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## Volunteers still needed

So far we have had little response from potential new convenors to our appeal in the last newsletter.

Here are two more possibilities to consider:

- 1) The U3A Network has a resource library containing many courses from which material is freely available for members to use in offering their own courses. Catalogue and other information is available at <http://courses.u3anet.org.au>
- 2) Other U3As have offered courses for potential convenors with such topics as:
  - Planning a Course
  - Learning through U3A
  - Using Teaching Tools Effectively
  - Presentation Skills
  - Encouraging Interaction
  - Bringing it all Together

Leave your name at the office or speak to a committee member if you would be interested in such a course.

## NSW U3A Network

The NSW U3A Network is a voluntary association of U3As in NSW. All U3As are autonomous bodies but most, including Port Macquarie Hastings, find it useful to belong to the Network.

The Network runs an annual conference and information about next year's conference is included in this newsletter. It also operates a website at [www.nsw.u3anet.org.au](http://www.nsw.u3anet.org.au) and publishes on that site a regular on-line newsletter called "Newslink".

For those of you who do not have access to the net, we have included a couple of items from the latest *Newslink* in this newsletter. ■

## NOTICE:

### OFFICE HOURS

**CLOSED**

**Monday 21 June – Friday 9 July 2010**

**RE-OPENING**

**Monday 12 July 2010**

**9.30am – 12 noon**

**Monday – Friday**

**Phone: 6584-3676**

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

Payment of joining fees for new members and Enrolments for continuing courses will be taken from July 12 up to Enrolment Day on July 20.

## The Third Age

By the Hon Dr Barry O. Jones, AO

National Patron, U3AAA

The English social historian Dr Peter Laslett coined the term 'The Third Age' to describe a new demographic category, people who had left the paid workforce, were physically and mentally capable and independent, likely to live to an advanced age before the onset of 'the Fourth Age' – the period of dependence, decrepitude and death.

The first univervisité du troisiomé age (UTA) was founded in Toulouse in February 1973 by Pierre Vellas. In 1981, Peter Laslett and Michael Young established the first British University of the Third Age (U3A), and from there the movement has spread throughout the world.

Modern life expectancy and retirement practice mean that most traditional assumptions about age are wrong. The fundamental error, as Laslett wrote, is 'confusing the Third Age with the Fourth Age'. Many people now living will spend more years in 'retirement', however defined, than in paid work.

U3A is a movement which enables people in their Third Age to continue and share the journey of life-long learning.

I entered the Third Age in 1996, on ceasing to be a Member of the Australian Parliament. My ambition is to spend the longest possible time in the Third Age and the shortest in the Fourth.

(Extracted and adapted from A Thinking Rees, by B.O. Jones, pub. Allen & Unwin, 2006.)

Dr Barry Jones will be a featured speaker at the NSW U3A Network Conference in Sydney, April 2011. ■

## 2011 Network Conference - "The Future in Mind"

Thursday 28th April, 2011 at the Wesley Centre, 220 Pitt Street, Sydney.

The theme of the Conference focuses on aspects of Positive Ageing, and the role of Creative Arts in promoting positive ageing.

Speakers so far engaged include –

- Ms Monica Barone, CEO of the City of Sydney;
- Dr Barry Jones AO;
- Professor Julie Byles of Newcastle University, President-elect of the Australian Association of Gerontology;
- Professor Alfred Chan of the Asia-Pacific Institute of Ageing Studies, Hong Kong;
- Mr Bob Ellis, playwright and author.

There will also be a poetry competition, a U3A poster display, an EXPO, and performances by U3A members involved in Creative Arts activities.

In the evening, an informal dinner will be held at the Castlereagh Boutique Hotel, where U3A members can catch up with friends in a relaxing social atmosphere.

The conference is being organized by the Network Committee, and full details, including registration, will be available in late June-early July. In the meantime, you can check the preliminary details on the Network website [www.nsw.u3anet.org.au](http://www.nsw.u3anet.org.au).

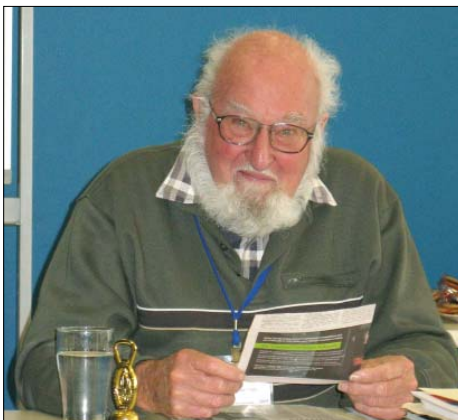
Following the conference, U3A members' workshops, forum and 2011 AGM will be held on Friday 29th April, at the Sydney Mechanics School of Arts, 280 Pitt Street, Sydney.

