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U3A Comes to Laurieton!

Responding to suggestions from existing members who live south of Port Macquarie and conscious of a big potential need, we have put our foot in the waters of the haven and are offering four courses in Laurieton and North Haven in the coming term. We will be seeking convenors to expand the offerings in the future.

Courses for this term include Communications, Forum Discussion, Italian language and Samples & Surprises. Full details are in a special Laurieton section on pages 5 and 6. Ida Bruno has been instrumental in this development and is offering two courses herself.

One course "Samples & Surprises" will give potential new members an opportunity to sample what U3A can

offer. Eight current convenors will give a one-day sample of their particular courses. This course will be offered to non-members without the requisite membership as a trial. Course fees will still be required to be paid. New members and current members are welcome to join the course as well.

To kick off our Laurieton Project a public meeting will be held at the Laurieton United Services Club in Laurieton on Monday January 31st at 2.00pm. Registration for Laurieton courses will be taken on that day. Current members who live "down south" are more than welcome to come to this public meeting to discuss the future of this project. ■

Welcome back, Ursula!

NOTICE:

OFFICE HOURS

RE-OPENING

Monday 24th January 2011

9.30am – 2.00pm

Monday – Friday

Phone: 6584-3676

Web site: www.pmhu3a.org.au

Payment of joining fees for new members, renewals and Enrolments for courses will be taken.

REMINDER: U3A Conference

The State U3A Conference is April 28th and 29th in Sydney. Details and registration forms are available in the U3A Office or on the U3A network web site www.nsw.u3anet.org.au.

U3A Christmas Festivities

The German language class entertained us with Christmas carols performed in German with accompaniment by Lin Van Copenhagen on the guitar; we had recitations by members of the Voice Production class and Lin also led us in the singing of many familiar Christmas carols.



The Punch was delightful, the singing was lusty, the food was delicious and our Christmas tree raised \$360 of which \$180 has gone to World Vision for their African "Smiles" program and \$180 went to the Hastings Women & Children's Refuge. A good time was had by all at our Christmas party. (More photos on page 7.) ■

What's On!

U3A Laurieton Public Meeting: Monday 31st January at 2.00pm at the Laurieton United Services Club for those interested in U3A classes in the Laurieton area.

Enrolment Day – Term 1 2011

Wauchope: Tuesday 1st February, 10.00-11.00 at Wauchope Library meeting Room, Wauchope.

Port Macquarie: Tuesday 1st February, 1.30-2.30pm, U3A Centre, Warlters Street, Port Macquarie.

Start of Term 1 2011: Monday 7th of February.

U3A Cluster Meeting: Saturday 19th of March 2011 hosted by PMHU3A.

For contributions to What's on! Please leave the written information at the U3A office for the Publicity Officer or email to publicityofficer@pmhu3a.org.au

Premises Update

As you probably all know by now the property that has become our home has been sold and we have to vacate it by June 30th.

The Diocese feels some responsibility for us and we are talking to the Council and to our local members. It would be extremely difficult to go back to the old days of classes all around town and no office or storage for our equipment. Our success and growth over the last year is largely due to the efficiency and convenience gained from having a home base and office; more of our convenors are reliant on our growing stock of equipment and our classes are becoming larger and too numerous for many of the available rental rooms. We thought we had the problem solved when the Diocese offered us a block of land and two of the existing buildings on our current site. Unfortunately, the land is zoned rural and can't be cleared because of the Native Vegetation Act. The buildings (the old Library building opposite the centre and four log cabin classrooms) are still available to us and can be moved on to land if only we could get some. We remain optimistic that one or more of the aforementioned bodies will help us find a solution. We now have over 500 members and are still growing rapidly so we do have a voice in this community. ■

2011 Exciting Program

2011 Term One sees our U3A offering its most exciting program ever. The statistics tell the tale. There are 49 courses, 41 different convenors, 11 new courses not previously offered, 7 first time convenors. The variety of courses is amazing. Following is a survey of the offerings.

Science makes a welcome return with new courses from Matthew Wallace and Bob Gerdes; Brian Tolagson is taking his group to a study of French geography and culture; the three Australian History groups continue; Des Davis' Modern History series reaches the World War II and its aftermath; and Frank Fansa is exploring the intriguing topic of the Arab-Israeli conflict.

