

Tuggerah Lakes NeWs

Tuggerah Lakes U3A In

January 2014

Website: www.tugglakesu3a.info

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FROM THE EDITOR:

Here we are at the start of another year, and I am very much looking forward to what is on offer from our Tuggerah Lakes U3A.

This term two of our members have stepped forward to conduct new courses; Christine Kilner (Play Reading), and Jim Cunningham (The Sceptics Guide to the Great Books). We hope to see many of you in attendance.

As you know, apart from some of our guest speakers, most of our courses are led *by* our members, *for* our members. Every member may offer to run a course or make suggestions for suitable topics, and if there is sufficient interest and we have the required resources, we will make every effort to consider your suggestion.

We may not be large in numbers, but as we saw at our AGM, this gives us a great opportunity to get to know all our fellow members, an advantage that larger clubs do not necessarily possess. Do you tell all your friends of the many courses we run? Perhaps you could bring along a friend, so that they can see for themselves the many interesting topics we cover, and the stimulating social interaction that we enjoy.

Betty Siegman
- Editor

IMPORTANT ANNOUNCEMENT— VENUES:

Please note the venue addresses below as space constraints prevent us from using the full addresses on the calendar.

diggers:

The Entrance Rd (or Gallipoli St), Long Jetty

TBC: The Berkeley Centre, Berkeley ValeCnr Berkeley Rd & Heather Av

Creative Writing Workshops TK SDCh:

St David's Church Hall, Cnr Hargraves & Victoria Sts, Toukley

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French Conversation:

74 Evans Rd, Canton Beach

Movie Appreciation:

34 Aston Wilde Ave, Chittaway Bay

President:	Pam McGlinn	4390 2451
Vice President:	Gloria Watson	4332 7077
Secretary:	Rhonda McDiarmid	4332 2300
Treasurer:	Peter Gloss	4332 7457
Talks Programmer:	Marion Morahan	4332 6365
Venue Co-ordinator:	Gloria Watson	4332 7077
Membership:	John Collis	4333 9079
Publicity	Paul Callaghan	4334 1027
Welfare Officer:	Doreen Morley	4385 7843
Newsletter Editor:	Betty Siegman	4332 0870
Committee	Jim Cunningham	4399 3590
Correspondence:	The Secretary	
	PO Box 4019	

SPECIAL NOTE

Bay Village 2261

MARBLES ROLLING

This is an 8-week course over Terms 1 and 2.

Bookings are essential in order to prepare
the course material.

See page 3 for details.

PLAY READING

Please advise Christine 4399 2748
This will assist in play selection.

VOLUNTEERS NEEDED

To assist in setting up A-V equipment. May involve 1-2 sessions each term. Interested? Contact Pam 4390 2451.

MEMBERSHIP FEES:

Membership Year is 1 January to 31 December.

ANNUAL FEE: (Renewal): \$20.

NEW MEMBERSHIP FEE: \$5 for each Term (or part thereof) for remainder of year.

New Members: Membership Form and Money Renewals: Name, Money & Membership No (no renewal form needed)

to Peter Gloss 4 Sir Joseph Banks Drive Bateau Bay NSW 2261

OR direct deposit
Westpac BSB: 032 525, A/c 13 4075
Include YOUR name and Memb. No with deposit

TERM: Start: Monday 20th January Finish: Friday 11th April

FROM THE PRESIDENT:

Hello everyone and welcome to our first newsletter for 2014 and incidentally, my first as your President. Your committee has already had its first meeting for the year and it is great to see the new faces. As well as our previous members, albeit some of us in different positions, we have Marion Morahan as your new Talks Organiser, and one of our newer members has volunteered to be publicity officer, a position which for the past couple of years has not been filled. His name is Paul Callaghan and we sincerely welcome him to our committee and look forward to once more seeing our club promoted in the local newspaper and elsewhere.

