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Greetings and welcome to the New Year.

It is hard to believe our U3A is now into its fourth year. It seems like yesterday that we had our first public meeting in the old Civic Centre. Our organization has grown and thrived with a lot of support from the community, much hard work from a dedicated committee & the goodwill & generosity of our many tutors. This year will bring a number of changes. First there will be changes in the membership of the Committee. Our Constitution only allows each Office bearer to hold a particular office for a period of 3 years. I have been President for the past three years and I will step down from this role at the AGM in September. This is a good policy. It allows for a healthy turnover of office bearers. It introduces new people with fresh ideas to move our U3A into the future.

However, not all committee changes happen at the AGM. Three of our members decided to make changes at the end of 2007. Ruth Lincoln decided it was time to devote more of her time and energy to her family and business interests. Ruth was our foundation Treasurer and did a marvellous job of establishing our financial system and record keeping. Ruth will be replaced by Steven Whan.

John Neilson, who was our Membership Secretary and who was also a member of the original, steering committee wants to become more involved with "The Men's Shed." This is a very worthwhile organization which caters for the needs and interests of older men. While John won't be leaving Committee, Bob Gerdes who was President in our first year of operation, will take over John's role as Membership Secretary.

Del Hatton, our Publicity Officer, has also decided to make new changes. Del wants to see more of her grandchildren and indulge in a spot of travelling. So to Ruth, Del and John, we say thank you for your contribution to our U3A, for your hard work and your willingness to go that extra mile when needed.

Welcome on board, Bob and Stuart.

AGM. This year our AGM will be held on Monday 22nd September, 10.00 – 12.00 in the PIONEERS ROOM at the Seniors' Facility in Munster Street. This is a change of venues. The acoustics are much better than in the Meeting Room in the Library and we would like to encourage our members to stay after the AGM to enjoy morning tea & to chat with the new Committee members.

The Annual Picnic Cancelled. Over the past three years our picnics have not been well attended and of course we were always at the mercy of the weather. With this in mind we have decided not to have our usual picnic but we would encourage our members to take the opportunity to meet their Committee over tea & coffee at the AGM in September.

Our New Logo. Our new logo was designed by Robin Hansen. Robin lives locally and she teaches Graphic Design, Web Design and Photography at both Port Macquarie and Wauchope TAFE campuses.

Having worked as a graphic designer in Sydney and London advertising agencies, as well as owning a design and print consultancy, Robin attended one of our meetings and explained the "role" of a company logo to the Committee. She showed us a number of logos she had designed along with explanations of how they evolved.

Following this, Robin produced six designs based on our suggestions. The final decision was made by the committee members voting for their favourite logo and this was the most popular one.

While we wanted to link our logo with other U3As we chose this particular logo because the font and colours –red and black– are very distinctive and the overall appearance is modern and sophisticated. We hope you like it.

Norfolk Island. Many thanks to Anita Dulhunty who organized a visit to Norfolk Island for our History Group. I was one of the lucky people to join the happy travellers. It really was a pleasure

**Our next Registration
and Enrolment Day
will be on:**

Tuesday 5 February
1.30 pm – 2.30pm
Auditorium,
Port Macquarie
Seniors Facility,
Munster Street,
Port Macquarie.

Please note: No enrolments will be taken before 1.30 pm. Only Committee Members and Course Conveners will be admitted to the auditorium before 1.30 pm.

to be with a group of fellow travellers who already all knew each other, who enjoyed each other's company, who were cooperative and so willing to give support to anyone who needed it. Norfolk is an island paradise with a dark history. Its history is the core of its tourist industry and many of the significant sites are being uncovered and restored. Port Macquarie, like Norfolk Island, was a penal settlement but, being a convict here in Port, would have been a picnic compared to what the poor souls suffered on Norfolk.

The population today is mainly descendants from the crew of the "Bounty" & the beautiful women of Tahiti. Today, these charming people still enjoy a quality of life that we seem to have lost in our community. Cars are left unlocked, fruit & vegetables are sold with an "honesty box", anything that is lost is returned. They all greet each other, they laugh a lot and the feeling of good will permeates the island. A most worthwhile experience all round. Thank you Anita, when is the next trip?

Bus Trip. Last year Harry Bryant produced a very detailed questionnaire asking our members what they would like in the way of courses or programmes. About thirty members asked for bus trips. In response to this request Harry has organized a most interesting day trip along the coastal area to South West Rocks. Please be aware we need a minimum number of members to book to make this trip possible.

It really does sound like an enjoyable day of sight seeing in the company of good friends.

See course brochure for more details

Folk Dances from around the World - Dancing for fun and fitness. Christine Battisson has just moved to Port Macquarie from Canberra. Christine actually joined our U3A in 2005 with the view to teaching dancing to our U3A members. The move just took longer than she expected! Welcome Christine.. Christine has had many years experience, teaching her particular form of dancing to seniors and now she presents us with an opportunity to get physical and have some fun. See course brochure for more details.

Name Badges. Just a reminder that there are a number of name cards to be collected from the Reference Desk at the Port Macquarie Library. It is most helpful if you wear your name card and lanyard to any U3A function and don't forget to record your contact information on the back, in case of an emergency.

Thank You. A special thank you to all those members who sent their membership forms in before the end of the last year. It really does make it easier for the Committee to organize the next years programme and of course it means there won't be long queues on Enrolment Day.

Food for Thought.

