

## ENROLMENT DATES TERM 2 2021

### ONLINE

From 6.00am Tuesday 27 April

### U3A CENTRE, PORT MACQUARIE

Tuesday 27 – Thursday 29 April  
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 7 April. 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](http://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](http://www.pmhu3a.org.au)**

## From the President...

Term 1 is now over and it was wonderful to see so many of our members back enjoying the classes and the fellowship even though it was somewhat restricted.

The Social Committee has been busy arranging upcoming functions so, when you return, check out the TV in the foyer for full details. Unfortunately the planned Sunset Cruise had to be postponed to 16 May owing to the floods. Don't forget our movie on the 24th of April.

The devastating floods caused a great deal of anxiety to so many, particularly in the Laurieton/Camden Haven area where one of our very elderly members lost everything – her home, her car. My thoughts are with her and I hope she may settle again soon. I am sure there are others, too, that need our support at this time.

This past year has tested the emotional strength of most of us. First the bushfires, then COVID and now the floods. I believe that times like this is when we need the support and friendships we have in U3A the most. Sometimes just a phone call or a hug is all that is needed to reassure us we are not alone.

On the 12th and 13th April, Tony Dawson, my husband Frank and I will be attending the U3A Network NSW Conference in

Wagga Wagga. The theme this year is "Rekindle the Spirit". These conferences are a wonderful opportunity to meet up with other U3As to discuss issues and exchange ideas. It is unfortunate that Wagga Wagga is such a long way from Port. The conferences are not just for the Executive or Committee members but are open to all members. In 2012 our U3A hosted the state conference and it is still considered to be the best held.

The program for Term 2 is well underway with some new and interesting subjects as well as our old favourites and I look forward to seeing you all again soon and maybe sharing a cuppa (bring your own cup) with you.

Our COVID-19 safety plans remain in place and I thank everyone for the manner in which they have accepted and respected the necessary regulations. It would seem that these restrictions may last longer than we had hoped.

As always, "Thank you" to the hard working behind-the-scene members, our Office ladies, COVID Marshalls, the men who volunteer in the garden, IT and CST teams, those who put the Newsletter and program together and, in particular, our Committee members, all of whom really only get limited time off.

Take care, enjoy the break, and come back refreshed.

*Lorraine Beukers, President PMHU3A* ■

## NSW Seniors Festival 2021

The festival will run from 13 – 24 April but there will be no Seniors Expo at Panthers this year because of COVID restrictions. However, thanks to Christine Battisson, U3A will have an information stall at the Lake Innes Shopping Centre on John Oxley Drive between 9am and 3pm on Saturday 17 April. The stall will be located near Ruins Café and Coles supermarket and there will be performances by the U3A International Dancers and a demonstration of Chair Yoga. It will be a great opportunity to show the public just some of the wonderful activities U3A has to offer so please go along and help broadcast the message. ■

## Course Information

This term we have 50 courses on offer. Your choices include many favourites, some that have changed day or time, some returning after a break and a couple that have been offered previously but didn't get the enrolments needed to run.

### New Courses include

**Astrology** – Presented by new convener and author, Diane Smith. Learn about the history of Astrology and how it can relate to your life.

**Latin for Beginners** – join new convener Therese Freeman for this 4-week taster. Perhaps you did Latin at school (and remember some of it) or perhaps you want to keep the brain active learning a new language.

**Medieval England** – Virginia Oakley will present another interesting and well-researched course for your enjoyment.

**Older and Wiser** – join convener Rita Spencer on Tuesday afternoons and learn more about how lucky (?) we are as we become older and wiser!

**Wonderful World of Gemstones** – Want a sparkle in your life? A new course on gemstones and jewellery is being offered this term on Thursdays by Gayle Sutherland who has worked closely with gems in retail and wholesale stores and museum collections. Learn where gems come from, how they are used and who is wearing them. Feel free to wear your own gems to class.

Previous courses now returning for 2021 include **Dramatic Fun, History of Countries, Philosophy, and Preventing Dementia Online Course.**

You may remember one of our favourite courses has been **Magic of Movies.** Previous convener, Florence Gibbon, has returned to Port Macquarie and U3A to again share her passion and knowledge about the movies we love, and perhaps some we have yet to enjoy.

