

ENROLMENT DATES TERM 3 2016

AT LAURIETON

Monday 18 July
10.30am – 12 noon
Laurieton United Services Club

AT WAUCHOPE

Monday 18 July
10.00am – 11.00am
Wauchope Library

AT PORT MACQUARIE

Monday 18 – Friday 22 July
9.30am – 3.30pm daily

You **MUST** be a **MEMBER** of **PMHU3A** to enrol in a course. **MEMBERSHIP APPLICATION FORMS** may be obtained from the office or downloaded from the website, or you can apply online. Half-year membership at \$25 is available from July 1st.

Please **WEAR YOUR BADGE** when attending an enrolment centre. Collect a **COURSE BOOKING FORM**, fill in your **MEMBERSHIP DETAILS** and **TICK THE COURSES** you wish to join. The **COURSE BOOKING FORM** can also be downloaded from the website.

You may enrol and pay for courses by:

- **IN PERSON** at the **Office** with your Course Booking Form and cash or cheque.
- **ON-LINE:** at www.pmhu3a.org.au and then by bank transfer.
- **POST:** Enclose cheque with your Course Booking Form to:

Port Macquarie Hastings U3A Inc.
PO Box 1210
Port Macquarie 2444

We have NO credit card facilities.

Office Location:

The U3A Centre
2 Lochinvar Place
Port Macquarie 2444

Phone No: 6584 4192
Hours: 9.30am – 3.30pm

Open Day

Open Day, to be held from 10am to 1pm on Tuesday 12 July, will be a great opportunity for the community as a whole to see what we're about and to meet and speak with course conveners and all the other volunteers who contribute to our aim of making the 3rd Age enjoyable and rewarding.

So spread the word among your family, your friends, and all the people you know, and invite them to come along and discover us. We're sure they'll be impressed and surprised by the range and quality of our activities, and have a lot of fun as well. And remember, an hour with us could make a big difference to their lives



U3A **OPEN DAY**
Port Macquarie Hastings

TUESDAY, JULY 12
10am – 1pm

2 Lochinvar Place
Port Macquarie

RETIREES are INVITED to

- FIND OUT ABOUT U3A
- DISCOVER OVER 60 DIFFERENT INTEREST GROUPS
- TALK WITH COURSE CONVENERS & MEMBERS
- EXPLORE OUR NEW CENTRE
- HAVE A CUPPA IN THE COURTYARD
- JOIN OUR VIBRANT COMMUNITY

The University of the Third Age is an international, voluntary organisation, the 'third age' being the retirement years. There are no education entry levels or exams and fees are low.

Learners Live Longer

From the President...

On 25 May we lost one of best loved members, Des Davis, who died at the age of 85 years. Des will be sorely missed and on behalf of all members I extend our deepest sympathies to Faye and all the family. A tribute to Des appears on page 2.

Our sincere condolences, too, to the family and friends of Jude Roberts who died in Melbourne on 10 June. Jude shaped and convened the Laurieton Adult Learning Circle and is remembered for her kindness, insight, wit, intelligence and a love of her fellow man, warts and all.

On a happier note, our application for a PMHC Community Grant was successful, thanks to our Grants Officer, Mike Rogers, and we are now proceeding with the purchase of a defibrillator for the Centre.

In late April I was one of 117 delegates from 43 U3As who attended the NSW U3A Network Conference organised by Eastlakes U3A at Lake Macquarie. The theme of the conference was 'Staying Connected' and there were three interesting keynote speakers plus a variety

of workshops. Events such as these are valuable for keeping in touch with others in the U3A movement, for sharing ideas, and for overcoming common problems.

The Arts and Crafts' day held on 11 June attracted upwards of 100 people to the Centre to see the extraordinary range of talent we harbour in our association. Photography, Textile Art, Music, Poetry, Tai Chi and Folk Dancing were just some of the activities in which we took great delight on a most enjoyable afternoon. Thanks to Jacqui for organising the event and to everyone who contributed.

