

ENROLMENT DATES TERM 2 2019

AT PORT MACQUARIE

Tues 23 April, Wed 24 April,
Fri 26 April
9.30am – 3.30pm daily

You **MUST** be a **MEMBER OF PMHU3A** to enrol in a course. You can apply on-line to become a member or attend the office once it reopens on the 23 April. Annual membership costs **\$40** and there is an initial joining fee of **\$5** if your membership has expired or you are a new member.

Please **WEAR YOUR BADGE** when attending an enrolment centre. To book a course you can make an application on-line (provided your membership has already been paid and receipted) or you can attend the office or pay by cheque.

You may enrol and pay for courses by:

- **IN PERSON** at the Office with cash or cheque (just advise the office staff which classes you wish to attend).
- **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
Building A - St Agnes Village
Lochinvar Place
Port Macquarie 2444

Phone No: 6584 4192

Hours: 9.30am – 3.30pm

Website: www.pmhu3a.org.au

From the President...

Term 1 is now behind us and I'm pleased to say that enrolments ran smoothly thanks to the wonderful office people and the IT backup team. It was great to see members returning to enjoy the classes and fellowship of U3A.

Some of our people have been especially busy over the past three months. Works by the Textile Art group were on display in the Wauchope Library and, later, in the Port Macquarie Museum where they formed part of a special exhibition for the Seniors Festival. Sue Moll, Tony Dawson and I attended the launch of the exhibition—'Where We Call Home'—which also showcased works by our Photography group. Both groups, and their conveners Sue Martin and Brian Tolagson, are to be congratulated on their efforts.

Congratulations also to our International Dancers who performed to great acclaim at both the Seniors Concert, where they were a headline act, and the Seniors Expo where volunteers on the U3A stall were kept busy throughout the event.

In my role as president the question I hear most frequently is "What is U3A, and why would I be interested?" I always answer as well as I can but perhaps the best answer is for people to come and see for themselves which is why we are holding an Open Day on Tuesday 16 April. Many of our conveners and members will be on hand to speak with visitors about U3A and what we have to offer, particularly with regard to three extremely important areas for Seniors—keeping mentally active, physically active and socially active. U3A provides members with a range of opportunities to stimulate their minds by learning new things, from computers to history or by taking up singing or dancing. They can engage in physical activities from pétanque to cycling or just simple

chair yoga exercises. And they can meet new people and enjoy fellowship and social functions in a safe and friendly environment.

Special guests coming to Open Day include Leslie Williams MP, Mayor Peta Pinson, and the new Parish Priest of St Agnes, Fr Paul Gooley. So come along and bring your friends, neighbours or family to enjoy the day and support the work of our conveners and other volunteers who make our U3A 'Special'.

Visitors to Open Day will be among the first to see some new technology around the Centre. A small TV has been relocated from Room 4 to the reception area where it will be used for presentations and information about upcoming events such as movies, games days or other functions. It will be replaced in Room 4 by the 65-inch TV from Room 5 where a new 75-inch TV will be mounted.

From 10 – 12 April I will be attending the U3A Network NSW Conference in Tamworth. This is a great opportunity for me to meet people from other U3As and to discuss ideas and issues, as well as strengthen our ties. Other members will soon be heading off to Canberra on a 6-day bus tour organised by Geoff Workman. The highlight will be the Anzac Service at the National War Memorial and we look forward to hearing all about the trip when they return.

I am aware that a few members are currently experiencing health issues. I wish them and their families all the best during these difficult times, and ask that we all keep them in our thoughts and prayers.

As always, I thank all the volunteers who keep the Centre running smoothly and looking beautiful, especially our courtyard which is always a pleasure to behold.