Full-day and afternoon optional tours will be available on the Friday. Afternoon events will include a cruise on Sydney Harbour, and a guided tour of Aboriginal heritage of the Royal Botanical Gardens. ■

### **A bit of Trivia:**

*A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.*

## Frank Jennings – tutor "Behind the Headlines"



Frank was born in Ballina NSW and grew up on a sugar cane farm at Empire Vale, not far out of town.

After completing his Leaving Certificate at Ballina Intermediate High School at 16, Frank moved to Sydney to study industrial chemistry and work in a laboratory at Timbrol Ltd. This only lasted for 18 months before he returned to cane farming and then banking.

At 20 Frank moved to Canberra to take a position in the Department of Territories, hoping to go to Papua New Guinea. Surprisingly he finished up in Prime Minister's Department. Frank finally settled down and spent 18 years in that Department. Life was not boring. While working in different divisions of the Department he studied for his Bachelor of Commerce Degree, majoring in economics, political science and public administration. He married, had 4 daughters and 2 sons, and found time to work on a milk run.

In the department Frank served as Research Officer, Senior Research Officer, Senior Adviser and Assistant Secretary in the Economic Division, Social Welfare Division, Cabinet Division, Parliamentary & Government Division and Education & Cultural Affairs Division. He was executive Assistant to the Permanent Head, Sir Allen Brown (who had been Chairman of the committee that recommended the Snowy Mountains Scheme) and Secretary to the Federal Executive Council on two occasions with Governors General Lord D'Lisle and Lord Casey.

In the parliamentary area, Frank was Parliamentary Liaison Officer, working with Harold Holt (when he was Treasurer

& Leader of Government Business in the House of Representatives) and Gough Whitlam (when he was Deputy Leader of the Opposition) to organise the program of the House of Representatives each day. He was Senior Private Secretary to Sir Robert Menzies for his last 2-1/2 years in office and to Harold Holt for his first 15 months. He travelled to Asian countries twice with Holt.

As a Senior Departmental Adviser, Frank accompanied John Gorton to the United States on his first overseas visit as Prime Minister.

At the age of 38 Frank resigned from the Public Service and grew passionfruit, avocados, pecan nuts, macadamia nuts and vegetables on the Sunshine Coast in Queensland. While there he was Secretary & Publicity Officer for the North Coast Passionfruit Growers' Association and had a regular weekly session on the local radio country hour. In 1972 Frank did the commentary on the Queensland results for the Federal election on TV Channel 7 and Radio 4IP.

In 1977 Frank returned to Canberra to work with Ralph Hunt as his Private Secretary & Senior Private Secretary while Ralph was Minister for Health and Minister for Transport. During this period he also handled media relations for the Minister. He had 3 overseas trips with the Minister.

With the election of the Hawke Government in 1983 Frank was unable to get a job in his area of expertise and finished up selling insurance until he retired in 1994 and became a live-in Grandpa to 3 grandchildren, the 2 daughters and son of his eldest son Allen and Nicaraguan wife Juana. They moved from Canberra to Melbourne.

In 1995 Frank had his first contact with U3A and attended a number of classes at the Doncaster-Templestowe campus. In 1997 he commenced tutoring in Current Affairs and the following year started a similar course at the Yarra Valley campus.

Frank came to Port Macquarie in January 1998 when he married Bessie, something he wanted to do in 1950 but her father told him to "run away and grow up". ■

# PORT MACQUARIE HASTINGS U3A COURSES – Term 3 2010

## MONDAY COURSES

**Australian History 8 wks \$8**

*Continuing course – no vacancy – names taken*

**Commencing:** Monday 26th July

**Time:** 10:00 – 12:00

**Venue:** Room 1 U3A Centre

**Convenor:** Colin Creek 6584 6535

Why is Australian history so interesting? Most of the topics we explore are “member generated” which means that we all get involved. So, if there is a particular topic you would like to pursue, let us know and we can help you find some answers.

**Geography of Belief 8 wks \$8 & Culture**

**Commencing:** Monday 26th July

**Time:** 9:30 – 11:30

**Venue:** Room 3 U3A Centre

**Convenor:** Brian Tolagson 6583 4384

Trace history and development of Germanic culture to present day. Will also include Belgium, Netherlands and Luxembourg. Concentrates on more interesting issues, arts, economies and aspects of customs.

**French 8 wks \$8**

*Class limit 10 – continuing course – no vacancy – names taken*

**Commencing:** Monday 26th July

**Time:** 10.00 – 11.30

**Venue:** Library Meeting Room  
Port Macquarie

**Convenor:** Celine Bird

Basic French: grammar and conversation.

**Japanese for Beginners 8 wks \$8**

**Commencing:** Monday 26th July

**Time:** 1.00 – 3.00

**Venue:** Room 1 U3A Centre

**Convenor:** Takao Kusumoto 6582 0141

Introduction to convenient Japanese phrases commonly used in travelling.

