

# PORT MACQUARIE HASTINGS U3A COURSES – Term 2 2012

revised 21 April 2012  
22 April 2012

## ORIENTATION DAY, PORT MACQUARIE – MONDAY 16 APRIL 2012

(NOTE: NO ENROLMENTS TAKEN ON THIS DAY)

2.00 – 4.00pm, Baptist Chapel, 18 McIntyre Close, Port Macquarie

### ENROLMENTS:

\* **PORT MACQUARIE OFFICE:** from 9.30 – 4.00 WEDNESDAY 18 APRIL – 20 APRIL

(NOTE: EXTENDED OFFICE HOURS APRIL 18 – 20 only)

\* **WAUCHOPE:** 10.00 – 11.00am, TUESDAY 17 APRIL, Wauchope Library meeting room

**LAURIETON:** TUESDAY 17 APRIL at the Catholic Church Hall

ORIENTATION: 10.00am for morning tea, 10.30am start; ENROLMENTS: from 12.00 Noon

**COURSE FEES:** The course fees shown here are for members of PMHU3A. Watonga members, please see page 2 in this newsletter.

**PLEASE NOTE:** Course venues and locations are shown in colour to make it easy to identify where courses are being convened.

Port Macquarie courses in black; **Wauchope courses in red**; **Laurieton courses in blue**.

**GENERAL DISCLAIMER:** Most activities involve some element of risk. Bushwalking and cycling, in particular, are inherently dangerous activities and require an appropriate level of fitness. While U3A maintains public liability insurance and will endeavour to protect your safety, it cannot remove all the dangers. It assumes that participants, by booking, consider themselves to have appropriate levels of fitness and mobility. Those undertaking activities should therefore be aware that they participate at their own risk.

## MONDAY COURSES

### Development & Culture – 8 wks \$16 China

*Class limit: Minimum 15; Maximum 30*

Commencing : Monday April 30

Time : 9.30 – 11.30 am

Venue : Maritime Museum Cottage, PM

Convenor : Brian Tolagson 6583 4384

Second of 2-part course examines events and issues in China since 1911.

### Australian History 8 wks \$16 Class limit: 40

Commencing : Monday April 30

Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM

Convenor : Colin Creek 6584 6535

Didn't do Australian History at school? Or forgotten all about it? Come along each Monday to find out what happened on this date in past years, plus a major topic of the group's choice. (Best morning tea in U3A guaranteed!)

### Folk Dances – Beginners 8 wks \$16 Class limit: 30

Commencing : Monday April 30

Time : 9.30 – 11.30 am

Venue : 16 Kingfisher Road, Port Macquarie

Convenor : Christine Battisson 6581 5760

Come and experience a smorgasbord of fascinating music and rhythms from around the world in a relaxed atmosphere. No partner necessary. Please bring a pair of jiffies or similar soft shoe without a black sole for dancing.

### French 8 wks \$16 Continuing students only

*Class limit: Minimum 10; Maximum 12*

Commencing : Monday April 30

Time : 10.00 – 11.30 am

Venue : Port Macquarie Library Mtg Room

Convenor : Celine Bird 6582 6822

Elementary Grammar and Conversation.

### Rhyming Poetry for Pleasure 5 wks \$10

*Class limit: Minimum 5; Maximum 10*

Commencing : Monday April 30

Time : 10.00 – 12.00 noon

Venue : Port City Bowling Club, PM

Convenor : Bessie Jennings 6584 5425

We'll hear and share old-fashioned poems, old and new – poems that express serious thoughts or great yarns, or that evoke laughter.

### Italian language 8 wks \$16

*Class limit 10 – continuing students only*

Commencing : Monday April 30

Time : 10.00 – 12.00 noon

Venue : Library, Laurieton

Convenor : Marie Addario 6559 6289

This course would suit those who have a little knowledge of the Italian language and would like to practice conversation skills and basic grammar to improve understanding, speaking and reading.

