



TUGGERAH LAKES NEWS

Tuggerah Lakes U3A Inc.

April 2017

Website: www.tugglakesu3a.info

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FROM THE EDITOR:

We offer a variety of sessions for you this term; in fact, almost as varied as the weather we have been having lately.

Our talks last term were well attended, and enjoyed by all, and we have another interesting selection for the coming term. We hope many of you will be able to attend.

The Memoirs class is proving popular under the guidance of John Haydon. If you have been thinking of putting on record all or part of your life story for your family, perhaps now is a good time to start.

I think the thing I notice most about the various classes I attend, is not so much the subject matter, interesting as it is, but the firm friendships that I see developing amongst those attending.

There is certainly no need for anyone to be lonely here on the Central Coast; U3A offers great activities spent with interesting and friendly people. We hope all of you will spread the word amongst your friends and acquaintances, we look forward to welcoming new members into our great Tuggerah Lakes U3A.

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:	Vicki Rollinson	4389 1984
Vice President:	Pam McGlenn	4390 2451
Secretary:	Margaret Blundell	4306 2468
Treasurer:	Rhonda MacDiarmid	4332 2300
Membership:	John Collis	4333 9079
Welfare Officer:	Gail Shore	4333 6272
Newsletter Editor:	Betty Siegman	4332 0870
Committee	Helen Rawlings	4334 5818

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)

D Rhodes: Readers Group
52 Lucinda Ave Killarney Vale

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

Canton Beach: French Conversation
74 Evans Rd, Canton Beach

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

Discussion Group: Banksia Centre
7 Sir Joseph Banks Drive Bateau Bay

**TERM: Start: Wed 26 April
Finish: Friday 30th June**

FROM THE PRESIDENT:

It is hard to believe it is now April and Easter is upon us. Unfortunately I have had some unexpected personal issues that have taken up a lot of my time lately. I have not been able to pursue the goals I had set myself, to attend all the activities or courses, and get to know the members. However I do hope that things will settle down in my life, and I get the opportunity to visit all the groups in the next few months.

I did manage to get to the 'Talks' this week and act as the Secretary for the day. I found it very interesting. We had three speakers who told us a little of their life stories. They were all very happy to share with us some their experiences throughout their lives, with openness and humour. Although very different, they have had very interesting experiences and influences in their lives.

It is fascinating to me that within a small group of people, we have all had such different experiences and influences in our lives. We come from such a variety of backgrounds and in some cases culture.

We were very happy to see such a large attendance at the talks, and look forward to more of these in the future, so if you have some experiences you would like to share with us, please consider doing a talk with us. You don't have to have had any outstanding experiences, just something you think would be of interest to the group, it may be very 'ordinary' or very 'unusual'.

With this I would like to apologise for my absence and look forward to meeting you in the near future.

Vicki Rollinson

** VOLUNTEERS WANTED **

Following our successful Friday session when three of our members spoke of their lives, we hope to schedule another morning of talks, possibly later this year.

If you would like to take part, speak to a committee member, we would love to hear your story. Help is available to put together your presentation.



PLAY READING PRESENTATION

Christine Kilner and her group present for your enjoyment a morning of play reading.

There will be two sessions of 35-40 minutes each, with a break for morning tea.

This is a FREE morning.

The venue is the Uniting Church Hall
The Entrance Rd (opposite diggers).
Parking is available on site.

Tuesday 30th May, 10:00 to 12:00.

For catering purposes, bookings are essential.

Phone Pam McGlenn: 4390 2451
Or email: pamlakeside@bigpond.com



WELFARE

Here we are at the end of the first term already.

A few of our members have had operations and/or bouts of illnesses during the term but all seem to be on the mend now.

We were sorry to hear of the passing of Dorothy King's husband a few weeks ago and we extend our condolences to Dorothy and her family.

After the long, hot summer we need to be thinking about the coming winter months. I recommend that all members consider getting the flu vaccine (which many do, as a matter of course) and to also consider being vaccinated against shingles which is a very nasty affliction.

