

Learning at the Lake

Tuggerah Lakes NeWs

Tuggerah Lakes U3A Inc

July 2009

Website: www.tugglakesu3a.info

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FROM THE EDITOR:

I hope you are managing Winter's chill and coping with the sniffles that seem to beset most people. At least I haven't heard of anyone contracting H1N1 virus (I won't call it "Swine Flu" as I don't wish to denigrate our porcine friends).

It's your last chance to book for Jocelyn's Canberra trip, "Look, Learn and Laugh", two nights and three days, visiting the National Library, Portrait Gallery and numerous other interesting places on October 13th-15th for only \$450 ppts, including coach travel and accommodation. The deposit of \$100 must be paid by 20th July. Any enquiries, phone Jocelyn 4388 5743.

I also had a request from Tommy Thomas to mention that the Men's Shed in The Entrance is now open and operating, but the fellows are in need of any surplus tools, and to contact Kim Hopkins 0414 855 943 if you can help.

Wyong Council are holding an e-waste drop off day on Saturday 8th August. Take unwanted monitors, cables, batteries etc to 6 Amsterdam Circuit, N Wyong between 8am-1pm. Positively no whitegoods. Electronics only.

Secretaries and Course co-ordinators please note: We now have new Attendance Sheets, double-sided and with spaces for visitors' names on the bottom of the second page. A supply will be kept in the white cupboard.

Jayne Davis

President:	Tom Marish	4396 6800
Vice President:	Margaret Goode	4390 2766
Secretary:	Rita Richards	4388 4945
Treasurer:	Cam Rhodes	4332 4103
Course Co-ordinator:	Tommy Thomas	4388 9420
Venue Co-ordinator:	Pam McGlinn	4390 2451
Membership:	Betty Siegman	4332 0870
Publicity:	Tony Thomson:	4358 3655
Welfare Officer:	Joyce Clinch	4333 6586
Newsletter Editor:	Jayne Davis	4396 3446
Correspondence:	The Secretary	
34 Aston-Wilde Ave. Chittaway Bay, 2261		

SOCIAL DAY

At diggers @ the entrance in the larger Function Room downstairs, with entertainment by our excellent and talented Creative Writers

Date:	Tuesday, 18th August
Bookings:	Pam McGlinn (4390 2451)
Time:	10.00-12.00
Cost:	Members-no charge Non-Members \$5

Bookings essential for "nibblies"

Pam McGlinn (4390 2451)

Final date for bookings: Friday 14th August
Please note: if you have booked and are unable to come, please notify Pam.

MEMBERSHIP FEES:

Annual Membership Fees are due on 1st January each year, and are **\$20 per person**. For people joining after 30th June, the fee will be \$10, with a pro rata fee for each month after that.

Place your money together with your Membership Renewal Form in a sealed envelope and forward to The Treasurer:
Cam Rhodes
52 Lucinda Avenue
Killarney Vale 2261

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 Vale

Cnr Berkeley Rd & Heather Av

Tk-SDCh: St Davids Church Hall

Cnr Hargraves and Victoria Sts, Toukley

French Conversation:

74 Evans Rd, Canton Beach

Movie Appreciation:

34 Aston Wilde Av, Chittaway Bay

TERM 3: **Start: 27th July**
Finish: 2nd October

FROM THE PRESIDENT:

We have just passed the Winter Solstice and as Shelley wrote "If Winter comes, can Spring be far behind?" It's a time when we are inclined to get out more often and tend to the things that have been neglected while we hibernated.

At our place, we have replaced the hot water system with a "heat pump" unit—not because our old unit was faulty, but because the new unit uses about one third the energy, thus reducing our "carbon footprint". There are economical advantages also; our electricity bill will drop and if we receive the three government subsidies we will nearly cover the cost of the purchase. (This doesn't include the energy and resources used in the replacement and disposal of the old unit.)

But why are there three separate subsidies? Why is there so much jargon and confusion attached to Climate Change and Resource Depletion? Why are we still debating whether the problems exist, are relevant, and who should be addressed at a time of economic downturn? Even engineers like myself find this terribly confusing, especially when politics complicate the debate.

Almost everything on these problems seems concentrated on technical matters, but we remain in a state of denial as the real problem is the combination of increasing population and per capita use of resources. *We are the problem.* If you don't agree, just think how over-resourced (not under-resourced) our medical/health system would become if it didn't have to cope with all those sick old folk—then go back to denial.

