



TUGGERAH LAKES NEWS

Tuggerah Lakes U3A Inc

October 2015

Website: www.tugglakesu3a.info

news-1015pub

FROM THE EDITOR:

It seems that each year goes by faster than the one before. Only a few weeks to Christmas - again!!

This has not been as easy term for your committee, with the loss of our usual meeting rooms at diggers. You will find more information on this on page 6.

However, we are nothing if not resilient, and U3A continues to function, we hope as happily and successfully as before.

We have some interesting Friday talks, details are on page 5.

Christine and her Play Reading Group had hoped to give a presentation on Monday 2nd November. However this has now been postponed to next year, as we had some problems with the use of a room at diggers. More details on this are on page 2.

All activities at the diggers club are scheduled for various rooms, and it is imperative that you read this newsletter and the calendar very carefully. Some are in the National Servicemen's room, entry from Gallipoli St, some in the Pavilion Room (in the main club, ask at reception), and some next to the Bites eatery (just before the Pavilion room doors).

All activities held at outside venues will continue as before.

- Betty Siegman

President:	Pam McGlinn	4390 2451
Vice President:	Gloria Watson	4332 7077
Secretary:	Gail Shore	4333 6272
Treasurer:	Rhonda MacDiarmid	4332 2300
Venue Co-ordinator:	Gloria Watson	4332 7077
Membership:	John Collis	4333 9079
Publicity:	Pat Carlton	4394 0228
Welfare Officer:	Marjorie Nilsson	4396 1432
Newsletter Editor:	Betty Siegman	4332 0870
Committee:	Jim Cunningham	4399 3590
Committee:	Doreen Morley	4385 7843
Committee:	Margareta Tauni	4332 5408
Correspondence:	The Secretary	
	PO Box 6295 Long Jetty	2261

ANNUAL GENERAL MEETING **and CHRISTMAS PARTY** **diggers@the entrance** **Pavilion Room (Upstairs)**

Date: Wednesday 9th December
Time: 10:00am—12:30 pm
Cost: Members—no charge
Non-members—\$10

Bookings essential for lunch

Final date: Thursday 3rd December

Bookings: Pam McGlinn (4390 2451)

Email: pamlakeside@bigpond.com.au

Please note: if you have booked for lunch but are unable to come please notify Pam.

Details of the AGM will be given in the letter that will accompany the Formal Notice and Agenda to be sent to all members in November.

IMPORTANT ANNOUNCEMENT— VENUES:

Abbreviations used in the calendar for our venues are shown below:

diggers: Check calendar
The Entrance Rd (or Gallipoli St), Long Jetty

LJUC Hall:
Long Jetty Uniting Church Hall (opp diggers)

TBC: The Berkeley Centre, Berkeley Vale
Cnr Berkeley Rd & Heather Av

Creative Writing Workshops TK SDCh:
St David's Church Hall,
Cnr Hargraves & Victoria Sts, Toukley

French Conversation:
74 Evans Rd, Canton Beach

Movie Appreciation:
34 Aston Wilde Ave, Chittaway Bay

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)

Cheque payable to: Tuggerah Lakes U3A Inc.

Mail to: Rhonda MacDiarmid
P O Box 4019 Bay Village NSW 2261

Direct deposit: Westpac BSB 032 525 A/c 13 4075
Include NAME and MEMB. NO with deposit

TERM : Start: 6th October
Finish: 9th December

FROM THE PRESIDENT:

Hello from me for my last report for this year, would you believe? - which also means the end of my second year as President. How quickly it all goes. The winter has probably been somewhat colder than we are used to, but summer is almost here now and I can already hear the complaints about the heat and the humidity.

No doubt you are all aware of the current problems we are having with Diggers as their snooker club has taken over the rooms we have long considered as 'ours'. We always knew there was a chance we might lose them, but we hoped for the best. We have been offered the National Service room for most days as an alternative, and maybe it's not quite as we would wish, but it seems to serve the purpose well enough. However, we do have to set up and then move back into place, the chairs and the tables for some of our meetings. As this is ongoing, it would be appreciated if anyone can come early and give a hand with this, and maybe stay back for a few minutes after the talks to replace all the furniture.

This term is our last for 2015 and we will be holding our Christmas Party/AGM in December. Further details of this are in your newsletter. It is imperative that I receive final numbers in time for the catering. There is a lot involved and letting me know if you are coming or not is essential to the success of the event.