We have lost Japanese for a term but three French classes, Italian and German all continue. Discussion groups remain popular with Maureen Johnston's faithful group, Frank Jennings is expanding "Behind the Headlines" to two sessions, Discussion in the Round groups are in Port and Wauchope, Insight in Wauchope and a new Forum group in Laurieton.

The arts are well represented. David de Giustino returns from his academic

travels to offer "Netherlandish Painting" and Frank Urban makes his debut as a convenor with "Art Masters"; there are two music appreciation and listening groups, Voice Production, "Movie Magic", Writing, a Book Club and a long awaited initiative in "U3A Sings".

Christine Battison continues her Folk Dancing and Di Roods her Line Dancing, we have two Tai Chi classes and a Yoga (all now utilising the Log Cabin opposite the Centre); Fly Fishing continues and Knitting is a new activity. "Fun and Games" are still being played and travellers will gather for "Destinations". There are three dining groups meeting regularly.

Purchase of some new computers has made it possible for Nick and Matthew to offer a two-week course in using the internet with a focus on our very valuable Web site.

Interesting one day events include "Heart Math", "Shelly Beach Exploration" and "Meditation".

The value of having our own premises is underlined by the fact that the three classrooms are in full use every session except Friday afternoon, that is 27 classes in all. ■

PMHU3A Members Computer Workshop

Thanks to grants received from the Commonwealth Volunteers Grant Program we have just taken delivery of three new PCs – the beginnings of our Computer and Internet Workshop.

Mike Matthews will have completed installation of the machines before the beginning of term. They will be located in Room 2 and will be first used for the 'Using the Internet' course that Matthew Wallace and Nick Ogbourne will start on Monday the 7th February. This two-week course will help you learn how to use PCs and the Internet. In particular we will show you how to get more from your web site, www.pmhu3a.org.au.

The sessions will give attendees the opportunity to ask those questions that have been puzzling them. Initially we have planned a single two-week course but we will extend that depending on interest.



Eventually we plan to make these machines available outside class times for the general use of our members. ■



Peg McCauley, VP, Seniors Computing Club, presents Del Saunders with the mobile phone she won after completing the Telstra short course offered to our members through the Seniors Computer group.

PORT MACQUARIE HASTINGS U3A COURSES – Term 1 2011

MONDAY COURSES

Geography of Belief & Culture: France 8 wks \$12

Commencing: Monday February 7
Time: 9.30 – 11.30

Venue: Room 3 U3A Centre

Convenor: Brian Tolagson 6583 4384

Examines the way in which geophysics and history of France has produced distinctive customs, arts and style we identify as distinctly French.

Australian History 8 wks \$12

Commencing: Monday February 7
Time: 10.00 – 12.00

Venue: Room 1 U3A Centre

Convenor: Colin Creek 6584 6535

Like most of us you probably didn't learn much about Australian History while you were at school. Why don't you join and learn what a fascinating history we have. The great thing about Australian History is that you can almost touch it. We look forward to meeting you.

Using the Internet 2 wks \$3

Commencing: Monday February 7
Time: 10.00 – 12.00

Venue: Room 2 U3A Centre

Convenors: Matthew Wallace 6584 9164
Nick Ogbourne 6586 1627

Members attending these sessions will be shown how to log on to an internet web site such as the PMHU3A web site and how to read the additional information available only to members. You will be able to practise what you are shown on the workshop computers. Once members are familiar with this we will take questions and answers on any other PC, Internet or email matters that you want to raise. Members are welcome to bring along their own PCs.

Each class will be restricted to a maximum of 10 people. If there are more registrations we will continue after the first two weeks.

Folk Dances from Around the world – for Fun and Fitness 8 wks \$12

Class limit 30 – suitable for Beginners

Commencing: Monday February 7
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.

Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish.

Card Making 5 wks \$7

Commencing: Monday February 21 & 28 and March 7, 14 & 28

Time: 2.00 – 4.00

Venue: Room 1 U3A Centre

Convenor: Margot Stephens

Impress your friends & family with your creative cards. Learn various techniques that can be applied to other cards as well.

Cost \$2.00 per class for card-stock and embellishments.

French 8 wks \$12

Class Limit 10 – continuing course – no vacancies, names taken

Commencing: Monday February 7

Time: 10.00 – 11.30

Venue: Library Meeting Room
Port Macquarie

Convenor: Celine Bird

Basic French: Grammar and conversation.