Jim Cunningham has also joined our committee this year, and we extend a warm welcome. Jim has an exciting new course for us, commencing in the first week of February and continuing for six consecutive weeks into the middle of March. Unfortunately we were unable to procure Diggers for this course but it will be held in the very popular Berkeley Centre where we have been holding Music Appreciation for a number of years now. For all of you book lovers this will be an exciting new way to view your books and well worth attending.

Also, running our technical support is Tom Marish whose efforts in this field are hugely appreciated. Without Tom and the other gentlemen there for every talk we would not have the marvelous presentations that we now enjoy. Incidentally, Tom is presently on another one of his trips and upon his return will be giving us one of his inimitable detailed descriptions of his journey.

As well as our usual line up of regular classes, we will once again have ourselves a Play Reading Group, to be run by Christine Kilner. Previously run by Dorothy Rhodes for many years, it has always been popular and we look forward to seeing some delightful presentations by the group at future social days.

Yet another volunteer, Vicki Rollinson, is taking on the Book Readers Group, which will be starting one week earlier than the regular classes, as Monday $27^{\rm th}$ January is a public holiday, so it will be held on Monday $20^{\rm th}$ January.

So that's it from me for this newsletter, and please remember that all your committee members are available at any time if you have any ideas or suggestions to make.

> Pam McGlinn President

WHAT'S HAPPENING THIS TERM?

Readers Group please note that as Monday 27th January is a Public Holiday, the Group will meet at diggers on Monday 20th (see calendar). Other classes will not resume until the start of school term on Tuesday 28th January.

Marbles Rolling and Conversations classes are popular, and will continue this term, Tuesdays from 1pm to 3pm, alternating (see calendar).

The committee has decided to suspend the Monday Talks for the time being, as attendances at times have been disappointing. In their place, Christine Kilner has offered to lead the Play Reading Group, resuming after a break of some two or three years. If you are interested,, call Christine (4399 2748). Men are always needed, so if your desire is to play the dashing hero or the dastardly villain, this is your big chance.

Jim Cunningham will be leading a class entitled "The Sceptics Guide to the Great Books". This will run over 6 consecutive Thursdays at the Berkeley Neighbourhood Centre, and I'm sure will be in Jim's usual humorous and whimsical style (see calendar).

All other regular classes will continue, and we have scheduled some interesting Talks to be held at diggers on Fridays (details page 5).

At the AGM we asked those present to fill in a form indicating what kind of courses they would like to attend. While there was not a massive response, some members are interested in painting and computers. We do not have the facilities to run computing classes, excellent courses are currently being run by the Long Jetty Senior Citizens Centre. If painting is your interest, we can probably advise you of some excellent classes being run locally, but once again we are not in a position to follow this up just now.

Many members are interested in history, and we hope to be able to conduct a course some time this year. If there is any member willing to volunteer to lead a course; there is a great deal of excellent material available in the U3A Network Resource Library, which would make the task much easier. Address is http://courses.u3anet.org.au/

We also need one or two volunteers to offer to set up and run the audio-visual equipment when needed. This task at the moment falls to two or three hard-working members who give very freely of their time. It is always useful to have more backup, so please come forward if you can help.

THE READERS GROUP:

MONDAY

Secretary: Vicki Rollinson (4389 1984)
Email: vrollo@hotmail.com
Venue: diggers @ the entrance
Dates: 20th Jan, 24th Feb, 24th Mar

NOTE: As Monday 27th January is a Public Holiday, the group will meet at diggers on Monday 20th, then the usual 4th Mondays in February and March. Vicki Rollinson has kindly agreed to lead the group, and new members will be made most welcome.

MOVIE APPRECIATION:

MONDAY

Leader: John Richards (4388 4945) Venue: 34 Aston Wilde Ave, Chittaway Bay Dates: 10th, 24th Feb; 10th, 24th March

Times: Please note, movies will only be shown

in the mornings at 9.30-12noon

PLEASE BOOK AS PLACES ARE LIMITED

Monday 10 February: TO CATCH A THIEF: (1955) 106 mins. Crime/mystery. Cary Grant, Grace Kelly. When a reformed jewel thief is suspected of returning to his former occupation, he must ferret out the real thief in order to prove his innocence.