Changing time and/or day – don't panic if you can't find a few of your courses at first glance as they have moved – **Newswatch, Remarkable Women, and Yin Yoga.**

*Course Coordinator, Karen Roberts* ■

## Volunteers' Lunch

The annual lunch was held at Blue Water Restaurant and Bar, Flynn's Beach on 28 January to thank all our volunteers – conveners, office staff, IT workers, maintenance crew and committee members – who put in so much time and effort to keep our U3A going. Forty-eight volunteers and a few partners attended the lunch with just over a week to go before the start of Term 1 and the fervent hope that nothing would disrupt all the planning and preparation for a scaled-up operation after the difficulties of last year.

There was a lot of excited chatter as friends greeted each other, bumped elbows and mixed together (in a socially responsible way, naturally). It felt almost like old times, though with the subtle differences in behaviour that the pandemic has forced upon us.

After an enjoyable meal, the loud conversation ceased temporarily for President Lorraine Beukers to welcome everyone back to U3A for 2021, thanking them most sincerely for their work in keeping us going throughout the dark days of 2020 and expressing great faith in our future, a sentiment shared by everyone there.

More than two months later, with the prospect of mass vaccination, we are probably (hopefully) justified in feeling that the worst is behind us and, with the magnificent support of our volunteers, we can look to the future with confidence. ■



## Learning More About Dementia and the Brain

For the last few years the University of Tasmania, through their Wicking Dementia Research Centre, has been offering two **FREE** courses on dementia, **Preventing Dementia** and **Understanding Dementia**. These courses are done in your own time over 4–6 weeks. The information is current, well presented in a variety of ways, and obviously very useful to all of us.

Enrolment for both courses is available **NOW**.

**Preventing Dementia** starts on 11 May <https://www.utas.edu.au/wicking/preventing-dementia>

**Understanding Dementia** starts 6 July <https://www.utas.edu.au/wicking/understanding-dementia>

In the past we have run both these courses through U3A where you do the reading in your own time and then meet each week to share your understanding of the information as well as your own stories. In Term 2 **Preventing Dementia will be at U3A on Tuesdays.**

The Wicking Dementia Centre is also running another course, **Understanding Traumatic Brain Injury**. Enrolment is now open for this course which starts 7 June.

See <https://www.utas.edu.au/wicking/understanding-tbi>

## Social Functions

Our new Social Committee, under the leadership of Alison McIntyre, has arranged a number of functions over the next few months. The Sunset River Cruise, originally scheduled for 28 March but postponed because of the floods, will now take place on 16 May (3.30pm – 5.30pm). Tickets already paid for will be honoured. Any other member wishing to join the cruise may purchase a ticket from Port Venture Cruises.

On 24 April, prior to the start of Term 2, Terry Feltham will present the Australian movie 'Penguin Bloom' at the U3A Centre. The movie tells the true-life story of Samantha Bloom who breaks her back in an accident and is paralysed from the chest down. A year

later, the Bloom family adopts a new member when the children bring home an injured magpie who becomes Sam's inseparable



Sam Bloom & Penguin

companion.

Next up will be two concerts, the first on 14 May in Laurieton where U3A Laurieton Voices will give their first public performance in well over a year, the proceeds to be donated to FAWNA. The second, to be held in the Tenison Woods Centre, is on 29 May and compered by Michael Spooner, will feature the U3A Dancers and several other performers, again including Laurieton Voices.

A Trivia Quiz is scheduled for 19 June and Terry Feltham will present the movie 'A Street Cat named Bob' on 17 July.



James Bowen & Bob

Other prospective events include a Murder Mystery afternoon on 14 August, a coach tour to Coffs Harbour and the Hinterland from 6 – 8 September, and a visit to the Players Theatre on 19 September.

See What's On! for more details and look out for emails and notices in the U3A Centre as the dates approach. ■

## First Aid Information Session

Some 25 members came to the U3A Centre on 6 March to hear Dylan, a paramedic from Hastings First Aid Consultants speak to us about the actions we could and should take when faced with a medical emergency. It would be no exaggeration to say that the information was presented with outstanding clarity and helped inspire confidence that, no matter what our physical limitations, we are, all of us, capable of doing something to help in such situations, whether it is administering CPR, providing emotional support or simply standing in the street to direct an ambulance.

We were taken through various scenarios ranging from critical situations such as cardiac arrest or heart attacks, to minor or major strokes, epileptic



or diabetic seizures, anaphylactic shock and falls. Although there is no intention here to go through the different responses, Dylan's consistent message was clear and simple – when faced with a medical emergency don't panic, take a few deep breaths and wait for your brain to clear, look out for possible dangers to yourself and others, call triple-0 for help or ask someone else to make the call and then do as much as you can for the victim.

