

## ENROLMENT DATES TERM 4 2019

**AT PORT MACQUARIE**  
Tues 8 Oct – Thur 10 Oct  
9.30am – 3.30pm daily  
**ON-LINE AT**  
[www.pmhu3a.org.au](http://www.pmhu3a.org.au)  
from Tuesday 8 Oct

You **MUST** be a **MEMBER OF PMHU3A** to enrol in a course. You can apply online to become a member or attend the office once it reopens on the 8 October. Membership to the end of the calendar year is available at \$25 (including the \$5 joining fee).

Please **WEAR YOUR BADGE** when attending an enrolment centre. To book a course you can make an application online (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: 932 - 000  
Account No: 500072357
- **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 facilities for either credit or debit cards.**

**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...

As always, last term proved to be a very busy time for members, committee, IT and office volunteers.

On 18 July Jamie Martin, a NSW Ambulance Paramedic, spoke to conveners and office staff about safety awareness and the procedures to follow in the event of an accident or sudden illness. This presentation may be repeated next year.

During the course of the term our Social Convener, Terry Feltham, showed two movies and, with assistance from others, has organised a Trivia Day and BBQ lunch for 24 September. It promises to be a fun-filled occasion. U3A Laurieton Voices will hold a concert on 27 September, and it's very worthwhile making the trip to Laurieton. The International Dancers have had several performances at the Glasshouse with invitations for more. Over the last few months members of the Textile Art and Acrylic Painting groups have participated in exhibitions at the Port Macquarie Museum and the Glasshouse. All of these activities are a wonderful testament to the involvement and commitment of so many of our members, not to mention wonderful publicity for our U3A. In August, six members took part in a Charles Sturt University project on Human-Centred Design for Storytelling and we hope to have the students return to U3A in Term 4 with a presentation of their project.

Concerns have been expressed that there are not enough courses in Laurieton and that the committee should do more to encourage and support both Laurieton and Wauchope. I visit Laurieton regularly, as do some other members, but it is difficult to get new courses up and running without the support of the

local community. One local member did try to run a course in Laurieton last term but as there were only two enrolments the course was cancelled. To run courses we need conveners and we would also like to know what type of courses would interest the community. Your committee is able to support conveners with resources and hall hire costs, so if you are interested in running a course in Laurieton or Wauchope please contact either our Course Coordinator, Karen Roberts, or myself.

PMHU3A has again been asked to host the U3A Network Regional meeting on Saturday 9 November. The meeting is an opportunity for U3As to come together to share ideas, discuss concerns and generally get to know each other. It is open not just to committee members but also conveners, IT support, office persons and all members. This year the NSW Network President Laurene Mulcahy will be attending.

Sadly, several members and families were affected by the loss of loved ones during the last term. We wish you all the comfort and support that U3A has to offer. Most recently the convener of the Music Appreciation class, Michael De Groot, passed away. Our condolences have been conveyed to his wife Marie and family and the class will continue in Term 4 under the guidance of David Friederich.

As this is the last newsletter before the AGM on 8 November I want to take the opportunity to publicly thank all the committee members, our newsletter editor Tony Dawson, newsletter compositor Sue Clifford, and the team who print, fold and mail it out as well as course programs and other material. There is such a large team of workers in the background, whether it be the  
(Continued on p2, bottom of column 2)

## Courses

In Term 4 we have nearly 70 courses for you to consider and then enjoy.

### NEW COURSES

- *History of Countries*, convened by Frank Urban. If you want to know more about the history behind countries such as Switzerland, Portugal, Brazil, Netherlands, Indonesia, China, France, Estonia and Poland, then sign up for Thursday mornings for the next term. There will be a number of presenters, either expats from those countries or members who are passionate about them.
- *Remarkable Women and Some Interesting Men*, convened by Hazel Holt. After a number of terms looking at all those remarkable women, now some 'interesting men' will be considered. Interesting men – I wonder who will be included!
- *Your Song*, presented by John Lavis. A re-vamp of the popular Singer/Songwriter course. Always interesting to find out the background of our favourite songs.
- *Petanque* on Fridays. Due to the popularity of the Tuesday class, an extra class will now happen on Fridays. Come along and find out what the attraction might be.
- *Family History* – see below.

### NEW PRESENTERS

For a number of reasons, we have some new conveners now running our regular courses. They include Celia Eastman in *Scrabble*, Christiane Lewis in *French for Travellers*, Rita Spencer in *Newswatch*, and David Friederich in *Classical Music Appreciation*. Many thanks to our U3A members for stepping up to convene these courses.

### OTHER

- *StrokeSafe* – unfortunately this presentation was cancelled last term. It is now on Tuesday 15 October at 10.00am. Members previously enrolled will need to enrol again but new enrolments

are also encouraged so we can all be more aware of the symptoms of stroke.

- *Family History, Beyond Beginners*. This term the Port Macquarie and Districts Family History Society Inc will be presenting a 'next step' course that is open to U3A members, Family History Society members and other interested people. It is designed for those people who have already started collecting and organising materials about their family's history and are 'stuck', wondering where to go next. The course will be run at our local library in Grant Street. An information sheet is available either by emailing me at [coursecoordinator@pmhu3a.org.au](mailto:coursecoordinator@pmhu3a.org.au) or collecting it from our U3A office when you enrol. Please carefully read the time and day variations of this course.
- *Preventing Dementia* – no U3A class this term but you can enrol online with the University of Tasmania for this free course. Again, the information presented is so important for us to be aware of the risk factors for dementia and what we can do to help keep our brains and body healthy as we age. Enrol at <https://mooc.utas.edu.au/courses>

*Karen Roberts, Course Coordinator* ■

*(From the President continued from p1)* office volunteers, IT and convener support team, maintenance people, but most of all our conveners who keep our U3A running so smoothly. Thank you all very much for your time and commitment.