French for Travellers 8 wks \$12

Commencing: Monday February 7

Time: 2.00 – 4.00

Venue: Room 3 U3A Centre

Convenor: Sue Moll 6582 2785

Suitable for beginners – This course would suit people who are planning to spend time in a French speaking country. Useful phrases to find your way about, order a meal or book accommodation: the level will be basic for those with little or no French knowledge. If interested please contact the convenor prior to the commencement of this course to assess your level.

German Conversation 8 wks \$12

Commencing: Monday February 7

Time: 2.00 – 4.00

Venue: Room 2 U3A Centre

Convenor: 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.

Italian Language

See Laurieton section on page 6.

TUESDAY COURSES

Current Affairs Discussion 8 wks \$12

Class limit 12 – put your name on waiting list

Commencing: Tuesday February 8

Time: 9.30 – 11.30

Venue: 'Mac" Adam Music Centre,
near The Players Theatre

Convenor: Maureen Johnston 6582 0056

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

Adult Learning Circle 8 wks \$12

Class limit 15 – newcomers welcome

Commencing: Tuesday February 8

Time: 10.00 – 12.00

Venue: Room 2 U3A Centre

Convenor: Sue Jones 6581 1587

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

Knitting Club 8 wks \$12

Commencing: Tuesday February 8

Time: 10.00 – 12.00

Venue: Room 1 U3A Centre

Convenor: Sheriden Sommerley 6581 3089

Get together and knit. I have the wool. We will probably knit for charity. I would like to learn fancy stitches but I'm just a beginner. Books will be available. This is a non-intense, friendly, chatty group.

Netherlandish Painting 5 wks \$8

Commencing: Tuesday February 8

Time: 10.00 – 12.00

Venue: Room 3 U3A Centre

Convenor: David De Giustino

Study of Netherlandish paintings during its most productive period 1560-1700. The artists include Breughel, Van Ruisdal, Rubens, Van Dyck, Steen, Vermeer, Hals and Rembrandt.

Shelly Beach Exploration 1 day \$2

Date: Tuesday March 15

Time: 10.00-12.00

Venue: Meet at toilet block, Shelly Beach

Convenors: Mike Dodkin &

Brian Tolagson 6583 4384

Former Senior Ranger, Mike Dodkin will lead a walk along Tuppenny Road, and the beach identifying plants, autumnal growth phases and other natural phenomena behind our coastal beaches.

Wear a hat, walking boots, bring sunscreen and water and a sense of enjoyment.

Foundations of Reality 8 wks \$12

Class limit 30

Commencing: Tuesday February 8

Time: 1.30 – 3.30

Venue: Room 3 U3A Centre

Convenor: Matthew Wallace 6584 9164

A fascinating journey through the world of sub-atomic particles such as the proton, neutron, and the electron. How one particle took over the world and now affects every part of our lives and how another particle tried but failed. We will look at the Large Hadron Collider at CERN and find out what is its purpose and see if it presents any risks. This is a journey to the foundations of reality – want to come? For further details please contact the Convenor.

PORT MACQUARIE HASTINGS U3A COURSES – Term 1 2011 *(continued)*

Heart Math 1 day \$2

Date : Tuesday February 15
Time : 1.00 – 2.30
Venue : Maritime Museum
Convenor : Maggie Adkins 6581 2924
 Fascinating research by Dr. Childers about the true role of the heart organ as a means to feel our way through our lives.

U3A Book Club 1 mtg monthly \$3

Class Limit 15 – no vacancies, names taken
Date : 4th Tuesday each month
Time : 2.30 – 4.30
Venue : Private home: 11 Olivine Street Port Macquarie
Convenor : Helen Rasmussen 6582 7820
 Enjoy discussing different books and their authors in a relaxed environment.

The Magic of Movies 6 wks \$9

Commencing : Tuesday February 8
Time : 1.00 – 3.00
Venue : Room 2 U3A Centre
Convenor : Charles Harbon 6582 2787
 The Magic of Movies is an engaging and insightful review including some intriguing facts that may surprise you. We will be discussing movies from every genre: silent, classics, house, westerns, musicals & modern. Whether you are a student of cinema, a discerning film buff, a casual film goer or a film enthusiast this is a course to relive key moments. Come, enjoy and relish.

Folk Dances from Around the world – for Fun and Fitness 8 wks \$12

Class limit 30 – suitable for Beginners
Commencing : Tuesday February 8
Time : 4.00 – 6.00
Venue : 16 Kingfisher Road, Port Macquarie
Convenor : Christine Battison 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.