**Folk Dances from Around the World – for Fun and Fitness 8 wks \$8**

*Class limit 30*

**Commencing:** Monday 26th July

**Time:** 9.30 – 11.30

**Venue:** 16 Kingfisher Road  
Port Macquarie

**Convenor:** 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 comfortable shoes.

**Italian Language 4 wks \$4**

*Continuing course – no vacancy – names taken*

**Commencing:** Monday 16th August

**Time:** 9:30 – 11:30

**Venue:** 8 Peach Grove, Laurieton

**Convenor:** Marie Addario 6559 6289

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

**Introduction into 2 wks \$2  
Transactional Analysis**

**Dates:** Monday 9th & 16th August

**Time:** 10:00 – 12:00

**Venue:** Room 2 U3A Centre

**Convenor:** Bessie Jennings 6584 5425

Interacting with in-laws, family, tradesmen or others you can get ‘stuck’ in uncomfortable roles – long-suffering ‘Victim’ unselfish ‘Rescuer’, bossy ‘Controller’, etc ). These roles may seem good survival strategies early in life but now be causing friction, frustration, even alienation. You can learn to recognise how these patterns began and free yourself to enjoy more relaxed relationships.

**German Conversation 4 wks \$4**

*Class limit 10*

**Commencing:** Monday 26th July

**Time:** 2.00 – 4.00

**Venue:** Room 2 U3A Centre

**Convenor:** Joanne Houston 6559 4803

This informal group is intended for those of us who have enough grasp of German to contribute to a normal conversation on any topic of interest to the group. There will probably be a range of abilities and desire for us to practice and improve as we go (bring your dictionary if you like.)

**Card-Making 4 wks \$4**

*Class limit 15*

*\$2.00 for kit. Other materials and equipment to make ‘card of the day’ – supplied.*

**Commencing:** Monday 2nd August

**Time:** 1:30 – 3:30

**Venue:** Room 3 U3A Centre

**Convenor:** Margot Stephens

Card-making for beginners: learn the basics of making your own personalised greeting cards for all occasions using various techniques like stamping, embossing and iris folding.

### *More Trivia:*

*A duck’s quack doesn’t echo and no one knows why.*

## TUESDAY COURSES

**Current Affairs Discussion 8 wks \$8**

*Class limit 12 – continuing course. To be put on the waiting list, please call Maureen 6582 0056.*

**Commencing:** Tuesday 27th July

**Time:** 9.30 – 11.30

**Venue:** “Mac” Adam Music Centre  
Near Players Theatre

**Convenor:** Maureen Johnston 6582 0056

Discussion group with the focus on current issues, local, national and international.

**Adult Learning Circle 8 wks \$8**

*Class limit 15 – newcomers welcome*

**Commencing:** Tuesday 27th July

**Time:** 10:00 – 12:00

**Venue:** Room 2 U3A Centre

**Convenor:** Margaret Sutton 6583 1072

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

**Introduction to Fly Tying 8 wks \$8**

**Commencing:** Tuesday 27th July

**Time:** 10:00 – 12:00

**Venue:** Room 3 U3A Centre

**Convenor:** Ben Hicks 6581 3897

Experts from Hastings Fly Fishers will conduct an introduction to the art and craft of fly tying. While tying forms part of the sport of fly fishing it also stands alone as an absorbing and challenging pastime. Participants will learn about the tools, materials and techniques to tie basic flies. All materials and tools are provided. So come join us and improve your enjoyment of recreational fishing both in salt and freshwater.

**Digital Photography Revisited 6 wks \$6**

**Commencing:** Tuesday 27th July

**Time:** 9:30 – 11:30

**Venue:** Library Technical Room  
Port Macquarie

**Convenor:** Geoff Harrison 6583 3736

For those people who have some knowledge of Digital cameras and would like to enhance their skills.

**Open Discussion Group 8 wks \$8**

**Commencing:** Tuesday 27th July

**Time:** 1:00 – 3:00

**Venue:** Room 1 U3A Centre

**Convenor:** Maree Don 6584 9821

Do you have opinions and like to discuss them? Then come along and enjoy friendly discussion.

## PORT MACQUARIE HASTINGS U3A COURSES – Term 3 *(continued)*

**Monthly Excursions to enjoy with groups of friends** **Limit 21**

**South West Rocks** **\$22 Mini Bus**  
**Lunch at own expense**

**Date:** Tuesday 27th July  
**Time:** 9.00am Meet at Port Marina  
**Inquiries:** El Rose 6584 6114

A fun excursion to South West Rocks, continuing onto the delightful town of Gladstone where members will find pleasure in visiting the various art galleries.

**Wilderness Adventures:** **1 wk** **Free**  
**The mountains of the Nepalese Khunbu Himal**

**Date:** Tuesday 24th August  
**Time:** 9:30 – 11:30

**Venue:** Room 1 U3A Centre  
**Convenor:** Lt Cdr Mike Pearce RN

If you missed Mike's presentation after the 2009 AGM, here is another chance to hear of a life of adventure in the wilderness of the world, his son's ascent of Mt Everest, culminating in his own last expedition to the Nepalese Himal and an unfortunate meeting with the Maoist terrorists of that extraordinary and most beautiful country.

