

ENROLMENT DATES TERM 2 2017

AT LAURIETON

Monday 24 April
10.30am – 12 noon

Laurieton United Services Club

AT PORT MACQUARIE

Monday 24 April, 9.30am – 3.30pm
Wednesday 26 April – Friday 28 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. Annual membership costs \$35 and there is an initial joining fee of \$5.

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

**Please note that 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...

Term 1 seemed to slip by very quickly and without any major dramas, though with the weather being so hot and humid for much of the time I'm sure I'm not the only one who frequently expressed prayers of gratitude for our air conditioning systems.

There was something of an emphasis on public relations throughout the term, starting off with the launch of our new website. Although the administrative tools – things seen and used only by our office and other administrative personnel – have been in place for some time, the face we now present to the public is much more informative and welcoming. So if you haven't yet looked at the site (www.pmhu3a.org.au) please do so. Remember that as a member you can use the site to access current information on courses and events, enrol in classes, read or download current and back issues of the newsletter, view photographs of recent events, see class notes where available, and so many other things. A number of people were involved in putting the new site together but I'd particularly like to thank our publicity officer, Rita Spencer, and IT manager Nick Ogbourne for their work.

Rita was also involved in revamping our brochure, now substantially brighter with colourful images. Sue Clifford was responsible for the layout and production work and arranged for the brochure to be printed on quality semi-gloss stock. We were assisted in this by a NSW Seniors Festival Grant of \$300 from the NSW government secured by our grants officer Mike Rogers. My thanks to everyone involved.

Our two PR events during the term were the Sensational Seniors Expo at Panthers on 6 March and our Open Day a few days later. Reports on both of these appear elsewhere in this newsletter but it was pleasing to me personally that so many members volunteered their time and effort to make resounding successes of both events.

Enrol Online

You may enrol in courses online from 00.00 hours on 24 April (midnight on 23 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.

Of course, such devotion of time and effort isn't just an occasional thing. It goes on all the time and is so obvious that it's almost invisible. We all expect there to be people in the office when we want them, we expect our IT systems to work flawlessly, we expect the premises to be clean, tidy and well maintained, we expect that there'll be toilet rolls and paper towels in the toilets, tea, coffee, milk and biscuits in the kitchens, and the garden to be always bright and beautiful. Thanks to our small army of volunteers, we are very rarely, if ever, disappointed but even a well-drilled army needs new recruits so please consider how you might help by giving us a little of your time.

Looking ahead, you'll see in the report from course coordinator Karen Roberts that there are a number of new courses on offer in term 2. This is very gratifying although it could add to some of the logistical difficulties we now face. These, ironically, are the result of our continued success but your committee is acutely aware of them and will soon be setting in train a consultative process with conveners and members in an attempt to resolve them.

Plans for future social events are also under way and will be publicised in due course. So keep your eye out for these, and in the meantime have a happy Easter break and I look forward to seeing you next term.

Tony Dawson, President PMHU3A ■

Course News

New courses for Term 2

Our regular and popular courses will continue in Term 2 but there are also a number of exciting additions to our program, covering a range of topics and activities. New courses in the arts include Secrets of Music; Starting Watercolours; Drawing Technique; and Beginners Acrylic Painting. Then in science there's History of Life; Big History – The Big Bang, Life on Earth and the Rise of Humanity; Celestial Navigation; and The Science Collection. There'll be a new language course, Beginner German Stage 2. And in the area of health and wellbeing look out for Stretch, Dance, Relax; Laughter Wellness; and How to Create the Life You are Meant to Live.

Details of these and all other courses are in the Term 2 Course Program now available on the website or accompanying this newsletter.

Course Survey

PMHU3A has a large number of well-presented, diverse and interesting courses. We also have ongoing enquiries about including extra courses including Mah Jong, music performance and languages.

Next term the committee will be asking your opinion about what extra courses you would like to see run. Of course, there is no guarantee that courses you suggest will run, but if we don't know your ideas then we can't consider them. There is a lot of support for anyone wanting to become a course convener so why not contact the office and see what's possible?

Timetabling

As you are already aware we have a growing number of members and courses. We also have wonderful facilities. However, our growth and success have resulted in increasing pressure on available parking spaces and a regular juggling act to accommodate each term's course schedule. Our committee believes it is now time to look at our current day's structure to identify ways of alleviating these problems.

