

ENROLMENT DATES TERM 1 2021

ONLINE

From 6.00am Monday 1 February

U3A CENTRE, PORT MACQUARIE

Monday 1 – Wednesday 3 February
9.30am – 3.30pm daily

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 1 February. 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 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:

- **ON-LINE:** at www.pmhu3a.org.au and then by bank transfer to:
Account Name: PMHU3A Inc
BSB: 932 – 000
Account No: 500072357

Please ensure that you include your payment reference number in the recipient's advice box.

- **IN PERSON** at the Office with cash or cheque
- **POST:** Enclose cheque with your Course Booking Form to:
Port Macquarie Hastings U3A Inc.
PO Box 1210
Port Macquarie 2444

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...

Happy New Year to all and I hope you were able to enjoy some time with family and friends over the Christmas – New Year period as many of us had been separated for so long.

The past year was a very difficult time for many of our members, and also one of sadness with the passing of several long-time and valued members. However, we now wave goodbye to 2020 and look forward to 2021 with renewed hope for a strong healthy community able to enjoy the friendships and mental, physical and social activities we all need and enjoy through the support of our U3A.

The highlight of 2020 had to be the Christmas party which was enjoyed by about 55 members. There were plenty of happy faces and bubbly conversation, and we certainly look forward to more social activities such as this and the recent bus trips.

The Term 1 course program is now out, thanks to the work of our Course Coordinator during the break, the continued time and effort of the Conveners, the behind-the-scenes work of office, IT and other support

volunteers. I ask members to reward their time and dedication by supporting the many and varied courses available.

The Committee continues to prioritise the health and safety of all members, and will therefore continue to maintain the NSW Health Department requirements with regard to COVID-19. This will require continued registration of everyone who attends the centre, either by manual listing or the new QR code registration system, as well as the hand sanitising and cleaning procedures introduced last year. Social distancing rules as required will be maintained which may result in some class numbers being smaller than we would like. As time goes by protocols in place may need to be reviewed.

If 2020 has taught us anything it is the importance of personal hygiene, general cleanliness and, most of all, the strength of friendships.

A positive attitude to enjoy today, and not lose by worrying about yesterday or what may happen tomorrow, will help us all to cope and support those around us.

I look forward to 2021, meeting up with members and enjoying all U3A has to offer.

Lorraine Beukers, President PMHU3A ■

COVID Safe U3A

COVID-19 Safety protocols will be in place at the Centre when we start up again and it is important that we follow them, individually and collectively.

Most members will be familiar with our hygiene requirements and safe distancing measures but please read our updated COVID-19 Safety Plan on the website or at the office.

Volunteers will be on duty to record names and contact numbers of everyone entering the Centre but to facilitate

check-in we have obtained a QR Code to scan using your smartphone and will automatically record your details. If you have not yet installed the **Service NSW** app on your phone you can download it from the Apple Store (iPhones) or Google Play (Android) and follow the prompts. The download is free and COVID Safe Check-in is one of its features.

We also encourage you to install the Commonwealth Government's COVID Safe app on your phone as it is one more tool to assist contact tracers in the event of an outbreak. ■

Commemorative Plaques in U3A Centre

Since 2014 members of PMHU3A have enjoyed meeting and socialising at the U3A Centre. However, it wasn't always like this. For ten years after the formation of our association in 2004 meetings were held in different buildings and rooms all over town. The move to our present accommodation was a great step forward, bringing groups together and creating the united U3A family we have today.

Much planning went into the refurbishment of the Centre, involving many members with a vision for the future as well as many hours of work. Several members, past and present, have been honoured for their contributions with plaques located around the building. Like me, you might have wondered about them.

Below are the stories behind those plaques – the people commemorated and their contributions to the amenities and enjoyment of the Centre we experience today.

1. Eric Graham



Eric began teaching Australian History at U3A in 2005, the topics being 'member generated'. Classes met at the Senior Citizens Centre in Munster Street and in a small room at Lighthouse Plaza. Eric's commitment to, and vision for, U3A was unlimited and his immense contribution was recognised by naming the reception area 'The Eric Graham Forum'. The plaque also acknowledges his contribution to Rotary and Probosc. We all owe much to this affable, good natured man who brightened the lives of everyone who knew him. The coffee table also bears his name, and he is remembered fondly, sitting at the table with his coffee, reading.

2. Nancy Baird

As a young secretary in London during World War 2 Nancy worked at the Mansion House, the Lord Mayor's residence, where she met such history-making figures as Winston and Clementine Churchill, and was presented to the Queen Mother on three occasions. Not surprisingly she became intensely interested in history and after U3A started up she and others donated books to the history group. When we moved to our current home Nick and Wendy Ogbourne purchased the shelving to house the collection outside Room 10, and the Nancy Baird Library was created.

3. Sue and Andrew Moll



In 2015 Sue and Andrew made a considerable donation towards the purchase and installation of the shade sails in the courtyard, adding to its beauty and comfort. Whether taking a coffee break between sessions, attending an outdoor social function, or simply sitting and enjoying the ambience, the courtyard is many members' favourite spot.

Sue is our long-serving Secretary, Andrew our Web Manager, and both contribute to our association in many different ways.

