



Tuggerah Lakes NeWs

Tuggerah Lakes U3A Inc

October 2009

Website: www.tugglakesu3a.info

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FROM THE EDITOR:

In the past, I've really enjoyed travelling in Central Australia, but I must say I didn't much appreciate having a quantity of red dust dumped on my doorstep. I might sweep it up and return it to someone sometime. Anyway, I hope you all survived our recent little episode.

I'd like to remind you about our AGM and Christmas Party on December 9th. You need to book and details are in the box on the right hand side of this page. This is an excellent time to gather together and meet up with people you don't see very often.

I have a request from Rita Richards; Someone borrowed one of her Celts booklets, Episode 6 "The Celts in Ireland" and she would very much like it back as she has people waiting to read it.

This is my last Newsletter for a while, as I feel I need a bit of a break, and anyway, why should I have all the fun?

Enjoy your term and have quiet and gentle build-up to the Festive Season.

Jayne Davis

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

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	

ANNUAL GENERAL MEETING And CHRISTMAS PARTY At diggers @ the entrance in the Main Function Room in the Club.

Date: Wednesday 9th December
Bookings: Pam McGlinn (4390 2451)
Time: 10.00am—1.00pm
Cost: Members—no charge
Non-members—\$10

Bookings essential for lunch
Pam McGlinn (4390 2451)

Final date: Friday 4th November

Please note: if you have booked for lunch but are unable to come, it is essential that you 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 early in November

MEMBERSHIP FEES:

Annual Membership Fees are due on 1st January each year, and are **\$20.00 per person**. This full amount is payable up to 30th June. In July the fee will be \$12, and pro rata 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 Ave,
Killarney Vale 2261**

**TERM 4: Start: 19th October
Finish: 9th December**

FROM THE PRESIDENT:

Several U3A chapters in our region report having lost Course Leaders for one reason or another but, despite this, they continue on. This, of course, is what happened with our own Creative Writing Group which continues on with a Secretary as do some of our other activities. It is a reminder that not all our activities are 'formal' courses or need a 'formal' leader, as such.

There is no reason why a group of Members who, finding that they have a common interest in some activity, cannot meet regularly as a recognised U3A activity to do whatever they are interested in without a Leader. These activities might be Recreational—walking or cards, a hobby—genealogy or collecting, or more intellectual—history, geology or astronomy.

I have noticed that our Members are predominantly female. Does the higher mortality rate of older males explain this, or is it only part of the reason? What activities would attract more men? Please tell us.

Judith and I have just returned from Hong Kong and the Yangtze River area of China. Apart from the heat and haze-cum-smog, it was fascinating. It reminds me of the song about "An Awful lot of Coffee in Brazil" as there are 1,300 million people in China. Shanghai alone is home to 17 million, which is the equal of 80% of the Australian population of 21 million a year ago.

Our national population has increased and is now close to 22 million. Unfortunately, the same cannot be said of the number of our members which has barely increased, despite the efforts of our energetic Publicity Officer, Tony Thomson.

On 9 December, we will have our 11th AGM. We hope to see as many members there as possible. In the meantime, think about standing for election to the Management Committee or nominating another suitable member.

Tom Marish. September 2009

COURSE CO-ORDINATOR'S REPORT:

Three new speakers and three regulars will enlighten us this term on a wide variety of subjects.

Neil Desailly, Bradden Lassells and a new member, John Adams take us from Papua New Guinea to Navstar Global Positioning Systems via "The World of Harps".

Noel Pollard, Graeme Peak and Trevor Kruger range from Kakadu to "Why do we Laugh?" This will be my last term in the role of Course Co-ordinator and we now need to identify my successor whom I look forward to assisting in the planning for 2010

Enjoy another term of "Learning at the Lake".

Tommy Thomas

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**WELFARE NOTICE:**

We were all very sad to hear of the passing of Elaine Callan recently. Elaine was a foundation member of this chapter, and held the position of secretary at its inception, as well as holding membership number 001.

Joyce Clinch, Liisa Schneider and Ann Davis are also on the sick list, and we wish them all well. We all hope to see Judy Writer back with us again soon.

