



TUGGERAH LAKES NEWS

Tuggerah Lakes U3A Inc.

July 2019



Website: www.tugglakesu3a.info

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FROM THE EDITOR:

Can you believe the year is more than half gone? It seems I manage to get the Newsletter done, go to a few talks, and then it is time to start again.

Last term we were lucky enough to have three talks presented by Betty Brown, a very popular speaker who drew record numbers. She has a wealth of knowledge and is passionate about her subject, which in the main is the past and future of our country, Australia.

The walking group has gathered a few new members who enjoy the morning. Helen personally checks every route, making sure it is safe and not too taxing, so if you enjoy a pleasant ramble with a few friends, why not come along?

Our play reading group, headed by Christine, is giving a presentation on Friday 30th August. You will find details on page 5. The last one was absolutely wonderful, with so many talented people, some of whom presented their own work. I won't want to miss this one.

Finally I would like to thank all our course leaders.

Towards the end of each term I advise them all of the dates for the coming term and ask for their input for the NL. Without exception they give me all the information I require, making my job so much easier. Thank you one and all.

*Betty Siegman
- Editor*

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
Rhonda MacDiarmid
PO Box 4019
Bay Village NSW 2261

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

| | | |
|--------------------|--------------------|------------|
| President: | Helen Rawlings | 4334 5818 |
| Vice President: | Pam McGlinn | 4390 2451 |
| Secretary: | Margaret Blundell | 4306 2468 |
| Treasurer: | Rhonda MacDiarmid | 0403293175 |
| Membership: | Sonya Oakes | 4353 1703 |
| Welfare Officer: | Gail Shore | 4333 6272 |
| Newsletter Editor: | Betty Siegman | 4332 0870 |
| Committee: | Stephanie Christin | 0422313090 |

Correspondence: The Secretary
PO Box 6295
Long Jetty 2261

~ ~ ~ VENUES ~ ~ ~

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

Chittaway Bay: Movie Appreciation
34 Aston Wilde Ave, Chittaway Bay

TECC: The Entrance Community Centre
15 Battley Ave The Entrance (cnr Oakland)

Tigers: The Entrance Leagues Club
Bay Village Shopping Centre, southern end

Greens: The Entrance Bowling Club
Warrigal St (Cnr Park Rd)

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

Tk-SDCh: St David's Church Hall
Cnr Hargraves & Victoria Sts, Toukley

Mah Jong: Home of Rhonda MacDiarmid
6 Moorlan Ave Killarney Vale

TELJ RSL Hall: Friday Talks
Hume B'vard, near Brooke Ave, K'ney Vale

— IMPORTANT DATE —

27th September — Lunch

End of Term Lunch at Tigers

Details on Page 5

**TERM: Start: Monday 22nd July
Finish: Friday 27th September**

FROM THE PRESIDENT:

Welcome to Term 3.

We are so lucky to have such a mild winter climate on the coast. It is a perfect time to enjoy our rambles around the lake and ocean. There has been an enormous amount of work done on the foreshores of the lake. The well set out paths make walking a pleasure. We hope to see you for our first walk on Tuesday 30th July (*details are in Newsletter, page 4*)

Pam McGlinn and Rhonda MacDiarmid were our representatives at the State Conference at Tamworth in April. They reported it was well worth the trip. The emphasis was on the importance of interacting with the public with a view to getting more members. Setting up our own Facebook page was suggested as it has a far reaching impact on everyone these days.

Fiona Abbey, President of Maitland U.3.A. has accepted the role of Regional Representative for the Central Coast/Hunter Region. She attended our end of term lunch at Tigers Club on Friday 5th July, where she was able to meet some of our members.

I hope everyone enjoyed the lunch, as we would like to make it a regular end of term event. I would like to hear your comments or suggestions.

The play reading group is holding a performance of their work on Friday 30th August. The time and venue are in the Newsletter, page 5.

All classes are up and ready to go so we are looking forward to a very informative and enjoyable term.

