

## ENROLMENT DATES TERM 2 2015

### AT LAURIETON

Monday 20 April  
10.30am – 12 noon  
Laurieton United Services Club

### AT WAUCHOPE

Monday 20 April  
10.00am – 11.00am  
Wauchope Library

### AT PORT MACQUARIE

Monday 20 April – Friday 1 May  
9.30am – 3.30pm daily

You **MUST** be a **MEMBER OF PMHU3A** to enrol in a course. **MEMBERSHIP APPLICATION FORMS** may be obtained from the office or downloaded from the website, or you can apply online.

Please **WEAR YOUR BADGE** when attending an enrolment centre. Collect a **COURSE BOOKING FORM**, fill in your **MEMBERSHIP DETAILS** and **TICK THE COURSES** you wish to join. The **COURSE BOOKING FORM** can also be downloaded from the website.

You may enrol and pay for courses by:

- **IN PERSON** at the **Office** with your Course Booking Form and cash or cheque.
- **ON-LINE:** at [www.pmhu3a.org.au](http://www.pmhu3a.org.au) and then by bank transfer.
- **POST:** Enclose cheque with your Course Booking Form to:  
Port Macquarie Hastings U3A Inc.  
PO Box 1210  
Port Macquarie 2444

**We have NO credit card facilities.**

### Office Location:

The U3A Centre  
2 Lochinvar Place  
Port Macquarie 2444

**Phone No: 6584 4192**

**Hours: 9.30am – 3.30pm**

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

## From the President...

I am pleased to report that all activities of PMHU3A have been most successfully managed by our hard working team during Term 1. To all our volunteers – thank you.

We have recently welcomed Colin Imer to the Management Committee. Colin is looking forward to the challenges of his Publicity portfolio.

Members continue to enjoy a wonderful and expansive program of courses with good enrolments across the board. Membership numbers remain in line with last year. We will again have approximately 80 courses on offer in Term 2.

An important part of the expanding activities of PMHU3A is the program of social events, barbecues and additional term holiday activities. Members are invited to join in these events, which I'm sure you will enjoy. I thank the Social Committee in planning the program, in particular Betty Starr, Jacqui Everett and their great team of supporters.

We are delighted that former Deputy Prime Minister Tim Fischer has accepted our invitation to visit the Centre on Monday 13th April to present a talk about the great Australian military commander, General John Monash. The talk will commence at 2.30pm and everyone is welcome.

Please also note the following dates:

- Wednesday 15th April – *Wauchope Centenary of Rail – Historic Rail Motor Trip*. A trip on the 'Tin Hare' from Wauchope to Kendall return. BYO lunch or join a U3A luncheon group at Wauchope RSL.
- Friday 24th April – *ANZAC Centenary Commemoration* 2pm – 4pm.

(see **What's On** for details - Ed.)

Financially, we continue to operate efficiently in meeting our overall budget objectives for the year as it continues to roll out. As previously reported, last year's Fundraising program was a huge success, with the overall objectives realised. Thank you again for your support.

## IMPORTANT NOTICES

### PAYMENTS

Payments made at the office must be by cash, cheque or money order. PMHU3A is **not** able to accept payment by credit or debit card.

### PHOTOCOPYING

Copies of the newsletter and course program may be obtained from the office at a cost of 50 cents for the newsletter and \$1 for the program.

### ADVERTISING & PROMOTION

It is the general policy of PMHU3A **not** to advertise or promote non-U3A related events or activities, either through its publications or at the Centre. Any member who wishes to use PMHU3A to publicise anything not directly related to our activities **must** obtain permission from the Management Committee.

Members will be interested to hear that we will soon be finalising arrangements to complete the shade awnings over the courtyard. I take this opportunity to thank Sue and Andrew Moll and Claire and John Meyer for their generous financial support to these projects.

I am also pleased to report that the Rotary Club of Port Macquarie West has generously provided \$2,000 towards the PMHU3A 'Future Fund'. I thank the management committee and members of the Rotary Club PMW in supporting the appeal, which was set up as a tribute to Eric Graham.

The 'Future Fund' monies will be put to use in meeting the cost of the technological requirements of PMHU3A.

Finally, on behalf of all members, I extend our best wishes to Neil Buxton and his wife, Garry. Neil, our much loved Australian History lecturer, is currently undergoing serious medical treatment. We miss his extraordinary presentations on Fridays and our thoughts are with him.