Ted McGlinn has had bi-lateral knee replacements, and by all accounts is recovering well.

Valda Lambert is about to undergo a knee replacement just as our term begins, and we wish her the best of luck.

Ed

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CIVIL ENGINEERING: MONDAY

Speaker: Noel Pollard
Secretary: Rita Richards (4388 4945)
Venue: diggers @ the entrance
Date: 19th October

Noel will talk about his experience on the Kakadu road project and other projects covering: roads, aerodromes, bowling greens and golf courses!

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MONDAY

A WINDOW INTO ABNORMAL/ CLINICAL PSYCHOLOGY:

Speaker: Grahame Peak
Secretary: Rita Richards (4388 4945)
Venue: diggers @ the entrance
Dates: 2nd & 16th November

Graeme will look briefly at:

- 1) some common types of mental disorders—anxiety disorders, eg: obsessive-compulsive behaviour—mood disorders, eg: depression—schizophrenia.
- 2) some approaches to the treatment of mental disorders—psychotherapy - cognitive behavioural therapy (CBT) - pharmacotherapy.

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MONDAY

SEXTANT TO SATELLITE: NAVIGATION THROUGH THE AGES:

Speaker: John Adams
Secretary: Rita Richards (4388 4945)
Venue: diggers @ the entrance
Date: 7th December

John will start with brief details of the navigation systems used by early explorers from about the 13th century. We can then discuss the development of celestial navigation with early primitive instruments, leading on to the sextant and then to the development of the Navstar Global Positioning System.

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*In Shakespeare's time, mattresses were secured on a bed by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the expression ...*

*'Good night, sleep tight.'*

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MOVIE CLUB: MONDAY

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

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

IMPORTANT: PLEASE BOOK AS PLACES ARE LIMITED

John, as usual, has selected a varied group of excellent classic films for this term.

26th Oct: KEY LARGO: (1948) Drama (101 mins) Humphrey Bogart, Edward G Robinson, Lauren Bacall, Lionel Barrymore, Claire Trevor. Tough gangster (Robinson) holds people hostage in a Florida hotel during a tropical storm. Trevor won Best Supporting Actress as Robinson's moll.

9th Nov: MISS POTTER: (2006) Biography (92 mins) Renee Zellweger, Ewan McGregor, Emily Watson, Lloyd Owen. Thirty years old and single, Beatrix Potter infuriates her parents by ignoring eligible young men. Her only real friends are animals, which she has lovingly drawn and written stories about, since childhood.

23rd Nov: THE BIG CLOCK: (1948) Drama (95 mins) Ray Milland, Charles Laughton, Maureen O'Sullivan, George Macready, Harry Morgan. Tyrannical publisher of crime magazine (Laughton) commits murder, and his editor (Milland) finds all the clues pointing to himself.

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**THE READERS GROUP: MONDAY**

Leader: Dorothy Rhodes (4332 4103)  
Venue: diggers @ the entrance  
Dates: 26th Oct, & 23rd Nov

A list of the books we will be looking at during the new year is now available—give Dorothy a ring if you think you might be interested. A love of reading is the only criterion. All tastes catered for! Books lent and cared for. Call in any time.

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If English was good enough for Jesus Christ, it's good enough for me.

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

PAPUA NEW GUINEA: TUESDAY

Speaker: Neil Desailly
Secretary: Margaret Goode (4390 2766)
Venue: diggers @ the entrance
Date: 1st December

Neil served in the Australian Navy during WW11. In March 1949 he joined the Department of District Services and National Affairs in Papua New Guinea as a Patrol Officer. In 1966, he moved from the field service to take up an appointment as a Resident Magistrate before his return to Australia in 1975. Neil will describe these 26 years and his wide experience in Papua New Guinea.

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PLAYREADING: TUESDAY

Secretary: Dorothy Rhodes (4332 4103)
Venue: diggers @ the entrance
Dates: 27th Oct; 10th, 24th Nov.

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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MUSIC APPRECIATION: WEDNESDAY

Leader: Betty Siegman (4332 0870)
Venue: The Berkeley Centre
Time: 10.15 am—12.15 pm.
Dates: 28th Oct; 11th, 25th Nov

It has been fascinating seeing the places where various composers have worked in the series of DVDs that Betty has been showing for us. These presentations are followed by other music by these composers.

