

ENROLMENT DATES TERM 4 2016

AT LAURIETON

Monday 10 October
10.30am – 12 noon
Laurieton United Services Club

AT WAUCHOPE

Monday 10 October
10.00am – 11.00am
Wauchope Library

AT PORT MACQUARIE

Monday 10 – Friday 14 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 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

From the President...

Another term has slipped by since my last report and it's been a busy time. Open Day in July attracted a great number of visitors to the centre as well as many current members. They must have been pleased with what they discovered as more than twenty of them subsequently joined our association. My sincere thanks to everyone who contributed to a memorable day — conveners, meet-and-greet volunteers, centre guides, exhibitors, and the folk dancers who looked splendid in their various costumes.

The Winter break also saw Bob Jeffrey present two concerts, the second of which, held the day after Open Day, was attended by some of the new members. Bob has more entertainment scheduled for your enjoyment during the Spring break.

Around thirty members came to the Christmas-in-July Lunch at the beginning of term 3. Sporting Santa hats, reindeer antlers and other seasonal attire everyone enjoyed the occasion with its traditional Christmas fare.

Earlier this year we informed members that we hoped to acquire an Automated External Defibrillator (AED). I'm pleased to report that we have since purchased a Zoll AED from the Defib Shop and that the shop's the managing director recently visited the centre where he presented an excellent talk and practical demonstration.

Our search for a new Course Coordinator to take over from Maggie Wilson has been successful with Karen Roberts to assume the role later this year when Maggie formally relinquishes the position. My thanks to Karen for coming forward.

It's also gratifying to report that Helen Duncan has volunteered to serve as Assistant Treasurer with Brenda Orchard also offering to provide further backup for the Treasurer. Thanks Helen and Brenda.

Our entire operation depends on the willingness of our members to step up and fulfil the multifarious roles involved. Whatever talents you have—and most

Annual General Meeting

The AGM will be held at the PMHU3A Centre at 3.30pm on Friday 4 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) 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 nomination form), 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. The deadline for lodging nominations is 3.30pm on 21 October 2016.

of you have many—we can certainly put them to use. So please think about what further contribution you might make to U3A. You'll find yourself richly rewarded, if only with the warm glow of satisfaction.

Tony Dawson, President PMHU3A ■

Open Day

Open Day, the first we've held for a number of years was a resounding success. Thanks to the advance publicity arranged by Publicity Officer Rita Spencer, the U3A Centre was buzzing with activity throughout the three-hour event.

Some seventy visitors, all new to U3A, came along, as well as many current members wishing to know more about the great range of courses and activities we offer to the community. After being met and greeted warmly at the door by Di Gander, Sheila Frost and Elaine Scott they were directed to where our conveners were stationed to provide them with information about their courses and encouragement to join U3A.

Around the centre there were various displays including astronomy (Rodney Neasbey), textile art (Jill Williams), the origin of words (Laurie Barber and Frank Urban), and many others. David Burr was in the Computer Training Room to demonstrate some of our IT facilities, while videos about U3A were shown on the large TV screen in the adjacent room. Adding to all this were Christine Battisson's Multicultural Dancers who, dressed in an array of colourful costumes, were the source of great delight.

A measure of the success of the event was to be found in the enthusiastic and complimentary remarks made by our visitors. Even more telling is the fact that so many of them afterwards joined the association and have since participated in our classes.

Given that Port Macquarie continues to grow, with many new arrivals being third-agers, an Open Day like this is likely to become a more regular thing. Consideration is being given to holding a similar event during Seniors Week in March 2017 though a final decision will not be made until towards the end of the year.



Visitors speak with conveners in Room 10



*Florence Gibbons with
'The Magic of Movies'*

Christmas in July Lunch

While only twenty-seven members joined in the Christmas-in-July Lunch held in the Blue Water Bar & Restaurant at Flynn's Beach, what we might have lacked in numbers we made up for in volume. The atmosphere was festive with people in seasonal garb, and there were Christmas cracker bon bons—complete with paper hats, plastic toys and weak jokes—for everyone on the colourfully decorated tables. We were served what was definitely an unhealthy amount of tasty traditional food but when the munching stopped there was little left on the plates. With plenty of lubrication from the bar (and water jugs we hasten to add), and lots of talking and laughter, it was a most enjoyable event. Occasions like these are great for bringing our U3A community together and it's hoped that we'll see more of you there next year.



Above: Frank Urban, Jacqui Everett and Di Gander



Below: Brian Tolagson, Faye Lardner and Frank Beukers

Defibrillator Demonstration

Thanks to a Community Grant from Port Macquarie Hastings Council and the valuable assistance of Charles Sturt University's Student Heart Project we recently purchased a Zoll Automated External Defibrillator (AED) for the U3A Centre.

On 2 September a large number of members attended a presentation to mark the new acquisition. Among our guests were Paul Koch, the Council's Grants Officer, Daniel Steinbeck of the Student Heart Project, and Carpet Hughes, Managing Director of the Defib Shop and a highly experienced paramedic.



*Paul Koch, Lorraine Beukers
& Mike Rogers*

Proceedings began with Paul presenting the AED to our Grants Officer, Mike Rogers, and Treasurer Lorraine Beukers. We were then treated to an excellent talk from Carpet who spoke about the normal heart, the effect of various pathological conditions, and how, should the heart suddenly fail, it can be restored to its functional state through cardiopulmonary resuscitation (CPR) coupled with defibrillation via an electric shock delivered by the AED. The talk was followed by a demonstration in which Don McManus and Jacqui Everett assisted.



*Carpet Hughes, Don McManus
& Jacqui Everett*

The AED will be located in an easily accessible position within the Centre and while we hope that we shall never have to use it, we have the comfort of knowing that it is there and might one day save a life.

[Photos by Garry Brettell]

Out and About

Brian Tolagson's U3A Photography Group certainly gets around. The photo on the right, showing Patricia White standing next to an impressive termite nest, was sent in by Barry Byrne. It was taken during a recent visit by the group to 'Old Bottlebutt', a magnificent Red Bloodwood (*Corymbia gummifera*) in the Burrawan State Forest south of Wauchope.



Old Bottlebutt is 52m tall, has a circumference of 16.3m at 1.4m above ground level, and an average crown spread of 22m. It occupies 16th place on the National Register of Big Trees, two places behind 'Benaroon', a spectacular Blackbutt (*Eucalyptus pilularis*) in Middle Brother National Park estimated to be 400 years old.

Trees such as these would easily qualify for any 'senior' association. If you'd like to know more about Australia's big trees go to www.nationalregisterofbigtrees.com.au



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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.

NEWSLETTER – Contributions are welcome but we reserve the right to edit material submitted for publication. Copyright of original material remains with the author.

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