

ENROLMENT DATES TERM 2 2013

AT LAURIETON

Monday 29 April
10.30am – 12 noon
Laurieton United Services Club

Be sure to bring your Course
Enrolment form with you.

AT WAUCHOPE

Tuesday 30 April
10.00 – 11.00am
Wauchope Library

AT PORT MACQUARIE EXTENDED OFFICE HOURS

Tuesday 30 April – Friday 4 May
9.30am – 4.00pm
Maritime Museum Cottage

You can enrol in courses by:

- **POST**, by enclosing cheque with your Course Enrolment form to:
Port Macquarie Hastings U3A
PO Box 1210
Port Macquarie 2444
- **ON-LINE** at www.pmhu3a.org.au
- **IN PERSON** at the Office with your Course Enrolment form and cash or cheque.

We do not have credit card facilities.

NORMAL OFFICE HOURS WILL RESUME

Monday 6 May – Friday 28 June
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

We are all looking forward to an
exciting Term 2.

Notes from the President's desk...

I continue to be impressed with our U3A; the organisation is running smoothly thanks to the grand efforts of our conveners, office staff and committee members. With so many volunteer organisations struggling, it is wonderful to be an involved member of PMHU3A with membership growing steadily at over 15%+. However, with growth comes the challenges of providing stimulating courses to satisfy the needs of members. Members play an important role in our organisation with your participation in courses and the associated social interaction.

Frank Jennings, VP, and I recently visited our local politicians, Rob Oakeshott, Leslie Williams, Peter Besseling and David Gillespie. All are most supportive of PMHU3A and verbally acknowledged the importance of the role that U3A plays within our community age group.

Further, Minister Mark Butler attended Frank's Class on 22nd February with Rob Oakeshott also in attendance (see p3). To our knowledge no other U3As have enjoyed the opportunity to discuss the needs of the third age face to face with a Federal Minister. With the over 50s representing almost 50% of the voting population in our electorate, I'm sure that the strategy for the Aging will become a prominent election platform.



Kevin Pike (Pres.) and Frank Jennings (VP) reviewing U3A plans for St Agnes Lodge with Rob Oakeshott, Federal MP for Lyne.

Things are *hastening slowly* in our St Agnes move. Our DA is subordinate to that of St Agnes Parish and Council engineers are working through issues with the car parking master plan, including the school, St Agnes and PMHU3A. Hopefully, issues will be resolved by the end of March but we must remain patient. Our occupation is unlikely before the commencement of Term 3.

Thank you, members, for your continued support of Port Macquarie Hastings U3A.

— Kevin Pike, President PMH U3A ■

University of the Third Age – The History

U3A is an international movement founded in Toulouse (France) in 1972 as a type of university extension, with courses conducted by members of the various university faculties. It spread rapidly to other parts of Europe, but on reaching England in 1981 its ties to the universities started to disappear.

U3A arrived in Australia in 1984, starting in Melbourne and spreading to Adelaide, Perth, the ACT, Brisbane and finally Sydney.

Our U3A which was founded here in 2005 follows the General Principles based on the British philosophy of the movement including:

- Providing affordable learning opportunities

for older people using the skills and abilities of the members themselves.

- No membership qualifications, no exams and no degrees or diplomas.
- No payment to any person for teaching or providing a service to members.
- The curriculum to be determined by the needs and preferences of members and according to the resources available to it.
- Those joining U3A shall pay for its upkeep.

Our membership of (currently) over 650 people, and growing, is a testament to those General Principles and to the volunteers, both of which keep the organisation moving and improving. — Sue Moll ■

Meet Warren Scott, *Destinations*

Q1: Tell me something about your life before U3A.

A potted history. I have been an optician, a photographer and a TV Cameraman. I taught photography for a number of years through Adult Education.

Q2: What made you think about joining U3A and what was the first course you attended?

After retirement I wanted to keep my brain stimulated and be part of the community. The first course I attended was in 2007 and was Australian History with Eric Graham.

Q3: There is quite a big step from attendee to convener. How did it come about?

