

ENROLMENT DATES TERM 2 2018

AT LAURIETON

Monday 23 April
10.30am – 12 noon
Laurieton United Services Club

AT PORT MACQUARIE

Monday 23 – Tuesday 24 April
Thursday 26 April –
Friday 27 April
9.30am – 3.30pm daily

ON LINE AT

www.pmhu3a.org.au
from Monday 23 April

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 to :
Account Name: PMHU3A Inc
BSB: 721 – 000
Account No: 75592
- **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 passed with very few hitches thanks to lots of work by our conveners and Centre volunteers. We currently have around 800 members including some 200 who are new to our association or have re-joined after a temporary lapse. It is particularly pleasing that more than 50 former members of Port Macquarie Watonga U3A have joined us, bringing valuable experience, new courses and some important assets.

Only three courses had to be cancelled last term, two owing to the fact that convener Rodney Neasbey had an accident which incapacitated him. Rodney, who is also our treasurer, is now on the road to recovery but I am deeply indebted to Lorraine Beukers for acting as treasurer during his absence.

We continue to improve our presentation equipment. The smart TV in room 10, together with the new lectern (known lovingly as MEITS – Moveable Ergonomic IT Station), has worked very well and we aim to bring other classrooms to the same standard. To this end we have recently submitted an application for a grant to enable us to purchase another large TV.

As I write, the NSW Seniors Festival is in full swing. We have a stall at the annual Expo at Panthers and our Multicultural Dance group will perform there as well as at Leslie Williams' Seniors Concert. The Textile Art class is contributing pieces for an exhibition at the Port Macquarie Museum while work by members of our Acrylic Painting class will be on display at the Glasshouse during Art Walk on 19 April.

You will be pleased to know that we have exercised our option to renew our

lease on the U3A Centre for a further five years, taking us until the end of July 2023. Later this year we hope to initiate discussions with the Diocese of Lismore about a new lease that will allow us to retain our premises well into the future.

We have many people to thank for keeping our organisation going – conveners, office crew, IT teams, maintenance and grounds volunteers, as well as some generous donors. But it is important to remember that none of our present volunteers can go on forever and that unless others step up to share the load the future of our association is far from assured. At present we are in real need of more helpers in the office and I hope for a positive response.

Tony Dawson, President PMHU3A ■

Donations

We have received some generous donations from members lately. Frank and Patricia Urban donated five framed limited-edition paintings, one by each of the famed Brushmen of the Bush — Pro Hart, Eric Minchin, Jack Absalom, John Pickup and Hugh Schulz. The paintings have been hung near the entrance and in the reception and function areas.



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News on Courses

Thank you to all conveners for their generosity in providing an amazing variety of courses during Term 1. Once again, the majority of conveners are keen to offer their courses again in Term 2 but why not consider some of these new and returning courses?

- Aspects of Elder Law – do you know the laws and issues associated with making wills?
- Astronomical Impacts – bet you didn't know there was so much to know about astronomy?
- Basic MS Computers and Programs – Do you need to go back to basics in using Microsoft 10?
- Chair Dancing – are you wondering how you can cha cha cha in a chair?
- Confusional States in the Elderly – which diseases can lead to states of confusion as we age?
- Health Forum – would you like to know more about topics such as Light Therapy, Mental Health and 12 Step Programs, Laughter Wellness, Art Therapy, Meditation, Cataracts, Sleep, Movement Relaxation and Somatic Stretching?
- Planet Earth – want to know why the earth is like it is today?
- Singer Songwriters and Their Poetry – what do those song lyrics mean?
- Stage Fun – Didn't get around to trying this course last year? Now is your chance.
- Walk that Dance – do you want to keep fit while walking and dancing?

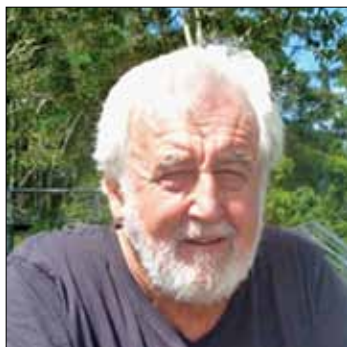
Karen Roberts, Course Coordinator ■

Enrol Online!

