise programme for seniors – to maintain fitness and to try to prevent falls.

Global Warming/ Climate Change 2 wks \$4

Class limit: Minimum 5, Maximum 35

Dates : Tuesday February 5 & 12

Time : 10.00 am – 12 noon

Venue : Baptist Church Outer Hall, PM

Convener : David Smith 65820370

I will present the basic science, where we are at, the expected impacts, how we are trying to mitigate the effects and the controversy (we all know that someone is lying).

Meditation for Beginners 2 wks \$4

Class limit: Minimum 5, Maximum 10

Dates : Tuesday February 5 & 12

Time : 10.30 – 11.30 am

Venue : John Worner Centre, Lourdes Village, PM

Convener : Carol Baker 6582 0370

Meditation is a means to achieve a peaceful mind. Learn the basics of how to sit for meditation (chairs available) and some techniques to still the mind. The course will also look at meditation within the context of yoga philosophy.

Philosophy, The Ancient Greeks 6 wks \$12

Class limit: Minimum 6, Maximum 35

Commencing : Tuesday February 19

Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM

Conveners : David Smith and Carol Baker 6582 0370

Over 2000 years ago the ancient Greek philosophers set the stage for the unfolding of Western Philosophy. Learn about the pre-Socratics, Socrates, Plato, Aristotle and others and how their ideas still influence us today.

Adult Learning Circle 8 wks \$16

Class limit: 16

Commencing : Tuesday February 5

Time : 10.00 – 12.00 noon

Venue : Maritime Museum Cottage, PM

Convener : Joy Woods 6581 3977, 0438 049953

Focussed discussion topics chosen by the participants and enriched by guest speakers, videos and outings.

Go Girls and Boys 7 wks \$14

Group limit: Minimum 4, Maximum 20

Commencing : Tuesday February 5

Time : 10.00 am – 4.00 pm

Venues : Various

Convener : El Rose 6584 6114 for inquiries

A fun morning of movies and lunch to meet new friends. The best way to enjoy social culture together. Movie and venue vary according to programmes available. Any movie buffs?

Law of Attraction in Action 4 wks \$8

Class limit 10

Commencing : Tuesday February 5

Time : 10.00 am – 12.00 noon

Venue : Library, Laurieton

Convener : Maggie Adkins 6559 4564

"Is the Law of Attraction working for you? If so, come and share. If not, come and find out why."

Garden and Kitchen tips 2 wks \$4 for health benefits

Class limit 10

Commencing : Tuesday March 5 & 12

Time : 10.15 am – 12.15 pm

Venue : LUSC, Laurieton

Convener : Rita O'Brien 6559 6157

Week 1: Come along and be surprised what you have in your kitchen cupboard that has health benefits. **Week 2:** Surprise yourself with the tips for well-being that the garden has for you.

Come along for discussion and if you have any tips bring them with you.

Creative Embroidery 1 wk \$2

Class limit: Minimum 5, Maximum 30

Date : Tuesday February 12

Time : 12.15 – 1.30 pm

Venue : Maritime Museum Cottage, PM

Convener : Jill Williams 6582 2374

Join this no obligation/one-off presentation. A "find out session" to learn about a very different approach to embroidery. It could well be just what you have been eagerly awaiting. A talk with accompanying slides will reveal the exciting work you will be tackling if you choose to join the group, scheduled later in the year at The Lodge.

Google A to Z 8 wks \$16

Class limit: Minimum 5, Maximum 15

Commencing : Tuesday February 5

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convener : Harry Williams 6582 2374, 0418 551967

Google A to Z – The next step. Create a Google web site (No programming needed). Locate content for the site, create a Google blog site to complement your web site. Learn to use links, images, video and YouTube on your sites. (Weekly research at the homework web site will enhance your experience).

Aimed at those who are experienced with Internet use.