Members are offered more entertainment with Bob Jeffrey presenting a video concert featuring Country Music Stars on 13 July.

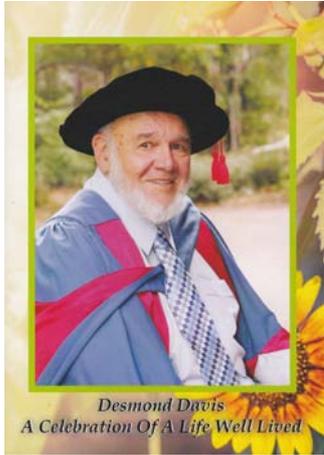
An Open Day will be held on 12 July (see above) so make sure you come along with your friends and family.

And, finally, our Christmas in July Lunch will take place on 31 July (see What's On for details). If you haven't already got your ticket they will be available for purchase at the office from 18 July.

Tony Dawson, President PMHU3A ■

Vale Des Davis

One of the pillars of our association, Des Davis, died on 25 May after a long battle with cancer. He was aged 85. The funeral, held at Innes Gardens Memorial Park on 3 June, was attended by his and Faye's family and a large number of friends and admirers. Afterwards, everyone made their way to the U3A Centre where refreshments were served and further tributes paid.



Desmond Davis
A Celebration Of A Life Well Lived

Before coming to Port Macquarie in 2007 Des enjoyed a long career in theatre, teaching at colleges and universities in Australia and Canada, and, together with Faye, founding successful theatre companies in both countries. In 1995 Des was awarded an OAM for his contribution to theatre, an honour which, he felt, Faye had an equal share. Des also received a Writers Guild AWGIE for his support of Australian playwrights, and completed a PhD on Regional Theatre.

Shortly after arriving in Port Macquarie Des offered his first course at U3A, aptly named "Drama and Life". In subsequent years his courses included "Who are We?", "All the World's a Stage", "Tuesday Afternoons at the Centre", "Modern History", "Shakespeare - For all Ages", and, latterly, "The Gillard Years".

In 2009 Des became president of our association. One of his main aims was to acquire a home for U3A. He saw this as essential if we were to prosper and in 2010, working alongside other stalwarts like Frank Jennings and Eric Graham in discussions with the Catholic Diocese, succeeded in getting one at Warlters Street which was opened in March 2010 by our then patron, Rob Oakeshott.

Des was also keen to develop relationships with other U3As in our region and organised several cluster meetings where ideas were shared. He joined the NSW U3A Network committee and later served as Regional Representative for our region until 2015.

After 18 months at Warlters Street, U3A was again on the move following the sale of the site but Des and others managed to secure an office at the Maritime Museum and rooms for classes at the Baptist Church.

In 2011, to the surprise and horror of some members of the committee, Des offered to host the NSW U3A Network State Conference to be held in March the following year. He assumed the leading role and his enthusiasm for the task infected others. The conference, held at the Glasshouse was a great success and is remembered fondly by many of those who attended.

In the final year of his presidency Des and his negotiating team were again in discussions with the Catholic Diocese regarding a home for U3A and, as we all know, succeeded in gaining St Agnes Lodge which was converted into our new home. At the celebration held in July 2014 Des spoke about U3A as a community of students and teachers, and the benefits it offers to those who, while alive and kicking, will never be "past it."

Des remained a force within our association throughout his years here, and we owe a great debt of gratitude to him and to Faye. Together they embodied everything that U3A is about and Des will be sorely missed. However, like him, we must continue looking forward. As he wrote when he became President – "The future is as exciting as the past. This is our third age, the best age of all."

Course Coordinator Wanted

Maggie Wilson, our Course Coordinator for the past six years, will not be re-nominating for the committee at the AGM later this year and the position of Course Coordinator will become vacant. The major function of the role is gathering information and course descriptions from current and proposed course conveners for the term course program and sending this to the office where the final document is produced and printed for distribution with our newsletter each term. As you do this, you would also be allocating the rooms for the courses/classes which are held at the Centre. You will have a designated PMHU3A laptop to use, so all necessary email history and documentation is at your fingertips.