Helen Rawlings

Vale Peter Beale

Peter Beale of Eastlakes U3A has recently passed away at the age of 95.

He very generously made his Keeping the Marbles Rolling (KTMR) available for use by U3As, and it is the program used by TLU3A. The KTMR program is designed to keep some of the functions of your mind in trim in the same way as you take physical exercise to keep your body in trim.

Our brain controls many aspects of what we do and feel including our emotions and our physical actions. The main functions helping us to do this are: verbal, numerical and spatial abilities; logic, or reasoning; creativity; and short and long term memory. We use these functions to a greater or lesser degree in the normal course of our lives. KTMR aims to help you exercise these seven functions systematically and regularly.

Up until the time of his death Peter was still producing programs currently running successfully in Eastlakes, Lake Macquarie, Tuggerah Lakes and Southlakes U3As.

Peter Beale was educated in England and in the Second World War, joined the Royal Tank Regiment and served as a tank troop commander. After the war he studied engineering at London University. In 1956, Peter emigrated to Australia and started work as a Management Consultant. He gained an Honours degree in Psychology and a Masters in Finance, then started his own business.

He will be sadly missed, but we hope to continue with Marbles Rolling for some time to come.

MOVIE APPRECIATION: MONDAY

Leader: John Richards (4388 4945)
Venue: 34 Aston Wilde Ave, Chittaway Bay
Dates: 22 Jul; 12, 26 Aug; 9, 23 Sep

Times: Movies shown mornings, 9.30-12noon

PLEASE BOOK AS PLACES ARE LIMITED

Monday, 22 July 2019: JINDABYNE:

2006: (120 mins) Laura Linney, Gabriel Byrne, Deborah Lee Furness, Leah Purcell, Simon Stone. A group of men on a fishing trip makes the morally questionable decision to delay reporting the discovery of a murdered woman's body. Claire (Laura Linney), the wife of one of the men, tries to understand the reasoning behind such a decision.

Monday, 12 August, 2019: HUNT FOR THE WILDERPEOPLE:

2016 (101mins) Sam Neill, Julian Dennison. A defiant young city kid finds himself on the run with his cantankerous foster uncle, Sam Neill, in the wild New Zealand bush. A national manhunt ensues, and the two are forced to put aside their differences and work together to survive in this hilarious and heartfelt adventure.

Monday, 26 August, 2019: SAPPHIRE:

1959: (92mins) Basil Dearden, Nigel Patrick, Yvonne Mitchell, Michael Craig, Paul Massie. When a young music student is murdered, it is discovered that she was passing as white. Considered daring in its day, it is still absorbing today, both as entertainment and as a social comment.

Monday, 9 September, 2019. STEP DOWN TO TERROR:

1958. (76 mins) Charles Drake, Colleen Miller, Rod Taylor, Jocelyn Brando. Trying to outwit police, a psychopathic killer (Charles Drake) returns to his mother's home after a long absence to play the role of loving son, uncle and brother-in-law. (Not as terrifying as the title suggests.)

Monday, 23 September, 2019. HEALING:

2014 (114 mins). Don Hany, Hugo Weaving. Inspired by true events, HEALING is a powerful, moving story of redemption, the discovery of hope, and the healing of the spirit - in the most unlikely place for the most unlikely men. Viktor Khadem (Don Hany), is a man who has almost given up on life. Near the end of his prison sentence he is sent to a low-security prison in regional Victoria, where Senior Case Worker, Matt Perry, (Weaving), establishes a unique program to rehabilitate broken men by giving them the responsibility for the rehabilitation of injured raptors - beautiful, fearsome, proud eagles, falcons and owls. Against all odds, Matt takes on Viktor as his number one test case, introducing him to Yasmine, the majestic Wedge-tailed Eagle, with a 2m wingspan. If these two can tame each other, anything is possible.