We will also be looking for nominations for committee members. We only meet four times a year and between meetings we do not find it necessary to spend a lot of time on U3A business. Of course some positions take considerably more time than others. Betty in particular spends a tremendous amount of time in presenting your newsletter and it would be appreciated if you read it thoroughly and take note of the important information it contains.

I hope to see a large number of you at the AGM, meanwhile, I look forward to seeing you at the various talks and other classes.

*Pam McGlinn
President*

PLAY READING MORNING



We are disappointed that problems with the room at diggers mean that we are not able to give our play reading presentation this coming term. However, our group will continue, now meeting at the Long Jetty Uniting Church, 204 The Entrance Rd, opposite the diggers club. We expect this venue will be suitable, and we intend to give a presentation in the first half of 2016.

WELFARE

Despite a very cold winter our members seem to have escaped any serious illnesses. At least we were not informed of any.

Unfortunately our Welfare Office, Marjorie has herself been very ill, and I found myself sending her a card. Also a sympathy card was sent to Val Stafford upon the death of her mother.

Jayne Davis had another bout of illness and we passed on our best wishes for her recovery.

If you know of any member who is not well, please advise a committee member (names and phone numbers are on page 1)

**** REMINDER ****

If there is any change to your address, phone number or email address, please advise our membership officer, John Collis, by telephone, 4333 9079 or email to emailtlu3a@gmail.com, so that you continue to receive your quarterly Newsletter.

PLAY READING**MONDAY**

Leader: Christine Kilner (4399 2748)
 Email: chrisatseakay@gmail.com
 Venue: Long Jetty Uniting Church
 Dates: 19th Oct, 2nd, 16th, 30th Nov, 7th Dec

We had several problems with the availability of the room at diggers, and have now found another venue at the Long Jetty Uniting Church Hall. There is plenty of off-street parking beside the hall, and we hope to see you there. Approach is best from Anzac Rd, left into Entrance Rd, then left into church driveway. Yellow Pages, Map 34, Q2. Time is still 10:00 to 12. More details on the changes are on page 2.

MOVIE APPRECIATION**MONDAY**

Leader: John Richards (4388 4945)
 Venue: 34 Aston Wilde Ave, Chittaway Bay
 Dates: 12th, 26th Oct, 9th, 23rd Nov.

Times: movies will only be shown 9.30-12noon

Monday 12th October: THE BIG HEAT: (1953) 90mins. Drama. Glenn Ford, Gloria Grahame, Lee Marvin, Caroline Jones. Story of a cop determined to bust a city crime ring. Famous coffee-hurling scene with Grahame excellent as the bad girl who helps Ford.

Monday, 26 October: MIDNIGHT LACE: (1960) Filmed in London, Thriller (93 mins) Doris Day, Rex Harrison, John Gavin. A newly-wed heiress, Doris is slowly being driven mad by life-threatening phone calls and 'near fatal' accidents. But who would want to kill her? Suspenseful with a shock ending.

Monday, 9 November: THE BET: (2006) 92 mins. Matthew Newton, Aden Young, Sybilla Budd. Young Sydney stockbroker, Will, (Newton) makes a bet with his rich mate Angus (Young) - who can make the most money in three months with \$50,000? Obsessed with winning, Will finds himself engaged in high stakes games and deception, bending all the rules, until he discovers that winning at all costs could mean losing more than he could ever imagine.

Monday, 23 November: MARNIE: (1964) Psychological thriller. Tippi Hedren, Sean Connery. Marnie Edgar is a habitual liar and a thief who gets jobs as a secretary and after a few months robs the firms in question, usually of several thousand dollars. When she gets a job at Rutland's, she also catches the eye of the handsome owner, Mark Rutland. He prevents her from stealing and running off, as is her usual pattern, but also forces her to marry him. Their honeymoon is a disaster and she cannot stand to have a man touch her. On their return home, Mark has a private detective look into her past.

THE READERS GROUP**MONDAY**

Secretary: Dorothy Rhodes (4332 4103)
 mail: dorothyrhodes@westnet.com.au
 Venue: 52 Lucinda Ave Killarney Vale
 Dates: 26th Oct, 23rd Nov.

If you enjoy reading, then this group will interest you. We are not a book club—we don't all read the same book. You may choose your own book to speak about, relating to a specific author, genre or theme set for a certain day.

Due to difficulties with room scheduling at diggers, Dorothy has kindly made her home available to the group for this term.