*Gail Shore
Welfare*

PLAY READING:**MONDAY**

Leader: Christine Kilner (4399 2748)
 Email: chrisatseakay@gmail.com
 Venue: TE Community Centre, Battley Ave
 Dates: 1st, 15th May; 30th May; 5th, 19th June.

In addition to our usual meetings at the Entrance Community Centre, (Room C next door to the cafe), this term we are offering a play reading presentation at the Uniting Church Hall at Long Jetty. We extend an open invitation to all members to attend what promises to be a fun-filled morning. See page 2 for details.

MOVIE APPRECIATION:**MONDAY**

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

Times: Movies shown mornings, 9.30-12noon

PLEASE BOOK AS PLACES ARE LIMITED

Monday, 8 May: A LETTER TO THREE WIVES: 1949 (102 mins) Jeanne Crain, Linda Darnell, Ann Sothorn, Kirk Douglas. Three friends receive letters from another friend, telling them that she is about to leave town with one of their husbands. They are about to leave on a picnic for orphans and have to wait all day to find out which of their spouses has been unfaithful.

Monday, 22 May: BROOKLYN: 2015 (107) mins. Saoirse Ronan, Domhnall Gleeson, Julie Waters, Jim Broadbent. Young Irish immigrant Eilis Lacey (Saoirse Ronan) navigates her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her past disrupts her new vivacity, and Eilis must choose between two countries and the lives that exist within.

Monday, 26 June: KIND HEARTS AND CORONETS: 1949 (106 mins) Alec Guinness, (playing eight roles), Dennis Price, Valerie Hobson, Joan Greenwood, Arthur Lowe. Louis Mazzini's mother belongs to the aristocratic family, D'Ascoyne, but she ran away with an opera singer and was disowned. Now an adult, Louis decides to avenge his mother and himself by becoming the next Duke of the family. Murdering every potential successor is clearly the way to achieve his goal.

MY MEMOIRS**MONDAY**

Leader: John Haydon (0403 797 585)
 Email: john@haydon.id.au
 Venue: Tigers Club, Bateau Bay
 Dates: 1st, 15th May; 5th, 19th June.
 Time: 1:30pm to 3:30 pm

Attendances at this new course have been very encouraging. With help and guidance from John, members are enjoying putting their thoughts together in writing, and look forward to sharing some of this with the class.

THE READERS GROUP:**MONDAY**

Secretary: Vicki Rollinson (4389 1984)
 Email: vrolo@hotmail.com
 Venue: 52 Lucinda Ave Killarney Vale
 Dates: 8th May; 5th June; 10th July.

Topic for 8th May: 'Historical Novels on European History (not UK)'.

On account of the Public Holiday on 12th June, we will meet on Monday 5th. Reading topic is 'Contemporary Australian Literature'.

To avoid a long break until the next meeting in Term 3, we have decided to meet on 10th July (in school holidays). The topic will be 'Your Favourite Book.'

WALKS:**TUESDAY**

Contact: Barbara Skurr 4392 4158

All excursions require sensible shoes, sunscreen, hat and water.

Map references: WYONG 2016 Phone Directory.

May 2 Kooindah Waters Golf Club

Map 29 F 7

Meet in foyer

Bring or buy food and drinks

May 16 Cheese Factory

Meet Alison Homestead

Map 28 E6

Bring food & drinks

June 6 Saltwater Creek

Meet Rotary Park

Map 41 F9

Bring food & drinks

June 20 Wyee Point

Map 12 B3

Bring food & drinks

MARBLES ROLLING**TUESDAY**

Secretary: Rhonda MacDiarmid (4332 2300)
 Email: rxm55@bigpond.com
 Venue: Greens Bowling Club (upstairs)
 Dates: 2nd, 16th May; 6th, 20th June.
 Time: 1:00—3:00 p.m.

Why not come along and give your grey matter a good workout. There is no pressure, we are a non-competitive, friendly group, and have lots of fun. If you are new to this course, contact Rhonda, who will provide you with course material at a small additional cost.