Dylan also emphasised that, whatever the outcome, anyone who, in good faith and without expectation of payment or other reward, comes to the assistance of a person who is apparently injured or at risk of being injured is considered a 'Good Samaritan' and is legally protected by the Civil Liability Act 2002 (NSW). In other words don't hesitate to act for fear of being sued or prosecuted.

Of course, none of us wants to find ourself in such a situation but that is something we cannot govern.

## What's On!

**ENROLMENT DATES – TERM 2 2021**  
See page 1.

**TERM DATES 2021**

**TERM 2: 3 May – 25 Jun**

**TERM 3: 26 Jul – 17 Sep**

**TERM 4: 18 Oct – 10 Dec**

**MOVIE SHOW**

**"Penguin Bloom"**

**Saturday 24 April 2021**

**10am – 12 noon**

**Room 10, U3A Centre**

**Cost \$2 (includes morning tea)**

**U3A LAURIETON VOICES CONCERT**

**Friday 14 May 2021**

**2.00 – 4.00pm**

**Laurieton School of Arts**

**Bold Street, Laurieton**

**Cost: \$5 donation (includes afternoon tea)**

**SUNSET RIVER CRUISE**

**Sunday 16 May 2021**

**3.30pm – 5.30pm**

**Port Venture Cruises**

**(western end of Clarence Street)**

**Assemble at 3.15pm**

**Tickets (\$30 pp) available from the cruise company**

**CONCERT**

**Saturday 29 May 2021**

**Morning tea at 9.30am**

**Concert 10am – 12 noon**

**Tenison Woods Centre**

**St Agnes Village**

**Cost: \$5**

**TRIVIA QUIZ**

**Saturday 19 June 2021**

**10.00am – 2.00pm**

**U3A Centre**

**Cost: \$15 includes lunch**

**MOVIE SHOW**

**"A Street Cat named Bob"**

**Saturday 17 July 2021**

**10am – 12 noon**

**Room 10, U3A Centre**

**Cost \$2 (includes morning tea)**

Awareness and preparedness are the key and, who knows, you might just save a life. ■

# More U3A photos



Sue Bartholomew & new scarf; Laurieton Voices photos



U3A Art Design & Culture Group



U3A Tai Chi Class



U3A Chair Yoga Class



Chess Players in concentration



Photography Group at Oxley Beach

If undeliverable, return to:

Port Macquarie Hastings U3A Inc.  
PO Box 1210  
Port Macquarie NSW 2444  
PMHU3A Newsletter

**PRINT  
POST**

PP100008294

**POSTAGE  
PAID  
AUSTRALIA**

**PRIORITY**

## President

Lorraine Beukers 0411 468 689  
president@pmhu3a.org.au

## Vice President

Tony Dawson 0424 616 026  
vicepresident@pmhu3a.org.au

## Secretary

Sue Moll 6582 2785  
honsec@pmhu3a.org.au

## Treasurer

Avril Stewart 0418 754 277  
treasurer@pmhu3a.org.au

## Course Coordinator

Karen Roberts 6582 0573  
coursecoordinator@pmhu3a.org.au

## Publicity Officer

Gail Mendoza 0403 884 942  
publicity@pmhu3a.org.au

## Office Manager

Frank Beukers 0411 468 682  
officeadministrator@pmhu3a.org.au

## Newsletter Editor

Tony Dawson 6584 7648  
newsletter@pmhu3a.org.au

## Newsletter Production

Sue Clifford 0408 642 645  
p.scifrd@bigpond.net.au

## Grants Officer

Michael Rogers 6584 0039  
grantsofficer@pmhu3a.org.au

## Building Manager

Michael Bowden 6583 5764  
buildingmanager@pmhu3a.org.au

## Web Manager

Andrew Moll 6582 2785  
webmanager@pmhu3a.org.au

## Committee (all members)

committee@pmhu3a.org.au

## Port Macquarie Hastings U3A Inc.

Lochinvar Place  
PO Box 1210  
Port Macquarie NSW 2444

Phone: 6584 4192  
Email: [office@pmhu3a.org.au](mailto:office@pmhu3a.org.au)  
Website: [www.pmhu3a.org.au](http://www.pmhu3a.org.au)

**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](mailto: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.

**DISCLAIMER** – Opinions expressed here or in PMHU3A activities are not necessarily those of PMHU3A or its officers. PMHU3A accepts no responsibility for statements or opinions expressed. PMHU3A offers courses that provide general information for its members. PMHU3A does not warrant that such information is true and correct.