Would anyone interested in this position please contact Maggie or secretary Sue Moll (see page 4 for contact details)

The Eastern Way to Wellness

Qigong—In Traditional Chinese Medicine Hospitals in China, Qigong pronounced (Chi Gong) is used as part of the treatment



along with Massage, Stone and heat therapy and Acupuncture. Qigong is a conscious practice where each individual takes personal responsibility to balance and harmonize their vital energy – reducing stress, increasing health and vitality as well as developing spiritual perception and awareness. Qigong literally is working with the energy of life.

I have been teaching Qigong since 2005 when I returned from China after studying with Dr Xu Hongtao and Simon Blow (Sydney), and seeing how the practice can benefit in many different ways.

In our class we can stand or sit while practising the moves which are slow and gentle. This builds our energy and then we sit and meditate to allow the energy to circulate through the body, leaving us very relaxed and calm and able to cope better within our daily lives.

Jaye Roberts, Convener ■

Yogalates & Gentle and Chair Yoga—When I retired, I decided to fulfil a long-held dream of doing yoga teacher training.

I chose the Yogalates system, which combines yoga and pilates. I have been teaching Yogalates at U3A since the start of 2015. In 2016, I added Gentle and Chair Yoga classes for those people with limited mobility.



I firmly believe in the mantra, "use it or lose it". I love helping others to improve their knowledge about how to keep their bodies strong and flexible and to challenge their beliefs about what they can and can't physically do. So, in both classes, participants work at their own individual and personal level using props (eg blocks) and modifications (eg, against a wall for support or in a chair) where needed.

Yogalates classes also include breathing practices, meditation and relaxation to help release stress and create a sense of calm and overall wellbeing.

Karen Roberts, Convener ■

An Excerpt from MY LIFE AND TIMES

by Nola Ashcroft*

It was very early one Autumn morning that I was pushed down my Mother's birth canal by forces far greater than my own. Why this day was chosen by Mother Nature for me to be born is beyond me. I would have preferred a day earlier or a day later. It was Anzac Day 1932, setting the pattern that caused me heart ache forever after on my birthday. Wherever I was living, the day started with a dawn service, then watching a mid-morning march to the cenotaph.

My first six years lie buried in the mists of time. Like all young teachers, father had been banished by the Education Department to the wilds of the bush to learn more about applying chalk to blackboards and we lived in Griffith and then Lavington. My life changed drastically after my sister Janice appeared in our house. Then Wendy arrived fifteen months later. She was so tiny, her head no bigger than a small orange, very wrinkled and ugly. I demanded Mother take her back and exchange her for something larger and prettier. We bought everything from the shops, didn't we?

The evenings were a joy for me, always anxious to go to bed because that was the best time ever. Papa read me stories until I fell asleep. Sometimes he would recite poetry. His voice fills my ears still with Robbie Burns' Tam-o'-shanter. His Scottish brogue rang true and I rode that horse Meg all the way home. Sometimes he sang, mostly snippets from Gilbert and Sullivan, in his pleasant, light tenor voice, and I learnt to sing Willow Tit Willow, not quite understanding what a suicide's grave was. The melody and words seemed so sad. This all remains a precious memory and now I see how my father instilled in me an enjoyment of these arts.

For my eighth birthday I was given a Malvern Star bicycle. It was my pride and joy. We had a very large back yard and with Janice on her small dinky, we hurtled around the grounds. Janice could not keep up with me with her little legs, and I discovered circling her was the trick. A very large, wild Moreton Bay fig tree grew outside my bedroom window and I played amongst its buttresses. One night I was awakened with loud noises. Huge animals were galloping across the roof. Papa, torch in hand, gathered me, terrified, in his arms and we ventured out under the tree. The torch light revealed possums looking down at us with their big round, glistening eyes. The noise was just their bad table manners, so Papa said.