CREATIVE WRITING**WEDNESDAY**

Leader: Pam McGlenn (4390 2451)
 Email: pamlakeside@bigpond.com.au
 Venue: St. Davids Church Hall, Toukley
 Dates: 3rd, 17th May; 7th, 21st June.
Time: 9:30—12:00

A very popular and immensely enjoyable class, whose members are producing excellent work on a variety of topics. Contact Pam, as at this stage numbers are limited because of space constraints.

CRYPTIC CROSSWORDS**WEDNESDAY**

Leader: Betty Siegman (4332 0870)
 Email: betty_siegman@hotmail.com
 Venue: Greens Bowling Club (upstairs)
 Dates: 3rd, 17th May; 7th, 21st June.

Once you are hooked on cryptic crosswords, life will never be dull again. We meet upstairs at the Greens, and there is a lift available in the foyer. Newcomers are given every assistance, so don't be shy, we love to see you.

MUSIC APPRECIATION:**WEDNESDAY**

Leader: Betty Siegman (4332 0870)
 Email: betty_siegman@hotmail.com
 Venue: The Berkeley Centre (see P1)
 Dates: 26th Apr; 10th, 24th May; 14th, 28th June.

We listen to all kinds of music, and learn a little about the artists and the composers. We are now showing videos, so we can watch as well as listen. A very enjoyable, relaxing morning.

FRENCH CONVERSATION AT HOME:**THURSDAY**

Leader: Henriette Vanechop (4396 7847)
 Venue: 74 Evans Road, Canton Beach
 Dates: 4th, 11th, 18th May;
 1st, 8th, 15th, 22nd June.
 Time: 1.30pm—3.30pm

If you would like to improve your conversational French, Henriette will make you most welcome in her home.

CONVERSATIONS**THURSDAY**

Leader: Betty Siegman (4332 0870)
 Venue: TECC, Battley St, The Entrance
 Dates: 4th May; 1st June.
 Time: 1:00 — 3:00 pm.

Our venue is The Entrance Community Centre, Building E, Training Room 1. Note that we meet on the first Thursday of the month only.

We have a projector and large screen, and show a selection of video clips on a topic for the day, with breaks for discussion (often quite animated). Some of our topics have been Human Rights, Globalisation, Euthanasia, The English Language, Racism. Why not join in, we'd love to see you.

DISCUSSION GROUP:**FRIDAY**

Leader: Tony Thomson (4358 3655)
 Venue: The Banksia Centre (see P1)
 Dates: 28th April; 12th, 26th May; 9th, 23rd June.

We are now meeting in the larger Activity Room in the Banksia Centre, 7 Sir Joseph Banks Drive, Bateau Bay, just behind the Cresthaven Shopping Centre. The venue is proving to be quite satisfactory. Parking is available, and the centre is accessible by public transport, Red Bus Routes 19 and 23 from Gosford and Bay Village. Why not come along. If you are interested in current affairs, you will enjoy this group.

MAH JONG:**FRIDAY**

Secretary: Rhonda MacDiarmid (0403 293 175)
 Venue: 6 Moorlan Ave, Killarney Vale.
 Dates: Fridays, 28th April to 30th June.
 Time: 1.00pm-3.30pm

As the Bites cafe at Diggers was not satisfactory, Rhonda MacDiarmid has offered the use of her home for the Mah Jong group.

FRIDAY TALKS

— 5th MAY —

DYING TO KNOW — Advance care planning.

Speaker: Stuart Carter
Secretary: Helen Rawlings (4334 5818)
Venue: TELJ RSL Hall, Killarney Vale.

Most people would prefer to die at home surrounded by family and friends. In reality most people die in hospital or a nursing home in the presence of 'strangers'.

45% of Australians don't have a Will. 85% of Australians have not had a conversation about end-of-life care. Even more don't have an Advance Health Care Directive to guide their Enduring Guardian if they have one.

This course presents the case for starting the all important conversations that we all need to have if we think a 'good death' is a good idea.

This presentation is one of a series that addresses the urgent need in our society, to be better prepared when we are asked: "How do you want to be cared for if / when you can't care for yourself?" and as part of after death care:

"What choices do you have when it comes to funerals and ceremonies?"