Monday 24 February: THE BANK: (2001) 104 mins. Anthony LaPaglia, David Wenham, Sybilla Budd. A large corporate bank takes on a young Mathematics PHD boffin who insists that, with enough funds, he can fully develop a theory that predicts the movements of the stock market.

Monday 10 March: OUT OF THE PAST: (1947) 97 mins. Considered a masterpiece of 'film noir'. Robert Mitchum, Jane Greer, Kirk Douglas. A private eye escapes his past to run a gas station in a small town, but his past catches up with him. Now he must return to the big city world of danger, corruption, double crosses and duplicitous women.

Monday 24 March: QUARTET: 2012) 98 mins. Maggie Smith, Tom Courtenay, Pauline Collins, Billy Connolly, Michael Gambon. In a luxurious British retirement home for retired musicians, two questions circle each other. One involves former opera stars who were once married, long ago and briefly. The other is about a gala that may be able to raise enough money to keep the home from closing.

PLAY READING:

MONDAY

Leader: Christine Kilner (4399 2748)
Email: chrisatseakay@gmail.com
Venue: diggers @ the entrance

Dates: 3rd, 17th Feb; 3rd, 17th Mar; 7th Apr.

Our Play Reading Group has been very successful in the past, and Christine is keen to revive this group. There are many plays ready to go, and lots of fun to be had. It may help Christine in the play selection if you could advise her when you are coming along.

WALKS: TUESDAY

Contact: Barbara Skurr 4392 4158

All excursions require sensible shoes, sunscreen, hat and water.

Map references: WYONG 2013 Phone Directory.

Feb 4th: BLUEBELL PARK BERKELEY VALE

Meet 10 am Bluebell Park Lake Edge Ave Map 38 F 3. Bring or buy food and drink.

Feb 18th: WALLARAH CREEK PARK

Meet 10 am Northlakes Shopping Centre San Remo Map 23 C 2 Bring or buy food and drink

Mar 4th: JULIE LUFF BOARD WALK

Meet 10 am Mackenzie Reserve Budgewoi.

Map 25 A 6. Bring food and drink.

Mar 18th: SUMMERLAND POINT

Meet 10 am Sandy Beach Reserve Map 11 B3 Bring food and drink.

Apr 1st: CRACKNECK POINT Bateau Bay Meet 10 am Sutton Reserve Map 42 C3. Bring food and drink.

MARBLES ROLLING

TUESDAY

Secretary: Rhonda McDiarmid (4332 2300)

Email: rxm55@bigpond.com Venue: diggers @ the entrance

Dates: Term1: 18th Feb; 4th, 18th Mar; 1st Apr

Term 2: 6th, 20th May; 3rd, 17th Jun

Time: 1:00—3:00 p.m.

This course was previously "The Brain Gym". It aims to encourage people to exercise their verbal, numerical, spatial and creative abilities as well as their short and long term memory.

Bookings are essential, phone or email Rhonda. To enable copying of material, course fee is to be paid by 12th Feb, \$25 new members, \$10 continuing members. This covers 8 sessions over two terms.

CONVERSATIONS

TUESDAY

Contact: Betty Siegman (4332 0870) Venue: diggers @ the entrance

Dates: 11th, 25th Feb; 11th, 25th Mar; 8th Apr.

Time: 1:00 to 3:00 p.m.

We present a selection of video clips on the subject of the day, and after each one members break into small groups to share their experiences, ideas and opinions as prompted by the talks. The aim of the course is to improve our listening, and the ability to form and express our ideas, as we develop our conversational skills.

