

ENROLMENT DATES TERM 1 2018

AT LAURIETON

Monday 22 January
10.30am – 12 noon
Laurieton United Services Club

AT PORT MACQUARIE

Monday 22 – Thursday 25 January
Monday 29 January –
Friday 2 February
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. Annual membership costs \$35 and there is an initial joining fee of \$5.

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.pmh3a.org.au and then by bank transfer to :
Account Name: PMHU3A Inc
BSB: 721 – 000
Account No: 75592
- **POST:** Enclose cheque with your Course Booking Form to:
Port Macquarie Hastings U3A Inc.
PO Box 1210
Port Macquarie 2444

Please note that 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

Website: www.pmh3a.org.au

From the President...

With the festive season behind us and all our new year resolutions but a fading memory we can now look forward to what promises to be another stimulating year at U3A. This will be our fifth in the U3A Centre and I'd like to welcome back all our returning members and offer a special welcome to new members, including our friends from Watonga U3A and those of you who have recently arrived in Port Macquarie.

Last year ended on a high note, both musical and social. The traditional Christmas Concert presented by U3A Laurieton Voices at the Laurieton School of Arts was well attended with proceeds going to Camden Haven 'Community at 3' which provides social help to the lonely, homeless and disadvantaged. Also hitting a musical high were the U3A Multicultural Dancers who performed at the Glasshouse on December 8 and, as always, were enthusiastically received. Conveners Sue Bartholomew and Christine Battison are to be congratulated for their dedication to these very important performance groups.

The final event of the year was the Christmas Party which, despite some early concern over the bushfire smoke that had been blanketing Port Macquarie for a couple of days, went off splendidly with over seventy members enjoying the fun. My thanks to Lorraine Beukers and others for making it such a special occasion.

Turning to 2018 you'll be pleased to know that most courses, including 'Science Forum' and 'Aspects of Elder Law', both of which ran for the first time in 2017, will be returning, but there are a number of new ones too. Dorothy

Bryant will offer her 'Mahjong' course for experienced players which she's run very successfully at Watonga U3A for a number of years, and there will also be 'Mahjong for Beginners', convened by Bridget Earle. Harry Bryant is to run a 'Computer and Technology Workshop', while John Peasley and John Jones take on the big picture with 'Big History of Civilisations'. More news about courses can be found in Karen Roberts' report on page 2.

During the summer break our IT and maintenance volunteers have been busy getting everything shipshape for a new year. Room 10, which is used for special presentations and functions as well as for regular classes, now has a wall-mounted 82-inch high-definition smart TV, replacing the 12-year-old data projector which had performed well beyond its use-by date. The new system will be put to the test on Wednesday 31 January when Terry Feltham will show the movie "Temple Grandin" as a prelude to classes commencing the following week. The show is open to all and further details may be found later in this newsletter.

As I write this, we are preparing for the January enrolment period. This is always a busy time as it includes many new memberships being taken up, and our office volunteers will have their hands full keeping track of things. But in the run-up we will take the opportunity to say thankyou to all those who give so much of their time and energy to keep our organisation on the rails, and I look forward to seeing you at the annual Volunteers' Lunch.

And to all members, my sincere thanks for your enthusiastic support of our U3A. I wish you all a most successful and enjoyable year.

Tony Dawson, President PMHU3A ■

News on Courses

Bet you have been keenly waiting for your Term 1 program? You won't be disappointed as we have 80 courses on offer including those continuing from last term, those returning after a 'holiday' and some exciting new courses for you to enjoy including –

Astronomical Impacts and Planet Earth – convener, Rodney Neasbey returns with two new courses to help us understand and be inspired by the wonders of our universe.



Big History of Civilisations – using the high quality Great Courses DVD series, join John Peasley and John Jones to explore human history over the past 200,000 years.

Broadway Musicals of the 50s and 60s – new convener, David Thomson, is keen to remind you about those old-time favourites. Perhaps you'll be tempted to sing-a-long?

