

ENROLMENT DATES TERM 2 2016

AT LAURIETON

Tuesday 26 April
10.30am – 12 noon
Laurieton United Services Club

AT WAUCHOPE

Tuesday 26 April
10.00am – 11.00am
Wauchope Library

AT PORT MACQUARIE

Tuesday 26 – Friday 29 April
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. The annual membership fee is \$35 and there is a \$5 joining fee. 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 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

From the President...

Term 1 seemed to fly by, fortunately with no serious problems. At the start of term there was a small hitch when some members using certain computer protection software found that they couldn't access the website to enrol online. The problem – since fixed – was some malware which got into our system though we don't know how. However, we (by 'we' I mean our IT team) have been developing a new, improved website with extra security which we hope to implement at the end of second term. This should avoid future problems and provide members with an even better service.

The new shade sail over the north-eastern corner of the courtyard proved very welcome during the hot extended summer and the courtyard remains one of the most attractive features of our centre. Indeed, almost too attractive at times, especially for conveners trying to get members back to class after the morning or afternoon break. Still, we are very lucky to have Greg & Alvina Dark and Laurie & Faye Lardner keeping the area in such fine fettle.

Our neighbours in the St Agnes Village office have also told us how much they enjoy looking on to the courtyard though they take a less kindly view of members who occupy their designated parking spaces, particularly those on Lochinvar Place in front of the Tenison Woods Centre and across the road in front of the U3A Centre. We again urge members to use only our allocated spaces and especially to avoid parking in the two places mentioned.

As you'll see elsewhere in this newsletter there are a number of social functions coming up. Bob Jeffrey will present a 2-part Barbra Streisand concert during the April break, then in May there will be a Mad Hatter's week along the lines of the very successful event we held a couple of years ago. In June we have a Trivia Afternoon at Panthers. This is to be held in conjunction with Masons & Friends and the Student Heart Project to raise money for the purchase of defibrillator for the

Enrol Online

You may enrol in courses online from 00.00 hours on 26 April (midnight on 25 April). Just go to our website at 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.

centre. Read more about this on page 2.

Other planned events include an Open Day and a Christmas in July Lunch. Look out for more details in coming weeks.

I am delighted to announce that we have a new Publicity Officer. Rita Spencer, who has very valuable experience in the field, has taken on the position and has already arranged substantial publicity for our association. Rita has planned a strong media campaign for our Open Day to be held in the mid-year break and we're confident that members will also help spread the word. Although our membership is still rising slowly there is a substantial turnover from one year to the next and it is important for us to attract new members to replace those we lose for various reasons. Port Macquarie's population of 3rd-agers continues to grow and U3A offers great opportunities for new arrivals to feel at home here.

Committee members and many other volunteers work hard to ensure the smooth running of our operation and I particularly want to thank Lorraine Beukers for continuing in the demanding role of treasurer despite having been hampered all term by a broken leg. We hope to see her fully recovered very soon.

We have also temporarily lost the services of our secretary and webmaster – Sue and Andrew Moll – while they visit Britain. They'll be missed but we wish them a happy trip and look forward to their safe return.

Tony Dawson, President PMHU3A ■

Take Heart

Sudden cardiac arrest (SCA) is an abrupt loss of pulse and consciousness caused by an unexpected failure in the heart's ability to effectively pump blood to the brain and around the body. Unlike what is commonly known as a heart attack, it is caused by an electrical, not a vascular, malfunction and occurs when the heart's natural pacemaker fails and the heart begins to beat rapidly and irregularly, a condition known as fibrillation.

Each year in NSW some 4000 people suffer out-of-hospital SCA. Susceptibility increases with age, especially after the age of sixty five, and the incidence in men is higher than in women.

SCA is a medical emergency and unless the heart beat can be restored within a few minutes the chances of survival are low. So it is essential that when a person suffers SCA they receive help very quickly from someone in the immediate vicinity. Treatment can take the form of cardiopulmonary resuscitation (CPR) or, more effectively, defibrillation using electric shock.



In recent years the Automated External Debrillator (AED) has been used to great effect to restore normal heart rhythm. The AED is a small, portable, easy to operate, life-saving device intended for use by a first responder – usually a non-medical layperson.

Given our large membership and age demographic the management committee believes that an AED would be a valuable acquisition

for the PMHU3A Centre and, while we hope that it will never be needed, staff will be trained in its use.

We are therefore seeking to raise funds for the purchase of an AED. To this end a Trivia Afternoon is being organised for 12 June (see What's On). Details will be published in the centre and on the website in coming weeks and, if successful, the event will make a very significant contribution to the fund raising effort.

We trust that members will agree with the committee and hope that they, their family and friends will strongly support the initiative.