**WATER** **1 wk** **Free**

**Date:** Tuesday 3rd August  
**Time:** 10:00 – 12:00

**Venue:** Room 1 U3A Centre  
**Convenor:** Roy Sach, Space Technology, Strategic Planning, RAF

The speaker will talk about the basis of scientific method and then proceed to consider water; the origin of water, how common it is across the universe, how much water there is on planet Earth and how long it will last; the peculiar properties of water and consider the chemical construction – which is more complicated than commonly believed; and some popular myths regarding water, recycling and water consumption.

**The Timber History** **1 wk** **Free**  
**of the Hastings**

**Date:** Tuesday 17th August  
**Time:** 9:30 – 11:00  
**Venue:** Room 1 U3A Centre  
**Convenor:** Mitch McKay 0447 429 016  
**Email:** pmheritage.com.au

A brief look at the importance of timber to the Port Macquarie Hastings area – from early times until today.

**Japanese Language** **8 wks** **\$8**

*Class Limit 8*

**Commencing:** Tuesday 27th July  
**Time:** 1.30 – 3.00

**Venue:** Room 2 U3A Centre  
**Convenor:** Takao Kusumoto 6582 0141

Learn the language and culture in a relaxed environment. Have the opportunity to

experience Japan on a "shoestring" to put your learning into practice.

**Tuesday Afternoons** **4 wks** **Free**  
**at the Centre**

**Commencing:** Tuesday July 27th  
**Time:** 2.00 – 4.00

**Venue:** Room 3 U3A Centre  
**Convenor:** Des Davis

The format will be a talk (see topics below) followed by questions and discussion, then afternoon tea, mingling and further discussion. *(See article on page 7 of the newsletter.)*

**27th July – Frank Jennings:** "Australian Prime Ministers I have worked with."

**3rd August – Des Davis:** "Drama and Life – we all play roles, we all set scenes."

**10th August – Kevin Pike:** "How to talk to your accountant and Solicitor."

• Are your affairs in order? • Preparing info for your annual tax return. • Do you have a Will? • Do you have a Power of Attorney in respect of your own affairs? • Basic record keeping. • Importance of keeping a documents register.

**17th August – Brian Tolagson:** *Lake Innes, The Waterbody*, the history of the lake itself and research into its geological condition. Traces history of its accidental saltwater conversion and debate about reverting it to freshwater."

*Please RSVP for each session with the office so we can keep track of numbers.*

### WEDNESDAY COURSES

**Australian History** **8 wks** **\$8**

*Continuing course – limited places*

**Commencing:** Wednesday 28th July  
**Time:** 10:00 – 12:00

**Venue:** Room 3, U3A Centre  
**Convenor:** Eric Graham 6582 7491

Why is Australian history so interesting? Most of the topics we explore are "member generated" which means that we all get involved. So, if there is a particular topic you would like to pursue, let us know and we can help you find some answers.

**Levels of Consciousness** **5 wks** **\$5**  
**– Exploring the Inner-Self**

**Commencing:** Wednesday 28th July  
**Time:** 2:00 – 4:00

**Venue:** Room 3 U3A Centre  
**Convenor:** Maggie Adkins 6581 2924

This discussion group will use Dr. Caroline Myss' model for consciousness. We will discuss why we do what we do, from acts that make us very happy to acts that sabotage us.

**Investing in Shares** **3 wks** **\$3**

*Continuation of main course – names already held – enrolments are closed.*

**Commencing:** Wednesday 30th June  
**Time:** 9.30am – 12 noon

**Venue:** Room 1 U3A Centre  
**Convenor:** Leslie Smith 6559 5133  
**Email:** lespmq@bigpond.com

**Course 4: Risk and Money Management**

30 June: Introduction – objectives, strategies;  
7 July: Trading Plans  
14 July: Workshop

**Improve your Writing** **8 wks** **\$8**

*Class limit 8 – preference will be given to those continuing from last term*

**Commencing:** Wednesday 28th July  
**Time:** 10.00 – 12.00

**Venue:** Room 2 U3A Centre  
**Convenor:** Bessie Jennings 6584 5425

We listen to members' written efforts and give each other feedback – often with suggestions for improvement. For some, this has been a step towards membership of the Fellowship of Australian Writers – and has led to their entering competitions.

**Fun with Numbers** **4 wks** **\$4**

**Commencing:** Wednesday 11th August  
**Time:** 2:00 – 4:00

**Venue:** Maritime Museum Cottage  
2 William St. Port Macquarie  
**Convenor:** Matthew Wallace 6584 9164

Those funny little things called numbers are everywhere. Some are complex, others are real, and some are just plain irrational. You won't believe what they get up to when no one's watching. Come and learn their secrets – it will be fun. Maths was never like this at school.