Term 4 should be a fun time with our Melbourne Cup Luncheon and Christmas Party coming up. I look forward to enjoying these functions with you.

*Lorraine Beukers, President* ■

## Paramedic talk



On 18 July we were pleased to have Jamie Martin, a paramedic from NSW Ambulance Service, come to the Centre to speak to us about

what we should do when faced with an emergency situation such as a road accident or a sudden cardiac arrest. About 25 members, mostly conveners and office volunteers, were present to hear what he had to say.

Jamie began, somewhat surprisingly, by saying that his first concern in an emergency was for the safety of the responder rather than the victim. Too often, he said, a responder, driven by a rush of adrenaline, would act erratically and, for instance, dash out into the traffic without looking. Instead, he or she should wait for perhaps half a minute to allow the sudden panic to subside before taking action.

Jamie then went on to speak about the sequence in which things should be done. First, call an ambulance, then proceed to the ABC response. **A**irway – make sure the victim's airway is clear by moving the head to one side; **B**reathing – determine whether the victim is breathing and if not begin CPR (cardiopulmonary resuscitation), making sure you're compressing the chest hard enough without worrying about cracked ribs!

There was much more to Jamie's talk, all explained very clearly with the basic anatomical and physiological reasons for each action taken. The session concluded with a demonstration of how to use the Automated External Defibrillator (AED), a reminder that we should make as many members as possible familiar with the Centre's AED since any of us might be called on to respond at any time. ■

**NOTE ALL MEMBERS: U3A Network NSW Regional Forum Saturday 9 November from 9am – 3pm at the U3A Centre, Port Macquarie. Cost \$20.30 (includes morning and afternoon tea as well as lunch). Open to all members. Members will be advised when Bookings are open.**

## Annual General Meeting

The AGM will be held at the PMHU3A Centre at 2.00pm on Friday 8 November 2019. 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 2.00pm on 25 October 2018.

## U3A International Dancers

A memorial dance day was held by the U3A dancers on Monday 5 August, in memory of a specialist dance teacher from Holland. André van de Plas,



International Dance Teacher, who has visited Australia regularly since 1983, passed away suddenly in January this year. He taught folk dances from around the world and was a renowned dance teacher of adults and children in Europe, Asia, Australia and New Zealand. He was also a specialist teacher for the Carl Orff Foundation, which uses a developmental approach in music education.

As part of our memorial dance day we had a special guest dance teacher from Holland, Margreet Huizer, who was a dance colleague of André. She came to share and honour André's legacy with us and to also visit the other Australian States where André has taught over the years. Our day was a wonderful tribute to André and thoroughly enjoyed by all who attended.

I would like to sincerely thank our wonderful dancers who contributed to a delicious morning tea and buffet lunch which sustained us during the day whilst we danced a herculean program of 35 dances. Needless to say, we felt we had earned an extra cake or two to accompany our final cuppas at 4.00pm.

Christine Battison ■

*Photos at right: The U3A Dancers performing at the Port Macquarie Glasshouse 10th Anniversary celebrations on 24 September – First a lively dance to 'Zorba the Greek' and, 2nd, the Charleston, both of which particularly delighted the members of the audience who participated!*

## What's On!

### ENROLMENT DATES – TERM 4 2019

See page 1.

### TERM DATES 2019

TERM 4: 14 Oct – 6 Dec

### U3A LAURIETON VOICES CONCERT

'Calamity & Courtship'

Friday 27 September 2019

2.00pm

Laurieton School of Arts

Bold Street, Laurieton

Cost: \$5 donation includes

afternoon tea

Proceeds to NSW Ambulance

Laurieton

### MELBOURNE CUP LUNCH

Tuesday 5 November 2019

12.30pm – 3.30pm

PMHU3A Centre

Cost \$16 – includes drink on arrival,

1 sweep ticket, chicken & salad

lunch, and the big race on the big

screen.

### ANNUAL GENERAL MEETING

Friday 8 November 2019 at 2.00pm

Room 10, PMHU3A Centre

### U3A NETWORK NSW REGIONAL FORUM

Saturday 9 November 2019

9.00am – 3.00pm

PMHU3A Centre

Cost \$20.30 – includes booking fee,

morning and afternoon tea, and

lunch.

### CHRISTMAS PARTY

Saturday 7 December 2019

12.30pm – 3.30pm

Garden Courtyard, PMHU3A Centre

Details to be announced.



## Acrylic Painting group at Artwalk

Port Macquarie held its fourth annual Artwalk on 18 July attracting some 15,000 people into the CBD to enjoy an evening of art and fun. The theme of this year's event was a reflection on 'Elements', a theme sufficiently vague to accommodate just about any creative expression. There was everything from music under the fig tree on Town Green, to live street art, digital art, projections on to screens and buildings, and numerous stalls exhibiting all kinds of art and craft. People, young and old, bustled around the town, creating a happy, lively atmosphere.

Among those contributing to the event was our U3A Acrylic Painting group who, for a second year, had an exhibition of their paintings in the Glasshouse. Adèle Lingard, the course convener, was on hand to speak to the many people who came to appreciate the paintings and to hear about U3A and what we do. Taking the opportunity to participate in events like these is valuable both to our association and to the broader community, and Adèle and her colleagues are to be thanked for flying the U3A flag. ■



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

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