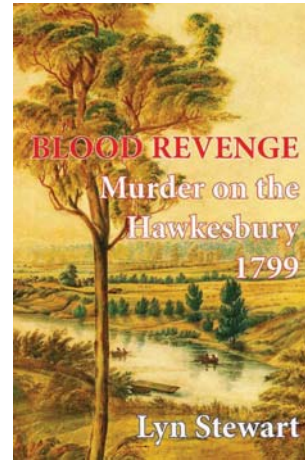
Murder Most Foul

On 9 March we were privileged to have a guest speaker at the Australian History class. Lyn Stewart, President of Gloucester District U3A and regional representative for the North Coast region of the NSW U3A Network, came to speak about her book *Blood Revenge: murder on the Hawkesbury 1799*, published last year by Rosenberg Publications.

As a child, Lyn suspected that her family harboured a dark secret. She later discovered that in 1799 her great-great-great grandfather, Edward Powell, a settler on the Hawkesbury River, was one of five men charged with the murder – or, more precisely, the 'wanton killing' – of two Aboriginal youths.

Over the years Lyn, who was pursuing her career in dietetics, delved further into the case, even returning to university to study English and History in order to enhance her knowledge and historical research skills. Innumerable hours of painstaking research through records held by State Records NSW and other repositories ultimately revealed a host of important details about the case not previously reported. It took Lyn into the gloomy corners of the often hostile relationships between white settlers and

the Dharug people, and also into the conflicts between Governor Hunter and the NSW Corps that muddied the legal waters.



Although Powell and his co-accused were all found guilty of the murders, the court insisted that the case be sent to England for review. The men paid bonds but were allowed to get on with their lives and, when the decision was received from England more than two years later, rather than facing the gallows they were all pardoned.

Was justice done? Definitely not, given that capital punishment was exacted for far lesser crimes at that time. However, there remains the nagging question of whether the

authorities had led settlers on the Hawkesbury to believe they could act with impunity where Aborigines were concerned.

Lyn's talk was well received by the large audience, generating a number of questions and comments, and raising plenty of issues for us to reflect on as we enjoyed our sausage sandwiches afterwards in the courtyard.

This Sporting Life

[Owing to lack of space in the last newsletter we were unable to include this report from Colin Imer, convener of *Cycle the Hastings*. But, better late than never, here it is.]

On yer bike – Well done to the nine intrepid cyclists from the PMHU3A cycling team 'Greyedge' who participated in the 32nd RACV Great Victorian Bike Ride between 28 November and 6 December last year. The trip was not for the faint hearted, the riders' difficulties compounded by a combination of dust, heat, cold, headwinds and in some cases, a lack of training! The ride started in Ballarat and progressed all over the Victorian Goldfields. Daytime temperatures reached as high as 36°C with nights dropping as low as 3°C.

Andrew Moll was a standout performer, riding the full 560 km in nine days. He actually rode an extra 10 km due to a wrong turn. His average speed for the whole trip was 22.18 km/h. Simon and Mary Abell also completed the entire course and Simon was a revelation throughout the ride; coaching, guiding, assisting, talking very quickly, picking out tents for late arrivals at campsites and generally lifting team morale at every opportunity

The organisation of the event was first class. The back roads of the gold fields were in great shape and each overnight camp had a real buzz, with the local townspeople arranging all manner of events.

The Greyedge team

Andrew "The Mighty Atom" Moll – 9 Days, 560 km

Colin "Ferret" Imer – 5 Days, 242 km

Val "Steelegs" Mudford – 5 Days, 322 km



Colin Imer leads Val Mudford out of Inglewood on day 4

Mike "The Bike" Oakley – 4 Days, 169 km
 Virginia "Ham" Oakley – 4 Days, 169 km; retired
 Jeff "Sir Donald Bradman" Perkins – 5 days, 322 km; retired
 Margaret "Perky" Perkins – 5 Days, 322 km; retired
 Simon "The Kid" Abell – 9 days, 550 km
 Mary "Child Bride" Abell – 9 Days, 550 km

It is Cricket – Well done too to committee member and former president Kevin Pike who made a cameo appearance on TV on 21 March, speaking in his current role of President of Seniors Cricket NSW.



Kevin was in Coffs Harbour for the Finlay Cooper Cricket Tournament which brings out all the traditional rivalry between NSW and Queensland. We're delighted to report that the Blues retained the Finlay Cooper Cup by defeating the Maroons 8 games to 6 over the two day carnival.

Photograph of a man on the Kindee Bridge*

by Barbara Westwood†

A man stands on the bridge alone, his hair grey as the wood of the rail he leans on, his face leathered by sun, wind and rain, above him the trusses criss-cross the sky. Like the bridge he is the oldest in his family— remembers the bullock drays, pack horses. No one has kept the record of his daily life no one knows how many people and carriages passed over the bridge yet the man and the bridge have been integrant parts in the wheel of life.

