

ENROLMENT DATES TERM 1 2020

AT PORT MACQUARIE

Tuesday 28 Jan – Friday 31 Jan
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 28 January. Annual membership cost is **\$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 the 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: 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 credit card facilities for either credit or debit cards.

Office Location:

The U3A Centre
Building A - St Agnes Village
2 Lochinvar Place
Port Macquarie 2444

Phone No: 6584 4192

Hours: 9.30am – 3.30pm

Website: www.pmhu3a.org.au

From the President...

Happy New Year to all and welcome back to the new U3A year.

I do hope you were able to enjoy the break and that you and your families were not too adversely affected by the continual smoke hazard or horrendous bush fires which have become so much a part of our daily news.

Term 1 is going to be a busy time for most of us, not only with the new courses, meeting new members and enjoying the friendships we have made but also with the Seniors Expo on 17 February where we will have an information stand and a performance by our International Dancers. Then on Saturday 22 February we are to host the postponed U3A Network NSW Regional Meeting. I would encourage members to attend and enjoy the opportunity to meet members of other U3As in the region to discuss and exchange ideas. Our U3A is always looking for, and interested in, new ideas, whether for courses or social activities.

The Term 1 course program is now available with some new courses and many old favourites returning. Thank you to the Course Coordinator, conveners, office staff and others who have worked during the break to prepare the program.

One convener who is not returning this year is our long-standing poet and writer Bessie Jennings. Bessie has decided after 10+ years to relax and leave it to the 'younger' ones, though I am sure we will



still see her on many occasions. Thank you Bessie for your many entertaining contributions and dedication to U3A.

With the influx of new members, especially over the last couple of years, I feel that many may not know who is on the Management Committee, what their role is or why they want to be part of the Committee. Over the next two or three issues of this newsletter we will have short contributions from two or three Committee members so they are more recognizable. All of them dedicate a lot of time to U3A in so many ways and I am deeply grateful to them. So please get to know your Management team and what each of them contributes.

There is one other issue that members may become aware of. It concerns the proposal from Catholic Care of the Aged – St Agnes Village to erect a small coffee shop on the western side of the building we share with the Village Office. I want to alleviate any fears or rumours that may start and advise members that there is no issue with our tenancy and that we will be kept informed of any plans for the area. I will make sure that all relevant information is conveyed to members whenever necessary. If you have any questions or concerns please feel free to contact Sue Moll, Tony Dawson or myself. Please, I do not want 'gossip' or unfounded proposals circulating.

Lorraine Beukers, President PMHU3A ■



Drawing class, last day of term

Courses

I have recently met a number of people new to town and if they are third-agers I let them know about U3A, surprising them by the number and variety of courses we offer. In Term 1 this year we have 65 courses available so you might like to add some of the new (or returning) courses below to your enrolment selections:

- *Aspects of Faith* with Brian Winship. Brian is also repeating his previous course, *Aspects of Elder Law (Aged Care)*.
- *Basics of Contract Bridge* with Bob Morgan. Bob continues to work with an experienced group of bridge players but this beginners' group is your chance to learn what all the fuss is about.
- *Electricity Now and in the Future* with Murray Champion. Come along and learn about the issues surrounding the production and usage of electricity today.
- *The Story of Egypt* with Virginia Oakley. Explore the fascinating history of Egypt over the past 3000 years.
- *Great Minds of the Eastern Intellectual Tradition* with Carol Baker. A DVD course covering philosophers and thinkers from India, China, Japan and Korea.
- *Qigong, Breathing Exercises* with Deborah Flynn. Deborah has now added this extra opportunity to improve your wellbeing in a gentle, relaxing and invigorating way.
- *Textiles and Fibre Art – Saturday* course with Sue Martin. Here is an opportunity to learn the basic steps to creating the kind of objects

produced by Sue's Monday group.

- *Understanding Dementia Online* course with Harry Bryant. This FREE online course from the University of Tasmania commences on 18 February and you can enrol NOW at <https://mooc.utas.edu.au/courses>. You may choose to do the background reading and join Harry each week to discuss what you have read. Alternatively, you can complete the course on your own. Either way you'll have access to the latest information on the causes and treatment of dementia.
- *Writing for Fun* with Melanie Wass. This beginner course is for those who wish to explore the many forms of writing for pleasure.
- *Writing Life Stories – Saturday* course with Rita Spencer. An experienced writer, Rita will share her techniques with people who want to start writing their family stories.
- *Yoga, Slow and Mindful* with Karen Roberts. This course is for those who wish to 'wind down' while learning some specific, easy movements to do at home to keep the body (and mind) working!

Change of Conveners

- Melanie Wass joins Hans Von Chrismar to present the Wednesday afternoon writing group. Many thanks to Bessie Jennings who has stepped down after many years as convener.
- Jim Meldrum will convene *Planet Earth* while Rodney Neasbey takes a break.
- Ray Evans will take the *Drawing and Painting Workshop* on Thursday afternoons.

