



# TUGGERAH LAKES U3A NEWS



Tuggerah Lakes U3A Inc.

April 2023

Website: [www.tugglakesu3a.info](http://www.tugglakesu3a.info)

## FROM THE EDITOR:

We hope you enjoy the activities scheduled for this term. Last term the Shelly Beach Golf Club venue for Play Reading proved unsatisfactory: we have booked our former room at The Entrance Community Centre for the remainder of 2023. Sadly, there was very little interest in Mah Jong; it is not scheduled for this term

However, our end of term lunch was well attended; 17 members enjoyed a very sociable day. We hope to make this a regular event, following the final talk each term.

*Betty Siegman, Editor*

**END-OF-TERM LUNCH**  
**FRIDAY 30<sup>th</sup> June**  
**TIGERS BATEAU BAY 12:15**  
**NOTIFY HELEN RAWLINGS**  
**0452 160 952**  
**[helenmr2739@gmail.com](mailto:helenmr2739@gmail.com)**

## 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: Monday 24<sup>th</sup> April**

**Finish: Friday 30<sup>th</sup> June**

## 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	0409 447 751
Committee	Karl Hogg	4388 9497
Committee	Jo Sutton	0416 646 223

Correspondence      The Secretary  
PO Box 4019  
Bay Village NSW 2261

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## ~~~ 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**

Tigers, Bateau Bay

### **Creative Writing, St David's Church Hall**

Cnr Hargraves & Victoria Sts, Toukley

### **Book Chat**

Bistro Area, Tigers, Bateau Bay

### **Music Appreciation**

2/46 Neale Street, Long Jetty

### **Talks: TELJ RSL Hall**

Hume Boulevard, Killarney Vale

### **Crosswords/Discussion Group**

Diggers Club, The Entrance

## FROM THE PRESIDENT

Hi to everyone as we enter into our second term and are fast approaching the middle of the year. Hopefully, Covid and the anxiety it incurred is all behind us and we can relax now and continue doing the things we enjoy and encourage others to join with us in our U3A activities.

We need to go on a recruitment drive. It is a proven fact that older people who are lonely and inactive do not live as long as people who are always occupied and out and about. If you have a friend or a neighbour who you feel is lonely, then bring them to one of our classes.

We have Diane Cunningham who would like to start a meditation class. Perhaps they would enjoy that. Come to one of our talks, every second Friday where we have interesting people speaking on a variety of topics. In a couple of weeks we will be showcasing our creative writing group telling their short stories and poems. Come along, bring a friend and let them enjoy the happy, convivial group that we all belong to. Or try our discussion group and have your say on subjects that are topical at the moment.

People who love crosswords but say emphatically “oh I can’t do cryptic” come to Betty’s class and she will show you how easy it is. Brain Ticklers are just that, interesting puzzles on all kinds of topics which we sit around and discuss out loud while we try to puzzle them out.

If you are consistently going only to one class, try another one as well, but wherever possible, bring a friend, encourage people for their own sake to get out and about and hopefully join our group. Let us keep moving forward and enjoy our various activities and encourage others to join in with us.

*Pam McGlinn*

## WELFARE

We were sorry to learn that Dorothy Rhodes passed away early in February.

Dorothy was a member of TLU3A for many years, and worked untiringly to establish our club.

Our thoughts are with her loving family.

## VALE DOROTHY RHODES

As Secretary, Dorothy was greatly involved in the drafting of our Constitution and our incorporation. She later served 2 years as Publicity Officer, and led the Book Club and Movie Appreciation groups.

She inaugurated the Play Reading group, and in addition presented many talks on a variety of subjects. She was a life member for many years, and we are extremely grateful for her enormous contribution to TLU3A. May she rest in peace.

## TWO NEW COURSES

We are asking for expressions of interest for two new classes proposed by Diane Cunningham. Provided we have sufficient numbers and a suitable venue can be found, we hope to schedule one or both later this year. Details below, contact Diane if interested.

### RELAXATION and MEDITATION

Thursday once a month between 10-noon, with Diane Cunningham. Using some wonderful and informative videos, we will learn stretching and gentle Pilates exercises, breathing techniques to calm the body & mind, together with a relaxing guided meditation. You can stand/sit or lie down for the various techniques. *Wear comfortable clothing, bring your own cushion, small blanket, towel & water. Do yourself a favor and sign up for this class which aims to calm your body and mind. Call Diane 0429 014 577 for further information*

### PAINTING

Thursday once a month between 10-noon, with Chris Vella, an award-winning professional artist, with over 35 years of artistic experience. Her later years have been spent teaching young people to learn the basics of art. Many of her students have gone on to win prestigious awards. Her passion is to teach people how to appreciate artwork, through learning to paint. Imagine being able to look at a piece of art and understand the expression of color, the form, structure and perspective? To have the calibre of Chris offering to give a class for free is exciting.