PLAY READING: MONDAY

Leader: Christine Kilner (4399 2748)
Email: chrisatseakay@gmail.com
Venue: TE Community Centre, Battley Ave
Dates: 5, 19, 30 Aug; 2, 16 Sep

This term we are looking forward to giving another presentation of our work. We put quite a bit of effort into this, and we hope you will come along and enjoy it as much as you did the last one. Don't forget to mark 30th August in your diary.

MY MEMOIRS MONDAY

Leader: John Haydon (0403 797 585)
Email: john@haydon.id.au
Venue: Tigers Club, Bateau Bay
Dates: 29 Jul; 12, 26 Aug; 9, 23 Sep
Time: 1:30pm to 3:30 pm

Do you have special events or memories in your life that you would like to share with family and friends? John will help you get started, and you may surprise yourself with your ability. Members meet every two weeks in the Auditorium (Arthur Lake Room).

THE READERS GROUP: TUESDAY

Secretary: Margareta Tauni (0420 791 374)
Email: marg_tauri@hotmail.com
Venue: The Entrance Leagues Club (Tigers)
Dates: 13 Aug; 10 Sep

The group has decided to meet on Tuesdays, rather than Mondays. The same time at the same venue.

Topics for this term are:

Tuesday - 13 Aug 21st Century non-fiction.

Tuesday - 10 Sep Classics, still selling.

MARBLES ROLLING TUESDAY

Secretary: Rhonda MacDiarmid (0403 293 175)
Email: rxm55@bigpond.com
Venue: Greens Bowling Club (downstairs)
Dates: 23 Jul; 13, 27 Aug; 10, 24 Sep
Time: 1:00—3:00 p.m.

Interesting, challenging puzzles to test several areas of the brain and hopefully ward off dementia. Plus we have a lot of fun at the same time. Why sit at home when you could join our group and have a great afternoon.

WALKS: TUESDAY

Contact: HELEN RAWLINGS 4334 5818

Note: Some of these walks have restricted parking at the starting point, and we will be meeting at the North Entrance Car Park and car pooling from there.

All excursions require sensible shoes, sunscreen, hat and water. Meeting at **9:30 a.m.**

Bring food and drinks where indicated.

Map references: **WYONG 2019 Phone Directory.**

JULY 30 TWO SHORES HOLIDAY PARK

Meet North Entrance Car Park Map 42 E 2

August 6 WYRRABALONG NATIONAL PARK (Vietnam Vets Café)

Meet North Entrance Car Park Map 42 E 2

AUGUST 20 NORAH HEAD LIGHTHOUSE

Meet North Entrance Car Park Map 42 E 2

OR Bush St Reserve Map 33 D 7

SEPTEMBER 3 CRACKNECK POINT

Meet East end of Parkside Ave

Sutton Reserve Map 46 C3

Bring food and drink

SEPTEMBER 17 POPULAR CHOICE

Contact Helen early September for details

CREATIVE WRITING WEDNESDAY

Leader: Pam McGlenn (4390 2451)
Email: pamlakeside@bigpond.com.au
Venue: St. Davids Church Hall, Toukley
Dates: 7, 21 Aug; 4, 18 Sep
Time: 9:30—12:00

A great group, with some gifted writers, as shown by their recent presentation. Contact Pam if you are interested in joining, numbers are limited.

CRYPTIC CROSSWORDS WEDNESDAY

Leader: Betty Siegman (4332 0870)
Email: betty_siegman@hotmail.com
Venue: Greens Bowling Club (downstairs)
Dates: 24 Jul; 14, 28 Aug; 11, 25 Sep

We welcome a few new members, who have all improved very quickly, and enjoy the morning, with lots of laughter while learning all the devious tricks of cryptic crosswords.

MUSIC APPRECIATION: WEDNESDAY

Leader: Betty Siegman (4332 0870)
Email: betty_siegman@hotmail.com
Venue: The Berkeley Centre (see P1)
Dates: 7, 21 Aug; 4, 18 Sep

Most of the class leave feeling as though they have had a weekend at a health spa. Listening to beautiful music can do that. Good for the spirit and the soul. We would love to welcome you to our group.