Perhaps we at U3A should find someone to explain these dilemmas to us (omitting the politics). The best way is to give a talk on the subject. I have been thinking about doing this, but the older I get the more difficult I find the task.

I didn't mean to sound dreary, but that's Winter for you. Have a safe and enjoyable term.

Tom Marish

COURSE CO-ORDINATOR'S REPORT:

This term we have a wide range of topics, starting with a talk by Paul Anderson, the Director of the Gosford Horticultural Institute, on the work of the Institute.

Eva and Tom will use a remarkable collection of recordings to take us back to the Thirties with a review of the meaning of words then in regular use. Noel Pollard will return to talk on his own long career as a civil engineer in government.

Colleen Cooper, the Service Manager of the Tuggerah branch of ADDSI, will describe the work of the Aged and Disability Support Service she manages locally.

Lany Thomson will describe the help he has received, and now delivers, for the visually Impaired in the area.

The rivers theme will be revisited with a talk by Pam McGlenn and Ann Cooke on their very recent overseas visits along European rivers.

Our very special local historian Warren Hyslop will speak on the legacy of buildings in London designed by Sir Christopher Wren.

Eva's daughter, Jan Hissey, an Occupational Health Nurse, will speak to us on the role and relevance of occupational health.

Finally, Sonia Wutzke of the "45 and Up" health study will tell us about this massive Project and the results so far.

I regret that Polly and I will be overseas throughout this term and will miss these great talks. Margaret Goode, our Vice President, has kindly stepped into my role and will deal with any change of plan.

Enjoy another term of "Learning at the Lake".

Tommy Thomas

WELFARE REPORT:

In the absence of our regular Welfare Officer, I'm happy to report that Joyce Clinch, Liisa Schneider and Aileen Moss are all on the way to recovery; and the latest report about Judy Writer is that she's recovering slowly but surely and hopes to be joining us again at classes. For anyone else on the sick list, get well soon.

Ed

GOSFORD HORTICULTURAL INSTITUTE: MONDAY

Speaker: Paul Anderson.
Secretary: Margaret Goode (4390 2766)
Venue: diggers @ the entrance
Date: 3rd August

The institute develops science-based technologies and production systems for horticultural crops and the Australian legume industries, and to reduce the reliance on pesticides and improving environmental performance.

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**CIVIL ENGINEERING : MONDAY**

Speaker: Noel Pollard.  
Secretary: Margaret Goode (4390 2766)  
Venue: diggers @ the entrance  
Date: 17th August

Noel will repeat the showing of the film about the SHAR descent road in Saudi Arabia .  
Here in NSW, Noel will describe the engineering issues relating to the CBD Cross City Tunnel and the control of traffic through the correct layout of lights and junctions.

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EUROPEAN RIVERS: MONDAY

Speakers: Ann Cooke & Pam McGlinn
Secretary: Margaret Goode (4390 2766)
Venue: diggers @ the entrance
Date: 7th September

Following their recent river trips, Pam and Ann will give a presentation of this magnificent European river system.
Ann will present the first half, covering the turbulent history of the area from the Romans until the 19th century.
In the second part, Pam will speak on the rivers as they are now with their huge system of locks.

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**OCCUPATIONAL HEALTH NURSING: MONDAY**

Speaker: Jan Hissey  
Secretary: Margaret Goode (4390 2766)  
Venue: diggers @ the entrance  
Date: 21st September

Jan spent 32 years as an Occupational Health Nurse in industry and related fields in Sydney. She has held jobs ranging from teaching apprentices the hazards of their trade to being a university lecturer.  
Come and learn about the role and relevance of occupational health.

**MOVIE APPRECIATION: MONDAY**

Leader: John Richards (4388 4945)  
Venue: 34 Aston Wilde Ave, Chittaway Bay  
Dates: 27th July; 10th,24th Aug; 14th,28th Sep.

**Times: Please note, movies will only be shown in the mornings at 9.30-12noon**

**IMPORTANT: PLEASE BOOK AS PLACES ARE LIMITED**

**John, has selected his usual varied group of excellent films for this term**

**27th July: THE FABULOUS DORSEYS:** (1947 ) Biopic (84 mins) Stars Tommy and Jimmy Dorsey as themselves. Documenting the rise of the band of brothers, their highs and lows, and how a split between them just propelled them to greater success.