Making Changes 4 wks \$8

Class limit: Minimum 10, Maximum 12

Commencing : Tuesday February 5

Time : 2.00 – 4.00 pm

Venue : Baptist Church Outer Hall, PM

Convener : Joanne Houston 0488 223358 (phone only/no texting)

Week 1: collage (bring cardboard, some pictorial magazines, scissors, sticky tape), Week 2: Hurdles, Week 3: Actions, week 4: Results.

AusLit Book Club 2 sessions \$4

Class limit : Minimum 6, Maximum 10

Meeting : 2nd Tuesday (Feb 12 & March 12)

Time : 2.00 – 4.00 pm

Venue : Port Macquarie Library Meeting Rm

Convener : Karen Brown 6582 6515

Book discussion group reading contemporary Australian literary fiction. We will utilise PMQ library Bookshare booksets and some personal book purchases.

U3A Book Club 2 sessions \$4

Continuing group members only

Class limit: 20

Meeting : 4th Tuesday (Feb 26, March 26)

Time : 2.00 – 4.00 pm

Venues : Private homes & 11 Olivine St, PM

Convener : Helen Rasmussen 6582 7820

Members enjoy discussing different books and their authors in a friendly environment.

WEDNESDAY COURSES

Australian History 8 wks \$16

Class limit: 30

Commencing : Wednesday February 6

Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM

Convener : Eric Graham 6581 1647

On Wednesday we have a "Reader's Digest" look at Australian History. We will cover topics such as the achievements of 223 years of European settlement and the heritage bequeathed by the first inhabitants. You help choose the topics and we will help you research them. Perhaps sometime in the future you may like to make a Presentation? It is very rewarding. We ask "Why is Australian History so interesting? Our answer is "It's because you can almost "touch it". Join us to find out more. We would love to have you.

Improve Your Writing 8 wks \$16

Class limit: Minimum 5, Maximum 10

Commencing : Wednesday February 6

Time : 10.00 am – 12.00 noon

Venue : Port City Bowling Club, PM

Convener : Bessie Jennings 6584 5425

Members have a chance each week to submit something they've written, and receive helpful feedback – also to give feedback to others.

PORT MACQUARIE HASTINGS U3A COURSES – Term 1 2013 *(continued)*

The Magic of Movies 6 wks \$12

Class limit: 20

Commencing : Wednesday February 6

Time : 10.00 am – 1.00 pm

Venue : Maritime Museum Cottage, PM

Convener : Florence Gibbons 6583 3573

Whether you are a student of cinema, a discerning film buff, a casual film goer or a film enthusiast, this is the course for you. Sit back and enjoy a movie, discuss and critique.

Extraordinary Discussion 8 wks \$16 Group

Class limit: 10

Commencing : Wednesday February 6

Time : 10.00am – 12 noon

Venue : Senior Citizens, Nikki Adams Rm, PM

Convener : Greg O'Connor 6583 9715

Unbelievably Intriguing, Humorous, Interesting and Educational. Acknowledging we can all learn from each other, especially when our views of the world are different, we will engage in lively, non-abusive dialogue discussing ideas, opinions and thoughts on Local, State, Federal and International issues in a peaceful environment together with an empathetic attitude towards those who have a different opinion.

Camden Haven Ukulele 8 wks \$16 Musicians (CHUMS)

No class limit

Commencing : Wednesday February 6

Time : 9.30 – 11.30 am

Venue : Uniting Church, Bold St. Laurieton

Convener : Carole Fitches 6559 9905

Beginners included in first term, review after that according to numbers if we need to start up a beginners group. The usual group will commence on the same day, whether you have little knowledge, or heaps come along and join our happy group. Our main aim is to have fun and enjoy ourselves.

German Language 8 wks \$16

Class limit 10

Commencing : Wednesday February 6

Time : 10.00 am – 12.00 noon

Venue : Library, Laurieton

Convener : Karin Dienemann 6559 5977

Ever thought of learning a language? Why not German! Whether you are a complete beginner, want to refresh your school German or have lived in a German speaking country and don't want to loose your German... Everybody is welcome!

