

## ENROLMENT DATES TERM 1 2017

### AT LAURIETON

Monday 23 January  
10.30am – 12 noon

Laurieton United Services Club

### AT PORT MACQUARIE

Monday 23 – Wednesday 25 Jan  
Friday 27 January  
Monday 30 Jan – Friday 3 Feb  
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. Annual membership costs \$35 and there is an initial joining fee of \$5.

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

**Please note that 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 hope that all members had a very happy festive season and are feeling reinvigorated for what promises to be another exciting year at U3A.

Last year ended with a bang, courtesy of our patron, Rob Oakeshott, who spoke to a capacity audience about his work with the UN Development Agency in the Pacific region. It was an excellent talk and a report is on page 3 of this newsletter.

Now to the future and what's in store for us in 2017. First, you'll be pleased to hear that all our most popular courses will continue. However, there are some new ones, too, which I think you'll find stimulating. They cover a broad range of topics and you can read more about some of them on page 2.

We have begun to explore the possibility of establishing links with Charles Sturt University whose new Port Macquarie Campus opened last year, though what form they might take is uncertain at this stage. The university expects to enrol many more students this year and is looking for residential accommodation for them. If you feel you can help in this regard please contact Sandra Wallace at CSU.

On 19 January we take the opportunity to thank our most dedicated volunteers – the conveners and office, IT and maintenance personnel who keep things running day by day – with a 'thankyou' lunch. It is a small reward for all the effort they put in throughout the year.

As usual there will be a number of social functions and special events in 2017. The first is an Open Day to be held at the centre on 11 March during Seniors Week. It will provide an opportunity for members of the general community to see our facilities and speak to conveners about the courses they offer. So bring your family and friends along to the centre for an hour or two. I'm sure that you, and they, will find that the time has been well spent.

We are currently fortunate in that we are confronted by very few problems. Those we do face are, paradoxically, a

## Enrol Online

You may enrol in courses online from 00.00 hours on 23 January (midnight on 22 January). Just go to our website at [www.pmhu3a.org.au](http://www.pmhu3a.org.au) and log in with your username and password. You will find the course program there together with the online booking form and payment information.

Members are encouraged to use this easy and convenient service.

consequence of our success, reflected in the growing number of members who come to the centre each week. This places considerable stress on our parking facilities and although we are always searching for solutions, we risk breaching the conditions of our lease if members fail to observe the restrictions to which we have agreed. Most importantly, we request that you do **NOT** park in Lochinvar Place as the spaces in front of both our centre and the Tenison Woods Centre are reserved for Catholic Care of the Aged (CCA). Spaces allocated for our use are on the streets above and below the centre and are marked 'U3A'. There are also four disabled parking spaces in the centre forecourt. We ask you to respect the arrangements and not put our lease in jeopardy. Where difficulties persist, please consider car pooling or arrange pick-ups from Wayne Richards Park on Koala Street where extensive parking is available.

Please note also that the whole of St Agnes Village, including our centre, is a non-smoking area. If you need to smoke please move outside the village precinct. Again, this is a condition of our lease and we ask you to respect it.

I'm sorry to finish this report on a slightly negative note but these matters are important. We must ensure that we preserve the integrity of our U3A and all that we offer. I wish all members a happy and successful year —and remember our motto 'Learners Live Longer'

Tony Dawson, President PMHU3A ■

## Courses for 2017

More than seventy-five courses are again on offer this term, some old, some brand new and some returning after a break including *Ukelele for Beginners* and *Botany for Gardeners*.

Sue Whitby's ever-popular computer courses will continue but will not commence until March as Sue has other commitments during February. See the course program for details.

New courses cover a very broad spectrum from German and Spanish languages, through the life and times of Donald Bradman, to sketching, play reading, fabric colouring and cosmology.

Here are short descriptions of some of them.

### Iconic Entertainment Celebrities

Bob Jeffrey has been giving presentations regarding the life story and career history of various entertainment celebrities during



Term Breaks, and occasionally also for the Australian History classes. He has restricted the duration of this course to only four weeks

to ensure he maintains high quality standards with his presentations. The course concludes with a three hour video concert featuring internationally famous sopranos. Bob asks, "where else can you experience three hours of quality informative entertainment for just two dollars?"

### Artificial Intelligence, Learning and the Internet of Things

Intelligence and learning are needed to acquire knowledge. While usually thought of as characteristics of living organisms, some non-living things can exhibit similar capabilities.

