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INSERTS IN MIDDLE OF NEWSLETTER:

- Course Summary – Term 3 2012
- Course Booking Form – Term 3 2012

Laurieton Voices U3A Choir concert

The Laurieton U3A choir under the musical direction of James Hannah and accompanist Pat Frank put on a public performance last term, with glowing reports by those attending. There are 39 members in the choir.



A gold coin donation

was collected at the concert and donated to “Give me 5 for Kids”, a program to raise funds for the children’s wards of the local hospitals in this region. The concert raised \$260 for this worth cause.

The next concert is Friday, 7th of September at 2pm at the Laurieton School of Arts.

— *Ida Bruno* ■

OFFICE HOURS

OPEN

Wednesday 11 July –
Friday 13 July 2012
from 9.30am – 4.00pm

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

OPEN

16 July – 14 September 2012
from 9.30am – 12.00 noon

Phone: 6584-3676

Office Location:

Maritime Museum Cottage
Corner William St & Pacific Drive
Port Macquarie

Web site: www.pmhu3a.org.au

REMEMBER

The price for a cuppa and biscuit went up to \$1.00 last term. Please place your \$1.00 in the tin provided. Thank you.

IMPORTANT: Course Enrolment Information

Please **WEAR YOUR NAME BADGE** when enrolling and **BRING YOUR COMPLETED COURSE BOOKING FORM WITH YOU.**

ANNUAL MEMBERSHIP fee is \$35.00.

PAYMENT FOR COURSES and or Membership is by Cash, Cheque or Bank Transfer – we do not have any Credit Card nor EFTPOS Facilities.

ON LINE BOOKINGS can be made on our website. If you choose to do so, your place will be reserved but only for 5 days, until we receive **PAYMENT**, after which we reserve the right to cancel the reservation. On line bookings will be available from 8.00 am on Wednesday 11th July.

MARITIME MUSEUM OFFICE will be closed on Monday the 9th and Tuesday the 10th of July 2012.

LAURIETON ENROLMENT is 10.30am until 12 noon on Tuesday the 10th of July 2012 at the Laurieton United Services Club (LUSC).

WAUCHOPE ENROLMENT is 10.00am to 11.00am on Tuesday the 10th of July 2012 at the Wauchope Library.

PORT MACQUARIE EXTENDED OFFICE HOURS FOR ENROLMENT AT THE MARITIME MUSEUM are Wednesday the 11th, Thursday the 12th and Friday the 13th of July from 9.30am until 4pm **FOR THAT WEEK ONLY.**

We will revert to **NORMAL OFFICE HOURS** of 9.30am – 12 noon from Monday the 16th of July 2012.

THANK YOU FOR YOUR CO-OPERATION DURING TERM 2 ENROLMENTS. It has been appreciated by the office staff. **TERM 3 SHOULD BE EVEN SMOOTHER.**

Laurieton Notes...

Laurieton U3A is having a great time and is growing under the guidance of Ida Bruno, our wonderful U3A member.

Ida has advised they are running 13 Courses this term, which are included in the course information pages in “blue text”.

Port Macquarie U3A members have availed themselves of some of the Laurieton classes in the past and are quite happy travelling south weekly during term. Also Port Macquarie U3A has quite a number of members travelling from Laurieton, North Haven, Lake Cathie and Kendall for classes in Port Macquarie.

We have heard wonderful reports about the concert the U3A “Laurieton Voices” choir gave this past term. Another public concert is planned for Friday, September



7th, in the School of Arts at 2pm. Be sure not to miss it!

Ida sent along the above photo of the choir performing under the baton of James Hannah, a well known identity of both Laurieton and Port Macquarie.

Ida is a very important U3A member and is invaluable to the U3A Committee and the organisation for her enormous and enthusiastic contribution.

July 2012. Publicity Officer,
Delwyn Hatton ■

A new home



Negotiations are currently in progress on an offer from the Catholic Diocese of a property which we might secure on favourable terms which would enable us to have a new home for our U3A office, classrooms, meeting spaces etc. It is the Lodge within the St Agnes Village Complex.

