



TUGGERAH LAKES U3A NEWS



Tuggerah Lakes U3A Inc.

April 2022

Website: www.tugglakesu3a.info

FROM THE EDITOR:

This is the first term for some time that we have been able to plan the coming term with some degree of confidence.

All venues are open and most restrictions have been eased, but we ask you to remain careful, do not attend if you have any suspicion you may have Covid. Let's hope we all stay safe as winter approaches.

Betty Siegman, Editor

**END of TERM LUNCH
FRIDAY 1st JULY
TIGERS BISTRO 12:30
If coming notify
HELEN RAWLINGS
0452 160 952**

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.**

TERM: Start: Tuesday 26th April

Finish: Friday 1st July

COMMITTEE:

President:	Pam McGlinn	4390 2451
Vice-President	Helen Rawlings	0452 160 952
Secretary	Sonya Oakes	4353 1703
Treasurer	Rhonda MacDiarmid	0403 293 175
NL Editor	Betty Siegman	0409 476 868
Welfare	Gail Shore	4333 6272
Committee	John Haydon	0403 797 585
Committee	Brenda Pimlott	0411 337 492
Correspondence	The Secretary	

PO Box 4019

Bay Village NSW 2261

~~~ VENUES ~~~

**Please note the venue addresses below as
some venues may have changed.**

Play Reading

Room A, T.Ent. Community Centre, Battley Ave

Movie Appreciation

34 Aston Wilde Ave, Chittaway Bay

Memoirs

Arthur Lake Room, Tigers, Bateau Bay

Brain Ticklers

Arthur Lake Room, Tigers, Bateau Bay

Creative Writing, St David's Church Hall

Cnr Hargraves & Victoria Sts, Toukley

Crosswords/Book Chat

Bistro Area, Tigers, Bateau Bay

Music Appreciation

2/46 Neale Street, Long Jetty

Talks: TELJ RSL Hall

Hume Boulevard, Killarney Vale

Discussion Group TECC

Room A, T.Ent. Community Centre, Battley Ave

Mah Jong

Rhonda, 6 Moorlan Ave Killarney Vale

FROM THE PRESIDENT

Hello to all. Here we are in the second term and the year advancing rapidly. So far we have gradually eased our way back into normalcy after a few hiccups. All of our classes are now up and running although a couple are in different premises. Our talks are well under way and we have some interesting speakers so please come along and support them as they give up their time and in most cases travel quite some distances to speak to us. Although our groups have been small we have had good reports about the speakers we have had already and I'm sure you all will enjoy the ones to come in term two. All of our classes have room for more members so come along and try something new, especially the discussion group where you can always have your say. Their new premises are very conveniently placed in a good location.

This term we will be having a social day lunch at the Tigers Club on the last day of term after the talk at the RSL Hall. Please advise Helen if you wish to attend. Then the first day of third term, something not to miss is our playreaders strutting their stuff. Christine puts a lot of work into whipping them into shape and they will appreciate your support; that will be in July.

Meanwhile everybody please keep well and take care. With winter coming on, flu injections soon, and possibly that fourth jab. We need all the help we can get to stay healthy.

Regards, Pam McGlenn. President.

WELFARE

Covid is still with us unfortunately so there has been minimal interaction amongst U3A members for quite some time. I hope everyone has been observing the sensible requirements, wearing masks, maintaining distance. (What more can we do?)

I have heard that three members have been in hospital: Gwynn Wakeham has been ill for a while, also Mavis Wallace. John Richards is awaiting an operation on his shoulder. We hope that they are all showing signs of improvement.

Gail Shore

~~ SPECIAL NOTICE ~~

On Monday 18th July there will be a Play Reading Presentation at The Entrance Community Centre.

This is the first day of Term 3, and details will be given in the next Newsletter, but we are giving you advance notice so you can enter the date in your diary, as this morning is not to be missed.



NEW COURSE

We are seeking expressions of interest in a new course to be presented over six weeks by Diane Cunningham, possibly on successive Thursdays in Term 3. This will be dependent on numbers.

If you would like to come along, or want more information, give Diane a call on 0429 014 577.

Subject Matter:

