

ENROLMENT DATES TERM 1 2019

AT PORT MACQUARIE

Tuesday 29 Jan – Friday 1 Feb
9.30am – 3.30pm daily

You **MUST** be a **MEMBER OF PMHU3A** to enrol in a course. You can apply on-line to become a member or attend the office once it reopens on the 29th of January. Annual membership cost is **\$40** and there is an initial joining fee of **\$5** if your membership has expired or you are a new member.

Please **WEAR YOUR BADGE** when attending an enrolment centre. To book a course you can make an application on-line (provided 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:

- **IN PERSON** at the Office with cash or cheque (just advise the office staff which classes you wish to attend).
- **ON-LINE:** at www.pmhu3a.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
Building A - St Agnes Village
2 Lochinvar Place
Port Macquarie 2444

Phone No: 6584 4192

Hours: 9.30am – 3.30pm

Website: www.pmhu3a.org.au

From the President...

Happy New Year to all! I hope you have all been able to relax, unwind and enjoy time with family and friends and are now looking forward to the new U3A year. At the same time, we should give thought to those of our members for whom the season might not have been so happy owing to illness or family circumstances. It is important that we, individually and as a community, support our fellow members in times of need.

The 2018 year ended with our Christmas Party with over 50 people enjoying the great food, fun and fellowship in our delightful courtyard. There was even singing of Christmas Carols by some (not me though).

Thank you Jacqui Everett for the catering, the 'Barmen' Tony, Frank and Andrew, and the many other helpers who assisted with the set up of the tables and the most important clean up at the end of the evening.

Once again several members attended the U3A Laurieton Voices end-of-year concert and enjoyed the great afternoon tea. Sue Bartholomew made a special presentation to retiring conductor James Hannah. On behalf of all members I thank James for the years of service to the Choir and wish him well in his retirement.

There were many raffle prizes to help raise funds for Willow Powlick, a young girl who needs a hearing operation in

the USA. The afternoon raised \$400 towards the operation. I would like to make special mention of the generosity of the Choir members who not only provide the delicious afternoon tea but also donate all the raffle prizes each term to help raise funds for worthwhile causes in their area.

2019 is now getting into full swing, enrolments starting on the 29th of January and what a program we have for Term 1! As you will see in this newsletter there are some 18 new courses on offer. A very big 'Thank You' to our returning Conveners and the new Conveners. Without these wonderful volunteers—and we must remember we are all volunteers—there would be no courses and no U3A.

The Seniors Expo is on in February and our Multicultural Dancers will be performing again. The group has been very busy rehearsing and making some new costumes. If you have not seen these dancers perform, or even if you have, get along to the Expo to show our support.

U3A will be having its usual display to promote the many benefits of learning and social involvement membership has to offer.

This is the time of year when we do have a lot of new members, so if you see someone new please make them feel welcome.

Lorraine Beukers
President PMHU3A ■

Enrol On-line and On Time

A brief reminder to members that in order to ease the burden on our office volunteers and conveners, you are encouraged to enrol on-line if possible. But whether you enrol that way or in person please make sure that you **ENROL DURING THE DESIGNATED ENROLMENT PERIOD** unless exceptional circumstances prevent you from doing so. Thank you for your cooperation.

Courses

'Have we got a program for you!' But first, there have been some time changes for regular courses so please check your program carefully. The program now includes room numbers so no excuses for getting lost.

At the end of last term I sent an email asking for members to consider offering some new courses. The response was amazing! So, in addition to your regular and favourite courses, please support your fellow members and think about enrolling in some of the following 18 new offerings:

Aspects of Love, Marriage and Divorce – in addition to his popular course, Aspects of Elder Law, Brian Winship will explore what it means to be involved in these life situations.

Become the Empowered Creator of Your Life – Join Dale Symons to explore your response to questions such as, "Who am I? Who could I be?"

Bridge for Beginners – Two opportunities this term to learn how to play bridge. In addition to Freya Luick's course, a new convener, Bob Stewart, will gently guide you towards being a confident and competent player.

Chair Stretches – for those who miss John Harlow's 'In House Mobility' course, please consider the many benefits of enrolling in Chair Stretches (same day, time and place) with Simone Livian.

Climate Change – join David Smith to consider the current ideas and facts around this important topic.

Croquet – a wonderful opportunity to learn the basics with Brian Hardy and then perhaps become a regular player at the courts in Buller Street.

Dances from Around the World – you've probably seen our multicultural dancers, led by Christine Batisson, performing at local functions and thought, "That could be me." Now's your chance!

Flat/Easy Cycling – a course with Bruce Burgess for those who want to 'get back on the bike' and improve their fitness.

Global Warming or Global Cooling? – not too sure what's really happening? Join Jocelyn Maxwell and reflect on the current situation.

Kings and Queens of England – Join Virginia Oakley and learn more about the many sovereigns and their stories.

Movies – Terry Feltham will present a movie each month, in addition to his term-break offerings.

Neoliberalism – Not sure what the word means? Let David Smith explain.

Remarkable Women – They say, "Behind every successful man there is a woman." Join Hazel Holt and learn more about some of the other women who deserve recognition in their own right.

Secret History of Australia – think you know what happened in our past in Australia? Are you sure? Join Sue Jones and become better informed.

Stage Craft – interested in learning what happens 'behind the curtain' in the theatre? Let Joan Lane enrich your understanding.

Towards 2050 – what will life be like in 2050? A variety of presenters, led by Charlie Wallace, will spark your interest and imagination.

Understanding the Brain – we all have one, but do we know how the brain works and how we can keep it healthy? Join this essential course led by Carol Baker and find out.