It is predicted that by 2020 more than 30 billion smart devices, embedded with software, sensors, actuators, and the capability to collect and exchange data, will be connected to the internet. This is the Internet of Things (IoT).



This raises serious questions, not only with regard to security and privacy, but to broader issues such as the extent to which we are willing to delegate crucial decisions to our electronic peers.

In this short course Tony Dawson will employ several relevant TED talks to prompt discussion of the issues.

### Crusades, their Effects and Legacy

During the last four decades the Crusades have become one of the most dynamic areas of historical enquiry.

What was the effect of crusading on the people and institutions of Western Europe? What is their legacy? Virginia Oakley's new course will attempt to answer these questions.



### Fabric Colouration

Shirley Capon invites you to come and have fun, colouring fabric with a unique product called, 'Liquid Radiance'. You will learn many techniques to create beautiful col-



oured fabric that can be used for scarves, patchwork, cushions and clothing. The possibilities are limited only by your imagination!

### Sketch Group

Dorothy Filshie's new course will be loosely structured to cater for beginners through to seasoned sketchers. It will provide an opportunity to learn about different techniques, plus the variety of art materials available, books, papers, pens, inks and paints.

The U3A facilities will allow us to work indoors on still life, and outdoors in the garden courtyard.



For starters all that is required is paper or a sketchbook, a pencil or two, and a pen. Participants will be encouraged to use their own choice of materials, develop their own style, and focus on their own favoured subject matter. Sketching on the iPad is also an option.

A great opportunity for sketchers to get together, share ideas and improve their skills.

### Stage Fun

Joan Lane's stage experience began in Melbourne when she was still in her teens but was put on hold when she had her own children to look after. She resumed her interest when living in Western Australia in the 1990s, becoming actively involved in

stage writing and production in Perth, and has since maintained that interest.

Joan wants to offer members interested in theatre-stage performances the opportunity to enjoy some fun with plays and skits written for the stage.

Her plan is to begin with reading a play and then to move through it as would be done on stage but with a script in hand so that those who cannot remember the lines easily can have fun too.



As a further step Joan is contemplating the idea of participating in the One Act Play Festival at the local theatre in June. This would be a more serious step but Joan is on the festival committee which would be happy to consider a U3A entry if and when the time arrives.

So, if you'd like to bring out that inner thespian come and join Joan's group.

### Astronomy and Cosmology

From ancient times people looked up at the starry skies above and tried to work out the nature of the cosmos and our place in it. Carol Baker and David Smith will first trace a brief history of cosmological ideas from the ancient Babylonians to the present and then focus mainly on the last 100 years when modern science and technology revolutionised our understanding.

What have scientists discovered about the internal workings of our sun, the solar system, stars and galaxies? What are black holes, exotic matter, dark matter and dark energy? Was there really a big bang? Did exploding stars really form the atoms that we are made of? What is the ultimate fate of the universe? And most fascinating: how have scientists and astronomers figured out the answers? A fascinating subject!



### Balance 'n' Bones

In addition to her *Yogalates* and *Chair Yoga* courses Karen Roberts will run a 3-week trial of this DVD-based exercise program originally developed for U3A Network NSW by Beth Denny. The program is designed to help seniors maintain strength, balance and co-ordination and has proved popular at many other U3As.

## Special Presentation

The large audience that came to the centre on 10 December to hear Rob Oakeshott speak about his experience with a United Nations Development Program in the Asia-



Rob speaks with members

Pacific region did not go away disappointed. Rob, who has been providing technical advice to emerging parliamentary democracies in Myanmar, Fiji and the Solomon Islands, gave a highly informative account about his work and the challenges faced by those countries as they progress towards full democracy. It generated lots of discussion and our thanks to Mike Rogers for arranging the event.

## Help!

**Functions:** our Social Committee does an excellent job in organising functions throughout the year. However, major events such as the Melbourne Cup lunch or the Christmas Party (see below) involve a great deal of work including food preparation, setting up the centre, and, when it's all over, clearing and cleaning. This, all too often, falls on too few shoulders so we are looking for members who are prepared to assist on such occasions. If you are able to help, please leave your name and contact details at the office.

**Christmas decorations:** the Social Committee feels that our stock of decorations is looking a little tired. If, now that Christmas is over, you have decorations you no longer want we'd be grateful if you could donate them to U3A. They may be left at the office any time.