WEDNESDAY COURSES

Australian History 8 wks \$12

Commencing : Wednesday February 9
Time : 10.00 – 12.00
Venue : Room 3 U3A Centre
Convenor : Eric Graham 6581 1647
 Like most of us you probably didn't learn much about Australian History while you were at school. Why don't you join and learn what a fascinating history we have. The great thing about Australian History is that you can almost touch it. We look forward to meeting you.

We really never grow up; we only learn how to act in public.

Science About People – General Interest 6 wks \$9

Commencing : Wednesday February 9
Time : 9.00 – 11.00
Venue : Room 1 U3A Centre
Convenor : Bob Gerdes 6584 0377
 This course covers subjects such as Energy – yours, mine and the public's; Forensic use of DNA; Genetically Modified Food,

Tai Chi Chuan Beijing Short Form 8 wks \$12

Commencing : Wednesday February 9
Time : 9.30 – 11.30
Venue : Log Cabin opposite U3A Centre
Convenor : John Shuttleworth 6582 0363
 This course would suit those students who have completed and have some Tai Chi training. The Chuan Beijing short form is practised by millions of people world wide.

Improve Your Writing 8 wks \$12

Class limit 8 – preference will be given to those continuing from last Term
Commencing : Wednesday February 9
Time : 10.00 – 12.00
Venue : Room 2 U3A Centre
Convenor : Bessie Jennings 6584 5425
 We listen to each other's work (story, article, poem, memoirs – any kind of writing) and give each other helpful feedback. This term members will learn a bit about sentence construction and the English language.

Fun and Games 8 wks \$12

Commencing : Wednesday February 9
Time : 1.00 – 3.30
Venue : Room 1 U3A Centre
Convenor : Anthea Addison 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.

Voice Production Elocution and Drama 8 wks \$12

Commencing : Wednesday February 9
Time : 1.30-3.30
Venue : Room 3 U3A Centre
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.

Musical Appreciation – Jazz & More for music lovers 8 wks \$12

Commencing : Wednesday February 9
Time : 2.00 – 4.00
Venue : Room 2 U3A Centre
Convenor : Joan Lane 6583 4806
 Audio/Disc and/or DVDs – Old favourites and sound tracks from the Big Shows. Cole Porter/Gershwin/Berlin and the Big Bands.

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.
 Inquiries : Maggie Adkins 6581 2924

The 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

U3A Luncheon Club

Group limit 12
 Commencing : Wednesday February 9
 The U3A luncheon club invites you to join us monthly for lunch in one of the region's finest restaurants. We meet at 12.00 noon on the second Wednesday of the month at the appointed restaurant.
 Inquiries : Joycelyn Jarvis 6584 9115

THURSDAY COURSES

Tai Chi: 8 wks \$12

Commencing : Thursday February 10
Time : 9.30 – 11.00
Venue : Log Cabin opposite U3A Centre
Convenor : Conni Gentleman 6584 5487
 Qi Kung Style

French for Travellers 8 wks \$12

Commencing : Thursday February 10
Time : 10.00 – 12.00
Venue : Room 2 U3A Centre
Convenor : Sue Moll 6582 2785
 Continuing course – This course would suit people who are planning to spend time in a French speaking country.

A Basic Introduction to Line Dancing 8 wks \$12

Commencing : Thursday February 10
Time : 9.30 – 11.00
Venue : Senior Citizens Auditorium Munster Street, Port Macquarie
Convenor : Di Roods 0429 813 655
 No partner required. Great for body and mind.

U3A Sings 8 wks \$12

Commencing : Thursday February 10
Time : 2.00 – 4.00
Venue : Log Cabin opposite U3A Centre
Convenor : Joanne Houston 6559 4803
 U3A is looking to form their own singing group.

PORT MACQUARIE HASTINGS U3A COURSES – Term 1 2011 *(continued)*

Modern History – WWII to the Fifties 8 wks \$12

Commencing : Thursday February 10
Time : 10.00 – 12.00

Venue : Room 3 U3A Centre

Convenor : Des Davis 6583 9105

Topics will include nations at war. The settlements, the United Nations, the nuclear age, the cold war, Russia and its satellites, the Chinese revolution, Gandhi and Indian independence, the establishment of Israel, decolonisation.

Destinations 6 wks \$9

Commencing : Thursday February 10
Time : 2.00 – 4.00

Venue : Room 3 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.