* Kindee Bridge, built in 1936 over the Hasting River, is the oldest timber suspension bridge in NSW.

† Barbara is a prominent member of one of the U3A writing groups and was featured in an interview in the April issue of Focus magazine.

Am I getting the most out of my U3A membership?

If you ask yourself this question and come up with the answer 'yes', then that's good. But if you're not sure then there's a remedy in the range and variety of courses we offer, as well as in our regular social activities.

A back-of-the-envelope calculation reveals that, on average, each member attends about 56 hours of classes over the year, or a little less than two hours per week. Naturally, there's considerable variation with some members doing far more while others enrol in one specific course run over just a week or two.

As most of us have particular interests in one or two fields it is perfectly understandable that we choose courses mainly, or only, in those fields. However, if this is all we do then maybe we're losing the chance to learn something completely new and develop new ideas. While we don't suggest that anyone gives up on his or her favourites we would encourage you to look more broadly at what's on offer and perhaps take a tilt at something different as well. It's not so much challenging yourself as stretching yourself and it's amazing once you start something fresh just how interesting it can become.

No matter how much any one of us knows or has experienced, it's only a tiny fraction of the combined knowledge and experience to be found among our 700-plus members. The opportunities for both receiving and passing on knowledge are huge, and everyone is encouraged to try something new either by enrolling in another course or volunteering to act as a convener.

It's illuminating to look at courses run by other U3As in the NSW Network. Many are short – just one or two sessions – or run fortnightly or monthly. While we also have a few courses of this kind, perhaps we could do more to provide openings for members who would like to become more involved and share their knowledge but don't want to take on the broader responsibilities of a course convener. If you think this is an idea worth pursuing please email me at newsletter@pmhu3a.org.au

Tony Dawson, Newsletter Editor ■

What's On!

ENROLMENT DATES – TERM 2 2016
 See page 1.

REMAINING TERM DATES 2016

TERM 2: 2 May – 24 Jun
TERM 3: 25 Jul – 16 Sep
TERM 4: 17 Oct – 9 Dec

Bob Jeffrey presents

BARBRA STREISAND (2-part series)

13 April 2016 9.30am – 12.30pm
 20 April 2016 9.30am – 12.30pm

Room 10, PMHU3A Centre

Cost \$2 per session plus \$1 for morning tea or coffee.

LAURIETON VOICES CONCERT

Friday 6 May 2016 2.00pm

Laurieton School of Arts, 58 Bold Street, Laurieton

Admission \$5 includes afternoon tea.

MAD HATTER'S WEEK

9 – 13 May 2016

Dig out your favourite headwear and sport it for everyone's amazement and envy.

Prize for the best hat.

TRIVIA AFTERNOON

(in conjunction with Masons & Friends and the Student Heart Project)

12 June 2016 3.00pm – 7.00pm

Panthers Port Macquarie, 1 Bay Street

The event will be run by Rod Simpkins with proceeds towards the purchase of an Automated External Defibrillator for the PMHU3A Centre.

Members are encouraged to arrange tables of ten but individual participants are also welcome.

Cost \$10 per person. Food and drinks may be purchased at the club.

CHRISTMAS IN JULY LUNCH

31 July 2016 12.00 noon

Blue Water Bar & Restaurant, Flynn's Beach Resort, Ocean Street.

Cost \$35 for a 2-course Xmas lunch.

Tickets on sale at the office towards the end of Term 2.

Political Postscript

- All politics are based on the indifference of the majority. *James Reston*
- It is a pity that more politicians are not bastards by birth instead of vocation. *Katherine Whitehorn*
- Nixon's motto was: If two wrongs don't make a right, try three. *Norman Cousins*

Eggs-cellent Fun



*Who's been laying in MY nest?
(courtesy of Photoshop)*

The (eggs-tremely) Noisy Miner recently inhabiting the courtyard must have experienced some confusion when multi-coloured eggs began appearing in flower tubs around the garden in the lead-up to Easter. Adding to its distress was the sight of humans swooping on the eggs, shelling and eating them.

Yes, it was the Easter Egg Hunt, a time when we 3rd-agers revert to our 1st-age and go in search of a chocolate hit. Thankfully the eggs hadn't been concealed at ground level or the resident bird, however noisy, might itself have been deafened by creaking knees and backs.

There was a generous supply of eggs each day, limiting the chances of armed or (l)egged conflict, and most dedicated chocolate-eaters managed to find one.

The raffle for a large Easter basket of eggs, bunnies and other delectable, if damaging, treats was won by John Jones who may be seen around the centre with a satisfied smile on his face.



*Diane Apps enjoys an egg
with morning tea*

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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.

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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