**Jazz Appreciation** **8 wks** **\$8**

**Commencing:** Wednesday 28th July  
**Time:** 1.30 – 3.30

**Venue:** Room 2 U3A Centre  
**Convenor:** Brian Tolagson 6583 4384

Group will play CDs and discuss the jazz we remember and enjoyed in the 1940s to 1960s in a convivial established group.

**Fun and Games** **8 wks** **\$8**

**Commencing:** Wednesday 28th July  
**Time:** 1:00 – 3:30

**Venue:** Room 1 U3A Centre  
**Convenor:** Anthea Addison 6582 4926 or  
0410 422 307

Using our grey matter AND having fun is SO good for our health! Join us for your favourite board game or card game.

# PORT MACQUARIE HASTINGS U3A COURSES – Term 3 *(continued)*

**Voice Production, Speech and Drama**      1 wk      Free

**Date:** Wednesday 28th July  
**Time:** 1:30 – 3:30  
**Venue:** Maritime Museum, 2 William St.  
**Convenor:** Amy Longworth 6582 0960

People imagine that voice and speech are one. They are not. Voice is sound and speech is the way we shape that sound in order to communicate. Whether making a speech or performing in plays, the most important thing is to be heard clearly. The basis of all good singing and speech is breath control.

**Decisions! Decisions! Decisions!**      1 wk      Free

**Date:** Wednesday 11th August  
**Time:** 1:30 – 3:30  
**Venue:** Library Meeting Room  
 Port Macquarie  
**Convenor:** John Simon.

- Today's decisions
- Yesterday's decisions
- Mechanics of decision making
- Decision making for the future your future travel destinations.

**Don't Be Late for Dinner Diners Group**

*This is an uplifting and stimulating group.*

Join us for dinner at various Port Macquarie Restaurants. We meet once a month at 6.30pm on the second Wednesday of the month at the chosen Restaurant.

Next meeting 14 July at the Thai Orchid at 6.30pm. Call Maggie to book on 6581 2924.

**U3A Diners Group**

*Group Limit 12*

The U3A Diners Group invites you to join us for an evening meal at Port Macquarie restaurants. We meet at 6.45pm on the last Wednesday of the month at an appointed restaurant.

**Inquiries:** Marguerite O'Connor 6581 2614  
 or Jocelyn Jarvis 6584 9115

## THURSDAY COURSES

**Conflagration! The lead-up to the Great War 1914-1918**      8 wks      \$8

**Commencing:** Thursday 29th July  
**Time:** 10:00 – 12:00  
**Venue:** Room 3 U3A Centre  
**Convenor:** Des Davis 6583 9105

The 3rd in the series of "Making of the Modern World" following the French Revolution" and "Rule Britannia". There are no prerequisites. We will trace the growth of nationalism through the 19th and early 20th centuries culminating in the Great War 1914-1918.

**Qi Chi Kung – Basic Tai Chi**      8 wks      \$8

**Commencing:** Thursday 29th July  
**Time:** 9.30 – 11.00  
**Venue:** Senior Citizens Auditorium  
 Munster St  
**Convenor:** Metta, Linda & Warren  
 Come along & enjoy the relaxing art of Tai Chi.

**Destinations**      5 wks      \$5

**Commencing:** Thursday 19th August  
**Time:** 2:00 – 4:00  
**Venue:** Room 2 U3A Centre  
**Convenor:** Warren Scott 6584 7080

Whatever your choice of travel destination, Modern, Classical or Ancient, we hope we can help fulfil your desires by attending this course. We have excellent speakers and you are free to join in to tell us of your travel adventures and/or desires. Presentations are friendly and casual and we hope you will gain enjoyment and valuable information to assist in planning your future travel destinations.

**Investigating Reincarnation**      3 wks      \$3

**Date:** Thursday 12th, 19th & 26th August  
**Time:** 2.00 – 4.00  
**Venue:** Maritime Museum Cottage  
**Convenor:** Frank Fansa

A DVD presentation based on the works of Peter Ramster an Australian clinical psychologist, hypnotherapist, film maker and published author for over 35 years. Discussion following the DVD presentation.

**Home printing Inkjet and Laser**      1 wk      Free

**Date:** Thursday 12th August  
**Time:** 10:00-12:00  
**Venue:** Room 1 U3A Centre  
**Convenor:** Peter Hyde 6581 1767  
**Email:** [peter@cartridgerefills.net.au](mailto:peter@cartridgerefills.net.au)

- How to get the best from your printer.
- Print selection.
- Basic printer care & cartridge refilling tips.
- Benefits and differences of Inkjet and laser printers.

**Improve your Health**      1 wk      Free

**Date:** Thursday 19th August  
**Time:** 2.00 – 4.00  
**Venue:** Room 1 U3A Centre  
**Convenor:** Milicia McCosh

Most people know about blood groups and that it is important to eat correctly for their blood type. Did you also know that everyone has a Homeopathic constitution and it is important to consider both the blood type and constitution when choosing foods?