Photos from your Camera 1 wk \$2 to your Computer

Class limit: Minimum 4, Maximum 6

Date : Wednesday February 6

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convener : Sue Whitby 0409 955920

How do I do that? Transfer your photos from your camera to your computer and put them

into the right folders. Plus you will be able to rename and move the folders around, then burn your photos to a Thumb Drive for safe keeping. Bring camera plus thumb drive [USB] to class. There will be a small fee for photocopying. Please bring your laptop with you.

Basic Computer 2 wks \$4 Understanding

Class limit: Minimum 4, Maximum 6

Dates : Wednesday March 6 & 13

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convener : Sue Whitby 0409 955920

Learn the basic skills of a computer: learn how to navigate the system, start programs, copy files, create folders, use shortcuts and perform other common tasks, teaching participants the practical skills of managing their computer. There will be a small fee for photocopying. Please bring your laptop with you.

Who Are We? 8 wks \$16

Class limit: Minimum 10, Maximum 20

Commencing : Wednesday February 6

Time : 2.00 – 4.00 pm

Venue : Baptist Church Outer Hall, PM

Convener : Des Davis 6583 9105

Thirteen years into the 21st century Australia is a complex, pluralist, diverse society. Can we distinguish a cultural identity in this diversity? We will explore this question through examination and discussion of some key issues such as: Do we all have two cultures – one Australian and one something else? Has herstory made much impact on history? Are we part of Asia in more than proximity? National icons and legends – are they real or imagined? "Jack as good as his master" – are we a classless society? How do you tell a *banana bender* from a *croweater* and does it matter? Separation, assimilation, integration or intervention? Opera House and community hall – where do we find our arts?

Class members will be expected to contribute to the exploration from their own experience and perhaps a bit of research.

The Sound of Spanish 5 wks \$10

Class limit: 12

Dates : Wednesday February 13, 20, 27 &

March 20 & 27

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convener : Maria Jackson 6583 4325

This course is aimed at people with no prior knowledge of the language. The objective is to provide the participants with a friendly approach to Spanish language.

Don't be late for Dinner 2 wks \$4

Group limit: 12

Dates : February 13 & March 13

This is an uplifting and stimulating group. Join us for diner at various Port Macquarie restaurants. We meet once a month at 6.30pm

on the second Wednesday of the month at the chosen restaurant.

Inquiries: Patricia White 6581 1816

U3A Diners' Group 2 wks \$4

Group limit: 10

Dates : February 27, March 27

Bored with your usual home-cooked meals? Think about joining a happy group of diners who enjoy an exchange of ideas and humour. We meet at 6.45pm on the last Wednesday of the month at a variety of restaurants.

Inquiries: Marguerite O'Connor 6581 2614, Sheila Millsom 6584 3031

Scrabble at Laurieton 8 wks \$16

Class limit 16

Commencing : Wednesday February 6

Time : 2.00 – 4.00 pm

Venue : LUSC, Laurieton

Convener : Joan Pickard 6559 9681

Scrabble for pleasure. We use only the Macquarie dictionary for reference. Please bring your board if you have one.

Tai Chi 3 wks \$6

Class limit 15

Commencing : Wednesday February 6

Time : 6.30 – 7.30 pm

Venue : at the rear of the LUSC

Convener : Alison Dhu 0431682357

Tai Chi originates from China and is now practiced throughout the world as an effective exercise for good health. Tai Chi consists of gentle movements that are relaxed and in slow tempo. Breathing is deepened and slow. Tai Chi improves flexibility, muscle strength, balance and relaxation, increases heart/lung activity, improves posture and integrates body and mind.

THURSDAY COURSES

Cycle the Hastings 8 wks \$16

Class limit: 15

Commencing : Thursday February 7

Time : Meet at 8.15am (departure at 8.30)

Venue : First ride meets at Port Macquarie

racecourse carpark, Oxley Highway

Convener : Colin Imer 6581 2610,

0428 276 500

Join like-minded people on a series of rides around Port Macquarie, Wauchope and Camden Haven. Get out your helmet, cycle, riding gear and experience some great rides.

NOTE: This course is NOT for beginners and enrolment is NOT available online. (Conditions apply.)