The Four Agreements; introduce a simple yet powerful code of conduct for attaining personal freedom and true happiness.

The Four Agreements are as follows;

1. **Be Impeccable With Your Word**
2. **Don't Take Anything Personal**
3. **Don't Make Assumptions**
4. **Always Do Your Best**

The Four Agreements, a class where everyone can participate. The concepts seem simple, yet for most of us, not always easy to achieve.

I have read The Four Agreements and it has pride of place on my book shelf. The Four Agreement Companion Book, which I will use to run the course is full of wonderful wisdom and tools for spiritual growth.

Diane Cunningham.

MOVIES: MONDAY

Leader: John Richards (4388 4945)
 Venue: 34 Aston Wilde Ave, Chittaway Bay

Movie Mornings have been suspended as John is not well. If it becomes possible to re-schedule this term, members will be notified. In the mean-time we wish John a speedy return to good health.

PLAY READING MONDAY

Leader: Christine Kilner (4399 2748)
 Email: chrisatseakay@gmail.com
 Venue: TE Community Centre Battley Ave
 Dates: 2, 16 May; 6, 20 Jun

This is a fun class for anyone who likes to read plays and to have a go at acting out a character. There's no need to remember scripts.

At present we are practising for a performance in July – our first since 2019 due to the pandemic. This is where I invite you to give your suggestions on how to stage a play – and also where we have the most fun, and get to know each other better.

In class normally, we read anything from the classics to short skits, sometimes written by our readers themselves. Join us – we will make you welcome!

MY MEMOIRS MONDAY

Leader: John Haydon (0403 797 585)
 Email: john@haydon.id.au
 Venue: Tigers Club, Bay Village
 Dates: 2, 16, 30 May; 6, 20 Jun

We are now meeting in the Arthur Lake room at Tigers, from 1:30 to 3:30 pm. The venue is very satisfactory and we are not disturbed. We are a friendly group, and meet in the Bistro for lunch before our class. If you would like to record interesting events of your life for yourself, your friends or family, why not join us.

WALKS TUESDAY**HELEN MOB: 0452 160 952**

All walkers must be vaccinated.

Walkers require sensible shoes, hat and water.

Walks are graded to suit walkers in our age group.

Ref. Wyong 2021 Phone book.

Walks this term are 9.30---11.30

Tuesday 3rd May

Shelly Beach

MEET at: Sutton Reserve

East end of Parkside Ave Map 46-C3

Tuesday 17th May

Shores Caravan Park.

MEET at: Nth Entrance Car Park,

Map 42-E2

Tuesday 7th June

Wyrabalong National Park
 (Red Gum Forest).

MEET at: Nth Entrance car park,

Map 42-E2. (Car pool).

Tuesday 21st June

Norah Heads Lighthouse.

MEET at: Nth Entrance Car Park.

Map 42-E2 (Car pool).

BOOK CHAT TUESDAY

Leader: Pam McGlenn (4390 2451)
 Email: pamlakeside@bigpond.com
 Venue: Tigers Club, (coffee lounge)
 Dates: 10 May; 14 Jun; 12 Jul_(holidays)

If you love reading then please come along and join us in the bistro for a chat about books. We all read something different on the topic of the month, and you get to hear about books you would never know of otherwise. We will meet on 12th July, during school holidays, when the subject matter will be Free Choice.

Subject reading is

May: Travel

June: Sport

July: Free Choice

BRAIN TICKLERS**TUESDAY**

Leader: Rhonda MacDiarmid (0403 293 175)
 Email: rxm55@outlook.com.au
 Venue: Tigers Club, Bay Village
 Dates: 26 Apr; 10, 24 May; 14, 28 Jun

We usually meet in the Arthur Lake Room at Tigers, Bateau Bay, from 1:30 to 3:30. If unsure, ask at reception desk.

If you enjoy quizzes and puzzles, why not try Brain Ticklers to test your thinking skills. Please contact Rhonda if you want to attend. Course material for the term will be emailed to you, or you may receive a printed copy at a cost of \$5.00 to cover printing costs.

CRYPTIC CROSSWORDS**WEDNESDAY**

Leader: Betty Siegman (0409 476 868)
 Email: betty_siegman@hotmail.com
 Venue: Tigers Club, Bay Village
 Dates: 27 Apr; 11, 25 May; 8, 22 Jun

Tigers does not have a separate room available for mornings, we have been meeting at the far end of the Bistro area at 10:00, and this is proving reasonably satisfactory. We all agree it is an interesting and fun morning

MUSIC APPRECIATION**WEDNESDAY**