### Book Club 2 sessions \$4

*Class limit 10*

Commencing : 2nd Monday of the month,  
May 14, June 11

Time : 10.00 – 12.00 noon

Venue : 3 Wattle Close, Laurieton

Convenor : Pat Trood 6559 6442

Book Club is a casual friendly group who meet to discuss a common novel once a month. We access the books and questions through the local library

### PMHU3A Voices w/Robyn Ryan 8 wks \$16

*Class limit: unlimited*

Commencing : Monday April 30

Time : ~~1.00 – 2.00pm~~ 2.00 to 3.00 pm

Venue : "Mac" Adam Music Centre

near The Players Theatre, PM

Convenor : Faye Davis 6583 9105

"A really switched-on group of U3A voices has meant a great start to our vocal program culminating in our Conference performance on 30 March. I have really loved working with these fantastic people who put 100% effort into every rehearsal – bravissimo to all. We're also exercising our brains as well as venturing into music from

other cultures and learning singing both aurally and visually. After many requests I have agreed to continue this course this term. New members are welcome. I'm really looking forward to it." Robyn Ryan.

There will be an additional fee for expenses for this course of \$20 or \$25 per person depending on numbers.

### German Conversation 8 wks \$16

*Class limit: Minimum 4; Maximum 10*

Commencing : Monday April 30

Time : 2.00 – 4.00 pm

Venue : Baptist Church Outer Hall, PM

Convenor : Mike Pepperday 0431 606 380

This informal group is intended for those who have enough grasp of German to contribute to a normal conversation on any topic.

### Cryptic Crossword Group 8 wks \$16

*Class limit: Minimum 5; Maximum 12*

Commencing : Monday April 30

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convenor : Dick Engel 6583 6663

For those who have previously attended a beginners course, we will try to solve puzzles chosen by members from various sources. Small fee for copying.

### Learning Circle 8 wks \$16

*Class limit 15*

Commencing : Monday April 30

Time : 2.00 – 4.00 pm

Venue : Masonic Hall, Whiddon Group

Retirement Village. Entrance via

Tunis Street, Laurieton.

Convenor : Jude Roberts 6556 7668

Where everyone has the opportunity to express their opinion, discuss current affairs, relate their own experiences and consequently learn about a wide range of topics determined by the group itself.

A small amount of research is encouraged to create discussion points, knowledge and interest.

# PORT MACQUARIE HASTINGS U3A COURSES – Term 2 2012 *(continued)*

## TUESDAY COURSES

**Current Affairs Discussion Group**      **8 wks**      **\$16**

*Continuing group members only*  
*Class limit: 12*

Commencing : Tuesday May 1  
Time : 9.30 – 11.30 am

Venue : “Mac” Adam Music Centre  
near The Players Theatre, PM

Convenor : Maureen Johnston 6582 0056

Discussion group focusing on current issues, local, national and international.

**Tai Chi for Health**      **8 wks**      **\$16**

*Continuing students only*  
*Class limit: 20*

Commencing : Tuesday May 1  
Time : 9.30 – 10.30 am

Venue : “Mac” Adam Music Centre  
near the Players Theatre, PM

Convenor : Pamela Laundry 6584 5312

Beginner's course in Tai Chi programmed for people with health problems like diabetes or arthritis. Will provide a full set of movements. Please consult your doctor before enrolling to assess suitability.

**Philosophy**      **8 wks**      **\$16**

*Class limit: Minimum 8; Maximum 30*

Commencing : Tuesday May 1  
Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM  
Convenors : David Smith 6582 0370,  
William Turner 6584 5342

We will talk about how the ideas of philosophers from BCE to now connect with living in today's complex world. Presentations are followed by lively interactive group discussions.

**Adult Learning Circle**      **8 wks**      **\$16**

*Continuing students only*  
*Class limit: 16*

Commencing : Tuesday May 1  
Time : 10.00 – 12.00 noon

Venue : Maritime Museum Cottage  
Convenor : Joy Woods 6581 3977,  
0438 049953

Focussed discussion topics chosen by the participants and enriched by guest speakers, videos and outings.

**Improve Your Writing**      **7 wks**      **\$14**

*Class limit: Minimum 5; Maximum 10*

Commencing : Tuesday May 1  
Time : 10.00 – 12.00 noon

Venue : Port City Bowling Club, PM  
Convenor : Bessie Jennings 6584 5425

Group discussion can help you improve your writing style – whether writing your memoirs, entering competitions, or submitting stories/poems/articles/letters for publication.