Tai Chi with Conni 8 wks \$16

Class limit: Minimum 10, Maximum 30

Commencing : Thursday February 7

Time : 9.30 – 11.00am

Venue : Senior Citizens Auditorium

Munster Street, Port Macquarie

PORT MACQUARIE HASTINGS U3A COURSES – Term 1 2013 *(continued)*

Conveners : Conni Gentleman 6584 5487
Tai Chi. For relaxation, breathing and balance.
Beginners welcome.

**French for Travellers – 8 wks \$16
Beginners**

Class limit: 12

Commencing : Thursday February 7
Time : 10.00 am – 12 noon
Venue : Governor's Retirement Resort, PM
Convener : Sue Moll 6582 2785

This is a continuing class but still at a fairly basic level, however to join you will need to have some level of French and will need to speak to Sue before enrolling.

Let's Go Sailing 3 wks \$6

Class limit: Minimum 3, Maximum 16

Dates : Thursday February 7
(+ 2 to be decided by participants)
Time : 10.00 am – 12 noon
Venue : Maritime Museum Cottage, PM
Convener : Tom Lambert 6583 3548

The first session will be an introduction to yachting to acquaint participants with an elementary knowledge of the theory of sailing and commonly used terms. The following sessions will be held on board Tom's 40ft (12 metre) cruising yacht on the waters of Port Macquarie. We will not be going outside the Bar. There will be an additional small charge for fuel and porta gas.

NOTE: Enrolment is NOT available online (Conditions apply).

**French for Travellers – 5 wks \$10
Intermediate**

Class limit: Minimum 5, Maximum 20

Commencing : Thursday February 28
Time : 10.00 am – 12.00 noon
Venue : Maritime Museum Cottage, PM
Convener : Lyn Brown 6583 8202

The emphasis will be on French conversation – practising situations tourists may encounter in a French-speaking country. Grammar will be explained, but not in depth. It will be a fun course, suitable for people who already have a basic knowledge of the language. Participants are required to purchase a text costing \$32.

Scrabble at Port 8 wks \$16

Class limit: Minimum 8, Maximum 20

Commencing : Thursday February 7
Time : 9.30 am - 12 noon
Venue : Baptist Church Outer Hall, PM
Convener : Audrey Edwards 6582 0413

For those interested in, or learning to play, scrabble, in an enjoyable and friendly atmosphere. Please bring your own boards.

Improve Your Writing 8 wks \$16

Class Limit: Minimum 5, Maximum 10

Commencing : Thursday February 7
Time : 2.00 – 4.00 pm
Venue : Port City Bowling Club, PM

Convener : Bessie Jennings 6584 5425

Members have a chance each week to submit something they've written, and receive helpful feedback – also to give feedback to others.

Destinations 8 wks \$16

Class limit: 30

Commencing : Thursday February 7
Time : 2.00 – 4.00 pm
Venue : Maritime Museum Cottage, PM
Convener : Warren Scott 6584 7080

Travel is to open another world. Destination is the experience. Join us for this journey. Your story – our story.

Indigenous Issues: 8 wks \$16

Past & Present

Class limit: 35

Commencing : Thursday February 7
Time : 2.00 – 4.00 pm
Venue : Baptist Church Outer Hall, PM
Convener : John Brownsberger 6583 9336

Indigenous history has been written by non-indigenous historians. This course traces the issues which affect Aboriginal Australians and tries to identify the myths of Aboriginal issues.

**Instant Indonesian for 8 wks \$16
Travellers**

Class limit: Minimum 5, Maximum 10

Commencing : Thursday February 7
Time : 2.00 – 4.00 pm
Venue : Port Macquarie Library Meeting Rm
Conveners: Peter or Leticia Koop 6587 1061

This course will cover basic Indonesian key words and phrases for travellers, useful everyday vocabulary for street language conversation. Basic grammar will also be explained.