**10th Aug: LIFE AS A HOUSE:** (2001) Drama (125 mins) Kevin Kline, Kristen Scott Thomas, Sam Monroe, Mary Steenburgen. When a man is diagnosed with terminal cancer, he takes custody of his misanthropic teenage son, for whom quality time means getting high and avoiding his father.

**24th Aug: THE GIRL CAN'T HELP IT:** (1956) Comedy (99mins) Tom Ewell, Jayne Mansfield, Edmond O'Brien, Julie London. Press Agent, Ewell tries to launch the singing career of gangster's girlfriend, Mansfield. Performances by Fats Domino, The Platters, Gene Vincent and Little Richard.

**14th Sept: ROLLERCOASTER:** (1977) Drama (119mins) George Segal, Richard Widmark, Timothy Bottoms, Henry Fonda, Harry Guardino, Susan Strasberg, Helen Hunt. Segal, a civic inspector, hunts an extortionist who is sabotaging amusement parks.

**28th Sept: THE ODESSA FILE:** (1963) Drama (123mins) Jon Voight, Maximilian Schell, Derek Jacobi. After reading the diary of an elderly Jewish man who committed suicide, journalist Peter Miller (Voight) begins to investigate the alleged sighting of a former SS Captain who commanded a concentration camp during World War II. He finds himself involved with the powerful organization of former SS members, called ODESSA.

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*The scene is dull. Tell him to put more life into his dying.
Tell me, how did you love my picture?*

Attributed to Samuel Goldwyn

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

THE READERS GROUP**MONDAY**

Secretary: Dorothy Rhodes (4332 4103)
 Venue: diggers @ the entrance
 Dates: 27th July; 24th Aug; 28th Sept.

The Readers Group is still enjoying what they do, and this term will be looking at Family Sagas, War Novels, and the novels of Leon Uris. We learn a lot from our group sessions! You are welcome to come and sit in on one of our classes.

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**PLAY READING****TUESDAY**

Secretary: Beverley Budnichenko (4332 3942)  
 Venue: diggers @ the entrance  
 Dates: 28th July; 11th, 25th Aug; 8th, 22nd  
 September

The playreaders meet on the second and fourth Tuesdays each month and read all types of plays ranging from comedy to murder.

We would very much like some more people to join us, especially men; and you would be very welcome to sit in and see how we operate.

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SOCIAL DAY
TUESDAY 18th AUGUST

This term the entertainment for our Social Day will be provided by the Creative Writers. Their "creative" writings will cover a wide range; drama, comedy, true life and, of course, poetry. Come along and enjoy yourself at one of our friendly social days.

Please book with Pam McGlinn 4390 2451.

See Page 1 for full details.

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**RAMBLE IN THE RED GUM FOREST: TUESDAY**

Leader: Barbara Skurr (4392 4158)  
 Date: 1st September  
 Time: 10.00am

Eva Seale is going to try and have this ramble for the third time, weather permitting. She will give a talk on the history of the forest before we set off on the ramble.

We will meet at the Sensory Gardens, North Entrance at 10.00am for the talk and morning tea, and will return for lunch. Either bring your own or partake of the excellent fish and chips available there. Toilets and a few seats and tables are provided.

Wear sensible clothes and comfortable shoes, and bring a hat, sunscreen and jacket as it could be windy. If you don't want to walk, just sit and enjoy the view. For further information, ring Barbara

Skurr (4392 4158) or Eva Seale (4388 5848)

**MUSIC APPRECIATION****WEDNESDAY**

Leaders: Betty Siegman  
 Venue: The Berkeley Centre  
 Dates: 12th, 26th Aug; 9th, 23rd Sept  
 Time: 10.15 am—12.15 pm.

This term, Betty will be continuing with the fascinating series of programs of composers and their backgrounds, narrated by Simon Callow; as well as featuring some of the music of these composers.

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CREATIVE WRITING WORKSHOP WEDNESDAY

Secretary: Pam McGlinn (4390 2451)
 Venue: St. Davids Church Hall, Toukley
 Dates: 5th, 19th Aug; 2nd, 16th Sept

We continue with this class, and at our Social Day this term you can hear the results of our achievements. It is a very interesting group and we now have vacancies for anyone who wishes to join us. Please ring Pam for bookings.

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**CRYPTIC CROSSWORDS****WEDNESDAY**

Leader: Betty Siegman (4332 0870)  
 Venue: diggers @ the entrance  
 Dates: 5th, 19th Aug; 2nd, 16th Sept

This course is so popular that there are now two groups, one of which caters for beginners. Don't be shy, it really can be fun and taxes your brain as well.