## Christmas Party

The courtyard was buzzing on 25 November as seventy-six members gathered on a beautiful balmy evening to enjoy a great Christmas Party at the U3A Centre.

In keeping with the Christmas spirit many had chosen to wear various shades of red and green, some sporting hats, ties, reindeer antlers, golden tinsel and other accoutrements, all adding to the lively scene.



Di, Sue & Faye serve drinks –  
Rita at the ready

Rather than a sit-down meal as we've had previously, this year the social committee decided to have finger food prepared and served by a professional caterer, XS Food. It was an excellent decision, encouraging us to move around and mingle more freely

On arrival we all received a ticket for the lucky door prize and were prompted to buy raffle tickets for a painting donated by the artist. Then into the courtyard where three experienced bartenders were busy at the drinks table, pouring generous drops of punch, wine and soft drinks to slake the partygoers' thirsts. The food soon appeared and willing fingers

plucked tempting morsels from platters as the two waitstaff moved among us. Small groups formed, broke up and reformed as people chatted amiably, creating a steady hum of conversation and laughter.

With darkness approaching, the party started to wind down and the atmosphere grew quieter. People began to drift away, happy with the evening's entertainment and offering their farewells.

Eventually only the social committee and one or two extra helpers remained behind to clear things away, wash the glasses, and make everything shipshape for the normal Monday classes.

We are greatly indebted to everyone involved in mounting such a successful function, but especially to vice-president Jacqui Everett and members of the social committee – Di Gander, Faye Lardner, Sue Clifford and Nancy Owen. We are very fortunate to have such dedicated volunteers and thank them most sincerely for everything they do.



David Allen, Sue Moll  
& Irene Turner



Brian Tolagson & Rudolph

## What's On!

**ENROLMENT DATES – TERM 1 2017**  
See page 1.

**PMHU3A TERM DATES 2017**

**TERM 1:** 6 Feb – 31 Mar

**TERM 2:** 1 May – 23 Jun

**TERM 3:** 24 Jul – 15 Sep

**TERM 4:** 16 Oct – 8 Dec

**VOLUNTEER THANKYOU LUNCH**

(invitation only)

**19 January 2017 12 noon – 2.00pm**

**Bluewater Bar and Restaurant,  
Flynn's Beach Resort**

**Meal provided; buy your own drinks**

**OPEN DAY AT THE U3A CENTRE**

**11 March 2017 10.00am – 1.00pm**

**Members are invited to bring their friends along to discover U3A and everything we have to offer for 3rd-agers who want to keep a healthy mind and body**

**U3A NSW NETWORK CONFERENCE**

**"The Third Age – Creative and  
Healthy Living"**

**28 – 30 June 2017**

**Hosted by Sydney U3A and to be held at the Sydney Town Hall and the Castlereagh Boutique Hotel**

## Defibrillator Training

Members will recall that last year we purchased a Zoll automatic external defibrillator (AED) for use in the event of anyone suffering a sudden cardiac arrest at the U3A Centre. For ready availability the AED rests on a bracket mounted on the wall near room 6 at the north-east corner of the building.

The AED is designed to be used by anyone responding to an emergency and the committee therefore believes it would be valuable if everyone attending the centre has at least a basic understanding of how to operate it. Accordingly we have agreed that an excellent training video produced by the manufacturer should be shown to all classes at the commencement of term. The video runs for 8 minutes and covers all the required information.

Conveners are requested to run the video at the beginning of their first class. Any questions that arise and cannot be answered by the convener may be directed to the committee via the office. We thank everyone for their compliance. Remember, it could be you whose life is saved, or you who saves someone else's.

## 2016 - The Year in Pictures



Easter



Arts & Crafts Day (June)

Melbourne  
Cup



Open Day  
(July)



Xmas in July



Christmas  
Party

If undeliverable, return to:

Port Macquarie Hastings U3A Inc.  
PO Box 1210  
Port Macquarie NSW 2444  
PMHU3A Newsletter

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**PRIORITY**

### Patron – Rob Oakeshott

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

**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.

**NEWSLETTER** – Contributions are welcome but we reserve the right to edit material submitted for publication. Copyright of original material remains with the author.

#### PHOTOGRAPHS AND PRIVACY

– If you have any objection to having your photograph or name on the web site or in our Newsletter, please write to the Secretary and make this known. We will always respect your privacy.

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