Computer & Technology Workshop – Another new PMHU3A convener, Harry Bryant, can help you become better informed about technology usage. Now's the time to ask those questions that have been bugging you!

Joy of Reading – love reading anything you can get your hands on? Join Rita Spencer to share your favourite examples with like-minded people.

Mahjong – you've asked for this course and we can finally offer both beginner and advanced classes. All you Mahjong lovers, or those keen to find out about this ancient game, let Audrey

Bryant and Bridget Earle share their passion and knowledge with you.

Trails of Evidence – another Great Courses program examining the real world of forensic science and presented by Pam Hudson.



Last term we presented a very popular and quickly-filled one day course, **Aspects of Elder Law**. Convener, Brian Winship, has adapted this course into a four week version. It covers some of the essential legal information we need as we get older (who, us?) so we can be more confident about meeting our future needs.

The Science Forum is returning this term over 8 weeks with 10 different speakers. Topics to be covered include – climate change, gold, measurement, binary notation, use of chemicals in agriculture, 3D printing and software, blood cells and radioisotopes.

This term we won't have our **U3A Vox Choir**. Faye Davis, as convener, has done an excellent job keeping the choir going with few members and now no one to conduct or accompany with the piano. The committee is keen to see the choir become active again, hopefully later in the year.

Thank you to some members who have stepped up to convene courses where the previous conveners are unable to be involved this term. Welcome to Pamela Brewer (Improve your Writing, Thursday group), Deane Hardwick (Art and Culture), Hazel Holt (Think Tank), Julie Millar (Dinner Time), plus Brian Tolagson, Reg Millar and Sue Jones (Philosophy). —Karen Roberts ■

Pétanque

Pétanque is a form of boules where the goal is to toss or roll hollow steel balls as close as possible to a small wooden ball called a cochonnet (literally "piglet") while standing inside a circle with both feet on the ground. It is played outdoors on any reasonably firm surface.

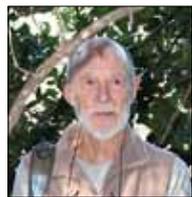
The game is played between 2 teams comprising 1, 2, or 3 players, and the team that reaches 13 points first wins the match. It can be played by players of any age, gender, or size – provided they can lob a 700 gram boule a distance of 10 metres. The rules are very simple and can easily be picked up by new players.

Members of a playing group usually swap partners each game, and games get interesting as players hone their throwing skills, develop strategies, and learn to praise (or sledge) their team mates and opponents. Cursing is permitted, preferably in French.

PMHU3A had its first Pétanque course in Term 4, 2017 and we hope to continue through 2018. Each class comprises a short practice session to develop a particular skill, followed by a couple of games. Members may bring their own boules if they have them; otherwise they will be provided. Covered footwear, water, and protection from the elements is a good idea.

The course is held at the Pétanque piste at the end of Woods Street (off Hastings River Drive). Please contact Bruce Wyatt on bwyatt@netspeed.com.au or 0409 206 971 for further details. ■

'Bridge to Bridge' (B2B) River Walk



Mike Dodkin's 'Bridge to Bridge River Walk' takes you on a 3-hour trip along the Camden Haven River, reflecting on the pioneering days of the district and on nature. It meanders along the established 'riverwalk' from North Haven, crossing Stingray Creek Bridge, and then to the Dunbogan

Bridge on the Laurieton side of the river. The course has run each term since 2014 and so far 80 people have attended, including some who came for a second time to experience the seasonal changes in nature. Our oldest walker was over 90, walking it in two stints; another did it in a wheelchair. Everyone who has completed the "Walk" says it was really enjoyable and that the "exam" was not

too daunting – ask someone who's done it about the 'gumnuts'.