The Arab-Israeli Conflict 4 wks \$6

Commencing : Thursday February 10

Time : 2pm – 4pm

Venue : Room 2 U3A Centre

Convenor : Frank Fansa

This course tackles the historical events that created this conflict starting with the origins in the first decade of the 20th century.

Introduction to Fly Fishing 4 wks \$6

Minimum number 4

Commencing : Thursday February 10

Time : 10.00 – 12.00m

Venue : Room 1 U3A Centre

Convenors : Ben Hicks 6581 3897 & John Macleod

While fly tying forms part of the sport of fly fishing it also stands alone as an interesting and absorbing pastime. Participants will learn about the tools, materials & foundation techniques to tie basic flies. All materials and tools provided, This is a perfect opportunity to look in the window at this fascinating sport.

Behind the Headlines 8 wks \$12

Commencing : Thursday February 10

Time : 2.00 – 4.00 **Now 2 classes.**

Venue : Room 1 U3A Centre

Convenor : Frank Jennings 6584 5425

You have seen the newspaper headlines, and listened to the TV news and current affairs programs. 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.

FRIDAY COURSES

The Magic of Music 4 wks \$6

Class limit 8

Commencing : Friday February 11

Thereafter : Every 2 weeks

Time : 10.00 – 12.00

Venue : Private Homes

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

Australian History 8 wks \$12

Commencing : Friday February 11

Time : 10.00 – 12.00

Venue : Room 3 U3A Centre

Convenor : Eric Graham 6581 1047

Like most of us you probably didn't learn much about Australian History while you were at school. Why don't you join and learn what a fascinating history we have. The great thing about Australian History is that you can almost touch it. We look forward to meeting you.

Behind the Headlines 8 wks \$12

Commencing : Friday February 11

Time : 10.0 – 12.00

Venue : Room 1 U3A Centre

Convenor : Frank Jennings 6584 5425

You have seen the newspaper headlines, and listened to the TV news and current affairs programs. 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.

Yoga 8 wks \$12

Commencing : February 11th

Time : 9.30 – 11.00

Venue : Log Cabin opposite U3A Centre

Convenor : Metta 6583 8934

Bring towel and water.

Art Masters 2Q4 6 wks \$9

Maximum 25

Commencing : Friday February 11

Time : 10.00 – 12.00

Venue : Room 2 U3A Centre

Convenor : Frank Urban 6584 6693

Participants will be invited to contribute short talks on artists or artefacts of their choice. Subjects include Renaissance Art from Southern Europe, Islamic Art from Alhambra to Kashmir, Australian Art up until Federation, prehistoric and African Art.

Politicians and nappies have one thing in common. They should both be changed regularly, and for the same reason.

COURSES at WAUCHOPE

Enrolment day is Tuesday 1st February 2011 from 10am – 11am in the Wauchope Library Meeting Room.

Meditation 1 day \$2

Commencing : Monday February 7

Time : 10.00 – 12.00

Venue : Meeting Room, Wauchope Library

Convenor : Jean Rose 6586 1066

Course presents an introduction to the techniques and disciplines of meditation and its use as a health tool.

Discussion in the Round 8 wks \$12

Class limit 15

Commencing : Tuesday February 8

Time : 10.00 – 12.00

Venue : Meeting Room, Wauchope Library

Convenor : Beverly Izard 6585 2492

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

Insight 8 wks \$12

Commencing : Friday February 11

Time : 9.30 – 11.30

Venue : Meeting Room, Wauchope Library

Convenor : Brian Tolagson 6583 4384

Group participation discussion much in the style of SBS "Insight" program. Members research contributions and provide newspaper, Internet and book research to support arguments. The first topic is: "Is America really the defender of world human rights?" Later topics will include Wikileaks, the Murdoch press, SE Asian political dynamics, unionism today, ethics, regression versus reform and independents in politics.

LAURIETON COURSES

Enrolments will be taken at the Public Meeting at the North Haven Community Hall from 2.00 on January 31.

Communication – 4 wks \$6 there is more to it than you think

Class Limit 12

Commencing : Monday February 7

Time : 2.00 – 4.00

Venue : Laurieton United Services Club

Convenor : Ida Bruno 6559 6656

How do we get our message across? What is hidden in our daily conversations? Why is 'frame of reference' so important? What are communication stops? How can we improve our communication? Let's find out.