WALKS:**TUESDAY**

Contact: Barbara Skurr 4392 4158

Sensible shoes, sunscreen, hat and water required.

All meet at 10 am

Map: Wyong phone directory 2015

6th Oct BUDGEWOI

Meet Budgewoi Sailing Club Map 26 F6
 Bring food and drinks

20th OCT POTTERY Tumbi Umbi

Meet Mingara Recreation Centre Map 40 F8
 Bring food and drinks

3rd NOV EDGEWATER PARK Buff Point

Meet Edgewater Park Map 26 A5
 Bring food and drinks

17th NOV SALTWATER CREEK New Bridge

Meet Rotary Park Map 41 F9
 Bring food and drinks

Lunch @ Dorothy Rhodes house

1st DEC WYEE POINT

Meet Wymeera Crescent Map 12 B4
 Bring food and drink

NOTE:

1. Venue locations—see Page 1.

2. All Sessions run from 10.00am to 12.00 mid-day unless otherwise stated.

CONVERSATIONS**TUESDAY**

Leader: Betty Siegman (4332 0870)
 Venue: diggers@the entrance
 Dates: 13th, 27th Oct; 10th, 24th Nov.
 Time: 1:00—3:00 p.m.

These classes are proving to be very stimulating, with lots of interesting conversation. Members of the class are encouraged to suggest a topic suitable for discussion, from the wide range available at <http://www.ted.com/talks>. A short selection, typically three of about 10 minutes each, is screened at the class, with some discussion after each one. The class divides into small groups, with members circulating after each talk, so that we mix with different people, and everyone gets a say.

KEEPING THE MARBLES ROLLING**TUESDAY**

Presenter: Rhonda McDiarmid (4332 2300)
 Venue: diggers @ the entrance
 Dates: 6th, 20th Oct; 17h Nov; 1st Dec.
 Time: 1:00—3:00 p.m.

This course provides a great mental workout, developing your skills in many directions, while at the same time giving you lots of fun. Newcomers will be made welcome; there may be a small cost for photocopied material. Note there will be no Marbles on 3rd November, as there is no room available.

MUSIC APPRECIATION**WEDNESDAY**

Leader: Betty Siegman (4332 0870)
 Venue: The Berkeley Centre
 Dates: 14th, 28th Oct; 11th, 25th Nov
 Time: 10.00 am—12.00 pm.

We have explored the world of music from Operetta, Opera, Symphonies and Concertos. We have learned of the lives of famous composers, where they lived and wrote their music. If you love beautiful music, why not come and chill out with our group for a relaxing morning. No special knowledge is required, just a love of music.

CREATIVE WRITING WORKSHOP**WEDNESDAY**

Secretary: Pam McGlinn (4390 2451)
 Venue: St. Davids Church Hall, Toukley
 Dates: 7th, 21st Oct; 4th, 18th Nov; 2nd Dec.

This group is producing some excellent work, led by our own published writer, Pam McGlinn. If you are an aspiring writer, come along and join this lively class. New members are very welcome.

CRYPTIC CROSSWORDS**WEDNESDAY**

Leader: Betty Siegman (4332 0870)
 Venue: diggers @ the entrance
 Dates: 7th, 21st Oct; 4th, 18th Nov; 2nd Dec.

A lively group, we have lots of fun as we learn and bounce ideas off one another. You will be surprised how quickly you too can solve those puzzling cryptic clues. New members are most welcome. Until further notice this class will be held in the main part of diggers club, meeting at the front at 10:00am. If you are not a member page Betty to be signed in.

FRENCH CONVERSATION AT HOME:**THURSDAY**

Leader: Henriette Vanechop (4396.7847)
 Venue: 74 Evans Road, Canton Beach
 Dates: 8th, 15th, 22nd Oct;
 5th, 12th, 19th Nov; 3rd Dec.
 Time: 1.30pm –3.30pm

Please note: These classes will not be held on the last Thursday in each month.

This course embraces both grammar and French conversation and is designed for those with a basic knowledge of the language, say from school days. If you are interested in learning Esperanto, Henriette will be able to assist you.

DISCUSSION GROUP:**FRIDAY**

Contact: Tony Thomson (4358 3655)
 Venue: diggers@ the entrance
 Dates: 9th, 23rd Oct; 13th, 27th Nov

This friendly group has been continuing strongly for some time now, and have covered a wide range of topics. Come along just to listen, or to share your views with others. New members will be made very welcome.