I joined a class called *Destinations*. All about travel and travellers' tales. I am well travelled and have spent time in Europe, especially France and Italy, and had a number of photos that I was encouraged to share. I filled in for Des Davis (former president and first convener of the class) and Lin Van Copenhagen who followed

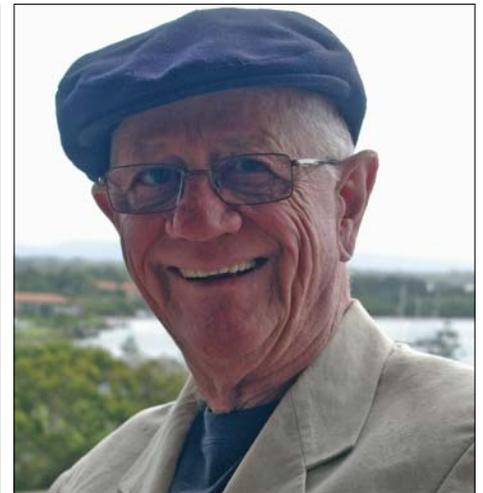
Des and who encouraged individuals to present their stories. Eventually I took over the convening of the class and still convene it today.

Q4: Do you have a philosophy about why your course *Destinations* is such a success?

I am an avid traveller and have a story to tell and I am not the only one. The class is full of people who also have a story to tell and a willingness to share their experiences with others. *Destinations* allows people to share and let others travel with them, even for a couple of hours once a week.

Q5: You have another role in U3A. What is it and what motivates you to put in your time in this role?

I met Nick Ogbourne, who is our webmaster and IT guru. He wanted assistance with maintaining the IT equipment and this snowballed into property maintenance as well. What motivates me? My ability to fill the role and feel that I am part of the organisation.



Warren Scott, convener of Destinations

and lastly —

Q6: What would you say to someone who might like to become a convener but is a little shy to make the first step. Any tips?

Do as I did. Offer to assist a convener. Take a class supported by an experienced convener. Be strong in your belief that your interests are probably shared by others.

— *Interview by Sue Moll* ■

Photos from some of our Term 1 2013 U3A classes



Christine Battison's Beginners Folk Dancing class.



John Harlow's "Exercise for Seniors" class.



Conni Gentlemen's Tai Chi class.



Sue Moll's French for Travellers – Beginners class.

Always expect the unexpected...

I invited our local Federal Member for Lyne, Rob Oakeshott to attend my Behind the Headlines group on 22nd February to explain what he really did as a Federal Member of Parliament against what we read or see in the media, and to answer questions from group members. Rob agreed, but as often happens in his world, commitments sometimes need to change.

It just so happened that on the 22nd February Mark Butler, Minister for Mental Health & Ageing, Minister for Social Inclusion, Minister for Housing & Homelessness & Minister assisting the Prime Minister on Mental Health Reform (that's all one person!!) was coming to Port Macquarie to open the new Port Macquarie Headspace. I was asked if I minded if the Minister came along to class with Rob. After due and serious consideration, I did not object.

My prepared program changed on the spot. The Minister, travelling by car, was delayed and was to be 10 minutes late.

Rob gave a brief rundown on recent decisions affecting our region, including the Kempsey bypass, the development of education facilities and the Port Macquarie Headspace Centre.

Rob then introduced Mark Butler.

The Minister opened by noting that Port Macquarie was an older and wiser part of Australia—meaning, of course, the people of Port Macquarie.

He said he was often asked “how are we going to fix the problem of ageing?”

He didn't see the fact that it was a problem that, in the last century, our life span had



L to R: Rob Oakeshott, Federal MP, Lyne; Frank Jennings, Convener, Behind the Headlines; Mark Butler, Federal Minister.

increased by 25 years. Indeed this gave us time to enjoy ourselves and “smell the roses.” U3A was a wonderful example of a place where older people were able to do something they enjoy, ie “smell the roses”.

The challenge for an ageing population should not be seen as an economic problem but rather how those extra 25 years can be enjoyable, active and healthy.

The Minister pointed out that U3A was the fastest growing educational community in Australia, overtaking the growth in Rotary, Lions etc.

He then turned his attention to health. Those extra 25 years of life bring with them extra health problems—chronic diseases, especially dementia. At present it is expected that the number of people suffering dementia will double every 20 years or so. But understanding of the condition is expanding rapidly.

The Minister pointed out that the next new area of medical research is of the brain. The revolution in imaging is transforming our knowledge of the brain and the causes of dementia and other mental conditions.

In recent times Ita Buttrose had lifted community understanding of dementia.

Mark Butler felt that the old adage “healthy body, healthy mind” still applies. We need good levels of social interaction and constant challenging of our brains.