PORT MACQUARIE HASTINGS U3A COURSES – Term 1 2011 *(continued)*

Samples & Surprises **8 wks** **\$12**

NOTE: This course is open to current and potential U3A members. Non-members may attend on a trial basis, but the course fee to cover venue and other expenses must be paid.

Commencing : Tuesday February 8
Time : 2.00 – 4.00

Venue : North Haven Community Hall
Convenor : Des Davis

A series of classes offered by current U3A convenors showcasing the kinds of courses U3A can offer. Included are: Meet and Mix, Australian Cultural Identity, Australian History, American History, Travel and Destinations, Behind the Headlines, Bush Poetry, and Tai Chi.

Forum Discussion **8 wks** **\$12**

Class Limit 12

Commencing : Thursday February 10
Time : 2.00 – 4.00

Venue : Laurieton United Services Club
Convenor : Ida Bruno 8559 6656

Enrich and open your mind by being part of this group that will explore and discuss topics chosen by the participants.

The quickest way to find something lost around the house is to buy a replacement.

Italian Language **8 wks** **\$12**

Commencing : Monday February 7

Time : 9.30 – 11.30

Venue : Private home: 8 Peach Grove, Laurieton

Convenor : Marie Addario 6559 6289

NOTE: If enrolments reach more than 6, an alternative venue will be found and participants informed.

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.

COURSE SUMMARY – Term 1 2011 (Rev 21/01/11)