**Meditation for Beginners**      **2 wks**      **\$4**

*Class limit: Minimum 5; Maximum 10*

Dates : Tuesday May 1, May 8  
Time : 11.00 – 12.00 noon

Venue : John Worner Centre,  
Lourdes Village, PM

Convenor : Carol Baker 6582 0370

Meditation is a means to achieve a peaceful mind. Learn the basics of how to sit for meditation, and some techniques to still the mind.

**Discussion in the Round**      **8 wks**      **\$16**

*Class limit: 15*

Commencing : Tuesday May 1

Times : May 1 & June 5, 11.00 am – 1.00pm  
all other Tuesdays, 10.00 am – 12.00 noon

Venue : Meeting Room, Wauchope Library

Convenors: Beverley Izard / Nellie Oonk,  
6585 2492

Mainly current affairs, but other topics may be explored.

**‘Beliefs and Philosophies of the Human Race’**      **8 wks**      **\$16**

*‘Why am I here’*

*Class limit 15*

Commencing : Tuesday May 1

Time : 10.00 – 12.00 am

Venue : 23 Haven Circuit, Laurieton

Convenor : Derek Nichols 0400099185

A discussion situation looking at a world wide range of philosophies and religious practices.

**The A - Z of Google**      **8 wks**      **\$16**

*Class limit: Minimum 5; Maximum 15*

Commencing : Tuesday May 1

Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM

Convenor : Harry Williams 6582 2374

Google is a terrific tool for searching the Web. But did you know it also gives you hundreds of ways to organise and play with information?

\*Tips and tricks to find what you need \*Security \*Books \*Videos \*Gmail \*Maps \*Images \*Newsreader \*Web spreadsheets and documents. Lesson notes provided (may be a small copying fee). Aimed at participants who are comfortable with internet use.

**Engineering Marvels**      **7 wks**      **\$14**

*Class limit: Minimum 10; Maximum 30*

Commencing : Tuesday May 1

Time : 2.00 – 4.00 pm

Venue : Baptist Church Outer Hall, PM

Convenor : Doug Jones 6582 0510

Each session to cover the engineering involved in a particular aspect of human endeavour – generally based on a major project. How engineers make it happen.

**Egyptian Belly Dance**      **8 wks**      **\$16**

*Class limit: 10*

Commencing : Tuesday May 1

Time : 2.30 – 3.45pm

Venue : Rosella Dance Studio

13 Marsden Crescent PM

Convenor : Galina Turker 0422 751021

Belly dance is a great form of exercise for the female body – it assists with flexibility, toning, and general fitness. It's also a form of soul expression and feminine celebration, and a chance to shimmy hips and shoulders to great Arabic rhythms. Bring a hip scarf and wear comfortable loose clothing, and learn the ancient art of Raqs Sharqi Egyptian Dance. (Hip scarves and skirts are provided if you don't have your own).

**U3A Book Club**      **2 sessions**      **\$4**

*Continuing group members only*

*Class limit: 20*

Meeting : 4th Tuesday each month

Time : 2.00 – 4.00 pm

Venues : Private homes & 11 Olivine St,  
Port Macquarie

Convenor : Helen Rasmussen 6582 7820

Members enjoy discussing different books and their authors in a friendly environment.

**Writing for pleasure**      **6 wks**      **\$12**

*Class limit 12*

Commencing : Tuesday May 8 – June 12

Time : 1.30 – 3.30 pm

Venue : LUSC, Laurieton

Convenor : Colleen Parker 6559 6113

Have you thought you would like to write...a short story, your memoirs, eye-catching articles, a novel, family history? Whatever prose you would like help with, bring along your ideas, early drafts and pen and paper and together we will develop them. We will do some creative writing, work on grammar and punctuation and look for other motivational and inspirational ideas which will help you get started and/or complete your writing.

**Introduction to computer**      **8 wks**      **\$16**

*Class limit 10*

Commencing : Tuesday May 1

Time : 1.00 pm

Venue : Kendall Neighbourhood Centre

Convenor : Geoff Waterworth 6559 4477

This course will give you some basic knowledge on using a computer. Learn how to navigate the operating system, change settings to the computer along with some basic word processing and saving documents.

