

## ENROLMENT DATES TERM 1 2016

### AT LAURIETON

Wednesday 27 January  
10.30am – 12 noon  
Laurieton United Services Club

### AT WAUCHOPE

Monday 25 January  
10.00am – 11.00am  
Wauchope Library

### AT PORT MACQUARIE

Wednesday 27 – Friday 29 January  
Monday 1 – Friday 5 February  
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.

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...

Let me begin by expressing the hope that you enjoyed a happy Christmas and wishing you all the very best for 2016.

I expect that many of our members managed to get together with family and friends over the festive season. I spent Christmas in Sydney with my daughter's family and it was great to watch the excitement with which her two young girls anticipated, then celebrated, Santa's arrival. But these 1st-Agers have so much more energy than we 3rd-Agers that after a few days of not even attempting to keep up with them I wasn't sorry to return to a less hectic life.

The problem is that once the excitement is over summer lethargy sets in and it's difficult to crank things up again. But that's where U3A helps with another year of classes soon to be under way and breathing new life into our days.

There's a lot to look forward to this term with more than eighty courses again on offer. All the old favourites are there but quite a few new ones have been added including Basic Watercolour Painting, Climate Matters, Gentle and Chair Yoga, Magic in an Age of Science, Spanish for Beginners and Zumba Gold. Plenty there for both mind and body so do look out for those as well as the continuing courses.

For some members the summer break feels too long but we have tried to alleviate that by again providing some entertainment at the centre. Our special thanks to Bob Jeffrey for presenting three musical shows during the break, the last one to be held on 20 January. The shows, featuring singers Mirusia Louwerse, Kimi Skota and Celine Dion, have each been followed by a sausage sizzle and a chance to socialise.

The break has allowed us time to make some improvements to the centre. When you come in this year you'll notice that a shade sail has been erected at the north-eastern corner of the garden courtyard, complementing those of the western side. This completes, for the time being, the

## Enrol Online

You may enrol in courses online from 00.00 hours on 27 January (midnight on 26 January). Just go to our website at [www.pmhu3a.org.au](http://www.pmhu3a.org.au) and log in with your username and password. You will find the course program there together with the online booking form and payment information.

Members are encouraged to use this easy and convenient service.

structural work there, although the garden itself changes and improves all the time thanks to our resident greenfingers, Greg and Alvina Dark.

The other major improvement is in room 8 where a new 65-inch smart TV has been installed to replace the failing data projector. The TV will give much better visual quality and colour and add extra functionality including web browsing, and things like ABC iView and SBS OnDemand. We also intend to improve the audio system in room 8 provided we can obtain the necessary funds. When that is done the room will approach theatre-quality for film and music classes, and for special events.

At this time of year we take the opportunity to acknowledge the work of our conveners by holding a lunch in their honour. It's impossible to over-emphasise how important the conveners are to what we do. Indeed, without them we could not exist and I again thank them all for their dedication to our association.

Before closing I encourage continuing members to renew your membership before enrolment begins so as to make the process easier for everyone. We have another stimulating year ahead of us and I extend a sincere welcome back to all of you. A special welcome, too, to new members who, I'm sure, will find the U3A experience most rewarding.

*Tony Dawson, President PMHU3A* ■

## Learners Live Longer

Yes, it's a three-word slogan and we've had plenty of those of late. But this is one we've been happy to adopt as our motto.

Where the expression originated I'm not sure but it certainly goes back a few years. On New Year's Day 1999 the following appeared in the Times Educational Supplement:

"The Campaign for Learning, in conjunction with the TES, is urging everyone to make a New Year resolution that can transform their lives. The campaign – intended to popularise and promote lifelong learning has widespread backing from industry, schools and colleges and celebrities.

The benefits of learning go beyond the financial gain qualifications can bring, or the confidence and pleasure of acquiring new skills. Recent scientific research suggests that learning can even promote the growth of brain cells. Other research suggests that active learners live longer, so you could be making New Year's resolutions for many years to come."

Whether or not learners do actually live longer, there can be no doubt that keeping the mind active by learning something new adds quality to life. Even the thought of 'boredom' becomes meaningless because learners don't have time to get bored – there's too much to be learned and life is short. Of course, members of U3A already know all this and will be keenly anticipating new opportunities for learning in 2016.