DAY	COURSE	LOCATION	START	TIME	DURATION	CONVENOR	FEE
MONDAY AM	Geography of Belief and Culture	Room 3 U3A Centre	Feb-07	9.30-11.30	8 wks	Brian Tolagson	\$12
	Australian History	Room 1 U3A Centre	Feb-07	10.00-12.00	8 wks	Colin Creek	\$12
	Using the Internet	Room 2 U3A Centre	Feb-07	10.00-12.00	2 - 8 wks	Nick Ogbourne & Matthew Wallace	\$3
	French	Port Macquarie Library	Feb-07	10.00-11.30	8 wks	Celine Bird	\$12
	Folk Dances	16 Kingfisher Rd PMQ	Feb-07	9.30-11.30	8 wks	Christine Battisson	\$12
	Meditation	Wauchope Library	Feb-07	10.00-12.00	1 wk	Jean Rose	\$2
	Italian Language	8 Peach Grove, Laurieton	Feb-07	9.30-11.30	8 wks	Maria Addario	\$12
MONDAY PM	German Conversation	Room 2 U3A Centre	Feb-07	2.00-4.00	8 wks	Mike Pepperday	\$12
	Card Making	Room 1 U3A Centre	Feb-07	2.00-4.00	5 wks	Margot Stephens	\$7
	French for Travellers	Room 3 U3A Centre	Feb-07	2.00-4.00	8 wks	Sue Moll	\$12
	Communication	Laurieton USC	Feb-07	2.00-4.00	4 wks	Ida Bruno	\$6
TUESDAY AM	Current Affairs Discussion	"Mac" Adam Music Centre	Feb-08	9.30-11.30	8 wks	Maureen Johnston	\$12
	Adult Learning Circle	Room 2 U3A Centre	Feb-08	10.00-12.00	8 wks	Sue Jones	\$12
	Knitting Club	Room 1 U3A Centre	Feb-08	10.00-12.00	8 wks	Sheriden Sommerley	\$12
	Netherlandish Painting	Room 3 U3A Centre	Feb-08	10.00-12.00	8 wks	David de Giustino	\$12
	Shelly Beach Exploration	Shelly Beach	Mar-15	10.00-12.00	1 wk	Mike Dodkin	\$2
	Discussion in the Round	Wauchope Library	Feb-08	10.00-12.00	8 wks	Beverly Izard	\$12
TUESDAY PM	Foundations of Reality	Room 3 U3A Centre	Feb-08	1.30-3.30	8 wks	Matthew Wallace	\$12
	Heart Math	Maritime Museum	Feb-15	1.00-2.30	1 wk	Maggie Adkins	\$2
	U3A Book Club	11 Olivine St PMQ	Feb-22	2.30-4.30	4th Tuesday	Helen Rasmussen	\$3
	The Magic of Movies	Room 2 U3A Centre	Feb-08	1.00-3.00	6 wks	Charles Harbon	\$9
	Folk Dances	16 Kingfisher Rd PMQ	Feb-08	4.00-6.00	8 wks	Christine Battisson	\$12
	Samples and Surprises	North Haven Comm. Hall	Feb-08	2.00-4.00	8 wks	Des Davis	\$12
WEDNESDAY AM	Australian History	Room 3 U3A Centre	Feb-09	10.00-12.00	8 wks	Eric Graham	\$12
	Science About People	Room 1 U3A Centre	Feb-09	9.00-11.00	6 wks	Bob Gerdes	\$9
	Tai Chi	Log Cabin opp. U3A Centre	Feb-09	9.30-11.30	8 wks	John Shuttleworth	\$12
	Improve Your Writing	Room 2 U3A Centre	Feb-09	10.00-12.00	8 wks	Bessie Jennings	\$12
WEDNESDAY PM	U3A Luncheon Club	Various	Feb-09	12.00 noon	2nd Wednesday	Joycelyn Jarvis	
	Fun and Games	Room 1 U3A Centre	Feb-09	1.00-3.30	8 wks	Anthea Addison	\$12
	Voice Production	Room 3 U3A Centre	Feb-09	1.30-3.30	8 wks	Amy Longworth	\$12
	Musical Appreciation	Room 2 U3A Centre	Feb-09	2.00-4.00	8 wks	Joan Lane	\$12
	Don't be Late for Dinner	Various	Feb-09	6.30pm	2nd Wednesday	Maggie Adkins	
	U3A Diners Group	Various	Feb-23	6.45pm	Last Wednesday	Marquerite O'Connor	
THURSDAY AM	Tai Chi	Log Cabin opp. U3A Centre	Feb-10	9.30-11.00	8 wks	Conni Gentleman	\$12
	French for Travellers	Room 2 U3A Centre	Feb-10	10.00-12.00	8 wks	Sue Moll	\$12
	Line Dancing	Senior Citizens	Feb-10	9.30-11.00	8 wks	Di Roods	\$12
	Modern History	Room 3 U3A Centre	Feb-10	10.00-12.00	8 wks	Des Davis	\$12
	Fly fishing	Room 1 U3A Centre	Feb-10	10.00-12.00	4 wks	Ben Hicks	\$6
THURSDAY PM	U3A Sings	Log Cabin opp. U3A Centre	Feb-10	2.00-4.00	8 wks	Joanne Houston	\$12
	Destinations	Room 3 U3A Centre	Feb-10	2.00-4.00	6 wks	Warren Scott	\$9
	Arab-Israeli Conflict	Room 2 U3A Centre	Feb-10	2.00-4.00	4 wks	Frank Fansa	\$6
	Now 2 classes Behind the Headlines	Room 1 U3A Centre	Feb-10	2.00-4.00	8 wks	Frank Jennings	\$12
	Forum Discussion	Laurieton USC	Feb-10	2.00-4.00	8 wks	Ida Bruno	\$12
FRIDAY AM	The Magic of Music	Private Homes	Feb-11	10.00-12.00	4 wks	Ursula Bruce	\$6
	Behind the Headlines	Room 1 U3A Centre	Feb-11	10.00-12.00	8 wks	Frank Jennings	\$12
	CANCELLED Australian History	Room 3 U3A Centre	Feb-11	10.00-12.00	8 wks	Eric Graham	\$12
	Yoga	Log Cabin opp. U3A Centre	Feb-11	9.30-11.00	8 wks	Metta	\$12
	Art Masters	Room 2 U3A Centre	Feb-11	10.00-12.00	8 wks	Frank Urban	\$12
Insight	Wauchope Library	Feb-11	9.30-11.30	8 wks	Brian Tolagson	\$12	

NOTE: Wauchope & Laurieton courses are shown in "bold" type.

Australian History Classes celebrate aboard the Port Venture



Christmas festivities at the U3A Centre



Recitations

Charity fund raiser about to begin.

Di Roods' Line dancing class.



The Wauchope classes meet at the library in High Street. This is the Insight group from last December in class featuring Nellie Oonk, Des Davis, Betty Starr and convenor Brian Tolagson standing with June Cook, Peter Cunningham and Pat Edwards seated. The group meets every Friday from 9.30–11.30am.



Reminder

Don't forget to drop your 50¢ into the tin for morning or afternoon tea.

BYRNES & COX

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NEXT ENROLMENT DAY – Tuesday the 1st of February 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 or by email to office@pmhu3a.org.au 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 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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