CONVERSATIONS THURSDAY

Leader: Betty Siegman (4332 0870)
Venue: TECC, Battley St, The Entrance
Dates: 25 Jul
Time: 1:00 — 3:00 pm.

This term I want to discuss "Watering Australia". What can be done to open up our vast interior? Does the Government have any plans, have they even though about it? Let's try to find out. Some video clips, and breaks for discussion.

MAH JONG: FRIDAY

Secretary: Rhonda MacDiarmid (0403 293 175)
Venue: 6 Moorlan Ave, Killarney Vale.
Dates: 26th July to 27th September (see below)
Time: 1:00 — 3:00 pm.

The group meets at the home of Rhonda MacDiarmid. Mah Jong is an interesting game, and a great way to spend an afternoon.

Note that there will be no Mah Jong on 23rd and 30th August, Rhonda is enjoying a well-earned holiday.

Beware the dreaded typo

Later that same evening after a vain search all around the village, Mary found the dog dead in the garden. She curried the body indoors.

Police yesterday called off a search for a 20 year old man who is believed to have frowned.

The bridal couple stood, facing the floral setting, and exchanged cows.

FRIDAY TALKS

— 2nd AUGUST—

SWITZERLAND

Speaker: Alan Flores
Secretary: Helen Rawlings (4334 5818)
Venue: TELJ RSL Hall, Killarney Vale.
Time: 10:00 am to 12:00

This talk will examine how Switzerland, involved in many wars, led to its present neutrality. We will look at its role in WW2 and how it managed to remain both neutral and not invaded. How although there is no standing army, it has one of the largest armies per head of population in Europe.

We will also look at the situation with POWs, its part in the secret war with the CIA predecessor the OSS, its policy of giving up land it could not defend, but being resolute in defending its interior.

— 16th AUGUST—

THE CALL OF THE OUTBACK

Speaker: Carolyn Kingsmill
Secretary: Rhonda MacDiarmid (0403293175)
Venue: TELJ RSL Hall, Killarney Vale.
Time: 10:00 am to 12:00

Today we will meet two extraordinary women who answered the call of the outback and ventured into the great Australian loneliness, "alone."

These women were the eccentric and much feted Desert Queen, Daisy Bates who lived in a tent with the aboriginals, and intrepid journalist, writer and adventurer Ernestine Hill who swapped a comfortable life in Sydney for a nomadic existence in the outback.

Let us share their remarkable adventures in Australia's unrelenting outback.

— 30th AUGUST—

PLAY READERS' PRESENTATION

Venue: TELJ RSL Hall, Killarney Vale.

Our play readers are giving a presentation of their work today. Their last presentation was a huge success, and we look forward to this one. It is a free morning, with a special morning tea, and we hope to see many of you there. Please be seated by 9:30 so that we may begin at 10:00 am.

— 6th SEPTEMBER—

THE WYONG ESTATE (Alison Homestead)

Speaker: Philip Morley
Secretary: Betty Siegman (4332 0870)
Venue: TELJ RSL Hall, Killarney Vale.
Time: 10:00 am to 12:00

The story of the land and the property we now call Alison Homestead and its owners since European settlement.

The Wyong Estate and Alison Homestead are of state significance and the land owners have a great story to tell.

— 20th SEPTEMBER—

NO TALK TODAY, HALL IS UNAVAILABLE

— 27th SEPTEMBER—

~~ END OF TERM LUNCH ~~

Following the success of our lunch at the end of Term 2, we would like members to join us for lunch once more today, at the Entrance Leagues Club (Tigers), at 12:30.

Meal at own expense, we will provide good conversation and friendship.

All welcome.