While the walk has been successful in its present format, and will continue to be offered this way, we are considering other options. For example, interested members may wish to form a group and then contact Mike to arrange a date for their 'Walk'. Mike would be pleased to hear from you and may be contacted at michael.dodkin@bigpond.com or on 0429 992 074 / 6559 9105. ■

Betty's 'Think Tank'

Betty Starr has run 'Think Tank', an informal friendly discussion on a variety of contemporary topics—social, cultural, economic and political—for a number of years, initially in Wauchope and more recently in Port Macquarie. Sadly, she has found it necessary to relinquish her role as convener because of more pressing duties. U3A would like to take this opportunity to thank Betty for her great contribution and wish her well for the future.



Hazel Holt, the new convener of 'Think Tank', and Horst Andjelic have offered the following tributes to Betty.

"Betty has left me a big challenge, because she has set a tremendously high standard to follow, so I see my role as caretaker of her Think Tank and I hope we can continue to maintain those standards. We could never doubt her genuine commitment and zeal for questioning and seeking answers to those issues that threaten the world and its people. Knowing Betty, she will turn all that passion into her now somewhat difficult role of full time carer, and for that, she deserves the greatest admiration." — *Hazel*

"Betty is going to be a hard act to follow, especially her ability to limit coffee time. Seriously though, I think we all know the passion, commitment and hard work Betty brought to the program. We know we can't fill her shoes, and we don't want to try, but we aspire to meeting her high standards.

Betty's new role as a primary carer is a daunting challenge, but one which we are confident she will master." — *Horst* ■

Movie Show – Temple Grandin



Mary Temple Grandin was born in Boston in 1947. At the age of two she was formally diagnosed as 'brain damaged' but instead of being institutionalized her family saw that she received speech and behavioural therapy. Years later it was realised that her symptoms were explained by autism.

Despite being unhappy at school Temple went on to earn a bachelor's degree in human psychology and a doctoral degree in animal science. She is now professor of animal science at Colorado State University and a consultant to the livestock industry on animal husbandry and the humane treatment of animals.

However, her international fame as a spokesperson on autism stems from the way she dealt with the condition. In 2010 a film about her life was made by Mick Jackson, with Clare Danes giving a stunning performance as Temple. The film will be shown at the U3A Centre at 10.00am on Wednesday 31 January 2018 prior to the start of term. All members and their guests welcome. See **What's On!** for details. ■

Memory Loss? Forget It

How often do we hear that memory deteriorates with age. Well, I simply don't accept that. OK, once in a while the name of someone I've known for years eludes me. But it's always there, right on the tip of my tongue itching to

get out—which it inevitably does, two days later at about 3am.

And it has been known that on rare occasions I might go shopping and return home without the actual thing for which I went. But the extra toilet paper

What's On!

PMHU3A TERM DATES 2018

TERM 1: 5 February – 29 March

TERM 2: 30 April – 22 June

TERM 3: 23 July – 14 September

TERM 4: 15 October – 7 December

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U3A VOLUNTEERS' THANKYOU LUNCH

(Invitation only)

Thursday 18 January 2018

12 noon – 2.00pm

Bluewater Bar and Restaurant,
Flynn's Beach Resort

Meal provided; buy your own drinks

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MOVIE SHOW

Terry Feltham presents 'Temple Grandin'

Wednesday 31 January 2018

10.00am – 12.00 noon

U3A Centre

Admission \$2 (includes tea/coffee,
biscuit)

Pay at the door

Enrol Online!

You may enrol in most courses online from 00.00 hours on 22 January (midnight on 21 January). Go to our website at 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.

Members are encouraged to use this easy and convenient service.

I bought to add to the existing stockpile occupying half the garage might be seen as an example of forward planning.

Again, it's true that some time ago I set off on a 10-day holiday neglecting to pack any underwear but only because my travel bag was already crammed with stuff I didn't need. I mean, anyone can make a simple mistake like that and it's nothing to do with memory loss.

In fact, when's all's said and done I can't remember a time when my memory was better than it is now!

— *Tony Dawson* ■

U3A Christmas Party photos



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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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