

## ENROLMENT DATES TERM 3 2019

### AT PORT MACQUARIE

Mon 15 July, Tues 16 July,  
Wed 17 July

9.30am – 3.30pm daily

On-line at  
[www.pmhu3a.org.au](http://www.pmhu3a.org.au)  
from Monday 15 July

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 15 July. Half-year membership at \$25 (including the \$5 joining fee) is available from 1 July.

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](http://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](http://www.pmhu3a.org.au)**

## From the President...

The year is going very quickly and as we approach the halfway mark my message is again aimed at keeping members informed of issues and events, some already behind us, others current and ongoing, and yet others lying ahead.

Open Day in April was very successful, attracting many visitors and twelve new members. Thank you to Karen Roberts, Course Conveners, our International Dancers and all those who worked 'behind the scenes'.

A highlight of Term 2 was certainly the 101st birthday of our oldest member, George Wallens, attended by Mayor Peta Pinson. There was also a coach tour to Canberra organised by Geoff Workman and enjoyed by some 35 participants. Movie shows at the Centre attracted good audiences, while on a sorrowful note a barbecue lunch was held to remember Laurie Lardner and the contribution he made to our U3A.

There is always so much activity around the Centre, and with more than 70 courses and activities planned for Term 3, including two Saturday morning classes, there is sure to be something for everyone to enjoy.

Member safety is of prime concern to the Management Committee and Office volunteers. During the last few months there were occasions when a member has become unwell or has fallen and it is important that we all know the correct procedures in these situations. All conveners have a copy of the procedures and can inform their classes of what to do in the event a member may need assistance. In regard to this, the Committee is arranging for a refresher course on emergency procedures and the use of the Automated External Defibrillator (AED) located near Room 6 in the main lunch area.

With the start of a new term the question of refunds inevitably arises. U3A policy regarding the refund of monies paid for courses or membership is that ALL refunds will be by bank transfer (EFT) or, if necessary, by cheque. There will be NO cash refunds. This policy applies to all types of transactions, has been in place for several years and is endorsed by our Auditor.

Charles Sturt University recently approached us to ask if some of our members would like to take part in a program run by the School of Communication and Creative Industries. It would involve being interviewed by students hoping to understand how visual storytelling can be employed to help the community learn about the experience of its senior citizens. This human-centred approach to storytelling aims to emphasise the importance of sharing stories and linking people together. The university is looking for up to ten of our members who might wish to participate in the program as private individuals. Details will be available at the office.

In the last few months several of our members have passed away, and more than ever we need to remember their partners and offer our support. At the recent memorial for Laurie Lardner we were reminded that U3A is not just about learning but also the friendships we form.

*Lorraine Beukers, President* ■



*U3A members on Coach Tour to Canberra over ANZAC Day (Lake Burleigh Griffin in the background).*

## Courses

In Term 3 we have over 70 courses for you to enjoy.

### New Courses

As well as your 'oldies but goodies' favourites, check out the following:

#### At Laurieton

- News and Current Affairs: Friday mornings at one of the local cafes.

Having lost some of our Laurieton courses in recent times, it's great that Charlie Wallace has been working with others to get this course up and running. The committee is keen to have more courses in the Camden Haven area but we need members to organise them. So please support Charlie and other Laurieton-based courses.

#### At Port Macquarie

- About Poetry: revisit what makes poetry so wonderful.
- Between the Wars: did World War I just continue into World War II?
- Playwriting Workshop: an opportunity to explore your creative side with expert guidance.
- Mindfulness-Based Stillness Meditation: how does mindfulness fit with meditation?
- Shroud of Turin: genuine or fake?
- The Meaning of Life: philosophical insights into the reasons for our existence.

- Understanding Dementia: another online course from the University of Tasmania. Enrol now at <https://mooc.utas.edu.au/courses>, study at home and then share your thoughts and questions in class. If you are interested in doing the 'Preventing Dementia' course you can enrol for the repeat of that course too.

### Returning Courses

Chair Stretches (back for 4 weeks only on Tuesdays), Chess, Laptops and Windows 10, Planet Earth, Tennis (now on Thursdays).

Although some regular courses won't be running in Term 3 (eg, Tai Chi – but Connie will be back Term 4), you'll agree that having 70+ courses to choose from is AMAZING!

### Attendance

A number of conveners have expressed how disheartening it is when members enrolled in their courses rarely came to class. Our conveners are volunteers who put a lot of time and effort into planning, preparing and delivering quality presentations. If, having enrolled in a course, you decide it is not for you, then please let the convener know. Although life events might well prevent you from coming to class every week, regular attendance is much appreciated by conveners.

*Karen Roberts, Course Coordinator* ■

## 101 Not Out!



On 15 May our oldest member, George Wallens, celebrated his 101st birthday. The Australian History class, of which George is a member, celebrated the event with a rousing rendition of 'Happy Birthday' and a splendid cake kindly provided by Graeme and Helen Meers who bring George to class each Wednesday.



We were joined in the courtyard by other members wanting to congratulate George and wish him well, and were especially pleased that Mayor Peta Pinson was able to find the time to come along. She happened to have been at the U3A Centre when George celebrated his 100th birthday in 2018 and not only was she delighted to see him again this year but promises to come along for his 102nd next May.