Members are entitled to know what is happening but it is early days so there are no details for general release yet. We will be able to make a clearer announcement and will invite responses probably within 4 to 6 weeks.

Watch the U3A website. The negotiating team is experienced and conversant with all our needs, so please wait for the next announcement. Your patience will be appreciated. — Des Davis ■

What's On!

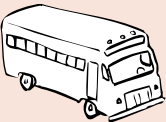
ENROLMENT DAYS – TERM 3 2012:
See pages 1 and 3.

TERM 3 2012: July 23 – September 14

TERM 4 2012: October 15 – December 7

Lots of interesting U3A Courses this new term to keep us informed and entertained.

Bus Trip: Anyone interested in a “Day Out Bus Trip to Gloucester” at end of August, please phone the office on 6584 3676 and leave your name on “Bus Trip



August List”...or place your name on a list at Enrolment Day. If we have a good response, I will organise a lovely “Day Out”.

Laurieton Voices Choir concert: Friday September 7, 2 pm, School of Arts, Laurieton.

PMHU3A Voices under the direction of Robyn Ryan are planning a second public performance in Term 3; keep an eye out for a notice of the day, time and location.

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

— Delwyn Hatton, Publicity Officer

It's obviously not just the courses



Well, we must be doing something right!

We currently have 664 enrolled members and

new ones are still joining. If the trend continues to follow 2011, we could well have 700 or 750 members by the end of the year. As the population of Port Macquarie and the surrounding area continue to grow, there is an increasing number of retirees, and many of those are looking for friendship and new interests in their later years. U3A is clearly filling that need for many people.

The U3A organisation exists mainly to offer educational and interesting courses for members to learn and engage with fresh ideas. We do our best to provide as large a range of classes as we can, to include all interests. For this, we rely on members to make suggestions and to offer themselves as course convenors in areas where they have personal knowledge or interest. This can be from a career before retirement or an on-going interest. You don't need to have lecturing skills – just a willingness to share your knowledge

and talk with others. Courses may be as interactive as the convenor chooses.

But wait – there's more! There are other ways in which you could be involved, in addition to taking part in a class. We need help in a range of other areas, which can be just as enjoyable, and allow the opportunity to interact with others. Our volunteers not only derive great satisfaction in working as part of a team for the benefit of all, but enjoy the company and occasional social get together as well.

Now that our U3A has grown to its current size, there are numerous background tasks that are needed to keep it running smoothly. Some need specific skills, others do not. Some require more time than others. All are shared with members of a team.

U3A is about more than learning; it's also about sharing and making the most of the talents that we all have, after we have left the field of paid work. If you want to join in, start by having a chat to the office crew. You can call us on 6584-3676 or send an email to office@pmhu3a.org.au. They will point you in the right direction. — Nick Ogbourne ■

PORT MACQUARIE HASTINGS U3A COURSES – Term 3 2012

ENROLMENTS

- **PORT MACQUARIE OFFICE: 9.30AM – 4.00PM 11 - 13 JULY 2012**
(NOTE: EXTENDED OFFICE HOURS Wednesday JULY 11- Friday July 13 **ONLY**)
- **WAUCHOPE: 10.00 – 11.00 AM, TUESDAY 10 JULY, WAUCHOPE LIBRARY MEETING ROOM**
- **LAURIETON: 10.30 – 12.00 NOON, TUESDAY 10 JULY, LUSC (UNITED SERVICES CLUB)**

COURSE FEES: The course fees shown here are for members of PMHU3A. Watonga members, please see page 8 of this newsletter.

PLEASE NOTE: Course venues and locations are shown in colour to make it easy to identify where courses are being convened.

Port Macquarie courses in black; Wauchope courses in red; Laurieton courses in blue.