Karen Roberts, Course Coordinator ■

Christmas Party

Numbers were down slightly for the Christmas Party held on 6 December but this was probably not surprising given the difficulties posed by the bushfires and day after day of choking smoke during the weeks leading up to the function. However, for the 42 members who attended it was, as always, a friendly and fitting close to another successful year for U3A.

Because the weather was looking uncertain and there was still some smoke haze around, one or two tables were set up inside the Centre though most people chose to sit in the courtyard where Dave Smith and Carol Baker entertained us with a medley of familiar songs, recalling for many of us our younger, second-age years. Mellowed by a drink or two (though keeping well below the limit) the conversation hummed along and as darkness fell, somewhat early for the time of year, we were served a variety of delicious finger foods and dipping sauces from our usual caterers, XS Foods. Hunger satisfied, voices quietened and people began slipping away to the comfort of their homes.

While a little more subdued than some previous Christmas parties, those who came enjoyed the friendship and fellowship of the occasion. It was a time both for reflection and for hope that the new year will bring relief to those who have suffered.

As always, our thanks to Jacqui Everett and her team for all their work in organising this and other social events throughout the year. ■

(See photos from the Christmas party on page 4 of the newsletter.)

Special Presentation – NSW Rural Fire Service

Are you bushfire ready? Do you know what to do and where to go if threatened by bushfire? Do you know how to prepare your home for bushfire?

Port Macquarie Hastings U3A is pleased to announce that a local RFS Officer will present for members a free session on

making a bushfire survival plan.

He/she will advise on preparing your plan, making your home safer, understanding bushfire alert levels, making the decision to go or to stay, and how to ensure all members of your household know what to do when/if

fire threatens your home or property.

All PMHU3A members are encouraged to attend this timely and very important information session.

The exact date is yet to be confirmed. ■

Your committee – Who, What & Why

In this series of articles we look at our committee members – who they are, what special role they play, and why they give their time and energy towards promoting the interests of our organisation and its members. We start with Vice-president Reg Millar and Building Manager Mike Bowden.

Reg Millar – Vice-president



In my past business and personal life, I have been a member of many committees over many years. I have been fortunate that the overwhelming

majority of those committees made successful contributions to the betterment of the business or the community.

When I first moved to Port Macquarie and joined PMHU3A, I contemplated volunteering in some way but I did not initially consider being a committee member, as I did not feel that I had the knowledge or experience required for such a role. However, after talking to friends, I was encouraged that I could contribute at the same time that I was gaining knowledge and experience, so I decided to give it a try.

I am still learning, which is something that gives me enjoyment and satisfaction.

I see my role as Vice President as twofold. Firstly, to support the President and secondly to use my previous knowledge and experience to contribute to the ongoing success of the committee and to the wider success of PHMU3A.

Mike Bowden – Building Manager

After losing my wife to cancer I joined U3A as a way to meet new friends and get on with my life. My aim was to sit back and enjoy some of the interesting



courses on offer, which I did until tapped on the shoulder by John Jones who suggested I nominate for the committee. John is very persuasive and before long I was welcomed onto the committee.

As Building Manager I am responsible for coordinating various services to maintain the safety and cleanliness of our building. This involves liaising with the cleaning contractor; communicating with the Fire Protection Service provider; arranging the cleaning and maintenance of the solar power installation; attending to any power, plumbing, lighting, air conditioning breakdowns and furniture failures; ensuring pest control is carried out at the appropriate time; and assisting other committee members as required.

Warren Scott, who has a long history with U3A and was closely involved in renovating our current premises, provides invaluable assistance as does Lorraine, our President, who handled the job previously and trained me as her apprentice.

I enjoy my job on the committee more than I ever anticipated, and have made many good friends through being involved in this wonderful organisation. Thanks John Jones...I owe you a beer!! ■

Glasshouse Concert November 2019



Day Trippers duo Dave Smith and Michael Spooner



U3A International Dancers

What's On!

ENROLMENT DATES – TERM 1 2020

See page 1.

TERM DATES 2020

TERM 1: 3 Feb – 27 Mar

TERM 2: 27 Apr – 19 Jun

TERM 3: 20 Jul – 11 Sep

TERM 4: 12 Oct – 4 Dec

MOVIE SHOW

Terry Feltham presents 'POMS'

Wednesday 29 January 2020

10.00am – 12.00 noon

U3A Centre

Admission \$2 – pay at the door

Tea/coffee, biscuit \$1

U3A NETWORK NSW REGIONAL FORUM*

Saturday 22 February 2020

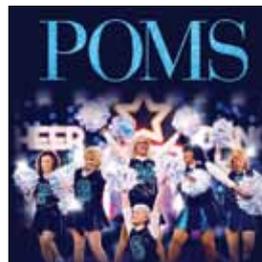
9.00am – 3.00pm

PMHU3A Centre

Cost: \$20.50 – includes booking fee, morning and afternoon tea, and lunch

(*this is a rescheduled event for which some members have already registered and paid)

Movie Show



On Wednesday 29 January Terry Feltham will present the movie 'POMS' at the U3A Centre. It's the story of Martha (Diane Keaton), an introvert, who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl (Jacki Weaver), a fun-loving neighbour who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you. See 'What's On' for details. ■

Christmas Party photos



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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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