



Newsletter

June 2017

Lake Macquarie U3A Inc, PO Box 782, TORONTO NSW 2283

Email: secretary@lakemacquarie.u3anet.org.au Website: lakemacquarie.u3anet.org.au

From the President . . .

Hello All

I hope you have enjoyed another term of exciting U3A endeavours. Our offerings for the next semester look even more enticing and I know Joy Norris has put her heart and soul into organising the continuing program, as has Pauline Wiche with her inspiring Wednesday talks.

Life is constantly changing and evolving and your U3A is trying to keep up with 21st century technology. Our new initiatives for email membership and enrolment are fully explained in the notification which was recently sent to members. These will save time, paper and hopefully labour by your committee. We are all striving to adapt to the changes that lie ahead, and it is not just us more mature people, but our children and grandkids who are affected by these technological shifts.

So do "give it a go" – it really is easier than it looks!

I have been asked if members can contribute to this newsletter with articles of mutual interest and, of course, photos . . . the answer is "yes please". This publication is for us all and we welcome any contributions! Please forward contributions to Rosalind Wigham at rosalindwigham@yahoo.com.au.

Those of us in the arts, crafts, music and dance world are busily working towards our end of year presentations for the Variety and Musicale concerts and of course the AGM. You will be aware that the Musicale is on 8 November (Toronto Workers Club) and Variety on 17 November (Warners Bay Performing Arts Centre). Our wonderful Events Coordinator, Bernie Lowther, will be in touch with leaders and course clerks with further information regarding these very important events.

Oh, and don't forget to check out our revamped website, thanks to our Web Administrator, Judith Merryweather (see lakemacquarie.u3anet.org.au).

Cheers and good health to you all.

*Christine Peel
Your President*

Farewells

James Everard James was a much loved member of the choir and his presence is sadly missed. We extend our condolences to Merle and the family.

Brian Hansford Brian was a valued and respected leader of many short courses, including his talks on maritime subjects. We extend our condolences to Mary and the family.

Your New Program Coordinator

As your “newish” program coordinator, I would like to introduce myself and request your assistance with compiling a list of varied and interesting talks and discussion groups for all members. Our program for Semester 2 is now complete. For me it was a bit of a struggle to get together, it being the first time I have done this.

I have been a member of Lake Macquarie U3A for just on 10 years following the move with my husband to Kilaben Bay. Originally from Sydney, we spent 30 years on the northern part of the Central Coast where we raised our two children, before moving to Lake Macquarie. Our children now live in the Newcastle area, our daughter at Carey Bay and our son at Redhead, so we are very lucky to have our children, and grandchildren, so close to us.

I worked in administration for 20 years with the National Parks and Wildlife Service on the Central Coast, retiring just before we left the Coast.

We enjoy living at Kilaben Bay and have a 38-foot catamaran moored in Carey Bay, which we use as often as we can, although we do contain ourselves to the lake, having ventured out into the wild beyond on only a few occasions. My idea of sailing is no pressure, just cruising. My husband, Warren, enjoys racing on Wednesdays at Toronto and this suits us both very much.

I am asking for the help of all members in providing me with leads and offers for subjects that may be suitable to add to our program. No doubt you are all aware that Pauline Wiche, our previous program coordinator, now secretary, was a whizz at ferreting out courses of all descriptions. I am not as confident and would therefore like the help of members willing to volunteer themselves, or someone they know, to help keep up the standard our U3A has set in the past, so please email or phone me with offers for 2018. I hope to be inundated in the next few months!

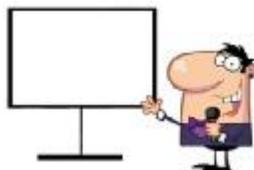


Joy Norris

0412 097 877 or 4959 1419

jwnorris@optusnet.com.au

Wednesday Talks - The Spice of Life



Yet again, the Semester has provided an amazing array of interesting talks! We have been taken cruising around the world and seen the amazing footage of the brigantine Eye of the Wind make its way around Cape Horn. We have been given informative hints on decluttering our lives and recovery from adversity. Road Safety and Fire in the Home safety provided invaluable advice. Many of the talks were just really interesting, like DNA, Wally McLellan, Climate in Antarctica, Behind the Iron Curtin and Cross Country Skiing. We were given sound advice on helping lower leg pain and the poignant talk on Stroke attracted a full house.

The Committee often hears members talking about how much they enjoyed a particular talk. Can we urge you to email the secretary at secretary@lakemacquarie.u3anet.org.au so we can pass on any encouraging feedback to the talk presenters. If you would like to have a short paragraph published in our newsletter about a particular talk, please forward it to rosalindwigham@yahoo.com.au.

Don't leave it all up to the Committee, this is your U3A

Remember, we would prefer you to enrol in a talk but if you have a Wednesday afternoon available, you can go to the talk and simply sign your name on the attendance sheet. The committee urge you to try and attend the talks you have enrolled in. We realise that sometimes unexpected issues arise but we have had occasions when a little over 50% of those enrolled have attended. We need to acknowledge and appreciate the time and effort the talk leaders put into delivering their experiences, advice and knowledge. They deserve our support!