*Even more Trivia —  
 The number of possible ways of playing the first four moves per side in a game of chess is 318,979,564,000.*

## FRIDAY COURSES

**Australian History**      8 wks      \$8

*Class limit 30 – Continuing course – No vacancies – Names taken.*

**Commencing:** Friday July 30th  
**Time:** 10:00 – 12:00  
**Venue:** Room 1 U3A Centre  
**Convenor:** Neil Buxton 6582 2557

In the first part of each weekly session the convenor will cover important aspects of development during the 19th century. The second half will be devoted to a short paper delivered by a member. Provided on a purely voluntary basis, the latter will be drawn from any part of our history and reflect particular interests. These two approaches complement each other to illustrate the rich variety of our modern history.

**Behind the Headlines**      8 wks      \$8

*Class limit 40*

**Commencing:** Friday 30th July  
**Time:** 10:00 – 12:00  
**Venue:** Room 3 U3A Centre  
**Convenor:** Frank Jennings 6584 5425

You have seen the newspaper headlines, the TV news and current affairs programs and listened to the radio news bulletins. Do you still have unanswered questions?

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

**The Magic of Music**      4 wks      \$4

**Commencing:** Friday 30th July  
**Thereafter:** Every 2nd week  
**Time:** 10.00 – 12.00  
**Venue:** Room 2 U3A Centre

This is for those members who enjoy listening, learning and like to discuss beautiful music. Participants will be encouraged to share their favourite pieces and composers.

**Inquiries:** Ursula Bruce 6583 8030

## WEEKEND COURSES

**An Afternoon of WHODUNIT: "The Engagement Party"**      \$8

**Date:** Saturday 14th August  
**Time:** 1:30 - 3:30  
**Venue:** Room 1 U3A Centre  
**Convenor:** Dennis Williams 6584-3238

The local amateur company "A NIGHT OF MURDER INC" will present a murder-mystery play followed by afternoon tea and audience participation in solving the mystery. If you haven't experienced one of these, they are one for the "bucket list".

# PORT MACQUARIE HASTINGS U3A COURSES – Term 3 *(continued)*

## WEEKEND Cont'd

**Workshop Basic Tai Chi 1 day \$10**

**Date:** Sunday 26th September

**Time:** 9:00 – 2:00

**Venue:** Room 1 U3A Centre

**Convenor:** Connie Gentleman – **NOTE:**

Register interest with Ursula 6583 8030.

- Tai Chi • Lohan Qigong • Shibashi
- Lotus • Meditation • Relaxation & Enjoyment

Please bring a small plate to share.

### *“Rule of Thumb” origin —*

*The phrase “rule of thumb” is derived from an old English law which stated that you couldn’t beat your wife with anything wider than your thumb.*

## COURSES at WAUCHOPE

*Enrolment Day is Tuesday 20th July from 10.00 – 11.00am in the Wauchope Library Meeting Room. For courses conducted in Port Macquarie you must enrol at Waiters Street from 12th July during office hours or on Enrolment Day 20th July 1.30 – 2.30pm.*

**Discussion in the Round 8 wks \$8**

*Class limit 15*

**Commencing:** Tuesday 27th July

**Time:** 11:00 – 1:00 pm

**Venue:** Meeting Room Wauchope Library

**Convenor:** Carol Surrey 6586 1792

This group will discuss current affairs – local, national & international topics and explore other subjects chosen by the participants. The learning experience will be enriched by guest speakers and educational excursions.

**INDIA – Large and Looming 2 wks Free**

**Commencing:** Friday 30th July

**Time:** 9:30 -1130

**Venue:** Meeting Room Wauchope Library

**Convenor:** Brian Tolagson 653 4384

A 2-week study of India as a culture and place to visit.

**INSIGHT – China Friend or Foe? 1 wk Free**

**Date:** Friday 20th August

**Time:** 9:30 - 11:30

**Venue:** Meeting Room Wauchope Library

**Convenor:** Brian Tolagson 6583 4384

Group discussion in the style of “Insight” will focus on the rise and rise of China and impacts on Australia’s future.