Your Home is Your Castle – "Does my XXX look good in this?" Join Glennis Slack-Smith and find out!

As well, returning after a 'holiday' are Acrylic Painting Beginners, Dramatic Fun, Magic of Musicals, Mahjong for Beginners, Singer/Songwriters and Their Poetry, Spanish, and Yoga for Blokes.

There will also be a Special Presentation on February 12, '**Deep Dark Web**', where you can learn more about how to keep yourself safe using the internet.

Karen Roberts, Course Coordinator ■



Bridge Class end of year gathering

Come-and-Try Pétanque morning

Bruce and Celeste and a few other regular U3A players will run an informal Come-and-Try Pétanque morning on Tuesday 22 January from about 8 – 11 am prior to the start of Term 1. The venue is the Pétanque Piste at the end of Woods Street (off Hastings River Drive at the Aldi roundabout).

If you are curious about this French game of boules, come along to have the few rules explained and try playing a game or two. Wear closed shoes and bring sun protection and drinks.

For more details, contact:

Bruce bwyatt@netspeed.com.au or 0409 206 971

Celeste celester@netspeed.com.au or 0406 378 187 ■



Laurieton Voices Christmas Concert



Sue Bartholomew & James Hannah

U3A Writers Book Launch

Save the Date: Saturday, 16 March 2019, 2.00pm, Tenison Woods Centre, Lochinvar Place (opposite the U3A Centre).

An anthology featuring past and previous members of Bessie Jennings' writing classes at U3A will be launched. This will feature writers who have already been published but there are quite a few contributors who have as yet not been published. There are poems, children's stories, memoirs and fiction—over 300 pages altogether. Please join us. There will be tea and snacks available. For further information, contact Tom Meakin on 0439-198-751. ■



Christmas Party

The final social function for 2018 was the Christmas Party held on 7 December, the last day of term. Favoured by mild weather, and with gentle music in the background, upwards of sixty members gathered in the courtyard for an evening of friendship and reflection on what had been another successful year for our U3A. Colourful hats and other adornments added to the joviality, jogged along by champagne from the bar and BYO beverages. The party was catered by XS Foods whose wait staff moved through the crowd offering a variety of tasty finger foods and, as the light faded, a small ad hoc choir assembled to round off the evening with a pleasing rendition of Christmas carols. For those who attended it was a very enjoyable way to start the summer break and herald in the traditional festive season. ■



Volunteers' Lunch

At this time of year we hold our annual lunch for the volunteers on whom our association is totally dependent—conveners, committee members, office volunteers, IT team, grounds and maintenance people and so on. It is a way of expressing in some tangible way our appreciation for all the time and effort they devote to their various tasks. The lunch this year is at the Blue Water Bar & Restaurant on Thursday 17 January and a report will appear in the April newsletter. ■

What's On!

ENROLMENT DATES – TERM 1 2019

See page 1.

TERM DATES 2019

TERM 1: 4 Feb – 29 Mar

TERM 2: 29 Apr – 21 Jun

TERM 3: 22 Jul – 13 Sep

TERM 4: 14 Oct – 6 Dec

COME-AND-TRY PÉTANQUE

Tuesday 22 January 2019

8am – 11am

**Pétanque Piste,
Woods Street, Port Macquarie**

(see article for directions)

MOVIE SHOW

Terry Feltham presents 'Gurrumul'

Wednesday 30 January 2019

10.00am – 12.15pm

U3A Centre

Admission \$2 – pay at the door

Tea/coffee, biscuit \$1

U3A WRITERS' BOOK LAUNCH

Imagine – Fun, Fact and Fiction

Saturday 16 March 2019

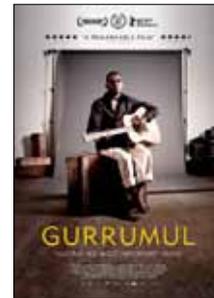
2.00pm

**Tenison Woods Centre, St Agnes
Village**

(see article for more information)

MOVIE SHOW

Terry Feltham will present the movie GURRUMUL at the U3A Centre at 10.00am on Wednesday 30 January.



Geoffrey Gurrumul Yunupingu was born in 1971 at Galiwin'ku, Elcho Island off the coast of Arnhem Land. He was born blind but at four years old he taught himself to play a toy piano and an accordion, soon moving on to the guitar. However, it was his voice that was known throughout the world. Described as being of "transcendental beauty" it is remembered as one of the most important and acclaimed voices ever to come out of Australia.

The DVD is a portrait (by word and film) of an extraordinary artist. Sadly we lost him in 2017, far too early. VALE. ■

We got the Power

Members might recall that in 2017, with the help of a substantial community grant from the Holiday Coast Credit Union, a 5kW rooftop solar system was installed at our Centre. The nineteen PV panels are mounted on the north-facing roof above Room 8, and can be seen from the upper car park but are otherwise inconspicuous.

Because of metering problems which our current president eventually resolved through the Water and Energy Ombudsman, it is only over the past few months that we have obtained data enabling us to assess the efficiency

of the system. However, we can now report that the system is performing even better than our expectations, generating, on average, 24 kilowatt hours (kWh) of electricity each day, over two-thirds of which are used to power the Centre while the rest is exported to the grid. Of course, the proportions used and exported vary according to whether or not the Centre is in use. On teaching days virtually all the electricity produced by the solar panels is used locally while on weekends or during breaks most is exported. What this means is that the system replaces much of the most expensive grid-supplied power.

In monetary terms the system is reducing our quarterly power bills by more than \$500 and will pay back our contribution to the installation costs in less than two years. Not only is it proving a very sound financial investment, but it provides environmental benefits by saving the burning of almost four tonnes of coal annually. ■



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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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