Public Speaking 8 wks \$16

Class Limit: Minimum 10, Maximum 15

Commencing : Thursday February 7
Time : 11.00 am – 1.00 pm
Venue : LUSC, Laurieton
Convener : Justyn Phillips 6556 9731

In a short course in public speaking you will:

- Improve your communication skills so that you are more confident to talk in front of people.
- Prepare a number of speeches in quick succession.
- Find that your improved presentation skills will win you the respect and admiration of your colleagues.
- Benefit because your participation will increase your leadership skills.

Tai Chi 3 wks \$6

Class limit 15

Commencing : Thursday February 7
Time : 11.30 am – 12.30 pm
Venue : at the rear of the LUSC, Laurieton
Convener : Alison Dhu 0431 682 357

Tai Chi originates from China and is now

practiced throughout the world as an effective exercise for good health. Tai Chi consists of gentle movements that are relaxed and in slow tempo. Breathing is deepened and slow. Tai Chi improves flexibility, muscle strength, balance and relaxation, increases heart/lung activity, improves posture and integrates body and mind.

Mah Jong 8 wks \$16

Class limit 16

Commencing : Thursday February 7
Time : 2.00 – 4.00 pm
Venue : LUSC, Laurieton
Convener : Justyn Phillips 6556 9731

We will repeat the basics of Mah Jong and play special hands. 'The Game of Mah Jong illustrated' by Patricia A. Thompson & Betty Maloney is the book that will be the base of the rules, counting and special hands. Please, bring your own game of Mah Jong with you.

Folk Dances – Intermediate 8 wks \$16

Class limit: 30

Commencing : Thursday February 7
Time : 4.00 – 6.00 pm
Venue : 16 Kingfisher Road, Port Macquarie
Convener : Christine Battisson 6581 5760

Come and experience a smorgasbord of fascinating music and rhythms from around the world in a relaxed atmosphere. No partner necessary. Please bring a pair of jiffies or similar soft shoe without a black sole for dancing.

FRIDAY COURSES

Behind the Headlines 8 wks \$16

Class limit: 40

Commencing : Friday February 1
Time : 9.00 – 11.00 am
Venue : Port City Bowling Club, PM
Convener : Frank Jennings 6584 5425

Join our group of friendly people and get more background to help you consider and understand current political, economic and social issues and how the media treats them.

Short Stories for Fun 7 wks \$14

Class limit: Minimum 6, Maximum 8

Commencing : Friday February 8
Time : 10.00 am – 12.00 noon
Venue : Baptist Church Outer Hall, PM
(except Feb 22 when venue to be decided by class)
Convener : Scott Barnes 0431 974167

To explore and develop the writing of short stories. Record your life experiences to share with friends and family and share your writing with like-minded people.

Energy Therapies 1 wk \$2

Class Limit: Minimum 5, Maximum 35

Date : Friday February 22
Time : 10.00 am – 12 noon
Venue : Baptist Church Outer Hall, PM

Volunteers Required For Skyping Program

Poppy Bernhard – a Wauchope U3A member and convener for ‘Scrabble at Wauchope’ has been helping residents at Bundaleer to use Skype to talk to their families away from home. I suggested to her that some of our members would perhaps be interested in helping with what appears to be a very demanding but valuable program.



Joy, “Skyping” at Bundaleer

Bundaleer Nursing Home in Wauchope will soon be commencing a Skyping program as part of their Keeping In Touch and Keeping Calm Project and will have a laptop dedicated to keeping residents in contact with family members who cannot visit because of distance.

Regular Skyping has already been operating for two nursing home residents with extremely beneficial effects to their health, happiness and general wellbeing and it is hoped this can be extended to other residents with the assistance of volunteers.

If anyone would like to assist, please contact the nursing home manager Bron McCrae on 6583 2344.

You can contact Poppy at poppy@postbox.ogbourne.id.au for more information.

— Nick Ogbourne ■

REMINDER TO ALL MEMBERS:

Especially for those who are in a small class/group, if you can't attend at any time, please let your convenor know.

If undeliverable, return to:

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

PMHU3A Newsletter

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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 office@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.

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