

CONTENTS

Term Dates 2016.....	1
From the President.....	1
Management Committee 2015-16.....	1
Membership renewals.....	2
Your new president.....	2
Help us to help you.....	2
More Languages?.....	2
Events.....	2
Bulldust baffles Brains.....	2
Melbourne Cup function.....	3
NOW by Kate Gaukroger.....	3
What's On!	3
The Life of Brian	4
Committee contact details	4

Term Dates 2016

8 February – 1 April

2 May – 24 June

25 July – 16 September

17 October – 9 December

Prior to the commencement of Term 1 the Centre will be open for enrolments and the registration of new members between 27 January and 5 February 2016. Current members may renew their membership from 23 November 2015. More information on membership renewals can be found on page 2 of this newsletter. Full enrolment details will appear in the January issue.

Summer Closure

The U3A Centre will be closed from 12 December 2015 to 26 January 2016 inclusive, apart from those days on which special classes or social functions have been scheduled. See **What's On!** page 3.

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

From the President...

The Annual General Meeting was held on Friday 6 November and was attended by thirty-eight members.

The Annual Report, including the Financial Report, was presented at the meeting and retiring president Kevin Pike drew members' attention to some highlights of the past year. They included:

- expansion of the course program with some 80 courses on offer each term
- further improvements to facilities, IT infrastructure and equipment with capital expenditure of more than \$40,000
- continued prudent financial budgeting, increasing reserves by \$34,000 to provide a solid financial base for the future

Kevin also paid tribute to everyone who works so hard for our association. Our volunteers—whether involved in convening courses, running the office, maintaining and developing our IT systems, undertaking maintenance of our premises and equipment, or organising social functions—are our most precious resource and essential to our operations.

The main business of the AGM was the election of office bearers and committee members for 2015-16. Congratulations to Jacqui Everett on her election as vice-president, and to other continuing members, particularly Sue Moll and Lorraine Beukers who serve in the crucial roles of secretary and treasurer respectively. I am pleased that Kevin Pike, to whom we owe a great debt of gratitude for his long contribution, remains on the committee, and am delighted to welcome two new members, Pam Hudson and John Jones.

The committee farewells Colin Imer and I thank him for his valuable work during 2015.

We have recently held two very successful social functions, a special presentation by Bill Buykx of Southern Highlands U3A and a Melbourne Cup luncheon.

Don't forget our Christmas Party which will be held on Saturday 5 December at the Tenison Woods Centre. Details of this and

Management Committee

2015 – 16

Office Bearers:

President:	Tony Dawson
Vice President:	Jacqui Everett
Secretary:	Sue Moll
Treasurer:	Lorraine Beukers

Committee Members:

Jenny Tucker	Office Administrator
Maggie Wilson	Course Coordinator
Kevin Pike	
Michael Rogers	
Pam Hudson	
John Jones	

Auditor:

David Johnson

Public Officer:

Kevin Pike

other events can be found in the **What's On!** column.

On a very sad note I am sorry to inform you of the death of one of our well-loved members, Neil Buxton. Neil ran a very popular class in Australian History and will be remembered for his gentle humour, his soft Scottish burr and his ability to deliver an erudite and flawless hour-long lecture without referring to notes. He will be missed and we offer our sincere condolences to his wife and family.

Turning to 2016 I encourage members to consider becoming a course convener. We need new courses to keep our program relevant and fresh, and you might be surprised to find how rewarding the role is.

On a related note, we also require one or more of our Laurieton members to help coordinate activities there. The job need not be onerous but would provide relief for Course Coordinator Maggie Wilson.

Finally, on behalf of the Management Committee I thank all members for your support in 2015. I wish you and your families a happy and peaceful Christmas break and look forward to seeing you next year.

Tony Dawson, President PMHU3A ■

Membership Renewals

U3A will be open for membership renewals from 23 November 2015. The annual membership fee remains unchanged at \$35 per year provided you renew before 12 February 2016 which is the end of week one of the first term. If you renew your current membership after that date, a \$5 joining fee will also be due.

Apart from saving you money, we would really appreciate your renewal as early as possible as it helps us to plan for the coming year.

You may renew your membership at the office but the simplest and quickest way is via the web site. **Log in** with your user name and password, go to **Membership** and click **Apply On Line**. You can then renew on line or print a form with the information that we have on file about you. Please check carefully that all details are correct.

Alternatively, you can print a blank form, complete it, and return it to the office or post it with your cheque to Port Macquarie Hastings U3A, PO Box 1210, Port Macquarie, 2444.