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

MONDAY COURSES

Development & Culture: 8 wks \$16 **Indo-China**

Class limit: Minimum 15; Maximum 30

Commencing : Monday July 23

Time : 9.30 – 11.30 am

Venue : Maritime Museum Cottage, PM

Convenor : Brian Tolagson 6583 4384

An entertaining and informative PowerPoint-based course examining Vietnam, Laos and Cambodia with special attention to the Vietnam War. Discussions and anecdotes are welcome.

Australian History 8 wks \$16

Class limit: 40

Commencing : Monday July 23

Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM

Convenor : Colin Creek 6584 6535

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

Folk Dances – Beginners 8 wks \$16

Class limit: 30

Commencing : Monday July 23

Time : 9.30 – 11.30 am

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 a pair of jiffies or similar soft shoe without a black sole for dancing.

French 8 wks \$16

Continuing students only – no waiting list

Class limit: Minimum 10; Maximum 12

Commencing : Monday July 23

Time : 10.00 – 11.30 am

Venue : Library Meeting Room, PM

Convenor : Celine Bird 6582 6822

Elementary Grammar and Conversation.

Italian language 8 wks \$16

Continuing students, names taken

Commencing : Monday July 23

Time : 10.00 – 12.00 noon

Venue : Library, Laurieton

Convenor : Marie Addario 6559 6289

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

Book Club 2 sessions \$4

Class limit 10

Commencing : 2nd Monday of the month,

Time : 10.00 – 12.00 noon

Venue : 3 Wattle Close, Laurieton

Convenor : Pat Trood 6559 6442

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

PMHU3A Voices w/Robyn Ryan 8 wks \$16

Class limit: unlimited

Commencing : Monday July 23

Time : 1.50 – 2.50pm

Venue : John Worner Centre,

Lourdes Village, PM

Convenor: Faye Davis 6583 9105

Our VOX choir continues this term with fun, camaraderie and song. We'll be moving into harmonies this term – and preparing for our second public performance. New members are very welcome.

There will be an additional fee for expenses for this course of \$20 or \$25 per person depending on numbers.

German Conversation 8 wks \$16

Class limit: Minimum 4; Maximum 10

Commencing : Monday July 23

Time : 2.00 – 4.00 pm

Venue : Baptist Church Outer Hall, PM

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.

Cryptic Crossword Group 8 wks \$16

Class limit : Minimum 5; Maximum 12

Commencing : Monday July 23

Time : 2.00 – 4.00pm

Venue : Maritime Museum Cottage, PM

Convenors : Sue Moll (1st 4 wks) 6582 2785;

Dick Engel (2nd 4 wks) 6583 6663

For those who have previously attended a beginners course, we will try to solve puzzles chosen by members from various sources. Small fee for copying.

Learning Circle 8 wks \$16

Class limit 15

Commencing : Monday July 23

Time : 2.00 – 4.00 pm

Venue : Masonic Hall, Whiddon Group

Retirement Village. Entrance via

Tunis Street, Laurieton.

Convenor : Jude Roberts 6556 7668

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

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

TUESDAY COURSES

Current Affairs Discussion Group 8 wks \$16

Continuing group members only

Class limit: 13

Commencing : Tuesday July 24

Time : 9.30 – 11.30 am

Venue : MacAdams Music Centre

near The Players Theatre, PM

Convenor : Maureen Johnston 6582 0056

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

Tai Chi for Health 8 wks \$16

Class limit: 20

Commencing : Tuesday July 24

Time : 9.30 – 10.30 am

Venue : MacAdams Music Centre

near The Players Theatre, PM

Convenor : Pamela Laundry 6583 5312

Beginner's course in Tai Chi programmed for people with health problems like diabetes or arthritis. Will provide a full set of movements. Please consult your doctor before enrolling to assess suitability.

Philosophy, Science and ... 8 wks \$16

... Other Interesting Stuff...

Class limit: Minimum 8; Maximum 30

Commencing : Tuesday July 24

Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM

Convenors : David Smith and Carol Baker

6582 0370

A smorgasbord of stimulating subjects. Presentations will be followed by discussions and participants will be encouraged to present a topic. Subjects will include Aristotle. What is Science, the Art of Critical Thinking, Philosophy of Mind, Evolution and much more....