4. Laurie Lardner



A member of U3A from 2013 until

his passing in 2019, Laurie's handiwork is not hard to find. Together with his mate Greg Dark, Laurie worked many long hours to develop the courtyard and its beautiful garden, as well constructing the fernery and the BBQ area which we know as 'Laurie's Kitchen'. He also built the BBQ trolleys, the room 6 worktables, and the prototype of the presentation lectern used in most classrooms today. Always helpful and willing, Laurie cheerfully gave his time and prodigious skills to our members, as well as to his many friends in the community.



5. Frank Jennings



Room 10 at the Centre is 'The Frank Jennings Room'. Frank was a founding member of our U3A and as a committee member he worked tirelessly on behalf of our association, playing a major role in securing our current premises in Lochinvar Place. Bringing our academic, administrative and social functions into one place was a very welcome evolution, and is the basis of our strength today. Upon his passing, Frank was honoured by a memorial service held in Room 10 and the room was afterwards dedicated to him.

The U3A movement everywhere thrives on the voluntary contributions of its members. From the founding members and steering committees whose vision for older, local people to share their great reservoir of knowledge, experience and skills, to those remembered by the placement of the plaques, Port Macquarie Hastings U3A has indeed been blessed.

— Gail Mendoza ■

Courses

Last month we had some very good news about the adjustment of COVID-19 social distancing rules. This change means for Term 1 we can have more people in our classes. It's good news that some of our conveners who chose not to return in Terms 2 and 3 last year, have now decided to return for Term 1. We also have some new courses on offer.

So in Term 1 we have programmed for nearly 50 courses. You now have the choice of many of our regular classes plus

Returning courses including

- **Chess** (two classes) with Michael Powazuk and Louis Richardson,
- **Drawing Techniques** with Stephen Murray,
- **French for Travellers** (Beginners) with Sue Moll,
- **German Conversation** with Horst Andjelic,
- **Laurieton Voices Choir** with Sue Bartholomew,
- **Mahjong** with Audrey Bryant,
- **Newswatch** with Bob Pearson,
- **Painting and Drawing** with Ray Evans,
- **Qigong** with Jaye Roberts,
- **Scrabble** with Lorraine Beukers,
- **Writing** with Melanie Wass.

New Courses including

- **CST Help Sessions** – in weeks 3, 4 and 5, members of our Computer Support Team will be available to help sort out problems with your devices. You need to enrol but there

is no cost for this course.

- **Drama Games** with Brenda Davies – activities designed for fun while helping develop your confidence and creativity.
- **Earth at the Crossroads** with Andrew Moll – a DVD course from the Great Courses Company that explores the current big questions including climate change and endangered species.
- **500 Card Game** with Jane Stevenson – for those of you who already love this card game or for beginners.
- **Gemstones** with Gayle Sutherland – learn about the science and origin of gemstones.
- **Great Religions of the World** with Karen Roberts – a DVD course from the Great Courses Company across four terms that explores the meaning and significance of a number of major religions including Islam in Term 1.
- **Heritage Scrapbooking** with Alice Totonjian – learn the techniques for preserving and displaying old photos.
- **The Rise and Fall of Great Empires** with Virginia Oakley – a brief history of the rise and fall of the world's great empires.
- **Yin Yoga** with Karen Roberts – a slow paced and very relaxing style of yoga. ■

Christmas Party

After nine months without a social function at the Centre the Christmas Party on 11 December was a most welcome relief. Around 55 members were there to enjoy the occasion and celebrate the end of a year which, despite the difficulties and restrictions, we found ways of keeping our U3A going.

The party was indoors due to bad weather but it was bright and light with balloons, table decorations, bonbons, Santa hats, antlers and other trappings of Christmas. Aussie champagne (are we allowed to call it that?) flowed freely (but not too freely – we are responsible people!) and there was a

buzz of conversation and laughter as our barbecue chefs, Frank Beukers and Simon Abell, laboured over hotplates under shelter in the courtyard.

Soon nostrils were tickled by the aroma of hot food and we queued up to be served a hearty meal of chicken kebabs, sausages, onions, and a variety of salads, followed by plum pudding or pavlova.

Stuffed like a Christmas turkey we participated in a trivia quiz run by Terry Feltham, a risky business given how such things can bring out the worst in even the most equable of people. However, only one protest was lodged over the question of which reindeer, Rudolph or Cupid, was the greater

What's On!

ENROLMENT DATES – TERM 1 2021

See page 1.

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TERM DATES 2021

TERM 1: 8 Feb – 1 Apr

TERM 2: 3 May – 25 Jun

TERM 3: 26 Jul – 17 Sep

TERM 4: 18 Oct – 10 Dec
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VOLUNTEERS' LUNCH

Thursday 28 January 2021

12 noon – 2pm

Blue Water Bar & Restaurant

Ocean Street, Flynn's Beach

Note: This is an invitation-only event.

celebrity. It was quickly dismissed by the Court of Arbitration for Quizzes.

And then it was time for everyone to go home, everyone, that is, apart from the generous souls who remained to clear up, which was soon accomplished. Our thanks to Alison McIntyre and her Social Committee for all their work in organising such a happy function and we look forward to more in 2021.

See more photos on back page. ■



More Christmas Party photos



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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 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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