GAMES AFTERNOON:**FRIDAY**

Secretary: Pam McGlinn (4390 2451)
 Venue: diggers@ the entrance
 Dates: Every Friday (9th Oct to 4th Dec)
 Time: 1.00pm-3.30pm

If you have a favourite board game, bring it along. We will try to play a variety of games, perhaps learn some new ones, have a bit of fun and make some new friends.

NOTE:

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

~~ FRIDAY TALKS ~~

— 16th OCTOBER —

WHALING

Speaker: Tom Marish
Secretary: Margarita Tauni (4332 5408)
Venue: diggers @ the entrance (Pavilion)

In this talk, Tom will describe the different types of whales, their distribution and their uses. We will look at the history of whaling (with particular reference to Australia) and the different ways of hunting whales over the ages.

— 30th OCTOBER —

A VISIT TO ST PETERSBURG

Speaker: Margaret Bevege
Secretary: John Collis (4333 9079)
Venue: diggers @ the entrance

A study of the history of Russia's second city through its architecture

Unlike the ancient cities of Moscow, London and Paris, St Petersburg had a definite starting date – 1703. It was also the creation of one man – Peter Romanov, known as Peter the Great. In 1917 the communists renamed it Petersburg and later Leningrad. The palaces, churches and squares of St Petersburg were the settings for some of the most dramatic events in Russian history.

— 6th NOVEMBER —

COGNITIVE BEHAVIOUR THERAPY

What is it and who can use it?

Speaker: John Collis
Secretary: Betty Siegman (4332 0870)
Venue: diggers @ the entrance

Cognitive Behaviour Therapy (or “CBT”) originated in the 1960s and its use has blossomed since the 1980s. CBT offers techniques and strategies that can be used to change unhelpful patterns of thought and behaviour. These techniques are used to assist people with a wide range of mental and behavioural problems such as depression, anxiety, panic attacks, anger, or low self-esteem, but they can be useful to many of us in dealing with unwanted habits.

— 20th NOVEMBER —

FEMALES OF THE FATAL SHORE

Part One—Convicts

Speaker: Carolyn Kingsmill
Secretary: Pam McGlinn (4390 2451)
Venue: diggers @ the entrance (Pavilion)

The females who arrived on what became known as “the fatal shore” faced enormous hardships and discrimination due to their gender and were largely forgotten by the historians. But many of these early colonial women led remarkable and successful lives. In this first session of a three part course, we share the fascinating stories of two convicts who found themselves transported to Australia's Fatal Shore. Our speaker, Carolyn Kingsmill obtained her B.A. as a mature age student majoring in English and History. Her passions include research, writing and history.

— 4th DECEMBER —

THE OLDEST CAROLS and their origins

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

Caroling, which probably dates back to pre-Christian times, often involved singing and dancing (sometimes in costumes) in groups around town, not only at Christmas but also at other festivals and on saints' days. The old carols we will listen to are not those you hear in the supermarket or at the Domain. Come, enjoy and learn!



*Wishing all our members
a very Happy Christmas*

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

ROOM CHANGES AT DIGGERS

Members may be puzzled about the recent room changes at the diggers club.

It seems that management decided to convert the two rooms we had been using into one large room, solely for the use of the members of the internal snooker club.

The decision was made without any consultation with either the staff of diggers, or any of the groups who previously used the rooms.

We were only made aware of the situation when one of our groups arrived to find they had been locked out.

We have been offered the use of the National Servicemen's Room, and hope to be able to make use of this facility for the remainder of this year for many of our classes. However, this room is not always available, and some classes will be held in either the Pavilion Room or adjacent to Bites eatery (see note attached to this Newsletter). Also, the room is available on only one Monday each month, so the Play Reading Group will now meet at the Long Jetty Uniting Church Hall, conveniently situated opposite the diggers club.

We are extremely grateful to the staff of diggers, who have made every effort to help in this situation, and also to the members of the National Servicemen's club, who have kindly agreed to share their room with us. We ask our members to please ensure that the room is left in a clean and tidy state, and that all tables and chairs are returned to the places where they were found.

The committee is working constantly to ensure that these changes are not too disruptive. There is no guarantee that things will remain as they are at present, but we will attempt to advise members if and when we are told of any changes.