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FRENCH CONVERSATION AT HOME: THURSDAY

Leader: Henriette Vanechop (4396.7847)
 Venue: 74 Evans Road, Canton Beach
 Dates: 6th, 13th, 20th Aug; 3rd, 10th, 17th
 Sept; 1st Oct
 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 conversation and is designed for those with a basic knowledge of French, say from school days. The auxiliary international language, Esperanto, is also available.

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*I'll believe in colour television when I see it in black and white.*

*When I want your opinion, I'll give it to you.*

*I'm having a bust made of my wife's hands.*

**NOTE:**

**1. Venue locations—see Page 1.**

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

*Attributed to Samuel Goldwyn*

**WORDS FROM THE THIRTIES: FRIDAY**

Speakers: Eva Seale and Tom Marish  
Secretary: Margaret Goode (4390 2766)  
Venue: diggers @ the entrance  
Date: 7th August

Aniseed Balls, Billy Carts and Clothes Lines: an ABC of Growing Up in the Thirties, narrated by Col Fraser and written by Roly Chapman.

**FRIDAY**

**ADSSI (Aged and Disability Support Service):**

Speaker: Colleen Cooper  
Secretary: Margaret Goode (4390 2766)  
Venue: diggers @ the entrance  
Date: 21st August

Colleen is the local Service Manager for ADSSI, an organisation that has over 20 years experience working with people living in our community whose health or circumstances affect their ability to be completely independent. She will describe the full range of services provided by her staff to our community

ADSSI's services include Case Management, Services Assessment, Domestic Assistance, Respite Care, Occupational Therapy and Home Modifications.

**FRIDAY**

**HELP FOR THE VISUALLY IMPAIRED:**

Speaker: Lany Thomson  
Secretary: Margaret Goode (4390 2766)  
Venue: diggers @ the entrance  
Date: 4th September

Lany will describe his own approach to living from the age of 24 with the complete loss of his vision following an industrial accident. He now assists others to benefit from the technique of echolocation he learnt from the pioneer in this new science, Daniel Kish. Lany also trains guide dogs, performs and trains others at Paralympic standard in the sport of Judo.

**FRIDAY**

**SIR CHRISTOPHER WREN'S LASTING LEGACY:**

Speaker: Warren Hyslop  
Secretary: Margaret Goode (4390 2766)  
Venue: diggers @ the entrance  
Date: 18th September

London has over 100 churches and Christopher Wren rebuilt close on 60 of them, including St Paul's Cathedral. Hear of the special qualities about many

of his creations. A fascinating story.

**45 AND UP STUDY: FRIDAY**

Speaker: Sonia Wutzke  
Secretary: Margaret Goode (4390 2766)  
Venue: diggers @ the entrance  
Date: 2nd October

A large, general population cohort study designed to investigate healthy ageing. This presentation will provide an overview of the "45 and Up" Study, progress to date and detail on the research projects that are already underway using data from the Study, with direct relevance to policy priorities, including:

- i) Understanding the impact of social, economic and geographic disadvantages on the health of Australians in mid to later life
- ii) Exploring met and unmet needs for home care in NSW
- iii) Understanding the factors relating to health insurance status—the public/private balance
- iv) Determining aged care trajectories in NSW—examining the influence of later life, family, disease and disability on patterns of aged care service use
- v) Obesity and hospitalisation
- vi) High level health service users—the characteristics of these individuals, the health problems that they have, and their patterns of service use.

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DISCUSSION GROUP: FRIDAY

Leader: Marie Cioccarelli (4332 9676)
Venue: diggers@ the entrance
Dates: 14th, 28th Aug; 11th, 25th Sep.

Come along and join with Marie in discussing current affairs and many other interesting subjects. Your suggestions are always welcome as you join in with this very friendly and verbally active group.

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**MAH JONG: FRIDAY**

Secretary: Pam McGlinn (4390 2451)  
Venue: diggers@ the entrance  
Dates: Every Friday (31st Jul-2nd Oct)  
Time: 1.30pm-3.30pm

Mah Jong is a game that originated in China, and involves skill, strategy and calculation. Come and try your luck at this fascinating game.

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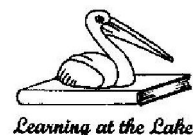
That's why I'll be a great conservative and environmental president. I plan to fish and hunt as much as I can.