Your new president

Tony Dawson was born in Yorkshire in 1940, spending his childhood and most of his teenage years in an area of coal mines, woollen mills and farms. From an early age, and guided by his parents, Tony was interested in nature and on leaving school he embarked on a science degree at the University of Sheffield, graduating in physiology before going on to postgraduate research.



In early 1966 he arrived in Australia to take up a post-doctoral research fellowship at the University of Melbourne. Afterwards he returned to England and undertook research at the University of Leicester. However, Australia still beckoned and in 1970 he and his wife Andrea, recently married, again crossed the world for Tony to take up a lectureship in biochemistry at the University of Sydney.

Ten years later Tony moved to the University of Technology, Sydney (then the NSW Institute of Technology), spending the remainder of his academic career there as head of department, head of school and associate dean of science before retiring in 1998. During his time at UTS he was strongly engaged in promoting the use of computers in teaching and learning. While retaining his association with UTS for some years as an adjunct professor, Tony's interests in retirement turned what had been a long fascination with exploration, mapping and place naming. He has since published several books and articles on these topics.

In 2011, after more than forty years together, Tony and Andrea separated and Tony decided to make a new home in Port Macquarie. From here he can still readily visit his wife and daughter in Sydney as well as their son on the Gold Coast.

Soon after coming to Port, Tony joined the local historical society and it was there that he met Eric Graham who, in 2012, introduced him to U3A when he invited Tony to present a talk. And the rest, as they say, is history.

Tony has been a member of PMHU3A for three years and a member of the management committee for half that time. Last year he took on the role of newsletter editor and he also convenes two courses. He believes U3A has a great deal to offer people in their third age, especially those who live alone, The social dimension, plus the opportunity to learn new things and keep both mind and body active, makes ageing easier. Tony is confident that with its splendid new centre and active membership, PMHU3A has a secure future.

Help us to help You

Recently, when celebrating the association's 10th anniversary, we reflected on how far we'd come in those ten years. But no matter how successful we've been, like any other organisation we need continuous renewal if we are to remain vibrant. New members, new programs, fresh ideas—and everyone can help. Letting people know about us can be as simple as saying "I have my U3A class this afternoon." It might start a conversation that leads to a potential new member. As for new courses, is there something you'd like to learn or do? Let us know and we can see if others are interested. If so, there's help available for getting things off the ground. And practically everyone has some skills or knowledge that can help and refresh us, so please don't hold back. We need each other.

More Languages?

Seeking expressions of interest.

If you would like to see courses in Dutch and/or Spanish next year, please let Maggie Wilson, our Course Coordinator, know as soon as possible.

You can contact Maggie by email at courses@pmhu3a.org.au or by phone on 6583 4114.

Events

During the last term break members were offered a variety of events. The first, a video concert featuring Josh Groban and other entertainers, was presented by Bob Jeffrey who has a special talent for piecing these things together. More than thirty people took the opportunity to watch the 3-hour show and were thoroughly delighted with the performance. Members will be pleased to learn that Bob will present the show again on Wednesday 25 November. Details appear in What's On! and you will find notices at the centre and on the website.

Regrettably, the film show attracted only a small audience and we intend to review this aspect of the program.

Sue Whitby's Q&A session on Windows 10 generated strong interest. There were lots of questions and, as always, Sue had the answers. It is certainly good to see so many of our members embracing computer technology.

The last event during the break was Bill Buykx's presentation on bulldust and brains. As reported below, it proved very successful and teed things up nicely for the final term of 2015.

Bulldust Baffles Brains

Almost sixty U3A members and guests, including three from Gloucester District U3A and three from Forster Tuncurry U3A came to the Centre on 19 October to hear Bill Buykx from Bowral speak on the subject *Bulldust Baffles Brains*.

Bill was born in Holland but migrated to Australia in the mid-1950s. For ten years he worked at Philips Electrical Industries in Adelaide but in 1965 he and his wife, Toni, moved to Sydney where Bill took a position at the Australian Atomic Energy Commission (now ANSTO) at Lucas Heights. Over the next thirty years he was engaged in a variety of research projects from synthetic rock for the disposal of nuclear waste to materials used in biomedical appliances.

After Bill retired in 1998 he and Toni

moved to Bowral where they joined Southern Highlands U3A. Bill hadn't lost his inquisitive nature and returned to study, gaining postgraduate qualifications in political thinking and cognitive science, disciplines that he afterwards incorporated into courses developed for U3A.