The last two weeks you will learn how to use the Internet.

## WEDNESDAY COURSES

**Australian History**      **8 wks**      **\$16**

*Continuing students only*

*Class limit: 30*

Commencing : Wednesday May 2

Time : 10.00 – 12.00 noon

Venue : Baptist Church Outer Hall, PM

Convenor : Eric Graham 6581 1647

On Wednesday we have a “Reader's Digest” look at Australian History. We will cover topics such as the achievements of 223 years of European settlement and the heritage bequeathed by the first inhabitants. You help choose the topics and we will help you research them. Perhaps sometime in the future you may like to make a Presentation? It is very rewarding. We ask “Why is Australian History so interesting? Our answer is “It's because you can almost “touch it”. Join us to find out more. We would love to have you.

**Patchwork, Appliqué and Quilting**      **8 wks**      **\$16**

*Class limit: 4 to 5 people*

Commencing : Wednesday May 2

Time : 9.30 – 1.00 pm

Venue : 190 Sarahs Crescent, King Creek

Convenor : Elly Edgar 6586 4775

Enjoy a morning, sharing an activity with like-minded people. Learn new skills while creating



# PORT MACQUARIE HASTINGS U3A COURSES – Term 2 2012 *(continued)*

**Tai Chi** **3 wks** **\$ 6**

*Class limit 50*

Commencing : Thursday May 3, 10, 17  
Time : 11.30 – 12.30 noon

Venue : at the rear of the LUSC, Laurieton  
Convenor : Alison Dhu 0431 682 357

Tai Chi originates from China and is now practised throughout the world as an effective exercise for good health. Tai Chi consists of gentle movements that are relaxed and in slow tempo. Breathing is deepened and slow. Tai Chi improves flexibility, muscle strength, balance and relaxation, increases heart/lung activity, improves posture and integrates body and mind.

**Indigenous Issues: Past & Present** **8 wks** **\$16**

*Class limit: 35*

Commencing : Thursday May 3  
Time : 2.00 – 4.00 pm

Venue : Maritime Museum Cottage, PM  
Convenor : John Brownsberger 6583 9336

Indigenous history has been written by non-indigenous historians. This course traces the issues which affect Aboriginal Australians and tries to identify the myths of Aboriginal issues.

**Line dancing for exercise & fun** ~~5 wks \$10~~  
**8 weeks. \$16**

*Class limit 50*

Commencing : Thursday May 3  
Time : 2.00 – 4.00 pm

Venue : Catholic Church Hall, Laurieton  
Convenor : Thora Jennings 6583 4952 or  
0423 955 811

If you like music and have rhythm; if you want to keep yourself active, want to learn some easy line-dancing steps and enjoy and have fun...then come to line-dancing for exercise and fun.

**Folk Dances – Intermediate** **8 wks** **\$16**

*Class limit: 30*

Commencing : Thursday May 3  
Time : 4.00 – 6.00 pm

Venue : 16 Kingfisher Road, Port Macquarie  
Convenor : Christine Battisson 6581 5760

Come and experience a smorgasbord of fascinating music and rhythms from around the world in a relaxed atmosphere. No partner necessary. Please bring a pair of jiffies or similar soft shoe without a black sole for dancing.

## FRIDAY COURSES

**Behind the Headlines** **8 wks** **\$16**

*Class limit: 40*

Commencing : Friday May 4  
Time : 9.00 – 11.00 am

Venue : Port City Bowling Club, PM  
(except Fri May 18 venue is the  
Maritime Museum Cottage)

Convenor : Frank Jennings 6584 5425

Join our group of friendly people and get more background to help you consider and understand current political, economic and social issues and how the media treats them.

**Introduction to Family History** **1 wk** **\$2**

*Class limit: unlimited*

Date : Friday May 11  
Time : 10.00 – 12.00 noon

Venue : Library Meeting Room, PM  
Convenor : Jeff Stonehouse

Jeff, Reference Services Librarian, at Port Macquarie Library with responsibility for local studies and family history, will discuss:

- where to start;
- what records are available;
- overseas research;
- keeping it all together;
- answers your questions.

