

## ENROLMENT DATES TERM 4 2015

### AT LAURIETON

Monday 12 October  
10.30am – 12 noon

Laurieton United Services Club

### AT WAUCHOPE

Monday 12 October  
10.00am – 11.00am

Wauchope Library

### AT PORT MACQUARIE

Monday 12 – Friday 16 October  
9.30am – 3.30pm daily

You **MUST** be a **MEMBER OF PMHU3A** to enrol in a course. **MEMBERSHIP APPLICATION FORMS** may be obtained from the office or downloaded from the website, or you can apply online. Half-year membership at \$25 is available from July 1st.

Please **WEAR YOUR BADGE** when attending an enrolment centre. Collect a **COURSE BOOKING FORM**, fill in your **MEMBERSHIP DETAILS** and **TICK THE COURSES** you wish to join. The **COURSE BOOKING FORM** can also be downloaded from the website.

You may enrol and pay for courses by:

- **IN PERSON** at the **Office** with your Course Booking Form and cash or cheque.
- **ON-LINE:** at [www.pmhu3a.org.au](http://www.pmhu3a.org.au) and then by bank transfer.
- **POST:** Enclose cheque with your Course Booking Form to:  
Port Macquarie Hastings U3A Inc.  
PO Box 1210  
Port Macquarie 2444

**We have NO credit card facilities.**

### Office Location:

The U3A Centre  
2 Lochinvar Place  
Port Macquarie 2444

**Phone No: 6584 4192**

**Hours: 9.30am – 3.30pm**

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

## From the President...

A highlight of this month's activities has been the promotional feature of Port Macquarie Hastings U3A in *Focus* magazine.

Many thanks to Colin Imer and Des Davis for their contribution to this article and in bringing Port Macquarie Hastings U3A to the attention of the Hastings community.

Your management committee has recognised the importance of publicity and promotion of our activities and will be supporting Colin, our publicity/promotions officer with the view of increasing membership in 2015/2016.

In any organisation growth is important to encourage new opportunities. As well as new members, we are continually looking for new conveners and volunteers, who are the lifeblood of our community work.

Please don't underestimate the importance of word of mouth referrals as a promotional medium. Members are asked to please consider inviting your friends to join PMHU3A. I'm sure that they too will get as much enjoyment from U3A, as you do.

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On Friday 11 September we celebrated the 10th anniversary of PMHU3A with a dinner for members and guests at the Tenison Woods Centre.

It was great to meet former committee members who were instrumental in setting up our association. I enjoyed hearing about the "old days" and the entertainment was splendid.

Many thanks to Betty Starr and her committee for their great organisation.

On a related matter, members are asked to note the date of our Christmas function. It will take the form of a BBQ and will be held at the Tenison Woods Centre on Saturday 5 December.

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I'm pleased to announce that we now have an all-weather pergola in the courtyard. Congratulations to Lorraine in overseeing this project, which will be enjoyed by all members in the summer days ahead.

## Annual General Meeting

The AGM will be held at the PMHU3A Centre at 3.30pm on Friday 6 November. The principal items of business will be the presentation of the Annual Report and the election of Office Bearers and other members of the Management Committee for the coming year.

Nominations are called for the following positions:

- President
- Vice-president
- Secretary
- Treasurer
- Ordinary Committee members - six (6) positions

The following rules apply to nominations:

- (1) Nominees for the committee must be financial Ordinary Members of the association of at least 12 months standing.
- (2) Nominations must:
  - (a) be made in writing, signed by two (2) members of the association who have been financial members of the Association of at least 12 months standing, and accompanied by the written consent of the candidate (which may be endorsed on the form of the nomination), and
  - (b) be delivered to the secretary of the association at least 14 days before the date fixed for the holding of the annual general meeting at which the election is to take place.

Nomination forms may be obtained from the office when it re-opens for Term 4.

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A variety of interesting activities has been arranged for members over the term break. The details can be found in the **What's On** column on page 3.

Many thanks to Lorraine Beukers, Bob Jeffrey, Sue Whitby and the social committee for organising these sessions.

Kevin Pike, President ■

## Parking

We are conscious that on certain days and at certain times parking can present difficulties.

However, we wish to remind members that the parking spaces on **BOTH** sides of Lochinvar Place in front of the PMHU3A Centre and the Tenison Woods Centre belong to St Agnes Village-Catholic Care of the Aged and should **NOT** be used by persons visiting our premises.

Marked spaces allocated to PMHU3A are located on the street below the Centre and the street above. Off-street disabled parking is available in the yard directly in front of the U3A entrance and is reserved for members displaying a disabled parking sticker.