Papa enlisted in the army in June 1940 and we moved again, to Kurri Kurri. In July 1941 the 8th Division, with Father, sailed for Singapore and Papa disappeared from our young lives.

* Nola is a member of the "Improve your Writing with Rita" class

Textile Arts

I am a former High School Art/Craft teacher who majored in Textile Art at the University of Melbourne. So if you are one of those people who enjoys all things Arty Crafty, my U3A lessons each Monday during all four terms are for you.

Over the last three years, since U3A created a dedicated Art room, I have had the pleasure of teaching many enthusiastic people. Techniques covered include Free Motion Sewing Machining, Basic Colour & Design, Disperse Dyeing of Fabrics, Machine Needle Felting, plus the technique of using a Soldering iron for cutting and Mark-making on fabrics.

The finished work many students have produced with this new found knowledge has been outstanding, and while I personally spend many hours in preparation weekly, the rewards I receive through volunteering in this way are endless.



Jill Williams, Convener ■

What's On!

ENROLMENT DATES – TERM 3 2016
See page 1.

Online enrolment will be available via the website from midnight on 17 July. Go to www.pmhu3a.org.au and log in with your username and password. You will find the course program there together with the online booking form and payment information

REMAINING TERM DATES 2016

TERM 3: 25 Jul – 16 Sep

TERM 4: 17 Oct – 9 Dec

OPEN DAY AT THE U3A CENTRE

12 July 2016 10.00am – 1.00pm

Members are invited to bring their friends along to discover U3A and everything we have to offer for 3rd-agers who want to keep a healthy mind and body

Bob Jeffrey presents

MODERN COUNTRY MUSIC STARS

featuring Adam Harvey, Beccy Cole, The McClymonts and others

13 July 2016 9.30am – 12.30pm

Room 10, PMHU3A Centre

Cost \$2 per session plus \$1 for morning tea or coffee.

CHRISTMAS IN JULY LUNCH

31 July 2016 12.00 noon

Blue Water Bar & Restaurant, Flynns Beach Resort, Ocean Street.

Cost \$35 for a 2-course Xmas lunch.

Tickets on sale at the office when it re-opens on 18 July.

COTA Presentation

Vivienne Scott, a Peer Educator with COTA (Council on the Ageing) visited the Centre on 14 June to present a session called "Controlling My Own Life - making the most of Consumer Directed Care".

An audience of over thirty listened as Vivienne explained the changes that have been made to the provision of aged care services in recent years and how people requiring care can identify and work with providers to obtain the customised program they require.

Members of the audience spoke of their experiences, and questions were raised regarding issues such as cost, assessment procedures and, importantly, when to start gathering information and making plans.

Not all the questions could be answered definitively, but the answer to the last was an unqualified "NOW".

Gone Fishin'



Photo of the group in front of the diving bell which will be lowered into Darling Harbour in November with a person inside attempting to break the record of 30 days submerged

On 17 May twelve of our members met for a “Tropical Delight” tour of the Newman Senior Technical College Marine Discovery Centre. This fascinating centre allows students to breed many varieties of tropical fish from egg stage to adulthood and, for us, watching the Moray eel being fed was amazing.

We were given an insight into the training the students receive in diving and maritime boating skills. It was also an excellent history lesson into the early days of Port Macquarie’s fishing industry, the ships wrecked off the coast and the war time rescue of survivors of the Wollongbar II by the XLCR. The XLCR has recently undergone a full restoration by trade students and volunteers, and now serves as a training and cruise vessel. She can be seen moored near Jordan’s Boatshed.

Our thanks to Warren Bridge of Newman College for a wonderful experience, and to Maggie for the scones, jam and cream which brought the visit to an end.

Lorraine Beukers ■

[You can find more about the Marine Discovery Centre and the XLCR at <http://www.portmacquariemdc.com.au/index.html>]

If undeliverable, return to:

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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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