Tuggerah Lakes U3A Inc
Course Calendar: 2015– TERM 4
6th October-9th December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Oct Public Holiday	6 Oct	7 Oct	8 Oct	9 Oct
	WALK BUDGEWOI (See page 3) MARBLES ROLLING (diggers Pavilion) 1:00—3:00	CRYPTIC CROSSWORDS Betty Siegman (diggers Pavilion) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm-3:30pm (Canton Beach)	DISCUSSION GROUP Tony Thomson (diggers Nashos) GAMES 1.00pm-3.30pm (diggers Nashos)
12 Oct	13 Oct	14 Oct	15 Oct	16 Oct
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay)	CONVERSATIONS (diggers Nashos) 1:00—3:00	MUSIC APPRECIATION Betty Siegman (TBC)	FRENCH CONVERSATION Henriette Vanechop 1.30-3:30pm (Canton Beach)	WHALING Tom Marish (diggers Pavilion) GAMES 1:00pm-3:30pm (diggers Pavilion)
19 Oct	20 Oct	21 Oct	22 Oct	23 Oct
PLAY READING Christine Kilner (LJUC Hall)	WALK POTTERY T/UMBI (See page MARBLES ROLLING (diggers Pavilion) 1:00—3:00	CRYPTIC CROSSWORDS Betty Siegman (diggers Pavilion) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm-3:30pm (Canton Beach)	DISCUSSION GROUP Tony Thomson (diggers Nashos) GAMES 1.00pm-3.30pm (diggers Nashos)
26 Oct	27 Oct	28 Oct	29 Oct	30 Oct
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) THE READERS GROUP (Dorothy, see page 3)	CONVERSATIONS (diggers Nashos) 1:00—3:00	MUSIC APPRECIATION Betty Siegman (TBC)		A VISIT TO ST PETERSBURG Margaret Bevege (diggers Nashos) GAMES 1.00pm-3.30pm (diggers Nashos)
2 Nov	3 Nov	4 Nov	5 Nov	6 Nov
PLAY READING Christine Kilner (LJUC Hall)	WALK EDGEWATER PARK (See page 3) NO MARBLES ROLLING TODAY	CRYPTIC CROSSWORDS Betty Siegman (diggers Pavilion) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm-3:30pm (Canton Beach)	COGNITIVE BEHAVIOUR THERAPY John Collis (diggers Nashos) GAMES 1.00pm-3.30pm (diggers Nashos)

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

Tuggerah Lakes U3A Inc
Course Calendar: 2015 – TERM 4
6th October—9th December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Nov	10 Nov	11 Nov	12 Nov	13 Nov
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay)	CONVERSATIONS (diggers Pavilion) 1:00—3:00	MUSIC APPRECIATION Betty Siegman (TBC)	FRENCH CONVERSATION Henriette Vanechop 1.30pm-3:30pm (Canton Beach)	DISCUSSION GROUP Tony Thomson (diggers Nashos) GAMES 1.00pm-3.30pm (diggers Nashos)
16 Nov	17 Nov	18 Nov	19 Nov	20 Nov
PLAY READING Christine Kilner (LJUC Hall)	WALK SALTWATER CREEK (See page 3) MARBLES (diggers Pavilion) 1:00—3:00	CRYPTIC CROSSWORDS Betty Siegman (diggers Bites cafe) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm-3:30pm (Canton Beach)	FEMALES OF THE FATAL SHORE Carolyn Kingsmill (diggers Pavilion) GAMES 1.00pm-3.30pm (diggers Pavilion)
23 Nov	24 Nov	25 Nov	26 Nov	27 Nov
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) THE READERS GROUP (Dorothy, see page 3)	CONVERSATIONS (diggers Nashos) 1:00—3:00	MUSIC APPRECIATION Betty Siegman (TBC)		DISCUSSION GROUP Tony Thomson (diggers Pavilion) GAMES 1.00pm-3.30pm (diggers Pavilion)
30 Nov	1 Dec	2 Dec	3 Dec	4 Dec
PLAY READING Christine Kilner (LJUC Hall)	WALK WYEE POINT (See page 3) MARBLES ROLLING (diggers Pavilion) 1:00—3:00	CRYPTIC CROSSWORDS Betty Siegman (diggers Pavilion) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm-3:30pm (Canton Beach)	OLDEST CAROLS and THEIR ORIGINS John Collis (diggers Nashos) GAMES 1.00pm-3.30pm (diggers Nashos)
7 Dec	8 Dec	9 Dec		
PLAY READING Christine Kilner (LJUC Hall)	NO CONVERSATIONS TODAY	ANNUAL GENERAL MEETING and CHRISTMAS PARTY (diggers Pavilion) See page 1		

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