Adult Learning Circle 8 wks \$16

Class limit: 16

Commencing : Tuesday July 24

Time : 10.00 – 12.00 noon

Venue : Maritime Museum Cottage

Convenor : Joy Woods 6581 3977,

0438 049953

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

Discussion in the Round 8 wks \$16

Class limit: Minimum 6; Maximum 15

Commencing : Tuesday July 24

Time : 10.00am – 12.00 noon, except as advised otherwise

Venue : Wauchope, Library Meeting Room

Convenors: Beverley Izard / Nellie Oonk, 6585 2492

Current affairs and other topics as the attendees request.

Engineering Marvels 8 wks \$16

Class limit: Minimum 10; Maximum 30

Commencing: Tuesday July 24

Time: 2.00 – 4.00 pm

Venue: Baptist Church Outer Hall, PM

Convenor: Doug Jones 6582 0510

Each session to cover the engineering involved in a particular aspect of human endeavour – generally based on a major engineering project, and demonstrates how engineers make it happen.

Energy Therapies 1 wk \$2

Class Limit: Minimum 5; Maximum 35

Date : Tuesday August 7

Time : 1.00 – 3.00 pm

Venue : Maritime Museum Cottage, PM

Convenors : Sue Jones and Sue Pattinson

6581 1587

Energy therapies is a broad term that describes the basic ingredient that is common to all Complementary Therapies. From Aromatherapy to Bowen to Reiki to Yoga to Meditation, the aim is to harmonise the energy flowing within and around the body so that it can function optimally. Come and learn more about your energy field and how you can maintain balance with a few simple techniques.

U3A Book Club 2 sessions \$4

Continuing group members only

Class limit: 20

Meeting : 4th Tuesday each month

Time : 2.00 – 4.00 pm

Venues : Private homes & 11 Olivine St,

Port Macquarie

Convenor : Helen Rasmussen 6582 7820

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

Writing for pleasure 6 wks \$12

Continuing students only, names taken

Commencing : Tuesday July 31

Time : 1.30 – 3.30 pm

Venue : LUSC, Laurieton

Convenor : Colleen Parker 6559 6113

Life Writing is popular as people trace their families and record the stories that are unique to their particular relationship. Writers can go on to produce full length autobiographies, biographies of family members, memoirs, family histories or small keepsakes of themselves as a gift for family and future generations who will be fascinated to know what it was like to live in these times.

WEDNESDAY COURSES

Australian History 8 wks \$16

Class limit: 30

Commencing : Wednesday July 25

Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM

Convenor : Eric Graham 6581 1647

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

Patchwork, Applique 8 wks \$16 and Quilting

Class limit: 4 to 5 people

Commencing : Wednesday July 25

Time : 9.30am – 1.00 pm

Venue : 190 Sarahs Crescent, King Creek

Convenor : Elly Edgar 6586 4775

Enjoy a morning sharing an activity with like-minded people. Learn new skills while creating an heirloom or personal gift for a special friend. You will need to provide your own equipment, eg cutting board, rotary cutter, sewing machine and general sewing supplies as well as some fabrics. This will be discussed at the first meeting.

Improve Your Writing 8 wks \$16

Class limit: Minimum 5; Maximum 10

Commencing : Wednesday July 25

Time : 10.00 – 12.00 noon

Venue : Port City Bowling Club, PM

Convenor : Bessie Jennings 6584 5425

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

The Magic of Movies 6 wks \$12

Class limit: 20

Commencing : Wednesday August 1

Time : 10.00 am – 1.00 pm

Venue : Maritime Museum Cottage, PM

Convenor : Florence Gibbons 6583 3573

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

Extraordinary Discussion Group 8 wks \$16

Class limit: 10

Commencing : Wednesday July 25

Time : 10.00 – 12 noon

Venue : Senior Citizens Centre,

Nikki Adams Room, PM

Convenor : John Jones 6584 1242

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

PORT MACQUARIE HASTINGS U3A COURSES – Term 3 2012 *(continued)*

German Language **8 wks** **\$16**

Class limit 10

Commencing : Wednesday July 25

Time : 10.00 – 12.00 noon

Venue : Library Laurieton

Convenor : Karin Dienemann 6559 5977

Basic knowledge of the German language is required

Introduction to Psychology **8 wks** **\$16**

Class limit: Minimum 5; Maximum 20

Commencing : Wednesday July 25

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convenor : Cheryl Alterator 6582 3299

What is psychology, what do psychologists do? Participants will have the opportunity to choose from several topics, including psychological disorders and how they are assessed and psychological issues of ageing.