Lorraine Beukers, President ■

Courses

Changes for Term 2

During Term 1 we had a number of new courses—brilliant for all concerned apart from putting pressure on our already limited car parking options. Conveners were contacted to see if there was any way we could maintain large enrolment numbers and such a wide range of courses. While in future years we may need to change the program to accommodate additional time slots, for Term 2 there will be two changes:

1. A few courses have been moved to a different time or day where the program is not so congested. It is appreciated that not all members will be happy with these changes.
2. The following courses have been moved to Saturday mornings.
 - Card Games and Board Games with Lorraine Beukers
 - French for Beginners with Sue Moll
 - Planet Earth with Rodney Neasbey
 - Meditation in Easy Steps

These courses will run for weeks 1–4 of Term 2 if there are sufficient numbers. They can also be extended if there is enough interest. Please see the Term 2 program for course descriptions, times and rooms. Tea, coffee and biscuits will be available as usual. The Centre will be open but the office will NOT be staffed during class time on Saturdays.

New Courses

Check out the Term 2 program for more exercise (and fun) with Play Touch Tennis as well as a 3-week Health & Fitness course or Kinesiology. Plenty of opportunities to keep the body fit and healthy, while for food for the mind why not take a 'byte' at Analogue & Digital Technology Revisited.

Towards 2050

This course, convened by Charlie Wallace, will run again during Term 2. If you are interested in doing a presentation one week, or have an idea for a topic, please contact Charlie on 6559 6382.

Online Course, 'Preventing Dementia'

The Wicking Dementia Research and Education Centre at the University of Tasmania will be running a free 4-week on-line course during next term. The course is called 'Preventing Dementia' and starts on 19 May. Anyone can enrol in the course as an individual. However, if you check our Term 2 program you will see that there is the opportunity for any of our members who have enrolled in the course to meet at U3A during weeks 4-7 and discuss what they are learning. You can find out more, sign up and enrol at <https://mooc.utas.edu.au/courses>

Karen Roberts, Course Coordinator ■

Donations

The committee would like to express its gratitude to Carole Hill and Jan Pucci for their generous donations. Carole's cash donation and Jan's donation of a large number of pods for our coffee machine are most welcome, not just for their innate value but as a mark of the donors' devotion to our association. It is always pleasing to receive such tangible expressions of appreciation and we sincerely thank Carole and Jan. ■

The Flower Lady

Most of you will have seen and appreciated the fresh flower arrangements that grace our reception area during term time. And we're sure you must have wondered who's responsible for these fresh, bright, welcoming garlands. Well, it's time to share the secret. Our Flower Lady is none other than Joan Nicholls, whom many of you will know by sight if not by name.

Joan joined U3A in 2011 and for the last few years has been one of our office volunteers. Each Tuesday she brings in flowers and creates two beautiful arrangements, one of which adorns the entrance hall while the other rests on the office counter. Each of Joan's creations is unique and it's wonderful to see the results of her artistic talent. ■

Mind Your Step

The committee has considered what might be done to rectify some unevenness in the courtyard pavers. The problem is caused by the Tibouchina tree roots which lift individual pavers and pose a potential trip hazard.



Greg Dark, who looks after the courtyard and, we're sure you'll agree, does a magnificent job, conducts a regular inspection of the pavers, removes any that have lifted, shaves or cuts away the offending roots, and re-beds them. However, nature being what it is, the roots continue to grow and the problem re-emerges, if not in the same place then somewhere else. Unfortunately, there's no easy answer short of removing the tree and re-paving the entire courtyard. The committee would be most reluctant to take such drastic action, for apart from it being inordinately expensive it would destroy one of the courtyard's principal features.

So for now all we can do is ask Greg to continue with what he's been doing and urge all members to take care and mind their step. Reminder notices have been placed on doors leading to the courtyard. ■



Events

Many members took part in various events over the past three months. In January about fifty of our volunteers gathered at Blue Water Bar &



Restaurant for our annual **Volunteers' Lunch**. As always it was a noisy and convivial affair and a really good start to the year.

The **NSW Seniors Festival** in February again saw us in action, with the Textile & Fibre Artists and the Photography group taking part in a special exhibition at the Port Macquarie Museum. 'Where We Call Home' featured works by both



groups and was launched by local MP, Leslie Williams. Visitors to the museum greatly enjoyed the exhibition which was covered by Prime 7 News.