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CRYPTIC CROSSWORDS WEDNESDAY

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

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.

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CREATIVE WRITING WORKSHOP WEDNESDAY

Secretary: Pam McGlinn (4390.2451)
Venue: St. Davids Church Hall, Toukley
Dates: 21st Oct; 4th, 18th Nov; 2nd Dec

This workshop is continuing most successfully, so why don't you come and join us? We're a friendly group and will welcome any newcomers.

FRENCH CONVERSATION AT HOME: THURSDAY

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

As well as continuing with the conversational French, Henriette is also starting a beginner's course for anyone who wants to learn French.

The auxiliary international language, Esperanto, is also available.

UNDERSTANDING OURSELVES: FRIDAY

Speaker: Trevor Kruger
Secretary: Rita Richards (4388 4945)
Venue: diggers @ the entrance
Dates: 6th & 20th November

Trevor will continue his series of talks on the science of neurology.

- 1) From the Pharaoh mummies to MRIs: a history of the changing explanations for mental disorders and the idea that "the mind is the brain doing its job"
-Some simple tests of perception and discussion of selected neurological disorders.
- 2) Synaesthesia (seeing numbers/hearing musical notes in colour) - blindsight (avoiding objects while blind) - phantom limbs—the plasticity of the brain—illusions—the unconscious and free will—implications for previously held beliefs about mental handicap—Buddhism and the brain—why do we laugh?

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This is the greatest planet on earth.

Attributed to Dan Quayle

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FRIDAY continued

THE WORLD OF HARPS:

Speaker: Brandden Lassells
Secretary: Rita Richards (4388 4945)
Venue: diggers @ the entrance
Date: 4th December

Brandden Lassells of "Harps and Harps" is a local harp maker selling harps worldwide. A lot of people have never seen a harp up close and personal, so Brandden will present a brief history of the harp development, from one of the very earliest known of all instruments up to the modern times. Harps are perhaps the least standardised instrument in the western world as they come in many sizes, shapes and types; they can have one row of strings, two rows or even three. You will hear about the various types of harps that exist and then hear about how they are made. Brandden will have a harp with him so that you can have a good close look at it. We plan to have someone with us who can demonstrate the playing of harp music for us. There will be times for questions and answers about this instrument.

DISCUSSION GROUP: FRIDAY

Leader: Marie Cioccarelli (4385 1264)
Venue: diggers @ the entrance
Dates: 23rd Oct; 13th, 27th Nov
Come along and join with Marie in discussing current affairs, Your suggestions are always welcome as you join in with this very friendly and verbally active group

MAH JONG: FRIDAY

Secretary: Pam McGlinn (4390-2451)
Venue: diggers @ the entrance
Dates: Every Friday (23rd Oct-4th Dec)

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

JUST A REMINDER

**Don't forget the launch of Pam's Third book "The Dream is Shattered" on Friday, 30th October at diggers. The flyer that came with this Newsletter will give you all the details.
Bookings essential with Pam (4390 24 51)**

IMPORTANT INFORMATION

Due to the melting of the Polar Icecap, the following measures are to take place .

Re- the "Twelve Days of Christmas"

The partridge will be retained, but the pear tree will be replaced by a plastic hanging plant, providing savings in maintenance. The two turtle doves represent a redundancy that are not cost effective. Their romance during working hours could not be condoned. The positions have been eliminated.

The three French hens remain intact. After all, everyone loves the French.

The four calling birds were replaced by an automated voice mail system, with a 'call waiting' option. An analysis is underway to determine whom the birds have been calling and how often and how long they talked. The five golden rings have been put on hold by the Board of Directors. Maintaining a portfolio based on one commodity could have negative implications for institutional investors. Diversification into other precious metals as well as a mix of T-Bills and high technology stocks appear to be in order.

The six geese-a-laying constitutes a luxury which can no longer be afforded. It has long been felt that the production rate of one egg per goose per day is an example of the decline in productivity. Three geese will be let go.