Next term, we will be looking at a number of options to help improve timetabling and parking congestion. Course conveners will be contacted early in term 2 to offer their opinions. If you have any suggestions about these issues, please contact the office.

Karen Roberts, Course Coordinator ■

BEWARE OF SCAMS

*There's paedophiles that prey on kids, and that's just plain disgusting
the kids who are their victims are so vulnerable and trusting.*

*But lately I've been noticing some other vicious trends:
there's nasty blokes who target old-age pensioners, my friends.*

*My neighbour, dear Elizabeth, is older than I am
and recently was nearly caught by quite a ruthless scam.
She's had to count her pennies since she lost her husband Bill
and in her grief these ruthless vultures moved in for the kill.*

*They sent a wicked email: "If you send a smallish sum
with all your bank details, you'll get a large amount to come."
Well, this was pretty tempting to my lovely neighbour, Liz;
but if it sounds implausible — well, probably it is.*

*If you receive a message that there's funding due to you
from someone you don't know at all — it's probably untrue.
My cousin Jane who banks on line has recently been hacked:
some stranger got her bank details and robbed her — that's a fact.*

*She's had to change her credit card; the vicious hacker's crime
has cost her plenty, I'm afraid — in cash, and stress and time.
No punishment is harsh enough for such a heartless scammer.
I'd like to bash them black and blue, and lock them in the slammer.*

Bessie Jennings, 17/2/17

Volunteers

Thankyou Lunch

Around fifty members came to the Volunteer Thankyou Lunch at Blue Water Bar and Restaurant on 19 January. Among them were course conveners keenly awaiting the start of term, office staff all prepared for the onset of enrolments, members of the IT team taking an hour or two off from the work of ensuring that our computer systems were in order, management and social committee members and garden and maintenance volunteers. The success of our association is completely dependent on these members and it is heart warming to see such dedication.

The restaurant was humming with animated conversation and laughter as everyone mingled before taking their seats for lunch. The meal was enjoyable, and more than enough for most, while drinks flowed freely, though not, we hasten to add, excessively. President Tony Dawson and Course Coordinator Karen Roberts both said a few words, thanking everyone and previewing the year ahead.



*David Smith, Carol Baker, Gary Dowling
and Virginia Oakley*



Rita Spencer, Carol Baker and Sue Moll



Tony Dawson and Simone Livian

With the meal over the party began to wind down but before leaving each volunteer was presented with a Certificate of Appreciation, a small token to show how much we value their work. ■

Open Day

Around sixty non-members, as well as many members, came to the U3A Centre for Open Day on 11 March. While the overall number of visitors was slightly down on last July's event, this was perhaps unsurprising in view of the fact that it was held at the end of the NSW Seniors Festival, always a very busy week of activities for seniors, and on the same day as a popular afternoon concert at the Glasshouse.



*Shirley Capon,
Fabric Colouration*

It was very pleasing, however, that so many conveners came along to answer questions and provide information on their courses, a number of them also mounting exhibits to illustrate their courses. Volunteers were at the entrance to meet and greet our visitors, while others were in the reception area and elsewhere to help them find their way around the centre. Office volunteers were also on hand to provide general information and take new memberships, amounting to eight on the day and several more over the next few days.

Performances by our Multicultural Dancers, Tai Chi group and U3A Vox Choir were eagerly received by appreciative audiences, and we are grateful to Christine Battisson, Connie Gentleman, Betty Starr and their colleagues for



Gary Brettell, Photography

entertaining us so handsomely. Thanks also to Warren Scott, our "official" photographer for recording the event.



U3A Vox Choir

As with all large gatherings at the centre, the tangible enthusiasm of our members generated a very positive atmosphere. While there were too many people involved in the set up, running, and clean up to thank individually, we are especially grateful to our course coordinator, Karen Roberts, and members of the social committee for their role in mounting a successful event. ■

Sensational Seniors Expo

This year's Seniors Expo organised by Council and held at Panthers on 6 March was indeed sensational, not least for the fact that U3A featured prominently in the program.

Many organisations were represented at the Expo, from travel groups to retirement villages, from audiologists to fly fishers, and from debating clubs to health care services. Yet U3A was one of the few, and perhaps the only organisation there throwing the spotlight firmly on learning and education as an effective and fun way of maintaining and improving the quality of our lives as we inevitably grow older.