## COURSE SUMMARY – Term 3 2010

DAY	COURSE	LOCATION	START	TIME	DURATION	CONVENOR
<b>MONDAY AM</b>	Australian History	U3A Centre Room 1	26 July	10.00-12.00	8 weeks	Colin Creek
	Folk Dances from Around the World	16 Kingfisher Road PMQ	26 July	9.30-11.30	8 weeks	Christine Battisson
	French	Library Meeting Room PMQ	26 July	10.00-11.30	8 weeks	Celine Bird
	Geography of Belief and Culture	U3A Centre Room 3	26 July	9.30-11.30	8 weeks	Brian Tolagson
	Intro Transactional Analysis	U3A Centre Room 2	9 Aug	10.00-12.00	2 weeks	Bessie Jennings
	Italian Language	8 Peach Grove, Laurieton	16 Aug	9.30-11.30	4 weeks	Marie Addario
<b>MONDAY PM</b>	Card Making	U3A Centre Room 3	2 Aug	1.30-3.30	4 weeks	Margot Stephens
	German Conversation	U3A Centre Room 2	26 July	2.00-4.00	4 weeks	Joanne Houston
	Japanese for Beginners	U3A Centre Room 1	26 July	1.00-3.00	8 weeks	Takao Kusumoto
<b>TUESDAY AM</b>	Adult Learning Circle	U3A Centre Room 2	27 July	10.00-12.00	8 weeks	Margaret Sutton
	Current Affairs Discussion	Mac Adam Music Centre	27 July	9.30-11.30	8 weeks	Maureen Johnston
	Digital Photography Revisited	Library Tech Room	27 July	9.30-11.30	6 weeks	Geoff Harrison
	<b>Discussion in the Round</b>	<b>Wauchope Library</b>	<b>27 July</b>	<b>11.00-1.00</b>	<b>8 weeks</b>	<b>Carol Surrey</b>
	Introduction to Fly Tying	U3A Centre Room 3	27 July	10.00-12.00	8 weeks	Ben Hicks
	Monthly Excursion	South West Rocks	27 July	9.00am	Monthly	El Rose
	Timber History of the Hastings	U3A Centre Room1	17 Aug	9.30-11.00	1 week	Mitch McKay
	Water	U3A Centre Room 1	3 Aug	10.00-12.00	1 week	Roy Sach
	Wilderness Adventure	U3A Centre Room 1	24 Aug	9.30-11.30	1 week	Lt Cdr Mike Pearce
<b>TUESDAY PM</b>	Japanese Language	U3A Centre 2	27 July	1.30-3.30	8 weeks	Takao Kusumoto
	Open Discussion Group	U3A Centre 1	27 July	1.00-3.00	8 weeks	Maree Don
	Tuesday Afternoon at the Centre	U3A Centre 3	27 July	2.00-4.00	4 weeks	Des Davis
<b>WEDNESDAY AM</b>	Australian History	U3A Centre Room 3	28 July	10.00-12.00	8 weeks	Eric Graham
	Improve Your Writing	U3A Centre Room 2	28 July	10.00-12.00	8 weeks	Bessie Jennings
	Investing in Shares	U3A Centre Room 1	30 June	9.30-12.00	3 weeks	Les Smith
<b>WEDNESDAY PM</b>	Decisions, Decisions, Decisions	Library Meeting Room PMQ	11 Aug	1.30-3.30	1 week	John Simon
	Don't be late for Dinner Diners Group	Thai Orchid	14 July	6.30pm	2nd Wed	Maggie Adkins
	Fun and Games	U3A Centre Room1	28 July	1.00-3.30	8 weeks	Anthea Addison
	Fun with Numbers	Maritime Museum Cottage	11 Aug	2.00-4.00	4 weeks	Matthew Wallace
	Jazz Appreciation	U3A CentreRoom 2	28 July	1.30-3.30	8 weeks	Brian Tolagson
	Levels of Consciousness	U3A Centre Room 3	28 July	2.00-4.00	5 weeks	Maggie Adkins
	U3A Diners Group	To be advised	28 July	6.45pm	Last Wed	Marguerite O'Connor/ Jocelyn Jarvis
		Voice Production, Speech and Drama	Maritime Museum Cottage	28 July	1.30-3.30	1 week
<b>THURSDAY AM</b>	Conflagration	U3A Centre Room 3	29 July	10.00-12.00	8 weeks	Des Davis
	Home Printing Inkjet and Laser	U3A Centre Room 1	12 Aug	10.00-12.00	1 week	Peter Hyde
	Qi Chi Kung - Basic Tai Chi	Senior Citizens Auditorium	29 July	9.30-11.00	8 weeks	Metta,Linda,Warren
<b>THURSDAY PM</b>	Destinations	U3A Centre Room 2	19 Aug	2.00-4.00	5 weeks	Warren Scott
	Improve your Health...	U3A Centre Room 1	19 Aug	2.00-4.00	1 week	Milicia McCosh
	Investigating Reincarnation	Maritime Museum Cottage	12 Aug	2.00-4.00	3 weeks	Frank Fansa
<b>FRIDAY AM</b>	Australian History	U3A Centre Room 1	30 July	10.00-12.00	8 weeks	Neil Buxton
	Behind the Headlines	U3A Centre Room 3	30 July	10.00-12.00	8 weeks	Frank Jennings
	<b>India Large and Looming</b>	<b>Wauchope Library</b>	<b>30 July</b>	<b>9.30-11.30</b>	<b>2 weeks</b>	<b>Brian Tolagson</b>
	<b>Insight - China Friend or Foe</b>	<b>Wauchope Library</b>	<b>20 Aug</b>	<b>9.30-11.30</b>	<b>1 week</b>	<b>Brian Tolagson</b>
	The Magic of Music	U3A Centre Room 2	30 July	10.00-12.00	4 weeks	Ursula Bruce

## Tuesday Afternoons at the Centre

We have introduced a number of events or initiatives to take advantage of having our own premises and to give members a chance to meet and mix with people other than those doing the same class. Here is another such initiative.