*Call Diane 0429 014 577 for further information.*

**MOVIES: MONDAY**

Leader: John Richards (4388 4945)  
 Venue: 34 Aston Wilde Ave, Chittaway Bay  
 Dates: 8, 22 May; 26 Jun

**Times: Movies shown mornings, 9.30-12noon  
 PLEASE BOOK AS PLACES ARE LIMITED**

**Monday, 8 May: HIDDEN FIGURES** 2017 (120 mins) Taraji P Henson, Olivia Spencer, Janelle Monae, Kevin Costner, Jim Parsons. Three female African-American mathematicians play pivotal roles in John Glenn's launch into orbit. Meanwhile they all have to deal with racial and gender discrimination at work.

**Monday, 22 May: ELIZABETH: The Golden Age** 2007 (110 mins). Cate Blanchett, Geoffrey Rush, Clive Owen. Queen Elizabeth (Cate Blanchett) faces threats to her rule at home and abroad. Determined to restore England to Roman Catholicism, Spain's King Philip II dispatches his Armada. Sworn to her country body and soul, Elizabeth must resist her love for charismatic seafarer Sir Walter Raleigh (Clive Owen) and watch as he and her handmaiden grow closer. Finally, her trusted adviser, Walsingham, Geoffrey Rush, uncovers a plot involving her cousin Mary Stuart. ("The film is loosely based on the early reign of Elizabeth I, but what the film does do well is capture the spirit, atmosphere and political climate of the times.")

**Monday 12<sup>th</sup> June:** Today is a Public Holiday, and we will not be presenting a movie.

**Monday, 26 June: RED JOAN** 2018 (97 mins) Judi Dench, Sophie Cookson, Stephen Campbell Moore, Tom Hughes. Joan Stanley (Dench) is living in contented retirement, when, in 2000, she is arrested by MI5 and accused of providing intelligence to Communist Russia. Cut to 1938, when she is a Cambridge physics student who falls for a young communist and begins to see the world in a new light. Working in top-secret nuclear research facility during WWII, Joan comes to the realisation that the world is on the brink of mutually assured destruction. What choice will she make? Inspired by true events.

**MY MEMOIRS MONDAY**

Leader: John Haydon (0403 797 585)  
 Email: [john@haydon.id.au](mailto:john@haydon.id.au)  
 Venue: Tigers Club, Bateau Bay  
 Dates: 24 Apr; 8, 22 May; 5, 19 Jun

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 in the Arthur Lake Room at Tigers, from 1:30 to 3:30 pm, or better still, meet us for lunch in the Bistro around 12:30.

**PLAY READING MONDAY**

Leader: Christine Kilner (4399 2748)  
 Email: [chrisatseakay@gmail.com](mailto:chrisatseakay@gmail.com)  
 Venue: Room A, The Ent. Community Centre  
 Dates: 1, 15 May; 5, 19 Jun

The venue at Shelly Beach was unsatisfactory, and attempts to find other venues proved difficult, so we have decided to return to our previous venue at The Entrance Community Centre, in Room A. Parking and access are easy, and we hope to see you there. New members are always very welcome.

**BOOK CHAT TUESDAY**

Leader: Pam McGlenn (4390 2451)  
 Email: [pamlakeside@bigpond.com](mailto:pamlakeside@bigpond.com)  
 Venue: Tigers Club, (coffee lounge)  
 Dates: 9 May; 13 Jun

If you enjoy reading, please come and join this friendly chat group where we read books of our own choosing. A topic is chosen and then we are free to discuss anything that comes within that genre.

**9th May:** Anything on food, even your favourite recipe (or restaurant??)

**13th June:** 21st Century. female Aust. authors.

**BRAIN TICKLERS TUESDAY**

Leader: Rhonda MacDiarmid (0403 293 175)  
 Email: [rxm55@outlook.com.au](mailto:rxm55@outlook.com.au)  
 Venue: Tigers Club, Bay Village  
 Dates: 2, 16 May; 6, 20 Jun

We have lots of interesting activities to test our 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: Diggers, The Entrance  
Dates: 26 Apr; 10, 24 May; 14, 28 Jun

Our venue at Diggers RSL is proving quite satisfactory. We meet at the far (western) end, by the windows. The Club opens at 10:00am, and parking is good. Newcomers are always welcome.

## CREATIVE WRITING

WEDNESDAY

Leader: Pam McGlenn (4390 2451)  
Email: pamlakeside@bigpond.com  
Venue: St David's Church Hall, Toukley  
Dates: 3, 17 May; 7, 21 Jun

We are now able to accept new members, and 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.