Carole Obre

At the Movies

A small but enthusiastic group is attending Vince Dale's *Classic Movies* class. Vince has a large library of movies from the 1940s to the present day. He has picked some absolute classics of several genres to show trailers for and to review each week. Thank you Vince for sharing your treasures with us - it has sparked a renewed interest in this wonderful form of entertainment.



Carole Obre

Tai Chi



Those of us who have attended Peter Yang's class – *The Art of Traditional Chinese Tai Chi* – have found it rewarding and a good test for our memories and concentration! Peter is ably assisted by his wife, Gloria. Peter is a Master of Chinese Kung Fu and an expert in traditional Chinese Tai Chi. He and Gloria are meticulously teaching us the detailed steps and their meaning.

We are now up to step 8 of 28 steps. We are grateful to have Peter and Gloria with us – thanks!

Nico Marcar

State Politics - It's in the Bag!

The first presentation of this course took place in March, with five weeks of varied topics that culminated in an extremely informative trip to Parliament House. Thanks go to Lake Macquarie Independent MP, Greg Piper, who delivered the course with both humour and honesty. He was ably assisted by former NBN News reporter, Madeleine McKell, and former Charlton MP, Kelly Hoare.



The sessions looked at the history of the NSW Parliament, the role of an MP, some big issues and big personalities, as well as legislation and committees. The course was extremely enjoyable with positive feedback from the first members to get into the course. With so many on the waiting list, we are sure that Greg will find time to repeat the course in the future. The trip to Parliament House was a highlight for many, especially being in attendance at question time. What an experience!

Christine Peel and Carole Obre



Khan Academy

Khan Academy is a FREE non-profit educational organisation created in 2006 by educator Salman Khan with a goal of creating an accessible place for people to be educated. The organisation produces short lectures in the form of YouTube videos. Some of the videos on offer are:

- *Shoguns, samurai and the Japanese middle ages
- *Introduction to the Crusades
- *Aztec Empire

- *Human migration: sub-Saharan Africa and the Pacific
- *Euclid as the father of geometry
- *Introduction to light

More information on their website: www.khanacademy.org

The Great Lake Macquarie U3A 100-Word Story Quest

In first term, John Dunnet ran the very successful *Just 100 Words* course, consisting of two sessions. On 13 March participants were given a briefing about the 100-word genre, and they then had three weeks to generate their own stories. Some of the participants - both male and female - wrote as many as four stories each, which were then judged by a three-person panel. Most participants said they tended to experience some sleepless nights as they turned over ideas - and then came the business of limiting those ideas to just 100 words. John was so encouraged by the enthusiasm shown by participants that he has agreed to run a bigger and better event next year.

Below are some of the stories written by the participants:

Failure to Thrive - the winning entry, written by Rosalie Amey

They sit facing her. Each silently occupied in special ways they have developed for these occasions. Before they learnt the ropes, they had each tried in their own way to enter the conversation. Each had failed. One by marriage. One by childhood. The latest outsider was particularly slow to learn the technique for disarming her barbs with a private curtain of white noise. She is lying; crying. Her throat outdoing her will to tell them, again, what to do with her ashes. And here it is. The silence. Proof she has always had to do the talking for them.

Fear, by Sharon Campton

Sarah shifted uneasily on the hard, plastic waiting room chair. She looked around anxiously at the four other people sitting there. No one else seemed nervous. "I wish Pete could have come with me," she thought. "I don't want to do this on my own." Fifteen minutes later a young couple emerged from the office smiling, and Sarah's name was called. Her knees shook like jelly and her mouth was dry, as she walked apprehensively across the room. "Come in and take a seat, Mrs Brown. We have quite a lot to discuss." The annual parent teacher interview had begun.

Justice, by Colleen Neary

The child held the old key tightly in her hand. Her little sister started humming loudly. He was shouting again and her mother was yelling. There was a thud and then a loud bang. "We'll go to Aunty Sharon," she said, and pushed her sister through the tiny window on to the wet grass. The house was still burning when they came back up the hill. Her mother was in the gutter sobbing. "We got lost, Mum. I forgot we moved." "He died," her mother screamed, "trying to save you." The child looked back at the house. She almost smiled.

A Life in Stitches, by Jan Preston

The almost completed patchwork quilt lay spread before her. She held a scrap of russet coloured fabric in one hand while the other caressed her lovingly sewn life story, highlighted in panels of glowing colour and soft pastel. Beloved faces and treasured memories flickered through her memory like an old movie. Suddenly, stirring from her reverie, Janelle knew what the leaf-shaped, russet scrap represented, and where it belonged. "It's me! I'm Autumn." "Well, in my autumn years anyway," she mused ruefully, as she sewed the scrap into the final panel. Like Janelle, the leaf nestled into a life story told in stitches.



Request for Plant Donations for the Sensory Garden at Boolaroo School

From Elizabeth Hyslop, Community Development Worker, Our Community Place

Donations of any of the following plants would be greatly appreciated: Bromeliads, Geranium, Nasturtium, Daisy, Fountain Grass, Coastal Rosemary, Succulents, Lavender.

For further information

ph 49587251 or 0432331284