You may enrol in most courses online from 23 April. 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.

We expect to be short-staffed at enrolment this term, so members are strongly encouraged to use this easy and convenient service.

Profile – Nick Ogbourne, IT Manager



Nick Ogbourne is well-known around the corridors and backrooms of U3A as the go-to person for computer glitches and problems. He has recently decided to take a step back from much of the day-to-day issues that constantly arise, allowing him to concentrate on the 'back-room' work, which may be less visible to members, but is nonetheless essential for the smooth running of the now extensive computer network that we have throughout the Centre.

Originally from the UK, where he qualified and worked as a metallurgist, he was seduced by the promises of sunny Australia and in 1969 he and his wife Wendy and young family headed to Tasmania as £10 Poms. Working for Comalco Aluminium, he became involved in the development of Information Technology ranging from research and process control to industrial health and commercial systems. He was in at the beginning when all data input was on punched cards. Having found his niche in IT, he never looked back. Life was full in those days with bush-walking, snorkelling and politics. What a great place Tasmania was to bring up a family!

With his three children grown up and all moved to the mainland, it seemed sensible to shift again, and he began contracting in the growing field of risk management in the computer world. Time to retire, and Wauchope looked like a pretty nice place. At that time there was no U3A and Nick was in on the ground floor when the organisation was first formed here. Just a handful of members, tutors and classes at first, they had no premises and no computers but it just grew and grew and Nick was happy to be part of that growth.

Living on an acreage block, he loves his garden and there is always plenty to do there to keep him fit and active – even when arthritis tries to slow him down. His children and grandchildren are the joy of his life and even U3A duties are put on hold when they come to visit.

He has found that his involvement with U3A and the many friends he has made there have provided a satisfying and enjoyable way to pass the time in retirement. How could anyone possibly be bored with such a great organisation on our doorsteps? ■

Special Presentation



Beth Anderson will speak about her recent publication, *Rest Assured*. The book is a light-hearted yet informative resource aimed at helping and prompting people to discuss and document their choices and expectations for their final years and eventual death. Also included is practical assistance for family and friends after the death of a loved one when so much has to be done while often in shock and disbelief. Beth's personal story and experiences in the loss of her husband and some family members are included. *Rest Assured* provides simple explanations, information, checklists, links to specific websites, processes and requirements in a practical, valuable manner.

Beth's presentation will take place from 9.00–10.30am on Friday 18 May. Members wishing to attend are asked to place their names on a list which will be available at the office from the start of term. ■



Help Wanted!

We are in desperate need of more help in the office to relieve the load on our current volunteers, some of whom are doing multiple shifts every week. Without sufficient helpers the absence of one or more owing to illness, or a much-needed vacation, increases the pressure on the others even further. I feel sure that among our more than 800 members there must be at least a few who could spare a half-day each week during term time to assist

in the office. Being involved in this way not only helps you meet other members whom you wouldn't ordinarily see but brings you the satisfaction of doing something really important for our U3A community. If you'd like to find out more about what's involved please let the office know or contact Office Administrator Jennifer Dorrington on 0413 363 718 or at officeadministrator@pmhu3a.org.au. ■

Movie Show – *Freedom Writers*



Following the success of his presentation of *Temple Grandin* before the commencement of term 1, Terry Feltham will present the movie *Freedom Writers* prior to the start of Term 2.

It tells the story of Erin Gruwell (played by Hilary Swank), an idealistic new teacher who is starting her first job in a Los Angeles high school which, two years earlier and against the wishes of some of the teachers, implemented a voluntary integration program. Despite choosing the school because of its integration program, Erin is unprepared for the racial tensions and for students whose moral code is to protect their own at all costs.

Many are in gangs and almost all know somebody who has been killed by gang violence. The different groups not only hate each other but they all hate Erin too. It isn't until she holds an unsanctioned discussion about a recent drive-by shooting death that she fully begins to be accepted.