Kevin Pike, President PMHU3A ■

## *'Mens sana in corpore sano'*

The saying comes from a poem by Juvenal, a 1st century Roman poet, and is usually translated as 'a sound mind in a sound body'. This, of course, is a most desirable state and something to which we all aspire, but it's also true that, as we grow older, maintaining the soundness of our minds and bodies becomes increasingly difficult.

Fortunately, U3A is there to help. We offer not only a range of classes sufficient to satisfy the keenest appetites of the mind but also a number aimed at helping the body as well. If you have two wheels (and balance) you can challenge yourself by joining Colin Imer's cycling group. If you like music and dance then the folk-dancing group might be just the thing for you, while those preferring a more meditative path could try Hatha Yoga, Yogalates or Tai Chi. But if you simply want to focus on maintaining as much fitness and mobility as you can there are John Harlow's popular



*Folk Dancers in Israeli costume*

Exercise for Seniors classes – *Mature and Motivated* at Town Beach and *Mobility Plus* at the U3A Centre.

When Joy Earnshaw enrolled in *Mobility Plus* in 2013 she was living in a full-time care facility. Since then her mobility has improved so much that she now lives in a self-care unit and is virtually self sufficient. Joy is very dedicated and while the in-house session happens only once each week, and only in term time, she does the exercises at home, usually three times each week. This has helped her progress to her current fitness level and given her a very positive outlook on life. Joy is an inspiration to all of us to do as much as we can to keep our bodies, as well as our minds, as active as possible.



*a Joy and an inspiration*

## **Conveners' Lunch**

The annual lunch to say thank you to our conveners was held at Bluewater Tavern, Flynn's Beach on 22 January. Forty seven conveners enjoyed a meal, a drink or two and plenty of animated conversation. It's just about the only time of the year when we can get most of our conveners together to exchange ideas and tell some of their stories.



*Maggie, Kevin, Sue & Lorraine*

Towards the end of the meal President Kevin Pike spoke briefly, expressing his gratitude to all those members who give so much time and energy to running the great range of courses offered by U3A.

When the traditional cake made its appearance Course Coordinator Maggie Wilson was proffered

the knife. But, unlike what's happening in parts of our education system, no courses were cut – only the cake.

## **Congratulations to Laurieton Voices**

On Friday the 13th April U3A Laurieton Voices celebrated their 3rd Birthday. The day started with a luncheon at 12 noon, followed by singing several of their favourite tunes such as *Edelweiss*, and *The Battle Hymn of the Republic*. The afternoon finished with the cutting of the birthday cake by Sue Bartholomew and everyone singing Happy Birthday.



*Above: Sue Bartholomew cuts the cake*

*Below: James Hannah conducts the choir*



## **Australians and the Boer War**

We were delighted to entertain two visitors from Bloemfontein, South Africa recently – Dr Arnold van Dyk and his wife Sonja Myburgh. Arnold, a radiologist and ardent cricket fan, is an expert on the history of the Boer War. Sonja is a prize-winning photographer specialising in wildlife photography.

It was a pity that their visit was so short as it would have been great to hear Sonja speak about her experiences but we did manage to get Arnold to present a talk on the Boer War to the Australian History groups.

Australian military history has such a strong focus on the two World Wars that the involvement of young Australians in the Boer War is easily overlooked. So it was most interesting to have Arnold tell us about their participation in the Imperial forces, and how the war was seen and fought from each side of the conflict.

It is always fascinating to have outside speakers who bring a new perspective to our history and we are very grateful to Arnold and Sonja for being so generous with their time.



*Arnold and Sonja with Kevin*

## A Robust Constitution

Elsewhere in this newsletter we look at how PMHU3A offers members opportunities to maintain and improve their individual constitutions. But what about PMHU3A itself? Is its constitution appropriately serving our association's purposes and plans, now and into the future?

An organisation's constitution is an important document, setting out the objectives of the organisation and the rules under which it operates in order to meet them. With incorporated associations such as ours the basic rules are dictated by the Associations Incorporation Act 2009, but rules specific to the particular association may be included provided they comply with the relevant legislation.

Our present constitution was drawn up just over a decade ago when Hastings Valley U3A was formed. Although a few minor changes have been made since then it has become increasingly clear that the document does not address certain matters as fully as it should, nor does it fully take into account the circumstances in which we now operate. Since 2005 our membership has increased ten-fold and the number of courses offered each term has risen from 11 to over 80. As important as scale, however, is the growth in the complexity of our operations, especially now that we occupy our own premises.