Members with mobility problems who are being driven to the Centre may be dropped off and picked up near the entrance.

We ask you to respect these arrangements.

## Constitution

Members attending the Special General Meeting on 14 August voted unanimously to adopt the new constitution. It has since been lodged with NSW Fair Trading for registration.

The new constitution may be found on the PMHU3A website and a copy is in the office for perusal.

## Networking our U3As

Fostering links with other U3As provides many mutual benefits. To this end Regional Representative, Lyn Stewart of Gloucester U3A, is compiling a list of speakers willing to travel to other U3As in our region to give a talk or conduct an activity. This will allow our associations to learn more about each other and generate new ideas.

Of course networking need not be confined to our own region. Thanks to our local network representative, Lorraine Beukers, we have arranged a special event for Saturday 17 October to which members of other U3As have been invited.

Our guest speaker at the event will be Bill Buykx of Southern Highlands U3A who will present his popular talk **Bulldust Baffles Brains**, in which he asks why so many of us are willing to suspend



our reasoning powers and embrace the 'bulldust' served up by politicians, salesmen and spin-doctors. Bill, a retired scientist, urges us to use our brains and question what we are being told by those who have a vested interest in peddling misinformation. You're sure to enjoy hearing what he has to say.

## PMHU3A in Focus

The September issue of *Focus* magazine for Greater Port Macquarie carries a full-page spread for PMHU3A in this, our 10th anniversary year. The article features interviews with current president Kevin Pike and former president Des Davis in which they explain who we are, what we offer, and how people in the 'third age' can enjoy and benefit – mentally, physically and socially – from their involvement in our activities. As Kevin says, "courses are purely for fun and most importantly assist our members to keep their minds stimulated with interesting and topical subjects", and the accompanying photographs, with some happy smiling faces, provide ample endorsement.



Publicity like this is important, both to our association and the general community. Increasing awareness of what U3A is about will, we hope, encourage more 3rd-agers to come and enjoy the things we have to offer. Thanks to our Publicity Officer, Colin Imer, for spreading the word.

## Fit to Survive

National Stroke Week, held earlier in September, was a timely reminder that stroke is a leading cause of death and disability in Australia, especially among older members of the community. Awareness of its effects should encourage all of us to do what we can to mitigate the risk – healthy diet, avoidance of stress, and regular exercise. Not that these are necessarily easy but U3A can help through providing an environment for relaxed social interaction and by offering several courses aimed at maintaining physical and mental fitness.



Tai Chi at Bellevue Gardens

Our Tai Chi group, led by Connie Gentleman, recently visited Bellevue Gardens to demonstrate the benefits of this form of exercise. The staff there were impressed and spoke about the possibility of the Folk Dancing group also visiting.

Of course cycling is a great way of keeping fit. 'Cycle the Hastings' has now been running for four years and convener Colin Imer tells us that, over that time, the group has grown from five participants to close to twenty. The group calls itself 'Greyedge', a whimsical allusion to the Australian professional cycling team 'Greenedge'.



On the road with Val Mudford



Off the road with the Greyedge team

Aged from 58 to 75, the group rides almost every week throughout the year. Their rides, all researched and led by members of the team, range from 22 to 70km and cover areas as far afield as Gladstone, Camden Haven, Beechwood and Tacking Point. And all, as if by magic, end at a coffee shop.

Our Greyedge cyclists, working on the 3C principle (Cycle, Chat and Coffee), are able to enjoy both the camaraderie of the group and the satisfaction of exercising and maintaining their fitness. It won't stop them growing older – that's a biological imperative – but they intend to do so gracefully, or perhaps disgracefully, on two wheels.

## 10th Anniversary Dinner

Sixty three members, friends and guests attended the association's 10th Anniversary Dinner held at the Tenison Woods Centre on 11 September. Among the guests of honour were Leslie Williams MP and her husband, Don, and Tony McGee representing St Agnes Parish while Mayor Peter Besseling called in for a short time before leaving for another engagement.



Andrew Moll, Faye Lardner, Jenny Tucker, Laurie Lardner, Leslie Williams & Don Williams

On arrival we were greeted with a drink and the room was soon full of conversation and laughter as people milled around before taking their seats at the gaily decorated tables.

Proceedings got under way with president Kevin Pike extending a warm welcome to everyone, adding some brief remarks on the significance of the occasion and how far we had come over the ten years.

Following the main course there was a musical interlude featuring the group *Two Goats and a Fish* who entertained us with a mixture of well-known and original songs. Then came dessert and speeches.

Brian Tolagson, a foundation member of Hastings Valley U3A, reflected on the origins of the association which offered its first courses—11 of them including Reflexology—in February 2005. Classes were spread across five venues from Emerald Downs to the Observatory.