The movie will be screened at 10.00am on Thursday 26 April. Further details can be found in What's On! ■

A Welcome Visitor

The Hon. Luke Hartsuyker, MP for Cowper, recently visited the U3A Centre where he was shown around by Sue Moll, looking in on each of the Wednesday morning classes. Mr Hartsuyker, who was in town to celebrate the 4th anniversary of Port Macquarie's Dancing with Parkinson's group, was greatly impressed by our facilities, the strength of our membership, and the variety of courses on offer. He understands the important role played by organisations such as ours in promoting the health and welfare of older Australians, and congratulated us on our ongoing achievements. ■



What's On!

PMHU3A TERM DATES 2018

TERM 2: 30 April – 22 June

TERM 3: 23 July – 14 September

TERM 4: 15 October – 7 December

U3A LAURIETON VOICES CONCERT

Friday 13 April 2018

2.00pm

Laurieton School of Arts

Bold Street, Laurieton

Donation \$5 includes afternoon tea.

Proceeds to Endeavour House

MOVIE SHOW

Terry Feltham presents *Freedom Writers*

Thursday 26 April 2018

10.00am – 12.30pm

U3A Centre

Admission \$2 – Pay at the door

Tea/coffee, biscuit \$1

SPECIAL PRESENTATION

Local author Beth Anderson will speak about her book *Rest Assured*

Friday 18 May 2018

9.00 – 10.30am

U3A Centre

(Continued from page 1)

Carole Hill's gift of \$200 – a thank you to all the 'wonderful folk at U3A' who have been 'so friendly and kind' – has allowed us to purchase two mobile phones for general communications and especially to serve as mobile hotspots providing access to our administrative systems from locations where there is no fixed connection.

When the microwave oven in one of our kitchens broke down recently an appeal was sent out to members for a replacement. Within a few hours Sandra Lyndon-James came forward with a near new microwave which she kindly donated to our centre.

We are indeed fortunate to have members like Frank and Patricia, Carole and Sandra, and thank them for their generosity. ■

'You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there.'

— George Burns

One way ticket, yeah

For lovers of swinging '60s rock'n'roll music, watch out for The Day Trippers, a three-piece band created from within the ranks of our U3A.

Current members, bass player/vocalist Dave Smith and drummer Mike Oakley, are joined by new U3A member former ABC Mid North Coast mornings presenter Michael Spooner as guitarist and joint lead vocalist.

The Day Trippers re-ignite the spirit of the '60s, playing hits from all the biggies: Beatles, Stones, Kinks, Beach Boys, Animals, Steppenwolf,

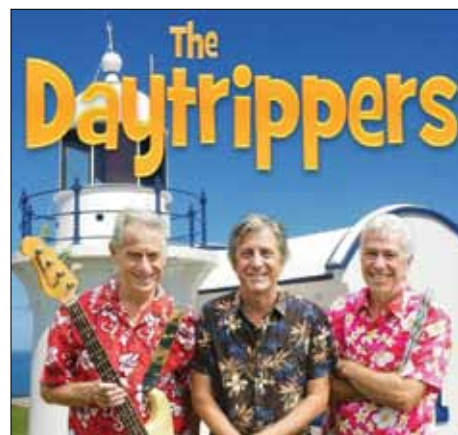
Credence, Van Morrison, Roy Orbison, Eddie Cochran – even Queen and Tina Turner – as well as Aussie classics from the Easybeats, and stompin' surf instrumentals by the Shadows, Searchers and Atlantics.

They are another example of what U3A members do best: keep themselves active physically and mentally. And a big thanks to Sue Moll for putting the three band members in touch.

So keep your eyes peeled for The Day Trippers performing at clubs around the greater Port Macquarie region to enjoy a night of non-stop hits designed to get you off your chair and onto the

dance floor!

To find out more, simply google 'day trippers port macquarie' or look for them on Facebook. ■



If undeliverable, return to:

Port Macquarie Hastings U3A Inc.
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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

pmhu3a.org.au if you move house or change your email address.

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