The message Bill aimed to convey in his highly entertaining talk was that we should keep our brains active and use them to question and analyse what we are told, especially by those with self-serving interests. When presented with "facts" we should ask for all the evidence, both for and against, and weigh their merits before deciding whether or not to accept them. In the course of his presentation Bill drew on examples from politics, big business, advertising and promotion, pointing out how their 'bullrust' is aimed at beating, or perhaps lulling, us into belief. However, if we make the effort we can turn the tables and use our brains to baffle the bullrust. Bill urged us to retain a healthy dose of scepticism towards what we're told. By doing so we can all contribute to a better informed society.

Bill's visit to Port Macquarie brought an added bonus in enabling him to re-unite with two of his former ANSTO colleagues, Bev Izard and Gwen Hedgeland, both of whom are members of PMHU3A.

Our thanks to Lorraine Beukers for organising the event, and to Jacqui Everett and her catering team.



Lyn Stewart (Regional Representative for U3A North Coast), Bill & Toni Buykx, and Lorraine Beukers

Melbourne Cup

A glamorous crowd of members and guests, many of whom would have graced the fashion stakes at Flemington, gathered at the Centre on 3 November to enjoy lunch and watch the running of the Melbourne Cup.

Because the weather looked uncertain tables were arranged in the reception



*Lapping up the sunshine
Carmen Smith and Trish Davies*



*Sartorial splendour
Bev Izard & David Johnson*

and dining areas, but fortunately the sun broke through and we were able to use the courtyard for pre-lunch drinks and for serving the food.

And what food and drink it was! Sparkling and still wines, fruit punch and soft drinks to accompany the cold roast chicken and an array of different salads.

About half an hour before start time when everyone had put their hard-earned money into the sweepstakes, we began drifting into the Frank Jennings Room to watch the horses being paraded before going to the barrier.

They're off! And about half way through so was the TV signal owing to a lightning strike. But Ken Churchill quickly retrieved the situation and we lost only a few seconds. Then the excitement of the finish and the cheers of our ladies (and the gentlemen too) as Michelle Payne became the first woman jockey to win the cup.

The lucky ones gathered their winnings and soon the party was over, apart from the clearing up.

Thanks to Lorraine, Jacqui, Ken, Mike and everyone else who helped to make the occasion so special. We'll do it all again next year.

What's On!

ENROLMENT DATES – TERM 1 2016
See page 1.

PMHU3A TERM DATES 2016
See page 1.

CONCERT

Bob Jeffrey presents a repeat of the video concert featuring Josh Groban

Wednesday 25 November
1.00pm – 4.00pm

Room 10, PMHU3A Centre

Cost \$2 payable at the door

CHRISTMAS PARTY

Saturday 5 December
12.00 noon – 3.00pm

Tenison Woods Centre BBQ Area,
Lochinvar Place

Cost \$15 per person – tickets may be purchased at the office

More events are being organised for the summer break and are expected to be held on Wednesdays. Detailed information will be available at the Centre and on the PMHU3A website before the end of term.

NOW

by Kate Gaukroger

"You're doing well, for your age,"

I really do hate that phrase.

Am I supposed to disintegrate

When past the age of seventy eight.

The sales person who deigns to smile –
I know what I want, I'm not a child.

Sale made – no plastic there

People like me – everywhere.

A dental check – all's well.

Maybe brighten that smile – a sell.

Why? Dazzling white – a worn face,

Compatible? – not in this case.

Daily tasks exhaust – no power.

It's hard work to have a shower.

Dressing – now that's a test.

But I need to look my best.

I won't deny problems arise.

Now I know – being old and wise;

Why pantyhose is a big no-no

Hosiery to the knee – way to go.

I can no longer twist and bend

Get both feet in and pull the end.

A contortionist – we see on stage,

Not for me – not at my age.

Cooking, baking – time to stop.

The same goes for broom and mop.

Just reflect – turn the page for

Wisdom gained – at every stage.

The Life of Brian

Brian Tolagson has been a convener since 2005. He mightn't be the messiah, but he has plenty of disciples.



Improve Your Writing

high tea at Brian's place on July 9th
Juta Cooley (standing), Joan Gillson,
Anne Richards, Margaret Balidis
and Glenys Howard



World Geography

lunch held on September 21st at Seasalt Cafe & Restaurant
Jenny and Stu Tucker with Helen
Duncan in the background



Fay Lardner, Des Davis
and Pamela Hudson

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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 if you move house or

change your email address.

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