Des Davis, who became president in 2009, then spoke about developments during his stewardship. An agreement with St Agnes Parish enabled us to acquire our first home in the old St Josephs Regional High School on Warlters Street. Des was also instrumental in forging links with other U3As, his efforts culminating in the highly successful hosting of the U3A Network State Conference in 2012.

On returning to the lectern Kevin Pike thanked the earlier speakers and congratulated all those involved in founding our association and imbuing it with such a positive culture. In the past few years a strengthening relationship with

St Agnes Parish had led to the creation of our new centre, the envy of every U3A in NSW, with teaching and recreational spaces, two of them now named in honour of early leaders Frank Jennings and Eric Graham. Turning to the less tangible but no less important achievements, Kevin acknowledged the generosity of volunteers engaged in teaching, administration, technology and maintenance, and observed how social interaction contributes to our personal and collective well-being. He looked forward to expanding our activities throughout the district in coming years and encouraging more 3rd-agers to join us.

Formal proceedings came to an end when Faye Davis stepped up and, to enthusiastic applause, cut the anniversary cake.

Shortly afterwards the party broke up after a most enjoyable evening. Our thanks go to everyone involved in making the event such a success, especially Jacqui Everett, Betty Starr and the Social Committee, and Faye Lardner who made and decorated the lovely anniversary cake [more photos on page 4].

## U3A Choir Laurieton Voices

Laurieton Voices has been singing together under the U3A banner for 3½ years.

The choir meets at the beautiful School of Arts building in Laurieton on Friday afternoons at 2.00pm.

The acoustics there are great but so is the talent. Although there are no auditions it is amazing how well we sing together, thanks to our musical director James Hannah OAM and our accompanist Pat Frank.



Blue Belles

Each term we learn a block of songs and at the end of term we have a concert so our family, friends and the general public can enjoy our efforts. We ask for a small donation of \$5 which is passed on to a local charity. Of course the concert is followed by a delicious afternoon tea.

The next Laurieton Voices concert will be on Friday 4 December at 2.00pm in the hall. We look forward to seeing you there.

Sue Bartholomew, Convener ■

## What's On!

**ENROLMENT DATES – TERM 4 2015:**  
See page 1.

**PMHU3A TERM DATES 2015**

**TERM 4: 19 October – 11 December**

**MOVIE**

**Skyfall – a James Bond film**

**Wednesday 30 September**  
10.00am – 12 noon

**Room 10 PMHU3A Centre**

**to be followed by a sausage sizzle**

**Cost \$2 (film only) \$5 (film and sizzle)**

**Q&A SESSION ON WINDOWS 10**  
**WITH SUE WHITBY**

**Wednesday 7 October – 2 sessions**

**9.45 – 10.45am**

**10.45 – 11.45am**

**To be followed by a sausage sizzle**  
**for \$3.**

**Bookings essential. Contact office.**

**\*\*\*\*SPECIAL EVENT\*\*\*\***

**Saturday 17 October 2015 at the**  
**PMHU3A Centre**

**BILL BUYKX – GUEST SPEAKER**  
**'BULLDUST BAFFLES BRAINS.'**

**PMHU3A Centre**

**Members of other U3As have been**  
**invited to the event. The talk will be**  
**preceded by a BBQ lunch. Afternoon**  
**tea will also be served.**

**11.30am BBQ Lunch**

**1.30pm Talk (Room 10)**

**2.30pm Afternoon tea**

**Cost \$10 – RSVP 12 October at the**  
**office or online**

**MELBOURNE CUP LUNCH**

**Tuesday 3 November 12.30 - 3.30pm**

**PMHU3A Centre**

**Cost \$15 - including 1 sweep ticket,**  
**chicken & salad lunch, refreshments**

**ANNUAL GENERAL MEETING**

**Friday 6 November at 3.30pm**

**Room 10, PMHU3A Centre**

**(for details see page 1)**

**CONCERT — LAURIETON VOICES**

**Friday 4 December 2.00pm**

**Laurieton School of Arts, 58 Bold**  
**Street, Laurieton**

**Cost \$5 towards charity. Afternoon**  
**tea served.**

**CHRISTMAS PARTY**

**Saturday 5 December**

**BBQ at the Tenison Woods Centre.**

**Details to be announced.**



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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. Any member who does not have a name badge should contact the office.

**CHANGE OF ADDRESS OR EMAIL** – Please inform the Office on 6584 4192 or via email on [office@pmhu3a.org.au](mailto:office@pmhu3a.org.au) if you move house or change your email address.

**NEWSLETTER** – Contributions are welcome but we reserve the

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