A year or two ago I had to smile when my then 5-year-old granddaughter, having reached that age where the concept of death begins to have some meaning, said to me quite seriously "You're old Pops. You're going to die soon." Out of the mouths of babes and so forth, but from her stage in life she was probably right. Thankfully, 'soon' hasn't arrived yet and until it does I'll keep on learning in the hope that I'll push it back a bit more.

*Tony Dawson*

## Mind Your Language

Propos of the preceding item, learning a new language, or learning to make better use of a language you already know, can be quite a challenge. But this is what U3A is about and as in rugby when the referee tells a player with the ball to "use it or lose it" the same applies equally to

minds and bodies.

Among the language courses already on offer are French for Beginners, French for Travellers and German Conversation, as well as courses in English expression to help you improve your writing.



*French for Beginners with Sim Livian*

This year a new course—**Spanish for Beginners**—has been added to the list. The course will be convened by Cristina Reid and as there are many Spanish-speaking countries around the world and a wealth of Spanish literature it should prove attractive to members

It is also worth mentioning that various online programs are available to reinforce what you learn in class. In the January 2016 issue of 'Signposts', a publication of World U3A, there is a link to 'Babbel' (<https://www.babbel.com>). This is a simple and effective website for language learning and is freely accessible. It offers fourteen languages at beginner and advanced levels and uses both text and sound to help with pronunciation.

So whether you're hoping to travel, or would simply like to become familiar with another language, our courses can help.

## Stretching Things

Although most of the action at U3A takes place at the main centre, our activities stretch well beyond. In some cases 'stretching' is what they're about, whether it be limbs or vocal cords.



Early last month **Laurieton Voices** gave their end of year performance at the School of Arts in Laurieton. It was an excellent concert with musical director James Hannah OAM bringing out the best

in the choir.

The program was varied, and included Christmas Carols, songs from musicals, traditional songs, and pop.

The choir's final item, Abba's *Money Money Money*, not only encapsulated the spirit of the season but reflected one important purpose of the concert which was to raise money for a good cause.

It certainly worked and when the performance ended the choir's convener, Sue Bartholomew, was able to present a cheque for \$300 to a representative of the Westpac Rescue Helicopter Service, helping them to meet their 2015 target. Congratulations to Sue, James and everyone in the choir.

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On a different note, John Harlow has continued his **Exercise for Seniors** classes at Town Beach throughout the break. John works the class members hard with weights, stretching and balance exercises but strangely they seem to enjoy it.

So if you're feeling a little less fit after the Christmas fare, give some thought to joining one of John's classes, either at the beach or in the centre, and he'll soon have you back to your best.

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This term we have another exercise program for you – **Zumba Gold**. Zumba is a Latin-inspired dance fitness program that aims to keep you fit and healthy, as well as entertained with lively music. Zumba Gold is a low intensity version specially designed for older adults, and during the break the convener, Krista Gilen, ran an introductory session which attracted around forty people. It augurs well for the new course and we look forward to seeing members zumba-ing, rumba-ing and samba-ing around the centre.

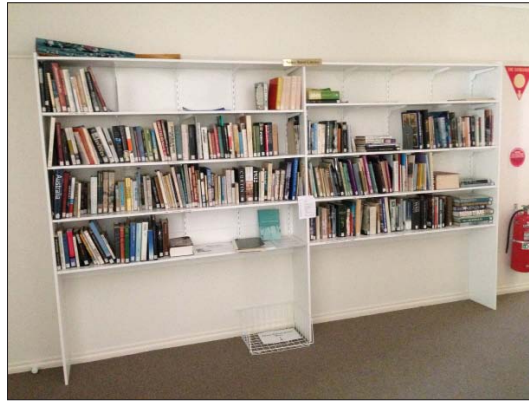
## Our great Australian History library

Have you checked out our great Australian History library lately?

It's tucked round the corner, opposite Room 10, so perhaps you haven't noticed it. The books there are available for all members to read and borrow, though we do ask you to write your name in the lending book, so we can keep track of them. It's not just for those who attend the Australian History classes.

You'll be surprised what's there. There's everything you could want to know about the history of Australia, from early discovery to the First Fleet to current day Prime Ministers. There are books about Aboriginal rights, about Australian architecture, classic Australian yarns by the likes of Henry Lawson, and heaps of biographies – too many to list. And there's information about our local area, Port Macquarie and it's surrounds. If you log on to the website, you can look at the whole catalogue.

We really don't want these books to just sit on the shelves. So please come and have a look, and see if there is something that takes your eye. They have all been donated, and are for the pleasure of all members.