Leader: Betty Siegman (0409 476 868)
 Email: betty_siegman@hotmail.com
 Venue: 2/46 Neale Street Long Jetty
 Dates: 4, 18 May; 1, 15, 29 Jun

All types of music, mostly classical, accompanied by sometimes breath-taking scenery, interesting conversation and coffee break. What could be better?

CREATIVE WRITING**WEDNESDAY**

Leader: Pam McGlenn (4390 2451)
 Email: pamlakeside@bigpond.com
 Venue: St David's Church Hall, Toukley
 Dates: 4, 18 May; 1, 15, 29 Jun

Welcome back to our writers who have been so anxious to return to our Hall which was unavailable to us last year. We have had a few who have left so would welcome anyone who is interested in writing to come and join this happy friendly group. We certainly do write, but we really enjoy it too. Covid restrictions will apply.

DISCUSSION GROUP**FRIDAY**

Leader: Helen Rawlings (0452 160 952)
 Email: helenmr2739@gmail.com
 Venue: The Ent Community Centre
 Dates: 13, 27 May; 10, 24 Jun

We meet in Room A at The Entrance Community Centre (next to the café), at 10:00 am. It is an excellent venue, with easy access and parking is available in Norberta St or Battley Ave.

MAH JONG**FRIDAY**

Leader: Rhonda MacDiarmid (0403 293 175)
 Email: rxm55@outlook.com
 Venue: 6 Moorlan Ave, Killarney Vale.
 Dates: Every Friday, 1:00 to 3:30

Please let Rhonda know if you are prepared to commit to attending regularly. She needs 6-8 regular players to make this activity viable. Note that there will be no Mah Jong on Friday 1st July, the day of the End-of-Term Lunch.

(See below and Page 1).

END-OF-TERM LUNCH

Following the talk at Killarney Vale on Friday 1st July, members are invited to meet in the Bistro, Tigers, Bateau Bay, for lunch (at own expense).
 Time 12:15 – 12:30.

An excellent chance to socialise and meet other members.

To assist us with the booking, please advise Helen Rawlings if you are coming (0452 160 952).

See also information on Page 1.

COVID

Although restrictions have now been eased, Covid is still lurking amongst us. If you have the slightest suspicion you may be positive, please do not attend any classes.

FRIDAY TALKS

~~ 6th MAY ~~

Counterculture and Revolution: 'The Sixties' and their aftermath

Speaker: Brian Green
Secretary: Pam McGlinn (4390 2451)
Venue: TELJ RSL Hall, Killarney Vale
Time: 10:00 am to 12:00

Come and explore the 60s with me! Most of us lived through it and were influenced, for or against, by it, and the movements it generated are still operating in our society today! In the 60s we witnessed the contention of two oppositional cultural perspectives - the first, the Hippies with their extreme individualistic philosophy- "do your own thing- turn on, tune in and drop out" and secondly collective activism, epitomised by the Anti-Vietnam War movement in both the US and Australia.

This activism also included the Civil Rights Movement and Black Liberation (including Australian Aboriginal).

Women's Liberation (Second Wave Feminism); Gay Liberation and Urban Environmentalism. All this was posited against the background of an existential threat of nuclear annihilation, "mutual assured destruction," as it was called, previewed by the Cuban Missile Crisis of 1962, the horror of which was later encapsulated in the seemingly prophetic song of Bob Dylan called "A Hard Rain's A-Gonna Fall!"

~~ 20th MAY ~~

Counterculture and Revolution: 'The Sixties' and their aftermath

Speaker: Brian Green
Secretary: Pam McGlinn (4390 2451)
Venue: TELJ RSL Hall, Killarney Vale
Time: 10:00 am to 12:00
Part 2 of talk presented on 6th May

~~ 3rd JUNE ~~

COMEDY

Speaker: Alan Flores
Secretary: Pam McGlinn (4390 2451)
Venue: TELJ RSL Hall, Killarney Vale
Time: 10:00 am to 12:00

(continued in Column 2)

FRIDAY TALKS

(continued)

This is a two hour session discussing what makes us laugh and its effects on the human body. It includes humour from around the world with film clips, quotes, and images. We will discuss why we laughed at a clip or did not laugh, why we thought it was funny or not, the difference between UK humour and Australian and American. We will also see how humour has changed over the years from Charlie Chaplin to Seinfeld. The humour is mostly clean and will only offend those who do not have a sense of humour. Attendees are encouraged to bring their favourite joke and can try it out on the group.