The Minister concluded by saying “U3A is an incredibly important health measure”; no one disagreed with him.

Mark then allowed ample time for questions, which were all of a serious nature—not a frivolous political question asked. (*What have I been doing with this group for the last 9 years?*)

Questions covered areas such as:

Questions covered areas such as:

- With his various areas of responsibility, all competing for funds, how does he allocate priorities?
- The effects of changes to superannuation.
- The effects of drug use on mental health.
- How can we view older age more positively?
- How can we see longer living population as an asset rather than an economic liability?
- Can we have compulsory DNA testing at birth to assist health research?
- How can we improve quality of care for people with life limiting disabilities?
- Why aren't donations to U3A tax deductible?

The Minister gave each question thoughtful consideration and response.

Rob has promised to come back to class sometime to do his originally planned gig.

— Frank Jennings, Convener
Behind the Headlines ■



Eric Graham's Wednesday Australian History class with Neil Buxton (Friday Australian History convener) in attendance.



Christine Battison's Intermediate Folk Dance class in Armenian costume.

So...would you like to know more about U3A?

U3A is an organisation for mature people who are interested in engaging with other like-minded people to improve their knowledge in a variety of subjects and enjoy their company.

How do I join?

Complete an Application for Membership form available from our Office (see page 1) or on our web site www.pmhu3a.org.au

Payment of \$40.00 (\$5.00 joining fee + \$35.00 annual membership fee) may be made in person, by post or by Bank Transfer on the web.

How do I enrol in courses?

Most of our courses run for 8 weeks each

term and are published in our Course Brochure and on our web site prior to each of the four terms.

Course enrolment must be made using the Course Booking form downloaded from our web site, or from your email (if you are already a member) or by collecting the form from the Office. A copy is posted to those members without internet access.

Payment is then made for courses by post, by Bank Transfer on the web or in person at the Office. ■

COME AND JOIN US !

**Our U3A motto is
"LEARNERS LIVE LONGER!"**

What's On!

ENROLMENT DATES – TERM 2 2013:
See page 1.

PMHU3A TERM DATES 2013

TERM 2 2013: May 6 – June 28

TERM 3 2013: July 22 – Sept 13

TERM 4 2013: Oct 14 – Dec 6

U3A Network NSW 2013 Annual Conference & AGM: 4 – 5 April, 2013, Goulburn, NSW: See PMHU3A website for details.

Laurieton Choir: Public performance April 12th, 2.00pm, School of the Arts, Laurieton.

If undeliverable, return to:

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

PMHU3A Newsletter

**PRINT
POST**
PP 100008294

**POSTAGE
PAID
AUSTRALIA**

Patron – Robert Oakeshott MP

President
Kevin Pike 6583 7720
president@pmhu3a.org.au

Vice President
Frank Jennings 6584 5425
vicepresident@pmhu3a.org.au

Secretary
Sue Moll 6582 2785
honsec@pmhu3a.org.au

Treasurer
Lorraine Beukers 6584 6531
treasurer@pmhu3a.org.au

Course Coordinator
Maggie Wilson 6583 4114
courses@pmhu3a.org.au

Membership Secretary
Nick Ogbourne 0418 139 156
membership@pmhu3a.org.au

Newsletter Publisher
Sue Clifford 6582 0424
publications@pmhu3a.org.au

Office Administrator
Jenny Tucker 6582 0954
officeadmin@pmhu3a.org.au

Publicity Officer
Sue Moll 6582 2785
publicity@pmhu3a.org.au

Committee Member
Eric Graham 6581 1647
comm1@pmhu3a.org.au

Committee Member
Michael Rogers 6584 0039
comm2@pmhu3a.org.au

Webmaster
Nick Ogbourne 0418 139 156
webmaster@pmhu3a.org.au

Camden Haven Coordinator
Ida Bruno 6559 6656
laurieton@pmhu3a.org.au

Wauchope Coordinator
Beverley Izard
wauchope@pmhu3a.org.au

Welfare Officer
Elaine Howell 6582 2391

Committee (all members)
committee@pmhu3a.org.au

PMHU3A Office Information
Corner William St & Pacific Drive
PO Box 1210
Port Macquarie NSW 2444
Phone: 6584 3676
Email: office@pmhu3a.org.au
Website: www.pmhu3a.org.au

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

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.

NEWSLETTER contributions 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.

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.