Shakespeare – For all Ages **8 wks** **\$16**

Class limit: 35

Commencing : Wednesday July 25

Time : 2.00 – 4.00 pm

Venue : Baptist Church Outer Hall, PM

Convenors : Des Davis and Faye Davis 6583 9105

Bring your imagination as we enjoy the greatest writer and entertainer of all time – on the page, on the stage, on the screen: in his own time, in our time. Plays will include *Midsummer Night's Dream*, *Taming of the Shrew*, *Macbeth*, *King Lear*, *Henry IV*, *Henry V* and *Julius Caesar*. Topics will include his verse, his language, his characters, his theatre, his influence, his genius.

U3A Diners' Group **monthly** **\$4**

Group limit: 10

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

Don't be late for Dinner **monthly** **\$4**

Continuing Group Members only

Group limit: 12

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: Patricia White 6581 1816

Mah Jong **8 wks** **\$16**

Class limit 16

Commencing : Wednesday July 25

Time : 1.30 – 3.30 pm

Venue : LUSC, Laurieton

Convenor : Ida Bruno 6559 6656

We will repeat the basics of Mah Jong and will start with the counting of the points.

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

Scrabble at Laurieton **8 wks** **\$16**

Class limit 16

Commencing : Wednesday July 25

Time : 2.00 – 4.00 pm

Venue : LUSC, Laurieton

Convenor : Joan Pickard 6559 9681

Please, bring your own board with you. The first meeting we will establish the rules

THURSDAY COURSES

Cycle the Hastings **8 wks** **\$16**

Class limit: 15

Commencing : Thursday July 26

Time : Meet at 8.15am (departure at 8.30)

Venue : First ride meets at Port Macquarie racecourse carpark, Oxley Highway

Convenor : Colin Imer 6581 2610, 0428 276 500

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

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

Tai Chi **8 wks** **\$16**

No beginners – continuing students only

Class limit: Minimum 10; Maximum 30

Commencing : Thursday July 26

Time : 9.30 – 11.00am

Venue : Senior Citizens Auditorium Munster Street, Port Macquarie

Convenor : Conni Gentleman 6584 5487

Qigong Shibashi is an introduction to the art of Tai Chi.

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

Class limit: 12

Commencing : Thursday July 26

Time : 10.00 – 12 noon

Venue : Library Meeting room, PM

Convenor : Sue Moll 6582 2785

This is a continuing course of very basic French for travellers. Any newcomer to the course MUST contact Sue prior to enrolment. It is not suitable for anyone who has never previously studied French at school.

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

Class limit: Minimum 5; Maximum 20

Commencing : Thursday July 26

Time : 10.00 – 12.00 noon

Venue : Maritime Museum Cottage, PM

Convenor : Lyn Brown 6583 8202

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

Scrabble at Port **7 wks** **\$14**

Class Limit: Minimum 6; Maximum 16

Commencing : Thursday August 2

Time : 9.30-12.00 noon

Venue : Baptist Church Outer Hall

Convenor : Audrey Edwards 6582 0413

For anyone who would like to play, or learn to play, scrabble in a friendly atmosphere. Please bring your own board.

Scrabble at Wauchope **8 wks** **\$16**

Class Limit: Minimum 6; Maximum 16

Commencing : Thursday July 26

Time : 10.00 – 12 noon

Venue : Wauchope Country Club, Verandah room

Convenor : Poppy Bernhard 6586 4086

A friendly scrabble group where you can exercise the grey matter while having fun. No penalties for slow thinking! Group members will need to bring scrabble boards.