To hell with the public. I'm here to represent the people.

Attributed to various politicians

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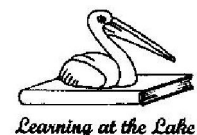
Tuggerah Lakes U3A Inc
Course Calendar: 2009 – TERM 3
27th July—2nd October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 July	28 July	29 July	30 July	31 July
MOVIE CLUB John Richards 9.30-12.00 (Chittaway Bay)	PLAY READING Beverley Budnichenko (diggers)			MAH JONG 1.30pm-3.30pm (diggers)
THE READERS GROUP Dorothy Rhodes (diggers)				
3 Aug	4 Aug	5 Aug	6 Aug	7 Aug
THE WORK OF THE GOSFORD HORTICULTURAL INSTITUTE Paul Anderson (diggers)		CRYPTIC CROSSWORDS Betty Siegman (diggers)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	AN ABC OF GROWING UP IN THE THIRTIES Eva Seale & Tom Marish (diggers)
		CREATIVE WRITING WORKSHOP (Tk-SDCh)		MAH JONG 1.30pm-3.30pm (diggers)
10 Aug	11 Aug	12 Aug	13 Aug	14 Aug
MOVIE CLUB John Richards 9.30-12.00 (Chittaway Bay)	PLAY READING Beverley Budnichenko (diggers)	MUSIC APPRECIATION Betty Siegman (TBC)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	DISCUSSION GROUP Marie Cioccarelli (diggers)
				MAH JONG 1.30pm-3.30pm (diggers)
17 Aug	18 Aug	19 Aug	20 Aug	21 Aug
CIVIL ENGINEERING Noel Pollard (diggers)	SOCIAL DAY 10am-12.00md (diggers) See page 1 for details.	CRYPTIC CROSSWORDS Betty Siegman (diggers)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	ADSSI—Aged and Disability Support Service Colleen Cooper (diggers)
		CREATIVE WRITING WORKSHOP (Tk-SDCh)		MAH JONG 1.30pm-3.30pm (diggers)
24 Aug	25 Aug	26 Aug	27 Aug	28 Aug
MOVIE CLUB John Richards 9.30-12.00 (Chittaway Bay)	PLAY READING Beverley Budnichenko (diggers)	MUSIC APPRECIATION Betty Siegman (TBC)		DISCUSSION GROUP Marie Cioccarelli (diggers)
THE READERS GROUP Dorothy Rhodes (diggers)				MAH JONG 1.30pm-3.30pm

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Tuggerah Lakes U3A Inc
Course Calendar: 2009 – TERM 3
27th July—2nd October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Aug	1 Sep	2 Sep	3 Sep	4 Sep
	A RAMBLE IN THE RED GUM FOREST Barbara Skurr (Details page 4)	CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	HELP FOR THE VISUALLY IMPAIRED Lany Thomson (diggers) MAH JONG 1.30pm-3.30pm (diggers)
7 Sep	8 Sep	9 Sep	10 Sep	11 Sep
EUROPEAN RIVERS The Danube, Main and Rhine Rivers Ann Cooke and Pam McGlinn (diggers)	PLAY READING Beverley Budnichenko (diggers)	MUSIC APPRECIATION Betty Siegman (TBC)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	DISCUSSION GROUP Marie Cioccarelli (diggers) MAH JONG 1.30pm-3.30pm (diggers)
14 Sep	15 Sep	16 Sep	17 Sep	18 Sep
MOVIE CLUB John Richards 9.30am-12.00pm Chittaway Bay		CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	SIR CHRISTOPHER WREN'S LASTING LEGACY Warren Hyslop (diggers) MAH JONG 1.30pm-3.30pm (diggers)
21 Sep	22 Sep	23 Sep	24 Sep	25 Sep
OCCUPATIONAL HEALTH NURSING Jan Hissey (diggers)	PLAY READING Beverley Budnichenko (diggers)	MUSIC APPRECIATION Betty Siegman (TBC)		DISCUSSION GROUP Marie Cioccarelli (diggers) MAH JONG 1.30pm-3.30pm (diggers)
28 Sep	29 Sep	30 Sep	1 Oct	2 Oct
MOVIE CLUB John Richards 9.30am-12.00pm Chittaway Bay THE READERS GROUP Dorothy Rhodes (diggers)			FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	45 AND UP STUDY Sonia Wutzke (diggers) MAH JONG 1.30pm-3.30pm (diggers)

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