*Wendy Ogbourne and Colleen Hawes*

## Christmas Party

The last major function of 2015 was the Christmas Barbecue attended by sixty-four members at the Tenison Woods Centre which the CCA kindly allowed us to use.



*Tables set up*



*Ready for lunch*



*Carols from the Vox Choir*

The day began with Peter Langran, David & Joanne Hogan, Sue Clifford and Sue Moll busily setting up and decorating the tables under the watchful eye of Betty Starr, while Jacqui Everett, Hazell Sellars, Faye Lardner and Di Gander prepared bowls of salads and fruit platters ready for serving.

As guests began to arrive Margaret Snodgrass and Patricia White collected their tickets and Dave Smith provided musical entertainment. On the terrace Greg Dark and Laurie Lardner got heated over the barbecues, while Kevin and Diane Pike maintained their cool as they served drinks from the Esky.

The Christmas spirit was full swing as people happily filled their plates and took their places at the table. Over lunch Dave Smith and Carol Baker treated us to many of our favourite songs from years past.

After a few words from the president, the U3A Vox Choir assembled and, conducted by Betty Starr and accompanied on the piano by Kevin Atkins, sang a number of carols to bring the afternoon to a cheerful end.

The committee wishes to thank everyone involved in mounting such a successful event, especially Jacqui Everett and Betty Starr, the principal organisers. It takes a lot of time and effort to do these things and we are very fortunate to have so many volunteers always willing to help.

## What's On!

**ENROLMENT DATES – TERM 1 2016:**

See page 1.

**PMHU3A TERM DATES 2016**

**TERM 1: 8 Feb – 1 Apr**

**TERM 2: 2 May – 24 Jun**

**TERM 3: 25 Jul – 16 Sep**

**TERM 4: 17 Oct – 9 Dec**

**BOB JEFFREY PRESENTS**

**Celine Dion (part 2)**

**20 January 2016 9.30am – 12.30pm**

**Room 10, PMHU3A Centre**

**to be followed by a sausage sizzle**

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

**CONVENERS' LUNCHEON**

**(invitation only)**

**21 January 2016 12 noon – 2.00pm**

**Blue Haven Bar and Grill, Flynns Beach Resort**

**Meal provided; buy your own drinks**

**U3A NSW NETWORK CONFERENCE**

**28 – 29 April 2016**

**to be held at the Belmont 16ft Sailing Club, The Parade, Belmont 2280**

**Details from Eastlakes U3A website**

<http://eastlakes.u3anet.org.au>

**Email enquiries**

[conference@eastlakes.u3anet.org.au](mailto:conference@eastlakes.u3anet.org.au)

**We anticipate running some social functions during Term 1 but the details have not yet been finalised.**

**However, the information will be provided in good time so keep your eye on the website and/or look out for notices prominently displayed in the Centre.**



**D**id you know about U3A Online? It's an independent and autonomous U3A which delivers online learning via the Internet. All you need to study online is access to a computer with an Internet connection, and basic computing skills.

U3A Online offers courses in World Affairs & History, Nature, Writing & Creativity, Life Style, and Science, mostly by independent study but some with a course leader.

For more information go to:

[www.u3aonline.org.au](http://www.u3aonline.org.au)

## U3A NSW Network Conference



Carol Duncan



Susan Ryan

The annual Network Conference will be held at the Belmont 16ft Sailing Club, The Parade, Belmont 2280 on 28 – 29 April 2016.

Eastlakes U3A is hosting the conference which has the theme “Staying Connected”. Writer and former broadcaster **Carol Duncan** will be the MC and the stimulating and entertaining program features keynote speakers the **Hon. Susan Ryan**, Australia’s first Age Discrimination Commissioner and Disability Discrimination Commissioner, **Professor Trevor Waring**, Conjoint Professor of Psychology at the University of Newcastle, and **Gerry Collins**, Journalist, Sports Commentator and ABC Radio Sports broadcaster. A civic reception will be held on the 28th and the conference dinner the following evening. Various optional workshops and post-conference excursions are also available to registrants.



Gerry Collins



Trevor Waring

The registration fee of \$65 per person covers attendance at the civic reception and all conference activities, workshops, lunch and refreshments during the day on Thursday. The conference dinner and excursions are additional costs. Registrations close on 13 April 2016.

Full program details, registration forms and accommodation information may be found at the Eastlakes U3A website <http://eastlakes.u3anet.org.au>.

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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.

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