The **Sensational Seniors** at Panthers saw close to a hundred community groups and service organisations showcasing their activities, with more than 1500 seniors coming along to see the variety of



opportunities open to them in Port Macquarie. We spoke to many of the visitors and handed out hundreds of

flyers, brochures and programs to interested people, some of whom were newly arrived in the area. A highlight of the entertainment was the U3A International Dancers performing Polish and Russian dances, both greeted with enthusiastic applause. The dancers



also performed at Leslie Williams' Senior Concert, Leslie herself joining them for the Charleston.

The **U3A Writers** group's entertaining book 'Fun Fact and Fiction from Bessie's Brazen Bunch' was launched by Leslie Williams MP at a very well attended event held at the Tenison Woods centre on 16 March. More than twenty current and former members of the group,



which is led by Bessie Jennings and Tom Meakin, contributed to the book. A unique copy—one with a mistake on the front cover—was auctioned and the successful bidder, Frank Beukers, was accorded the honour of cutting the cake marking the occasion.

Our next major event is **Open Day on 16 April**. This is an opportunity to let the community see our amazing facilities, our wide range of courses and our wonderful people. Members are urged to come along and bring their friends and relatives to see all the great things we have to offer. Look out for notices in the media and help spread the word. ■

What's On!

ENROLMENT DATES – TERM 2 2019

See page 1.

TERM DATES 2019

TERM 2: 29 Apr – 21 Jun

TERM 3: 22 Jul – 13 Sep

TERM 4: 14 Oct – 6 Dec

OPEN DAY

Tuesday 16 April 2019

10.00am – 2.00pm

The U3A Centre will be open to everyone. There will be displays, course information and entertainment and we expect to see a number of our community leaders at the event.

MOVIE SHOW

Terry Feltham presents 'Hidden Figures'

Wednesday 24 April 2019

10.00am – 12.15pm

U3A Centre

Admission \$2 – pay at the door

Tea/coffee, biscuit \$1

Movie Show

Terry Feltham will again present a movie for enjoyment during the term break. Hidden Figures tells the story of



how, with America and Russia locked in a race to put a man in space, NASA found untapped talent in a group of African-American female mathematicians. We follow three of these

'human computers' as they rise quickly through the ranks of NASA alongside many of the world's greatest minds, specifically tasked with calculating the momentous launch of astronaut John Glenn into orbit, and guaranteeing his safe return. Dorothy Vaughan, Mary Jackson, and Katherine Goble Johnson crossed all gender, race, and professional lines, while their brilliance and desire to dream big firmly cemented them in US history as true American heroes. Terry gives the film 10 out of 10 and he thinks you will too.

The film will be screened on Wednesday 24 April at the U3A Centre. See What's On! for details. ■

Parking at U3A

Parking remains a perennial problem. A few suggestions to ease pressure:

1. For Term 2 some courses have been moved to less busy times
2. Some courses have been moved to Saturday mornings for Term 2
3. No new courses for the next couple of terms. In Term 2 new courses have been put into timeslots during small class numbers or held off site.
4. If no mobility problems, think about parking on Greenmeadows Drive beyond the Medical Centre.
5. Would a friend in St Agnes Village let you park in their driveway?

6. Could friends who attend the same class share a ride – or meet others at an agreed place (eg Wayne Richards Oval on Koala Street or East Port Club carpark) to travel to U3A?
7. Consider a local bus—Bus Route 324 stops about 100 metres before the traffic lights at Greenmeadows Drive. Going back to town it stops on the opposite side of Ocean Drive. These buses leave Settlement City at 5 minutes past the hour arriving at U3A around half past the hour. They head back to town at 7 minutes to each hour arriving back at Settlement City at 20 minutes past the hour. Timetables are available

from bus drivers or online. And the best part? If you have a seniors or pension card, the fare is only \$2.50 return!

8. Share a local taxi or uber! ■

More Photos



If undeliverable, return to:

Port Macquarie Hastings U3A Inc.
PO Box 1210
Port Macquarie NSW 2444
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 02 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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