## MUSIC APPRECIATION

WEDNESDAY

Leader: Betty Siegman (0409 476 868)  
Email: betty\_siegman@hotmail.com  
Venue: 2/46 Neale Street Long Jetty  
Dates: 3, 17 May; 7, 21 Jun

We have welcomed some new members to our musical mornings. Music is mostly classics, but some more recent, some educational, others entertaining and sometimes even funny.

## DISCUSSION GROUP

FRIDAY

Leader: Helen Rawlings (0452 160 952)  
Email: helenmr2739@gmail.com  
Venue: Diggers, The Entrance  
Dates: 28 Apr; 12, 26 May; 9, 23 Jun

Diggers RSL at The Entrance is proving very satisfactory for our group. We meet at the far (western) end of the club, and have had some very interesting discussions, which we try to keep non-political and non-religious. Do come along and have your say or just listen in.

## MAH JONG

We had very few members interested in learning Mah Jong, and it will not be scheduled this term.

## Some Trivia for you



1. Question - What is tattooed on Popeye's arm?
2. Question - Who wrote the Da Vinci Code?
3. Question - What is Africa's highest mountain?
4. Question - What is the hottest planet in the solar system?
5. Question - Who wrote Oliver Twist?
6. Question - What is the medical term for your kneecap?
7. Question - What planet has The Great Red Spot?
8. Question - Jade is usually a shade of which colour?
9. Question - In Roman mythology who was the God of war?
10. Question - Where would you find the Sea of Tranquillity?

Answers:  
1 Anchor 2 Dan Brown 3 Mount Kilimanjaro  
4 Venus 5 Charles Dickens 6 The Patella  
7 Jupiter 8 Green 9 Mars 10 The Moon

## FRIDAY TALKS

~~ 5<sup>th</sup> May ~~

### **Budgewoi Dunes Sand Dunes Restoration**

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

From 1966 to 1973 the Budgewoi sand dunes were mined for rutile. My talk details the effort and innovation continuously employed over the past 27 years, in this highly acclaimed and successful sand dune restoration project. In 2022 Budgewoi Beach Dune Care was recognized as the leading NSW Dune Care team. Their work continues today. A talk supported by PowerPoint.

~~ 19th May ~~

### **The Creative Writers Group**

#### **Readings of their writings**

Because of Covid, it has been 4 years since we last gave one of our readings, which in the past have proved popular with our members.

To our newer members who may wonder what we do, the entire class will present to the audience a collection of the writings they have been doing.

We try to cover a variety of genres and to keep them reasonably short and entertaining.

~~ 2nd June ~~

### **Climate Change**

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

The human impact on Climate leads to devastating floods, fires, droughts and pandemics with millions of climate refugees.

'You cannot have healthy people on a sick planet'. We need to learn from our indigenous Brothers and Sisters and renew our respect for Mother Earth.

The course emphasizes the need for new Politics and Economics - a psychic - spiritual change, rather than a scientific approach.

~~ 16th June ~

### **Witch Hunts and Persecution From Biblical Times to the Present**

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

Whilst the Christian Church encouraged witch hunts in Europe from the 14th to the 18th century, the Catholic Church is now trying to shed light into this dark practice by declaring August 10th as a World Day Against Witch Hunts.

This is because the sad reality is that at least 60 nations, around the world, are continuing to persecute people as witches resulting in their deaths, often in vicious circumstances. Come and join with me as we explore this troubled history, where we will examine case histories like the Salem persecutions in America, witch trials in Germany, Scandinavia and England, including the causes and the hysteria which produced them, and the lasting impacts they had on their societies.

~~ 30th June ~~

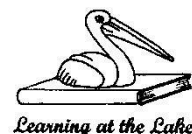
### **Apartheid**

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

This talk will cover the history of apartheid, the system of racial segregation in South Africa, from its inception in 1948 to its dismantling in 1994.

We will describe the growth of opposition to apartheid led by Nelson Mandela and the ANC, the ruthless suppression of the protest movement, international opposition to apartheid including the sporting boycotts, the 23-year imprisonment of Mandela, his eventual release from prison and election as President. While Ross will present the context, Val will share in detail her personal experiences, as a woman of colour, living under the apartheid regime for many years.