Things you can use for health benefits **4 wks** **\$8**

Commencing : Thursday August 2

Time : 10.15 am - 12.15 pm

Venue : LUSC

Convenor : Rita O'Brien 6559 6157

Things you can use out of your cupboard for health benefit and things you can use out of your garden for health benefit. Let's talk about all the things in our kitchen and garden we thought were worthless, but apparently aren't! We'll find out.

Morning Tea **1 wk**

Commencing : Thursday Sept. 6

Time : 10.15 am

Venue : at the rear of the LUSC, Laurieton

Convenor : Ida Bruno 6559 6656

An opportunity to meet and get to know each other, ask questions, requests, have your say, give input and learn more about your U3A.

No bookings, just turn up!

Indigenous Issues: Past & Present **8 wks** **\$16**

Class limit: 35

Commencing : Thursday July 26

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convenor : John Brownsberger 6583 9336

Indigenous history has been written by non-indigenous historians. This course traces the

PORT MACQUARIE HASTINGS U3A COURSES – Term 3 2012 *(continued)*

issues which affect Aboriginal Australians and tries to identify the myths of Aboriginal issues.

What's In Your Near Future? 1 wk \$2

Class limit: 6

Commencing : July 26

Time : 2.00 - 4.00 pm

Venue : Library, Laurieton

Convenor : Joanne Houston

Please bring a couple of pictorial magazines, cardboard (e.g. a cereal packet), scissors, sticky tape & an open mind. You may be surprised by the result.

If the group is interested in talking about the results of the first session, we could meet again on 13 September, which is the last Thursday of the U3A term.

Line dancing for exercise 8 wks \$16 and fun

Class limit 20

Commencing : Thursday July 26

Time : 2.00 - 4.00 pm

Venue : Catholic Church Hall, Laurieton

Convenor : Thora Jennings 6583 4952 or
0423 955 811

If you like music and have rhythm; if you want to keep yourself active, want to learn some easy line-dancing steps and enjoy and have fun...then come to line-dancing for exercise and fun.

Folk Dances – Intermediate 8 wks \$16

Class limit: 30

Commencing : Thursday July 26

Time : 4.00 – 6.00 pm

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 a pair of jiffies or similar soft shoe without a black sole for dancing.

FRIDAY COURSES

Behind the Headlines 8 wks \$16

Class limit: 40

Commencing : Friday July 27

Time : 9.00 – 11.00 am

Venue : Port City Bowling Club, PM

(except for August 31 when venue is the Maritime Museum Cottage)

Convenor : Frank Jennings 6584 5425

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

Improve Your Writing 8 wks \$16

Class limit: Minimum 5; Maximum 10

Commencing : Friday July 27

Time : 10.00 – 12.00 noon

Venue : Port City Bowling Club, PM
(except Aug 10 & Sept 14; venues tba)

Convenor : Bessie Jennings 6584 5425

Group discussion can help you improve your writing style – whether writing your memoirs, entering competitions, or submitting stories/poems/articles/letters for publication.

Australian History 8 wks \$16

Class limit: no limit

Commencing : Friday July 27

Time : 10.00 – 12.00 noon

Venue : Baptist Church Chapel, PM

Convenor : Neil Buxton 6582 2557

With the period of early development over, the convenor will cover the “Drive to Maturity” from Macquarie to the 1850s in the first part of each weekly session. This is followed by a short paper delivered by a member of the group on a voluntary basis, drawn from any part of our history.

Thinking of Cruising? ... 1 wk \$2 Think again!

Class limit: 35

Date : Friday July 27

Time : 10.00 – 12 noon

Venue : Maritime Museum Cottage, PM

Convenor : Ian Denton 0450 521533

Not all cruise choices are the same and unfortunately, brochures don't “tell all”. Come and hear “the inside story” from someone with ‘on-the-job’ experience! ... Why Cruise ... Overview of the cruise industry ... ‘The Experience’ ... Big may not be Best - Compare the \$\$... Where to go and When ... Open Q & A forum.