With this in mind that the Management Committee has undertaken a comprehensive review of our constitution and prepared a new draft constitution for consideration by members. Most existing special provisions have been retained but two major changes are proposed. The first concerns the annual election of office bearers. Under the present constitution a member who has occupied a particular office for three consecutive years is ineligible to nominate for that same position. Similarly, a member who has served as an office bearer for six consecutive years is ineligible to nominate for any office. It is proposed that these caps be removed, thereby permitting any member, provided he or she meets the normal eligibility criteria, to nominate for office at each annual election. The second change relates to proxy votes, which are permitted under the present constitution. It is now proposed that proxy voting be abolished.

The new draft constitution, with explanatory notes, will soon be made available both online and in the office for members to inspect and comment. It will then be further reviewed in the light of

comments received before being put to a Special General Meeting of members for consideration and adoption.

We hope that as many members as possible will engage with this issue.

## U3A's Got Talent

Over eighty members and guests braved damp weather to attend the *U3A's Got Talent* concert at the Tenison Woods Centre on 21st March, and for almost two hours were entertained with music, drama, poetry and anecdote. Guitarists Dave Smith, Eleanor Pinkerton, Dagmar Brenne and Brian Tolagson were interspersed throughout the program, performing a variety of songs including some of their own compositions. There were more songs from the Combined U3A Choirs and The Bass Boys, both accompanied by pianist Rhonda Samson. Lady Bracknell (aka Faye Davis) was there too, admonishing young John Worthing (aka Des Davis) for his ignominious origins, and Des and Faye were joined by other members of



Eleanor Pinkerton

their drama group to give us an insight into women, sex and wine according to Aristophanes. Bessie Jennings recited, with characteristic vigour, two of her amusing poems, and Bob English treated us to a humorous monologue. The audience greeted all the performances with enthusiastic applause and, after a splendid afternoon tea, everyone left for home convinced that U3A really does have talent. Our thanks to Betty Starr for organising the event, to all the performers, and to everyone who helped make it such a success (see photos on page 4).

## Intergenerational Connection

We're all well aware that growing older has its problems, but so, if we can remember that far back, does growing up. In today's pressured world young people in their teens and early twenties often face difficult social, personal and relationship issues and don't quite know where to turn for help

## What's On!

**ENROLMENT DATES – TERM 2 2015:**  
See page 1.

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**PMHU3A TERM DATES 2015**

**TERM 2:** 4 May – 26 Jun

**TERM 3:** 27 Jul – 18 Sep

**TERM 4:** 19 Oct – 11 Dec

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**TIM FISCHER – EMINENT SPEAKER**

will speak about the great Australian World War 1 military commander, General Sir John Monash.

Room 10, PMHU3A Centre

13 April 2015

2.30pm

Cost \$5 for Afternoon Tea

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**RAIL EXCURSION**

Wauchope – Kendall return

15 April 2015

Depart Wauchope 11.45am

Car pool drivers and passengers leave the PMHU3A Centre at 10.45am

Tickets \$20

BYO lunch or join a group at the Wauchope RSL

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**ANZAC COMMEMORATION**

Honouring those who served

24 April 2015

2.00pm – 4.00pm

PMHU3A Centre

Cost \$5 for afternoon tea of damper and Cockies Joy

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**FILM SHOW**

The Best Exotic Marigold Hotel

29 April 2015

10.00am – 12.00 noon

PMHU3A Centre

to be followed by a sausage sizzle

Cost \$2 (film only) \$5 (film and sizzle)

and advice. With this in mind the Hastings Youth Advisory Council has developed a program (an "app" for those of you familiar with the term) which provides the kind of information they might need. It's called the **Hastings Youth Directory** and can be downloaded on to their smartphones or tablets (iPhone, iPad and their Android counterparts) free of charge. So if you have grandkids or know other young people living in the Hastings region, why not let them, or their parents, know about the app, so that if and when they need help the information is always at hand.





U3A's

Got

Talent

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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.  
 Any member who does not have a name badge should contact the office.

**CHANGE OF ADDRESS OR EMAIL**  
 – Please inform the Office on 6584 4192 or via email on [office@pmhu3a.org.au](mailto:office@pmhu3a.org.au) if you move house or change your email address.

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