If coming advise Helen (4334 5818)



Fellowship Meal

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 22 Jul | 23 Jul | 24 Jul | 25 Jul | 26 Jul |
| MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) | MARBLES ROLLING 1.00-3.00pm (Greens) | CRYPTIC CROSSWORDS Betty Siegman (Greens) | CONVERSATIONS Betty Siegman 1.00-3.00pm (TECC) | MAH JONG 1.00pm-3.30pm (Venue Page 1) |
| 29 Jul | 30 Jul | 31 Jul | 1 Aug | 2 Aug |
| MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers) | WALK TWO SHORES HOLIDAY PARK Helen Rawlings (See page 4) | | | SWITZERLAND Alan Flores Details page 5 (TELJ RSL Hall) |
| 5 Aug | 6 Aug | 7 Aug | 8 Aug | 9 Aug |
| PLAY READING Christine Kilner (TECC) | WALK WYRRABALONG NATIONAL PARK Helen Rawlings (See page 4) | CREATIVE WRITING 9:30—12:00 (Tk-SDCh) | | MAH JONG 1.00pm-3.30pm (Venue Page 1) |
| 12 Aug | 13 Aug | 14 Aug | 15 Aug | 16 Aug |
| MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) | READERS GROUP Margareta Tauni (Tigers) | CRYPTIC CROSSWORDS Betty Siegman (Greens) | | CALL OF THE OUTBACK Carolyn Kingsmill Details page 5 (TELJ RSL Hall) |
| MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers) | MARBLES ROLLING 1.00-3.00pm (Greens) | | | MAH JONG 1.00pm-3.30pm (Venue Page 1) |

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: 2019 – TERM 3
22nd July — 27th Sept



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|----------|--|
| 19 Aug | 20 Aug | 21 Aug | 22 Aug | 23 Aug |
| PLAY READING Christine Kilner (TECC) | WALK NORAH HEAD LIGHTHOUSE Helen Rawlings (See page 4) | CREATIVE WRITING 9:30—12:00 (Tk-SDCh) MUSIC APPRECIATION Betty Siegman (TBC) | | NO MAH JONG TODAY |
| 26 Aug | 27 Aug | 28 Aug | 29 Aug | 30 Aug |
| MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers) | MARBLES ROLLING 1.00-3.00pm (Greens) | CRYPTIC CROSSWORDS Betty Siegman (Greens) | | PLAY READING PRESENTATION 9:30 for 10:00 (TELJ RSL Hall) NO MAH JONG TODAY |
| 2 Sep | 3 Sep | 4 Sep | 5 Sep | 6 Sep |
| PLAY READING Christine Kilner (TECC) | WALK CRACKNECK POINT Helen Rawlings (See page 4) | CREATIVE WRITING 9:30—12:00 (Tk-SDCh) MUSIC APPRECIATION Betty Siegman (TBC) | | THE WYONG ESTATE Philip Morley Details page 5 (TELJ RSL Hall) MAH JONG 1.00pm-3.30pm (Venue Page 1) |
| 9 Sep | 10 Sep | 11 Sep | 12 Sep | 13 Sep |
| MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers) | READERS GROUP Margareta Tauni (Tigers) MARBLES ROLLING 1.00-3.00pm (Greens) | CRYPTIC CROSSWORDS Betty Siegman (Greens) | | MAH JONG 1.00pm-3.30pm (Venue Page 1) |

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Tuggerah Lakes U3A Inc
Course Calendar: 2019 – TERM 3
22nd July — 27th Sept



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|-----------------|--|
| 16 Sep | 17 Sep | 18 Sep | 19 Sep | 20 Sep |
| PLAY READING Christine Kilner (TECC) | WALK POPULAR CHOICE Helen Rawlings (See page 4) | CREATIVE WRITING 9:30—12:00 (Tk-SDCh) MUSIC APPRECIATION Betty Siegman (TBC) | | NO TALK HALL IS NOT AVAILABLE MAH JONG 1.00pm-3.30pm (Venue Page 1) |
| 23 Sep | 24 Sep | 25 Sep | 26 Sep | 27 Sep |
| MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers) | MARBLES ROLLING 1.00-3.00pm (Greens) | CRYPTIC CROSSWORDS Betty Siegman (Greens) | | NO TALK END of TERM LUNCH (Tigers) See page 5 NO MAH JONG TODAY |

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