Introduction to Meteorology 4 wks \$8

Class limit: 14

Dates : Friday August 3, 10, 17, 24

Time : 10.00 – 12 noon

Venue : Maritime Museum Cottage, PM

Convenor : Tom Lambert 6583 3548

We will look briefly at the ways in which weather watching has changed from roughly 3000 B.C. to to-day. This will lead to an examination of the earth's atmosphere and the ways in which a multitude of factors interact to produce changing weather conditions. Once we know how these features are shown on isobaric charts (weather maps) it will make the interpretation of these charts much simpler

Meditation for Beginners 2 wks \$4

Class limit: Minimum 5; Maximum 10

Dates : Friday August 10 & 17

Time : 10.30 – 11.30 am

Venue : John Worner Centre,

Lourdes Village, PM

Convenor : Carol Baker 6582 0370

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

Insight 8 wks \$16

Class limit: Minimum 6; Maximum 12

Commencing : Friday July 27

Time : 9.30 – 11.30 am

Venue : Wauchope, Library Meeting Room

Convenor : Brian Tolagson 6583 4384

Discussion group for informed people focusing on one issue per week starting with “The future of welfare support in Australia”.

Lawn Bowls 6 wks \$12

Class limit: Minimum 3; Maximum 8

Commencing : Friday August 10

Time : 9.00 – 11.00 am

Venue : Kew Bowling Club

Convenor : Chrys Bouffler

An extra green fee of \$2.00 per week is required; to be paid to the bowling club.

Literary Uses of Language ... 8 wks \$16

Class limit: Minimum 6; Maximum 15

Commencing : Friday July 27

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage PM

Convenor : Gill Goater 6582 3815

..... in free verse and traditional forms of poetry which are rich in imagery, symbolism, sound devices and other techniques which poets use to create layers of meaning and depth. Inter-active group with mini lectures, discussion, small group exercises and member contributions.

Lunch Bunch monthly \$4

Class limit 15

Commencing : 1st Friday of month

Time : 12 noon

Venue : Camden Haven area

Convenor : Maggie Adkins 6559 4564

Join us once a month for a delightful lunch in various local restaurants. First Friday of the month at noon.

Choir: Laurieton Voices 8 wks \$16

Class limit: unlimited

Commencing: Friday July 27

Time : 2.00 – 4.00 pm

Venue : School of Arts, Laurieton

Convenor : Sue Bartholomew 6559 6129

Beware, I am about to use F words!!!

Come and join the newly formed U3A choir where we sing for FUN, FRIENDSHIP and FITNESS. No auditions needed. No need to read music.

\$16 [includes holidays] plus \$5 a week to cover the cost of conductor and pianist.

Concert: Friday 7th of September in the School of Arts at 2 pm

REMINDER TO ALL MEMBERS:

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

Did that *really* happen?

If you marginalise a group of people for over 200 years then you are going to have problems. This is exactly what has happened with Australia's aborigines. When the white man arrived to live here, the two most important things he wanted to give the aborigine was his system of government and his religion. He was stunned when the aborigine was not interested in either. So the white man assumed that he was among the lowest form of life. Alas, how wrong he was.

Enter John Brownsberger. John is an anthropologist, trained in the United States who came to Australia in 1965. He quickly developed a great interest in the Australian aborigines and has worked at several universities studying and teaching about this fascinating race of people.

Last term, for the first time John hosted "*Aboriginal studies*" to our U3A on Thursday afternoons. We certainly didn't know what we were in for. For those of us with many preconceived ideas, we had many of those ideas turned on their head. Despite his stentorian voice, John has that disarming ability of taking his audience along with him. The Dreamtime, relationships, the earth, Mabo, religion (but not as we understand religion) and of course, the Black Armband. These were just a few of the many topics we visited.

I feel sure that John's presentations will rapidly become a "must do" course and my recommendation is that you book in early for next term.

