

ENROLMENT DATES TERM 3 2021

ONLINE

From 6.00am Monday 2 August

U3A CENTRE, PORT MACQUARIE

Monday 2 – Wednesday 4 August

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

Please **WEAR YOUR BADGE** when attending the enrolment centre. To book a course you can make an application online (providing 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...

Last term saw a slight easing of COVID restrictions, the directional arrows removed but all other precautions such as hand sanitizer, signing in and cleaning of rooms after each class will remain, especially now as we continue to monitor the COVID situation and the NSW health directives carefully. The Committee is re-assessing as and where necessary to ensure the safety of all members.

During Term 2 we were fortunate to have several social events, a River Cruise, Concert, Trivia and the always popular movies. None of the social events, room cleaning, office administration, courses or even this Newsletter would be possible if it were not for a relatively small band of very dedicated volunteers. Our U3A is only possible because of volunteers.

NO VOLUNTEERS = NO U3A

- Some members have found new interests, new groups.
- Ask the question – are we still relevant or of interest to them?
- Is it the commitment to volunteering? We need volunteers.

I cannot stress too strongly the importance of our volunteers and the need to attract new, younger members as well as maintain and support our current members. We need to remain relevant to retirees, especially the new younger retirees. New members bring new ideas and energy to revitalize and refresh our U3A.

WHAT CAN U3A OFFER?

- Larger variety of activities due to our diverse membership. We have professional people, academics, tradesmen and farmers, this is one of our great strengths.
- A safe environment for both men and women to meet and mix. We have single members for various reasons.
- The opportunity to feel of value and involved by using their skills as presenters or volunteering for other activities.

- Take up new challenges – Art, Dancing, Music, Petanque or a language.

We are extremely fortunate with our presentation equipment, CST/IT teams and premises that allow us to offer physical, mental and the all-important social interaction.

For these reasons I am asking members, especially our newer, younger members to become involved, take an active interest. Join the Social Committee, assist with the daily Office duties, COVID Marshal, building maintenance, convene a new course or even consider nominating for a role on the Management Committee at the next AGM. There are so many ways in which you may be able to help support and ease the load of the few people doing so much.



DO YOU GET PAID ?

- No

WHAT WILL BE THE REWARD?

- Joy of working with like-minded people.
- Sharing your skills and experience.
- Learning new skills.
- The satisfaction of knowing you are an important part to the essential running of our U3A.

The greatest REWARD is a Thank You and the Smiles you get from the other members.

Take care, stay safe and warm and I look forward to seeing you in Term 3.

Lorraine Beukers, President PMHU3A ■

Course Information

Most of your favourites are happening again in Term 3 but carefully check the course program as there are a few changes of days or times.

New and Returning Courses include ...

Ancient Rome – It's been a number of years since Cheryl Alterator offered any courses on Ancient History. Why not join her this term and learn about life in Ancient Rome?

Bridge Introduction – Some of you are enjoying Louis Richardson's Thursday Bridge course. Some would like to see what is involved but don't know where to start. New convener, Rowan Ferguson is keen to help you with the basics and then to learn the steps to improve your game.

Cryptic Crosswords – This course will be offered twice a week via Zoom. So a great course in the comfort of your own home – what more could you want?

Grief and Loss – Grief and loss can occur at any stage of life and sometimes we need extra support to move through those times. Join experienced counsellor Eleanor Pinkerton as she explores strategies to help you cope.

Italian for Beginners – another convener who is returning to share his passion and expertise is John Thompson. If Latin is not for you (see next course), then why not Italian?

Latin for Beginners – After a 4-week 'taster', this course is returning for a full 8 weeks in Term 3 with convener, Therese Freeman. One of the recommendations for helping prevent dementia is learning a new language, so why not Latin?

Long Slow Walks – Not into running or jogging? Walking is a great opportunity to get some exercise while spending time with friends and perhaps enjoying a coffee afterwards as a reward. Join Margaret Halfpenny each Thursday morning and enjoy!

Playwriting Workshop - Brenda Davies presented this course a few years ago and if you missed it then, now is your chance.

Wonders of the USA National Parks – I was lucky enough a number of years ago to visit Yosemite, Grand Teton and the Grand Canyon. Andrew Moll's course covers 18 parks so as travel is off the agenda for a while yet, perhaps this course is worth attending in the meantime.

Course Coordinator, Karen Roberts ■

Covid-19

Until recently we were hopeful that the worst of the pandemic might be behind us but the recent outbreak of the more transmissible Delta variant of the virus has dented that optimism.