The seven swans-a-swimming is obviously a number chosen in better times. The function is purely decorative. Mechanical swans are on order. The current swans will be retrained to learn some new strokes and therefore enhance their outplacement.

The eight maids-a-milking concept has been under scrutiny by the Equal Employment Opportunity Commission. A male/female balance in the workforce is being sought. The more militant maids consider this a dead-end job with no upward mobility.

Nine ladies dancing has always been an odd number. This function will be phased out as these individuals age and can no longer do the steps.

Ten Lords-a-leaping is overkill. The high cost of Lords plus the high cost of international air travel prompted the replacing of this group with ten out-of-work middle managers. While leaping ability may be somewhat sacrificed, the savings are significant because we expect an oversupply of unemployed middle managers this year.

Eleven pipers piping and twelve drummers drumming is a simple case of the band getting too big. A substitution with a string quartet, a cutback on music and no uniforms will produce savings which will drop right down to the bottom line.

Thank you, Tommy

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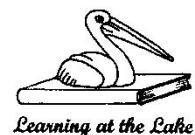
Tuggerah Lakes U3A Inc
Course Calendar: 2009 – TERM 4
19th October- 9th December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Oct	20 Oct	21 Oct	22 Oct	23 Oct
CIVIL ENGINEERING Noel Pollard (diggers)		CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30pm (Canton Beach)	DISCUSSION GROUP Marie Cioccarelli (diggers) MAH JONG 1.30pm-3.30pm (diggers)
26 Oct	27 Oct	28 Oct	29 Oct	30 Oct
MOVIE CLUB J. Richards (Chittaway Bay) THE READERS GROUP (diggers)	PLAYREADING Beverley Budnichenko (diggers)	MUSIC APPRECIATION Betty Siegman 10.15am-12.15.pm (TBC)		LAUNCH OF THE FINAL BOOK IN PAM'S TRILOGY (diggers) See separate flyer for details
2 Nov	3 Nov	4 Nov	5 Nov	6 Nov
PSYCHOLOGY Grahame Peak (diggers)		CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30 pm (Canton Beach)	NEUROLOGY Trevor Kruger (diggers) MAH JONG 1.30pm-3.30pm (diggers)
9 Nov	10 Nov	11 Nov	12 Nov	13 Nov
MOVIE CLUB J. Richards (Chittaway Bay)	PLAYREADING Beverley Budnichenko (diggers)	MUSIC APPRECIATION Betty Siegman 10.15am-12.15.pm (TBC)	FRENCH CONVERSATION Henriette Vanechop 1.30 pm (Canton Beach)	DISCUSSION GROUP Marie Cioccarelli (diggers) MAH JONG 1.30pm-3.30pm (diggers)

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Tuggerah Lakes U3A Inc
Course Calendar: 2009 – TERM 4
19th October—9th December



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 Nov	17 Nov	18 Nov	19 Nov	20 Nov
PSYCHOLOGY Grahame Peak (diggers)		CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30 pm (Canton Beach)	NEUROLOGY Trevor Kruger (diggers) MAH JONG 1.30pm-3.30pm (diggers)
23 Nov	24 Nov	25 Nov	26 Nov	27 Nov
MOVIE CLUB J. Richards 9.30am-12.00pm (Chittaway Bay) THE READERS GROUP (diggers)	PLAY READING Beverley Budnichenko (diggers)	MUSIC APPRECIATION Betty Siegman 10.15am-12.15.pm (TBC)		DISCUSSION GROUP Marie Cioccarelli (diggers) MAH JONG 1.30pm-3.30pm (diggers)
30 Nov	1 Dec	2 Dec	3 Dec	4 Dec
	PNG Neil Desailly (diggers)	CRYPTIC CROSSWORDS Betty Siegman (diggers) CREATIVE WRITING WORKSHOP (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30 pm (Canton Beach)	HARPS AND THEIR MANUFACTURE Brandden Lassells (diggers) MAH JONG 1.30pm-3.30pm (diggers)
7 Dec	8 Dec	9 Dec		
NAVIGATION: FROM SEXTANT TO SATELLITE John Adams (diggers)		AGM and CHRISTMAS PARTY 10.00am-1.00pm (diggers) See page 1 for details		

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