— Eric Graham ■

Thanks to DonorTec & Microsoft



Convenors and those of you who have attended classes this term may have noticed that all of our PCs now have the same operating system – Windows 7.

We now use Microsoft Office 2010 while we have previously used an Open Source alternative, OpenOffice. While this is functionally equivalent to Microsoft Office and has the advantage of being free, it was not what most of you have been used to on your home machines. The problem for us has always been the cost to equip all of our machines with Windows 7 and Office 2010.



Windows 7

Thanks to an organisation – DonorTec, we have obtained copies of Windows 7 and Office 2010 at a hugely discounted cost. Our total expenditure to equip all of our machines would have been about \$9,000; it cost us only \$360. We have effectively received a donation of \$8,500 from Microsoft for which we express our thanks. —Nick Ogbourne ■



Convenors' conference held

Twenty-six hardy convenors and U3A management committee members met recently on a cold Saturday at the Rotary Hall to brainstorm and discuss a number of issues and the way forward to assist our convenors and make their jobs easier.

A number of topics ranging from rewards, time management, resources and tools to what motivates a person to be a convenor, mentoring new members and a future course for convenors were all discussed, as well as several other topics.

The management committee will further discuss results and implementation at an upcoming retreat. — Sue Clifford ■



Top: Harry Williams, Maggie Wilson, Eric Graham, Jenny Tucker, Christine Battisson, Patricia White.

Bottom: Marie Thompson, Pamela Laundry, Joanne Houston, Mike Pepperday.

You are invited to morning tea at LUSC

Come along to morning tea on Thursday, the 6th of September at 10.15 am at the rear of the LUSC for a social morning, to have a cuppa and the opportunity to get to know your fellow U3A members. We all regularly see faces of other members but don't really know anything about them at all.

The morning tea is an ideal forum to also meet new members of the U3A

and to make them feel welcome to the organisation. We are a friendly group!

No need to book; just turn up on the day at the appointed time and place.

Last term, a small group from the Camden Haven area enjoyed each others company, a cuppa and a chat. (See photo) ■



Judith Taylor, Lena Castelijm, Mary Sturzenegger, Ian Skilling, Lorna Shumack, John Anderson, Toby Lopert, Cate Gardner, Barbera Houlahhan, Sue Bartholomew, Rachel Rose and Leona Marshall enjoying the morning tea.

Course sharing between Port Macquarie Hastings and Port Macquarie Watonga U3As

Members will be pleased to learn that arrangements have been made for members of the two Port Macquarie U3As to share any vacant places in each other's courses. Priority will, of course, be given to their own members.

How do I know what courses are being offered by the other U3A?

The simplest way is by looking at the relevant web page. If you don't have internet access, and can't arrange to get the information from a friend who

does, then information about the activities of both U3As will be available at Port Macquarie, Wauchope and Laurieton Public Libraries.

How do I arrange to attend a course offered by the other U3A?

Contact the other U3A by email or post and ask to reserve a place in a course or courses. Booking forms will be left in the libraries or you can download a form from <http://www.wagu3a.com/text/Coursesapplication.pdf>.

Please, do not pay any monies at this point.

Once the U3A knows that there is a vacancy for you (after satisfying the needs of their own members) they will contact you and confirm your acceptance before the Wednesday preceding term start.

You will then need to make arrangements to pay the relevant fee before the end of the week preceding term start. If you do not pay for your course by then, you may lose

your reservation. The course fee is most often \$20 a person a term, but may vary for some courses.

Contacts

You can make a reservation with the Watonga U3A by email to secretary@wagu3a.com or by post to:

Port Macquarie - Watonga U3A Inc
Box 9461
Lighthouse Beach LPO
Port Macquarie NSW 2444

If undeliverable, return to:

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

PMHU3A Newsletter

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NAME BADGES – ALWAYS wear your name badge when attending classes and U3A activities. Write your emergency contact details on the back of your badge.

CHANGE OF ADDRESS OR EMAIL – Please inform the Office on 6584 3676 or the membership team via email on office@pmhu3a.org.au if you move house or change your email address.

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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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