To date, our region has been fortunate and let's hope it stays that way. As far as U3A is concerned, our COVID Safety Plan, which you can find on the website, remains in place and our practices will be adjusted as necessary to comply with any new regulations.

It hardly needs saying that our plans for the rest of the year could change at short notice but be assured that we will do all we can to keep everything running smoothly and will provide you with timely information should any changes occur. We thank you all for your continuing support. ■

Social Events

A number of social functions were held during last term, restoring some semblance of 'normality'. All were well attended and very enjoyable, and we thank the Social Committee for organising them.

Movie Show: On 24 April around 30 members came to the Centre to see the movie 'Penguin Bloom' presented by Terry Feltham. Watching the true-life story of how Samantha Bloom, with the help of her family and an injured magpie, slowly restored her life following a devastating accident in which she broke her back was heart rending but not without its comical side. And although the movie finished on a happy note there was hardly a dry eye in the house.

River Cruise: The thirty members who joined the sunset cruise on the

Hastings River on 16 May couldn't have hoped for a more perfect Autumn afternoon—a cloudless blue sky, bright sunshine and only the gentlest of breezes. The event had originally been planned for March but was postponed because of the floods.



As we made our way towards Settlement Point the captain provided an entertaining commentary, and although the sea eagles, dolphins and koalas all failed to make an appearance this didn't detract from the fun. After cruising the canals and turning around at Hibbard we were sustained with fresh wraps and ice cream.



Returning down the river we enjoyed a beautiful sunset and were regaled with some Elvis Presley songs and, as we approached the Clarence Street wharf at dusk, the lights were on and the town coming alive.



All aboard had a great time. It was good to catch up with each other as well as with passengers from other places who were most interested to hear who we were and what U3A had to offer.

Concert: Because of COVID restrictions the concert organised by

Christine Battison in conjunction with the Social Committee, and held at the Tenison Woods Centre on 29 May, had to be split into two 1-hour performances rather than the 2-hour concert originally envisaged. However, this did nothing to quell the spirits of the more than 90 people who came to enjoy lively entertainment and morning tea on a bright, sunny morning.

Each performance began with songs by the U3A Laurieton Voices choir, after which Christine's dance group performed traditional French dances.



Pianist Rosanna Vanderley was next with music from the movies and she was followed with songs from Dave Smith. The dance troupe then returned with an exciting and colourful South American dance before the grand finale, led by the choir singing 'There's no business like show business'. Cameron Marshall from ABC Radio



kindly acted as MC and our sincere thanks go to all the performers and other volunteers who made the event such a great success.

Trivia Quiz & BBQ: Brains were put to the test on 19 June when some 40 members came to the Centre for a trivia quiz. There was much scratching of heads and animated voices as the 4-member teams came to grips with the 49 trivia questions posed by Terry Feltham.



As minds worked overtime in Room 10 so did Simon Abell and Mike Bowden on the barbecues, cooking sausages, chicken kebabs and onions while other volunteers prepared the accompanying salads and other delights.

Lunch was served and, while the contestants satisfied their hunger, Jane



What's On!

ENROLMENT DATES – TERM 3 2021

See page 1.

TERM DATES 2021

TERM 3: 9 Aug – 17 Sep

TERM 4: 18 Oct – 10 Dec

MOVIE SHOW

"A street Cat named Bob"

Saturday 17 July 2021

10am – 12 noon

Room 10, U3A Centre

Cost \$2 (includes morning tea)

MURDER MYSTERY

Saturday 28 August 2021

2.00 – 5.00pm

Room 10, U3A Centre

Cost & other details TBA





Stevenson, Frank Beukers and Terry pored over the team sheets, tallying the scores. With that complete, everyone filed back in to hear the results. It was Team JMSS (Jacqui, Margot, Sonia and Suzanne) who, with 44 correct answers (90% – a High Distinction in any university) secured first place and were awarded the Perpetual Trophy presented by President Lorraine Beukers. A fitting end to a splendid day. ■

Upcoming Events

Unfortunately, the recent outbreak of COVID-19 and the re-imposed restrictions have led to the cancellation

of the U3A Laurieton Voices concert planned for 23 July. The rules covering singing and space use mean that the choir is currently unable to practice and prospective audience numbers halved, making it impractical to proceed.

At this stage the screening of the movie 'A Street Cat named Bob' on 17 July is still on but if current restrictions are extended it, too, might have to be cancelled or postponed.

Hopefully, the **Murder Mystery** set down for 28 August will go ahead as scheduled.

For more details see **What's On!** on page 3 and if changes are necessary you will be informed. ■

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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.

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