~~ 17th JUNE ~~

STORY of the IRON SHIPS

Speaker: Gary Hughes / Ed Tonks
Secretary: Pam McGlinn (4390 2451)
Venue: TELJ RSL Hall, Killarney Vale
Time: 10:00 am to 12:00

The Story of The Iron Ships, BHP's Shipping Industry. This will cover the rise and fall of a major part of BHP's operations, from the necessity to transport the output from its Broken Hill mines to becoming a major shipping owner and operator.

This will be followed by *Transporting Raw Materials and Finished Steel Products by Rail.* This will be presented by my colleague Ed Tonks OAM, who will show the major role played by rail in transporting these commodities.

~~ 1st JULY ~~

ASIAN TRAVELS

Speaker: Ross Carlton
Secretary: Pam McGlinn (4390 2451)
Venue: TELJ RSL Hall, Killarney Vale
Time: 10:00 am to 12:00

I am a traveller. I enjoy the travelling at least as much as the destination. I have made two trips to SE Asia, covering Singapore, Malaysia, Thailand, Sarawak, Brunei, Sabah, Vietnam and China. Great places and wonderful people. Plus on each trip I was able to indulge three of my interests: sailing, railways and history.

Tuggerah Lakes U3A Inc

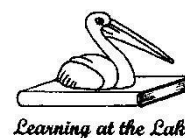


Course Calendar: 2022 – TERM 2



26th April—1st July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	26 Apr	27 Apr	28 Apr	29 Apr
	BRAIN TICKLERS 1.30-3.30pm (Tigers)	CRYPTIC CROSSWORDS Betty Siegman (Tigers)		MAH JONG 1:00 to 3:30 See Page 4
2 May	3 May	4 May	5 May	6 May
PLAY READING Christine Kilner (TECC) MY MEMOIRS John Haydon 1.30-3.30 (Tigers)	WALK SHELLY BEACH 9:30 to 11:30 See page 3	CREATIVE WRITING Pam McGlinn (Tk-SDCh) MUSIC APPRECIATION Betty Siegman (Long Jetty)		THE SIXTIES Part 1 Brian Green (TELJ RSL) MAH JONG 1:00 to 3:30 See Page 4
9 May	10 May	11 May	12 May	13 May
)	BOOK CHAT (Tigers) See Page 3 BRAIN TICKLERS 1.30-3.30pm (Tigers)	CRYPTIC CROSSWORDS Betty Siegman (Tigers)		DISCUSSION GROUP (TECC) MAH JONG 1:00 to 3:30 See Page 4
16 May	17 May	18 May	19 May	20 May
PLAY READING Christine Kilner (TECC) MY MEMOIRS John Haydon 1.30-3.30 (Tigers)	WALK SHORES CARAVAN PARK 9:30 to 11:30 See page 3	CREATIVE WRITING Pam McGlinn (Tk-SDCh) MUSIC APPRECIATION Betty Siegman (Long Jetty)		THE SIXTIES Part 2 Brian Green (TELJ RSL) MAH JONG 1:00 to 3:30 See Page 1



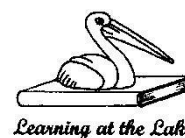
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 May	24 May	25 May	26 May	27 May
	BRAIN TICKLERS 1.30-3.30pm (Tigers)	CRYPTIC CROSSWORDS Betty Siegman (Tigers)		DISCUSSION GROUP (TECC) MAH JONG 1:00 to 3:30 See Page 4
30 May	31 May	1 Jun	2 Jun	3 Jun
MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers)		CREATIVE WRITING Pam McGlinn (Tk-SDCh) MUSIC APPRECIATION Betty Siegman (Long Jetty)		COMEDY Alan Flores (TELJ RSL) MAH JONG 1:00 to 3:30 See Page 1
6 Jun	7 Jun	8 Jun	9 Jun	10 Jun
PLAY READING Christine Kilner (TECC) MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers)	WALK RED GUM FOREST 9:30 to 11:30 See page 3	CRYPTIC CROSSWORDS Betty Siegman (Tigers)		DISCUSSION GROUP (TECC) MAH JONG 1:00 to 3:30 See Page 4
13 Jun	14 Jun	15 Jun	16 Jun	17 Jun
PUBLIC HOLIDAY	BOOK CHAT (Tigers) See Page 3 BRAIN TICKLERS 1.30-3.30pm (Tigers)	CREATIVE WRITING Pam McGlinn (Tk-SDCh) MUSIC APPRECIATION Betty Siegman (Long Jetty)		THE IRON SHIPS Gary Hughes/ Ed Tonks (TELJ RSL) MAH JONG 1:00 to 3:30 See Page 4

Tuggerah Lakes U3A Inc



Course Calendar: 2022 – TERM 2

26th April—1st July



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Jun	21 Jun	22 Jun	23 Jun	24 Jun
<p>PLAY READING Christine Kilner (TECC)</p> <p>MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers)</p>	<p>WALK NORAH HEADS LIGHTHOUSE 9:30 to 11:30 See Page 3</p>	<p>CRYPTIC CROSSWORDS Betty Siegman (Tigers)</p>		<p>DISCUSSION GROUP (TECC)</p> <p>MAH JONG 1:00 to 3:30 See Page 4</p>
27 Jun	28 Jun	29 Jun	30 Jun	1 Jul
<p>MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay)</p>	<p>BRAIN TICKLERS 1.30-3.30pm (Tigers)</p>	<p>CREATIVE WRITING Pam McGlenn (Tk-SDCh)</p> <p>MUSIC APPRECIATION Betty Siegman (Long Jetty)</p>		<p>ASIAN TRAVELS Ross Carlton (TELJ RSL)</p> <p>NO MAH JONG</p> <p>END OF TERM LUNCH TIGERS See Page 1</p>

ALL CLASSES ARE FROM 10:00 TO 12:00 UNLESS OTHERWISE STATED