**Following today's talk we will meet for lunch in the Bistro at Tigers, Bateau Bay, from 12:15.**



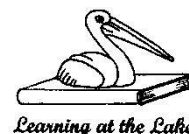
**24th April—30th June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>24 Apr</b>	<b>25 Apr</b>	<b>26 Apr</b>	<b>27 Apr</b>	<b>28 Apr</b>
MY MEMOIRS John Haydon 1.30-3.30 (Tigers)	PUBLIC HOLIDAY	CRYPTIC CROSSWORDS Betty Siegman (Diggers)		DISCUSSION GROUP Helen Rawlings (Diggers)
<b>1 May</b>	<b>2 May</b>	<b>3 May</b>	<b>4 May</b>	<b>5 May</b>
PLAY-READING Christine Kilner (TECC)	BRAIN TICKLERS 1.30-3.30pm (Tigers)	CREATIVE WRITING Pam McGlinn (Tk-SDCh)  MUSIC APPRECIATION Betty Siegman (Long Jetty)		BUDGEWOI DUNES RESTORATION Neil Bevege (TELJ RSL Hall)
<b>8 May</b>	<b>9 May</b>	<b>10 May</b>	<b>11 May</b>	<b>12 May</b>
MOVIE CLUB John Richards 9:30 – 12:00 (Chittaway Bay)  MY MEMOIRS John Haydon 1.30-3.30 (Tigers)	BOOK CHAT (Tigers) See Page 3	CRYPTIC CROSSWORDS Betty Siegman (Diggers)		DISCUSSION GROUP Helen Rawlings (Diggers)
<b>15 May</b>	<b>16 May</b>	<b>17 May</b>	<b>18 May</b>	<b>19 May</b>
PLAY-READING Christine Kilner (TECC)	BRAIN TICKLERS 1.30-3.30pm (Tigers)	CREATIVE WRITING Pam McGlinn (Tk-SDCh)  MUSIC APPRECIATION Betty Siegman (Long Jetty)		CREATIVE WRITERS PRESENTATION Pam McGlinn et al (TELJ RSL Hall)

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



Tuggerah Lakes U3A Inc  
**Course Calendar: 2023 – TERM 2**



**24th April—30th June**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22 May</b>	<b>23 May</b>	<b>24 May</b>	<b>25 May</b>	<b>26 May</b>
<b>MOVIE CLUB</b> John Richards 9:30 – 12:00 (Chittaway Bay)  <b>MY MEMOIRS</b> John Haydon 1.30-3.30 (Tigers)		<b>CRYPTIC CROSSWORDS</b> Betty Siegman (Diggers)		<b>DISCUSSION GROUP</b> Helen Rawlings (Diggers)
<b>29 May</b>	<b>30 May</b>	<b>31 May</b>	<b>1 Jun</b>	<b>2 Jun</b>
				<b>CLIMATE CHANGE</b> Paul Corkson (TELJ RSL Hall)
<b>5 Jun</b>	<b>6 Jun</b>	<b>7 Jun</b>	<b>8 Jun</b>	<b>9 Jun</b>
<b>PLAY-READING</b> Christine Kilner (TECC)  <b>MY MEMOIRS</b> John Haydon 1.30-3.30 (Tigers)	<b>BRAIN TICKLERS</b> 1.30-3.30pm (Tigers)	<b>CREATIVE WRITING</b> Pam McGlenn (Tk-SDCh)  <b>MUSIC APPRECIATION</b> Betty Siegman (Long Jetty)		<b>DISCUSSION GROUP</b> Helen Rawlings (Diggers)
<b>12 Jun</b>	<b>13 Jun</b>	<b>14 Jun</b>	<b>15 Jun</b>	<b>16 Jun</b>
<b>PUBLIC HOLIDAY</b>	<b>BOOK CHAT</b> (Tigers) See Page 3	<b>CRYPTIC CROSSWORDS</b> Betty Siegman (Diggers)		<b>WITCH HUNTS and PERSECUTION</b> Brian Green (TELJ RSL Hall)

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



Tuggerah Lakes U3A Inc  
**Course Calendar: 2023 – TERM 2**



**24th April—30th June**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>19 Jun</b>	<b>20 Jun</b>	<b>21 Jun</b>	<b>22 Jun</b>	<b>23 Jun</b>
<b>PLAY-READING</b> Christine Kilner (TECC)  <b>MY MEMOIRS</b> John Haydon 1.30-3.30 (Tigers)	<b>BRAIN TICKLERS</b> 1.30-3.30pm (Tigers)	<b>CREATIVE WRITING</b> Pam McGlenn (Tk-SDCh)  <b>MUSIC APPRECIATION</b> Betty Siegman (Long Jetty)		<b>DISCUSSION GROUP</b> Helen Rawlings (Diggers)
<b>26 Jun</b>	<b>27 Jun</b>	<b>28 Jun</b>	<b>29 Jun</b>	<b>30 Jun</b>
<b>MOVIE CLUB</b> John Richards 9:30 – 12:00 (Chittaway Bay)		<b>CRYPTIC CROSSWORDS</b> Betty Siegman (Diggers)		<b>APARTHEID</b> Val Govind (TELJ RSL Hall)  <b>END OF TERM LUNCH</b> (Tigers)

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