"Researchers in neuroscience now tell us of what they call the brain's plasticity: its ability to absorb new information and even to change at the microscopic and biochemical level regardless of how old we are. The connections that transmit thought change for the better each time they are stimulated with new knowledge or concepts. The more the circuits are used, the more of certain protein substances are produced, which increase the number and effectiveness of brain cells, and add to the tiny blood vessels that nourish them. Even the old belief that we cannot make new brain cells has been disproved. Lost, damaged and impaired cells can be replaced, and an increased population of new nerve cells can occur in certain locations in the brain, originating in adult stem cells." *Sherwin Nuland, SMH November, 2007*

Best wishes for term one.

Carol Surrey.

New Courses for 2008

As well as our old favourites, Ursula has managed to produce a smorgasbord of new courses - too many to write about here but you will find them listed clearly in the Course Brochure. I am sure you will be impressed with the variety and every member should find something that will appeal to them.

The U3A NSW State Conference 2008 A Journey for Further Learning – Enriching the U3A Experience

The U3A NSW State Conference 2008 will be held at the Warilla Bowling Club, Warilla NSW on Tuesday 11 March and Wednesday 12 March 2008. All sessions, including the conference dinner will be held at the club.

To register, or for further information, contact the Conference Secretary

Ray Gall

87 Prince Edward Drive

Dapto NSW 2530

Ph: (02) 4261 1751

Email: srg3@optusnet.com.au

More details of the conference are available on the U3A Network website, www.nsw.u3anet.org.au

Lost your lanyard & pouch.?

If you have lost your U3A pouch & lanyard you may purchase a new one for the cost of \$3. These will be available at Enrolment

Trivia

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

For the movie buffs:

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Letters to the Editor

We encourage our members to write to us with suggestions for improving both this newsletter and, of course our U3A. Longer contributions relating to the activities of our U3A are also welcome.

Kendall resident Ian Oxenford with Nobel Peace Prize winner Al Gore.



Last year Ian was one of 162 people selected from 2,000 applicants to attend the Al Gore Climate Change Project held in Melbourne. The programme was quite intense and Al Gore personally lead the Saturday session showing slides from his Academy award winning show, "An Inconvenient Truth". We are most fortunate to have Ian as a guest tutor this term and during his talk he will address the reasons for public confusion in the area of Climate Change. See our Course Brochure for details of Ian's presentation.

Remember When.....

If you have the time and the opportunity, do have a look at the 'remember when' web site (<http://rememberwhen.u3anet.org.au/>) It consists of the personal reminiscences of members from various U3A's around Australia. There are some fascinating anecdotes on the site, guaranteed to bring back many memories.

Newsletter contributions.

If your group is doing something interesting, something different or going on an excursion please let us know. A short report accompanied by some photographs would be wonderful. We will publish your contributions for every one to enjoy.

Australian History Group trip to Norfolk Island a great success

We have received a number of favourable reports about the recent trip to Norfolk Island by members of our Australian History Groups. The main purpose of the trip was, purportedly, historical research - but judging from the photographs it was a lot of fun as well!



Christian Fletcher and two of his crew men



Dressing and dancing Tahitian style



Visiting the Church in Kingston Town

Dates to mark in your diaries.

Term 1 2008	Enrolment	Tues 5 Feb
	Start	11 Feb, End 4 April
Term 2 2008	Enrolment	Tues 29 April
	Start	5 May, End 27 June
Term 3 2008	Enrolment	Tues 22 July
	Start	28 July, End 19 Sept
Term 4 2008	Enrolment	Tues 14 October
	Start	20 Oct End 12 December

Newsletter.

Do let the secretary know if you are a member and do not receive your own copy of this newsletter. This newsletter will be published just before the start of each term, and contain information about groups and activities for the term ahead.

Change of address.

Please let the Secretary or Membership Secretary know if you move house and especially if you change your email address

Name Badges.

New members may collect their name badges from the Reference Desk at Port Macquarie Library. Please let Bob Gerdes know if you have not received your badge.

Members are requested to wear their badges when attending any U3A activity.

Again we remind all members to have their contact numbers on the back of their badges in case of an emergency.

In answer to a few enquiries as to why some name cards are hand written, this happens when just one or two name cards are required and it is uneconomical to use a whole sheet of cards to print them from the computer ...mystery solved.

If undelivered return to:

Hastings Valley U3A Inc
PO Box 1210
Port Macquarie
NSW 2444

**SURFACE
MAIL**

Late Enrolments

Late enrolments are welcome in many courses. Please contact the Course Convener to ascertain if he/she is accepting additional members. If you enrol after the course has started you pay only for the rest of the term. Post your cheque to the Treasurer with a covering note. Course Conveners cannot accept money during term.

Tutors please note names cannot be entered on the Attendance Sheet unless accommodation fees have been paid. Money cannot be paid to the group leader during the term. An exception may be made in the case of late enrollees who owe a minimal amount of money, too small for a cheque to be posted to the Treasurer, these people may add their names & how much they owe to the bottom of the Attendance Sheet. The Treasurer will then have a list of who owes what and this can be paid to the treasurer on the next Enrolment Day. ***Enrolments will not be accepted for new courses prior to the official enrolment day.***

Attention Course Conveners.

You are asked to come to enrolment by 1:15 pm. This will give you an opportunity to meet other course leaders and learn about venues, record keeping and enrolment procedure prior to meeting your prospective group members for next term. Please inform the Secretary, Brian Syms, if you are planning any excursions away from your usual meeting place. Dates & details are required for insurance purposes.

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