Last term we considered:

Climate Change and Us; Your Family History; Education or Learning?; Our Open Data

Members are invited to suggest suitable subjects. Topics may be viewed at http://www.ted.com/topics

CREATIVE WRITING WORKSHOP WEDNESDAY

Secretary: Pam McGlinn (4390 2451)
Email: pamlakeside@bigpond.com.au
Venue: St. Davids Church Hall, Toukley
Dates: 5th, 19th Feb; 5th, 19th Mar, 2nd Apr.

Those of you who attended the Social Day last October will have heard the excellent work produced by this talented group. New members are always welcome, if you have any writing aspirations please contact Pam.

CRYPTIC CROSSWORDS WEDNESDAY

Leader: Betty Siegman (4332 0870) Email: betty_siegman@hotmail.com Venue: diggers @ the entrance

Dates: 5th, 19th Feb; 5th, 19th Mar, 2nd Apr

Beginners are always welcome at the class. Not only do we learn the 'tricks' of doing cryptic crosswords, but have lots of fun doing so. You are welcome to come along, sit in, and see if this is for you.

MUSIC APPRECIATION: WEDNESDAY

Leader: Betty Siegman (4332 0870) Email: betty_siegman@hotmail.com

Venue: The Berkeley Centre

Dates: 12th, 26th Feb; 12th, 26th Mar; 9th Apr

Time: 10.15 am—12.15 pm.

The programme is varied, mostly classical, and we all enjoy just chilling out to beautiful music. This term we combine our enjoyment of music with a scenic tour of the countries these composers called home.

SCEPTICS GUIDE TO THE GREAT BOOKS THURSDAY

Contact: Jim Cunningham (4399 3590)

Venue: The Berkeley Centre

Dates: 6th, 13th, 20th, 27th Feb; 6th, 13th Mar.

Time: 10:00 to 12:00 p.m.

Do we really need to read "Great Books" such as Hamlet. Moby-Dick. War and Peace. Ulysses. They often can be daunting, intimidating, and nearly impossible to get through.

In fact, you can get the same pleasures, satisfactions, and insights from books that have yet to be considered "great." Books that are shorter, more accessible, and less dependent on classical references and difficult language.

In this new course of lectures, you will get an introduction to 12 works that redefine what great literature is and how it can reveal startling truths about life—all without being such a chore to read.

FRENCH CONVERSATION AT HOME: THURSDAY

Leader: Henriette Vanechop (4396 7847) Venue: 74 Evans Road, Canton Beach

Dates: 6th, 13th, 20th Feb;

6th, 13th, 20th Mar; 3rd, 10th Apr

Time: 1.30pm –3.30pm

Contact Henriette if you are interested in learning French, either at a beginner level or to improve your conversational French.

DISCUSSION GROUP: FRIDAY

Leader: Various members Venue: diggers@ the entrance

Dates: 14th, 28th Feb; 14th, 28th Mar, 11th Apr.

A long-standing and very popular group, where members may take turns to chair the meeting, and bring along topics for discussion. Newcomers are always welcome.

MAH JONG: FRIDAY

Secretary: Pam McGlinn (4390 2451) Venue: diggers@ the entrance

Dates: Every Friday from 31st Jan to 11th Apr.

Time: 1.00pm-3.30pm

Mah Jong is a game that originated in China, and involves skill, strategy and calculation.

No equipment needed, come and try your luck at this

fascinating game.

PSYCHOLOGY: GOOD OR BAD?:

FRIDAY

Speaker: Grahame Peak

Secretary: Trevor Kruger (4332 5403) Venue: diggers @ the entrance

Dates: 7th February

We will discuss some famous but controversial

psychology experiments asking: What happened to Little Albert?

What is the nature of love of infant monkeys? How do good people turn bad in prison? What are the perils of obedience to authority?