**Australian History** **8 wks** **\$16**

*Class limit: no limit*

Commencing : Friday May 4  
Time : 10.00 – 12.00 noon

Venue : Baptist Church Chapel, PM  
Convenor : Neil Buxton 6582 2557

With the period of early development over, the convenor will cover the "Drive to Maturity" from Macquarie to the 1850s in the first part of each weekly session. This is followed by a short paper delivered by a member of the group on a voluntary basis, drawn from any part of our history.

**Meditation for Beginners** **2 wks** **\$4**

*Class limit: Minimum 5; Maximum 10*

Dates : Friday June 1, June 8  
Time : 10.30 – 11.30 noon

Venue : John Worner Centre,  
Lourdes Village, PM

Convenor : Carol Baker 6582 0370

Meditation is a means to achieve a peaceful mind. Learn the basics of how to sit for meditation, and some techniques to still the mind.

**Energy Therapies** **1 wk** **\$2**

*Class limit: Minimum 5; Maximum 35*

Date : Friday May 25  
Time : 10.00 – 12 noon

Venue : Maritime Museum Cottage, PM  
Convenor : Sue Jones, with Sue Pattinson  
6581 1587

Energy therapies is a broad term that describes the basic ingredient that is common to all Complimentary Therapies. From Aromatherapy to Bowen to Reiki to Yoga to Meditation, the aim is to harmonise the energy flowing within and around the body so that it can function optimally. Come and learn more about your energy field and how you can maintain balance with a few simple techniques.

**State Emergency Service** **1 wk** **\$2**

*Class limit: Minimum 10; no maximum*

Date : Friday June 1  
Time : 10.00 – 12.00 am

Venue : Maritime Museum Cottage, PM  
Convenor : Les King, with Steve Lawrence  
6581 4898

The SES is the most versatile and widely used rescue and public safety organisation in NSW. Learn how the SES responds to floods, storms and tsunamis and how you can be prepared.

**Insight** **8 wks** **\$16**

*Class limit: Minimum 6; Maximum 12*

Commencing : Friday May 4  
Time : 9.30 – 11.30 am

Venue : Meeting Room, Wauchope Library  
Convenor : Brian Tolagson 6583 4384

Group researches and discusses in depth one current issue each week. The topic for discussion in week 1 is "the state of politics in Australia".

**Lawn Bowls** **6 wks** **\$12**

*Class limit 15*

Commencing : Friday May 4  
Time : 9.00 – 10.00 am

Venue : Kew Bowling Club  
Convenor : Chrys Bouffler

An extra green fee of \$2.00 per week is required; to be paid to the bowling club.

**Lunch Bunch** **monthly** **\$4**

*Class limit 25*

Commencing : 1st Friday of month  
Time : 12 Noon

Venue : Camden Haven area  
Convenor : Maggie Adkins 6559 4564

Join us once a month for a delightful lunch in various local restaurants. First Friday of the month at noon.

**Modern History: Asia** **8 wks** **\$16**

*Class limit: 40*

Commencing : Friday May 4  
Time : 2.00 – 4.00pm

Venue : Baptist Church Outer Hall, PM  
Convenor : Des Davis 6583 9105

We now recognise that Australia is part of Asia. This course will examine the history of Asia since 1945. The major countries will be covered as well as the common institutions such as APEC and the common events such as the Asian financial crisis. We will also look at relations with and influence on Australia. The course will be illustrated with projections, maps and videos. Participants are encouraged, but not obliged, to make their own presentations on relevant topics.

**Choir: Laurieton Voices** **8 wks** **\$16**

*Class limit: 100*

Commencing : Friday April 27  
Time : 2.00 – 4.00 pm

Venue : School of Arts Laurieton  
Convenor : Sue Bartholomew 6559 6129

Beware, I am about to use F words!!!

Come and join the newly formed U3A choir where we sing for FUN, FRIENDSHIP and FITNESS. No auditions needed. No need to read music.

\$16 a term [includes holidays] plus \$5 a week to cover the cost of conductor and pianist.

**Concert: Friday 15th of June in the School of Arts at 2pm.**

### REMINDER TO ALL MEMBERS:

Especially for those who are in a small class/group, if you can't attend at any time, please let your convenor know.