Not many of us can expect to live as long as George has, but whatever our age we, like George, can continue to learn and aspire to our motto 'Learners Live Longer'. ■



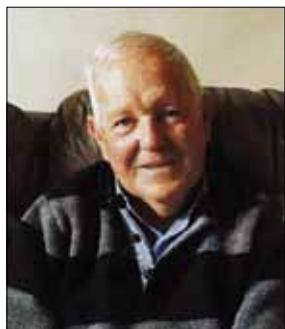
## Pétanque

We finished this term's pétanque course with a mini-tournament and congratulate Gavin Crighton on his win. The photo shows Bruce and Celeste displaying the draw and results. Port Macquarie Hastings Council is building a new pétanque terrain at Stuart Park as the old one is being replaced with new dog off-leash area, children's playground and additional parking. So, the U3A Pétanque course will be moving to a brand new location next term.

*Bruce Wyatt* ■



## Farewell to Laurie



Around 50 members came to the barbecue on 17th June to pay tribute to Laurie Lardner who died in early May. Laurie joined U3A in 2013, the year before we moved into our current premises and deserves great credit for all the work he undertook to help make the Centre the place we all enjoy today.

Together with Greg Dark he transformed the courtyard from an uninspiring, mostly empty space with a few straggling plants and only the Tibouchina tree to provide much colour, into the glorious garden we now use for

most of our social activities. Laurie, again with Greg, also constructed the fernery where the barbecues are housed, built the barbecue trollies, re-topped the tables in the art and craft room, put up shelves in the IT room, designed and constructed the prototype lectern to house the integrated presentation system (MEITS) we now have in all our classrooms and, with his wife Fay, helped in many other ways.

It seemed fitting to say goodbye to Laurie by way of a barbecue as he had always been one of the chefs when we held such events. Our lunch, with all the trimmings, was, as always, delicious and afterwards we moved inside to hear a few words from President Lorraine Beukers, Fay, and Greg, followed by a short photographic tribute.

Laurie will be sadly missed but the debt of gratitude we owe him is recorded in the brass plaque which Lorraine presented to Fay, and which is now mounted on the wall in the courtyard.

Fay, her family and friends greatly appreciated the gesture, and we wish to thank everyone who assisted with the function: barbecue chefs Greg Dark, Terry Feltham and Mike Bowden, the men who set up tables and chairs, the catering ladies—Jacqui Everett, Jennifer Dorrington and Jenny Tucker—and those who provided slices for desserts, helped serve and clean up. Thanks also to Tony Dawson for the Powerpoint presentation on Laurie and for taking photographs on the day.

As Laurie's great mate Greg said to us, it is the friendships we make at U3A that bind us together and make our U3A something to be very proud of. We say "hear, hear" to that. ■



## Men at Work

If you passed by the Centre during the break and heard the sounds of a chainsaw, crashing limbs and the grunting of men at work, please don't be alarmed. It wasn't some murderous orgy but simply a five-man team – Greg Dark, Danny Crisp, Paull Scully, John McIntyre and Reg Millar – pruning the courtyard Tibouchina tree. This is done annually to restrict its root growth and to let in the winter sunlight. So, when you return for Term 3 you can enjoy the sunshine and, by summer, the tree will again provide its customary shade and colour. ■



*Bee Team: Shirley (bike – U3A), Priscilla (run), and John (swim – U3A)*

## What's On!

**ENROLMENT DATES – TERM 3 2019**

**See page 1.**

**TERM DATES 2019**

**TERM 3: 22 Jul – 13 Sep**

**TERM 4: 14 Oct – 6 Dec**

## The Ironman Adventure

Our day started at 5.30am at Westport Park to get everything organised for the bicycle leg, before going over to the river to see John Tracy who was waiting for the swim start. Once John set off we went back to where the bike was racked to wait for him. John thought he would take an hour to complete the 1.9km swim but surprised us by doing it in just 42 minutes.

The timing chip was transferred to Shirley's ankle and she was off, heading for Dunbogan. The weather was good with a southerly breeze so the ride into the wind was done when Shirley was freshest. Nice to have a tailwind coming home!

The entertainment at Lake Cathie and Bonny Hills helped, and a highlight was the 'Go Shirley' sign outside Jenny Clive's house in Laurieton (and seeing Jenny, a fellow U3A cyclist). Hoping to crack 4 hours for the ride, Shirley was happy with 3 hours and 35 minutes, averaging 25 kms/hour for the 90km ride.

Now the timing chip went to Priscilla Button for the 21 km run. John and Shirley waited near the finish line and ran through the line with her to complete the challenge of our Ironman Adventure. The photo shows the three of us at the finish.

*Shirley Capon* ■

PS. John and Shirley would like to take part in the Ironman challenge again next year but we would love to include a fellow U3A member to be the runner in our team. Any takers?

## Riding the Rail Trail

During May, fourteen riders from the U3A Cycle the Hastings group rode the newly-completed 165 kilometre-long Brisbane Valley Rail Trail (BVRT). We based ourselves at Esk and performed the ride over three days.



Day 1 was 49.5 kms from Yarraman to Moore with a lot of downhill. Day 2 was 48 kms Moore to Esk and was the hardest day. Day 3 was 67.2 kms, and was the smoothest, longest day, fortunately assisted by a tailwind.

The BVRT proved to be a lot tougher than the East Gippsland trails we rode two years ago. Due to the length of the BVRT, there was little money to build bridges, and there are some 25 steep gullies to cross. This was exciting for the four mountain bikers, but proved a real challenge to most of the others. Many gullies had to be walked both down and up. To everyone's surprise these proved no problem for David



Johnson on his e-bike. He also took some great photos and movies.

In the evenings, we met up for drinks and a meal and discussed the day's challenges. It was a great achievement that twelve riders completed the whole BVRT, demonstrating their fitness and determination. Fun was had by all.

*Andrew Moll* ■

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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](mailto:office@pmhu3a.org.au) if you move house or change your email address.

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