SPOKEN AND WRITTEN MIS-COMMUNICATION:

FRIDAY

Speaker: Peter Cane

Secretary: Rhonda McDiarmid (4332 2300)

Venue: diggers @ the entrance

Dates: 21st February

A lighter look at some of the things we say and how others perceive them. We also look at the letters we write and how we use them and some of the quirky and interesting facts about the letters and the paper we put them on. This is a fun course as we take a look at some of the ways we use our words. We look at the quirkiness of some communication and maybe learn to laugh at ourselves.

A BRIEF GLIMPSE OF SOUTH AMERICA: FRIDAY

Speaker: Tom Marish

Secretary: Gloria Watson (4332 7077) Venue: diggers @ the entrance

Date: 7th March

This will be a very superficial look at part of South America as seen on a 16 day cruise from Rio de Janeiro to Valparaiso-Santiago via the Cape of Good Hope, with a few facts and pictures thrown in.

MILITARY HOSPITALS:

FRIDAY

Speaker: Rita Richards

Secretary: Pam McGlinn (4390 2451) Venue: diggers @ the entrance

Date: 21st March

The Royal Kilmainham Hospital in Ireland and The Royal Chelsea Hospital In London, built in the 1680s by Charles II, were not hospitals as we know them, ie places of healing, but rather retirement or rest homes for old or injured soldiers. The Royal Victoria Hospital, at Netley on Southampton Water, was built by Queen Victoria in the 1850's to treat wounded soldiers returning from the Crimea, India and from all over the globe.

INDOOR AIR QUALITY:

FRIDAY

Speaker: Howard Bridgman
Secretary: John Collis (4333 9079))
Venue: diggers @ the entrance

Date: 4th April

Since Australians spend on average more that 80 per cent of their time indoors, it is the in-door environment that can be the cause of major health problems. This talk explores the sources of air pollution indoors, from cats to stoves. A range of pollutants, both gases and particle matter, are assessed and their potential health impacts reviewed. In many situations, it is the indoor atmosphere that can cause respiratory problems, rather than pollutants encountered in the outdoor environment. Management suggestions for the indoor environment are included.

WELFARE REPORT

Early in October Gloria Watson told me that our member Betty Talarico's daughter had passed away. We sent her a "Thinking of You" card and a message to help her through this very sad time.

On the 21st October I heard from Dorothy Rhodes the sad news that her husband Cam had passed away during the early hours of that day. Many of you will have read our report in the last Newsletter wherein we spoke of Cam's illness, his hospitalization and eventual admittance to a Nursing Home.

Cam was made a Life Member of U3ATL in December 2010, together with his wife Dorothy, for his many years of service to our organization.

On behalf of the Committee Members and Members of U3ATL, we sent Dorothy and her family a card in sympathy, together with a floral tribute to a very special man. Many of our members attended Cam's funeral service on 25th October, which took place at the Palmdale Lawn Cemetery and Memorial Park, Ourimbah.

I give a special "thank you" to those members who thoughtfully advise me when a card from U3ATL with a simple message can bring encouragement when a member needs it most.

Doreen Morley Welfare Officer

Tuggerah Lakes U3A Inc Course Calendar: 2014 – TERM 1 20th January—11th April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Jan	28 Jan	29Jan	30 Jan	31 Jan
THE READERS GROUP (diggers) **NOTE DATE ** Public Holiday 27th January				MAH JONG 1.00pm-3.30pm (diggers)
3 Feb	4 Feb	5 Feb	6 Feb	7 Feb
PLAY READING Christine Kilner (diggers)	WALK BLUEBELL PARK (See Page 3)	CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	GUIDE TO BOOKS Jim Cunningham (TBC) FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	PSYCHOLOGY GOOD OR BAD? Grahame Peak (diggers) MAH JONG 1.00pm-3.30pm (diggers)
10 Feb	11 Feb	12 Feb	13 Feb	14 Feb
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay)	CONVERSATIONS 1pm - 3pm (diggers)	MUSIC APPRECIATION Betty Siegman 10.15am-12.15pm (TBC)	GUIDE TO BOOKS Jim Cunningham (TBC) FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	DISCUSSION GROUP Leader: see page 4 (diggers) MAH JONG 1.00pm-3.30pm (diggers)
17 Feb	18 Feb	19 Feb	20 Feb	21 Feb
PLAY READING Christine Kilner (diggers)	WALK WALLARAH CREEK (See Page 3) MARBLES ROLLING 1pm - 3pm (diggers)	CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	GUIDE TO BOOKS Jim Cunningham (TBC) FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	SPOKEN & WRITTEN MIS- COMMUNICATION Peter Cane (diggers) MAH JONG 1.00pm-3.30pm (diggers)