Throughout this term there will be a special event each Tuesday afternoon, open to all, with no charge. Just turn up by 2.00pm any Tuesday. Each event will include a presentation, discussion and an afternoon tea and mingle. The talks sometimes will be given by regular tutors, offering them an opportunity to do

a one-off on a topic of their choice and members an opportunity to hear a range of speakers.

For the first four weeks the speakers will be Brian Tolagson, Frank Jennings, Des Davis and Kevin Pyke. Speakers for the last four weeks will be announced in the mid-term bulletin. See topics of sessions in the Course Brochure.

We would appreciate an RSVP for each session with the office so we can keep track of numbers. Just stop in and put your name on the list or ring the office on 6584-3676. ■

## “Recycled Teenager”

“Awesome” describes my U3A experience. The magnificent quality of presentation of all my course convenors has broadened my whole outlook on life. I have recently completed a course on Islam presented by Frank Fansa. The media fills our minds with the horrific extremist aspects of Islam, and Frank’s mature balanced healthy view of the religion associated with the country of his birth, has given me a much deeper insight into this very emotive topic. I feel far more enlightened and am extremely grateful to Frank for expanding my knowledge on this very important issue in our modern society.

— Bob Jeffrey ■

## Valley of the Mist Excursion

At 9.00 am on Thursday May 6th, 20 enthusiastic U3A members boarded a mini-bus for a new adventure to the *Valley of the Mist* in the Nambucca Valley west of Macksville. We were treated to a delicious home-made morning tea by Golf & Beyond Tours along the way and arrived safely at our destination ready to enjoy the rest of the day.

Dennis, of *Valley of the Mist*, took us on a tour of the beautiful property telling us about the wetlands and explaining in great

detail the various types of vegetation and the history and use for each. We were amazed at the very tall, straight Davidson plum trees growing in the straightest of rows. After answering many questions from the group, Dennis guided us back to the outdoor dining area in time for lunch.

Marilyn had been cooking up a storm! We sat down to a large wrap with a local sausage made with herbs and salad from the farm and a home-made plum sauce

to accent the flavour. For dessert we enjoyed a pancake with 2 scoops of ice cream – one with lilly pilly sauce and one with plum jam, both made from farm ingredients. Very yummy! A coffee or tea followed and we had the opportunity to acquire some sauces and jams to bring home with us – which we did – also cuttings from a lemon myrtle tree and an anise myrtle. (A couple of lemon myrtle leaves in tea is actually very nice.)

An enjoyable day out with good company; I would recommend it to anyone.  
— Sue Clifford ■



## U3A's Got Talent

One of the ideas for "An Afternoon at the U3A" in the latter part of the term is a kind of variety concert showcasing the performance talent amongst our membership. Don't be bashful. Volunteer yourself or volunteer your friends if you can sing, or dance, or play an instrument, or read a poem or tell a joke or juggle 3 chain saws or whatever. It is all for fun. Call Des at 65839105 if you have any ideas. ■

## Accolades for our volunteers and committee

"To the committee of U3A and all it's volunteers –

You deserve a big "Yea!!" and a very loud cheer. Thanks for all your efforts; without you we wouldn't be 'here'. Our minds won't deteriorate 'cause we meet lotsa new mates, and chat and learn and giggle. Go – U3A." — *Carole Hill* ■

*Have you ever thought of stuff like this?—*

*Why does Sea World have a seafood restaurant? I'm halfway through my fish-burger and I realise,"Oh my God...I could be eating a slow learner."*

*Ever wonder if illiterate people get the full effect of alphabet soup?*

## BYRNES & COX

LAWYERS

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**NEXT ENROLMENT DAY – 20 July 2010 1.30 – 2.30pm at the U3A Centre, Warlters Street, Port Macquarie.**

**LATE ENROLMENT up to 3 weeks after the start of a course are welcome in many courses.** You **MUST** contact the Course Convenor first to ascertain if additional members are being accepted.

For late enrolment, you pay only for the rest of the term. Pay at the office or post your remittance to the Treasurer with a covering note and initial the attendance form to show you have paid. If less than \$5 is owed, postage stamps will be accepted as payment. Names cannot be entered on the Attendance Sheet unless

accommodation fees have been paid. Money **CANNOT** be paid to the Course Convenor during the term.

**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 if you move house or change your email address.

**NEWSLETTER contributions are 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 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.