Over the course of the day well over a hundred people stopped by our stall to find out who we are and what we have to offer. Three desk teams, each comprising three or four volunteers, worked in shifts throughout the six-hour event, providing valuable information and advice to enquirers. We are extremely grateful to Tom and Libby Meakin, Glenys



*Lyn Brown
and visitor*

Howard, Elaine Scott, Carol Baker, Lyn Brown, Ray Evans, Sue Clifford, John Jones and Karen Roberts for their involvement in those teams, and we especially thank Delwyn Hatton who spent the entire event on the main welcome desk, greeting visitors as they arrived and directing them into the exhibition. During the morning period our Tai Chi group and Multicultural Dancers both performed on stage, and, as always, were well received. We are extremely fortunate to have Connie Gentleman and Christine Battisson and their colleagues



U3A Multicultural dancers

What's On!

ENROLMENT DATES – TERM 2 2017
See page 1.
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REMAINING TERM DATES 2017

TERM 2:	1 May	–	23 Jun
TERM 3:	24 Jul	–	15 Sep
TERM 4:	16 Oct	–	8 Dec

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CONCERT: U3A PRESENTS
Saturday 3 June 2017 2.00 pm
MacKillop Senior College Auditorium
Lochinvar Place, Port Macquarie
More details to come...
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SPECIAL PRESENTATION
New Technologies for those with
Hearing Impairments
Tuesday 6 June 10.30-11.30am
Lucinda Blanch, Community Hearing
Advisor of Australian Hearing, a
statutory authority constituted under
the Australian Hearing Services Act
1991, will present a talk on hearing
loss with ageing, signs of hearing
loss, tinnitus, and why hearing health
and hearing checks are important.
She will also speak about hearing
aids and assistive listening devices,
as well as the services available to the
community.
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U3A NSW NETWORK CONFERENCE
"The Third Age –
Creative and Healthy Living"
28 – 30 June 2017
Hosted by Sydney U3A and to be
held at the Sydney Town Hall and the
Castlereagh Boutique Hotel

acting as such fine ambassadors for U3A. It should also be recorded that after the Multicultural Dancers again performed at Leslie Williams' Seniors Concert a few days later they were immediately booked in for next year's concert.

Events like these are important in that they allow us to showcase our activities in a very large forum, and it was enlightening to see what a rich variety of opportunities Port Macquarie offers its senior community. For our own part we owe a debt of gratitude to Lorraine Beukers for organising our participation, taking responsibility for the handouts, publicity banner, display material, and decorative touches (including a pot plant and lollies) that made our stall so attractive, and for remaining there all day to ensure that everything went smoothly. ■



Lorraine Beukers

U3A Network NSW Conference 2017

This year's conference will be hosted by Sydney U3A and is to be held in the Sydney Lower Town Hall and the Castlereagh Boutique Hotel from 28 – 30 June.

The conference theme is 'The Third Age – Creative and Healthy Living' and the principal speakers will be Professor David Christian of the Big History Institute, Macquarie University, Margret Meagher, co-founder and Executive Director of the Australian Centre for Arts and Health, Adjunct Professor Toni Robertson, Faculty of Engineering and Information Technology, UTS, and Chris Mead, Director/Program Consultant Arts & Health Agency Tas and Creature Tales.

The presentations will cover a wide range of

topics including the exploration of human existence in the context of very long time scales, the impact of arts practice on health and wellbeing, how ageing people can participate in the design of new and emerging technologies and use these to support their ongoing independence, and empowering age care providers to produce creative care plans for their clients and working in communities to prevent the poor health and economic outcomes of loneliness.

The conference will be held on 29 June with the conference dinner taking place the evening before and the Network AGM on the morning of the 30th.

The conference fee is \$99 (conference only) or \$174 (conference plus dinner).

For further details and booking go to <http://u3answconference.org/> ■

Danke schön

Commitment, knowledge, dedication, expertise, leadership, a keen mind peppered with a sense of humour...words aptly describing Mike Peppercorn, convener of German Conversation over the past six years. Mike, you made the course so enjoyable, you inspired us all to learn more, and though you will be greatly missed, we wish you well as you turn your thoughts to other fields of learning. Thank you.

Horst Andjelic ■

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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.

PHOTOGRAPHS AND PRIVACY

– If you have any objection to having your photograph or name on the web site or in our Newsletter, please write to the Secretary and make this known. We will always respect your privacy.

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