NOTE: CALENDAR IS CONTINUED ON PAGES 7 AND 8

NOTE:

Venue locations—see Page 1.
 All Sessions run from 10.00am to 12.00 mid-day unless otherwise stated.

Tuggerah Lakes U3A Inc

Course Calendar: 2014- TERM 1 20th January—11th April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Feb	25 Feb	26 Feb	27 Feb	28 Feb
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) THE READERS GROUP Vicki Rollinson (diggers)	CONVERSATIONS 1pm - 3pm (diggers)	MUSIC APPRECIATION Betty Siegman 10.15am-12.15pm (TBC)	GUIDE TO BOOKS Jim Cunningham (TBC)	DISCUSSION GROUP Leader: see page 4 (diggers) MAH JONG 1.00pm-3.30pm (diggers)
3 Mar	4 Mar	5 Mar	6 Mar	7 Mar
PLAY READING Christine Kilner (diggers)	WALK JULIE LUFF BOARD- WALK (See Page 3) MARBLES ROLLING 1pm - 3pm (diggers)	CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	GUIDE TO BOOKS Jim Cunningham (TBC) FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	A BRIEF GLIMPSE OF SOUTH AMERICA Tom Marish (diggers) MAH JONG 1.00pm-3.30pm (diggers)
10 Mar	11 Mar	12 Mar	13 Mar	14 Mar
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay)	CONVERSATIONS 1pm - 3pm (diggers)	MUSIC APPRECIATION Betty Siegman 10.15am-12.15pm (TBC)	GUIDE TO BOOKS Jim Cunningham (TBC) FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	DISCUSSION GROUP Leader: see page 4 (diggers) MAH JONG 1.00pm-3.30pm (diggers)
17 Mar	18 Mar	19 Mar	20 Mar	21 Mar
PLAY READING Christine Kilner (diggers)	WALK SUMMERLAND POINT (See Page 3) MARBLES ROLLING 1pm - 3pm (diggers)	CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach	MILITARY HOSPITALS Rita Richards (diggers) MAH JONG 1.00pm-3.30pm (diggers)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Mar	25 Mar	26 Mar	27 Mar	28 Mar
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) THE READERS GROUP Vicki Rollinson (diggers)	CONVERSATIONS 1pm - 3pm (diggers)	MUSIC APPRECIATION Betty Siegman 10.15am-12.15pm (TBC)		DISCUSSION GROUP Leader: see page 4 (diggers) MAH JONG 1.00pm-3.30pm (diggers)
31 Mar	1 Apr	2 Apr	3 Apr	4 Apr
	WALK CRACKNECK LOOKOUT (See Page 3) MARBLES ROLLING 1pm - 3pm (diggers)	CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	INDOOR AIR QUALITY Howard Bridgman (diggers) MAH JONG 1.00pm-3.30pm (diggers)
7 Apr	8 Apr	9 Apr	10 Apr	11 Apr
PLAY READING Christine Kilner (diggers)	CONVERSATIONS 1pm - 3pm (diggers)	MUSIC APPRECIATION Betty Siegman 10.15am-12.15pm (TBC)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	DISCUSSION GROUP Leader: see page 4 (diggers) MAH JONG 1.00pm-3.30pm (diggers)

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