This can be a very uplifting and empowering process. All will be explained during our time together.

— 19th MAY —

THE WIVES THEY LEFT BEHIND

Mrs Cook and Mrs Bligh

Speaker: Carolyn Kingsmill
Secretary: Gail Shore (4333 6272)
Venue: TELJ RSL Hall, Killarney Vale.

The adventures of Captain James Cook and Captain William Bligh are legendary but while these two famous, or in Bligh's case infamous, men sailed the seven seas their loyal wives were left behind.

These two strong women spent most of their married lives apart and alone. Let us share their stories and in doing travel the world with James Cook and William Bligh.

— 2nd JUNE —

RAINFORESTS OF THE WORLD Part 1

Speaker: Betty Brown
Secretary: Betty Siegman (4332 0870)
Venue: TELJ RSL Hall, Killarney Vale.

Trees, in fact all vegetation, absorb Carbon Dioxide and expel Oxygen – they are in fact the 'Lungs of the Planet', yet we continue to destroy the tropical rainforests so that Oil Palms can be planted for profit.

The Equatorial and Tropical rainforests occupy a relatively small part of the earth's surface, yet they contain more unique animals and plants than found anywhere else on the planet.

Over three lectures, you will be able to come on a journey of discovery and marvel at what Nature has developed over millions of years – a biome where climate, vegetation, animals and man have co-existed and flourished.....and is now in danger of oblivion.

— 16th JUNE —

RAINFORESTS OF THE WORLD Part 2

Speaker: Betty Brown
Secretary: Pam McGlinn (4390 2451)
Venue: TELJ RSL Hall, Killarney Vale.

Betty Brown continues her talk on this interesting topic.

— 30th JUNE —

RAINFORESTS OF THE WORLD Part 3

Speaker: Betty Brown
Secretary: Rhonda MacDiarmid (4333 2300)
Venue: TELJ RSL Hall, Killarney Vale.

The final in this series of talks by Betty Brown.

Tuggerah Lakes U3A Inc
Course Calendar: 2017 – TERM 2
26th April—30th June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Apr	25 Apr	26 Apr	27 Apr	28 Apr
	PUBLIC HOLIDAY	MUSIC APPRECIATION Betty Siegman (TBC)		DISCUSSION GROUP Tony Thomson (See Page 1) MAH JONG 1.00pm-3.30pm (See Page 1)
1 May	2 May	3 May	4 May	5 May
PLAY READING Christine Kilner (TECC) MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers)	WALK KOOINDAH WATERS See page 3 MARBLES ROLLING 1.00-3.00pm (Greens)	CRYPTIC CROSSWORDS Betty Siegman (Greens) CREATIVE WRITING 9:30—12:00 (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30—3:30pm (Canton Beach) CONVERSATIONS Betty Siegman 1.00-3.00pm (TECC)	DYING TO KNOW Stuart Carter (TELJ RSL) MAH JONG 1.00pm-3.30pm (See Page 1)
8 May	9 May	10 May	11 May	12 May
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay) READERS GROUP Vicki Rollinson (D Rhodes)		MUSIC APPRECIATION Betty Siegman (TBC)	FRENCH CONVERSATION Henriette Vanechop 1.30—3:30pm (Canton Beach)	DISCUSSION GROUP Tony Thomson (See Page 1) MAH JONG 1.00pm-3.30pm (See Page 1)
15 May	16 May	17 May	18 May	19 May
PLAY READING Christine Kilner (TECC) MY MEMOIRS John Haydon (Tigers) 1.30pm-3.30pm	WALK CHEESE FACTORY See page 3 MARBLES ROLLING 1.00-3.00pm (Greens)	CRYPTIC CROSSWORDS Betty Siegman (Greens) CREATIVE WRITING 9:30—12:00 (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30—3:30pm (Canton Beach)	THE WIVES THEY LEFT BEHIND (Caroline Kingsmill (TELJ RSL) MAH JONG 1.00pm-3.30pm (See Page 1)

Note: Calendar continues on pages 7 and 8.

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: 2017– TERM 2
26th April—30th June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 May	23 May	24 May	25 May	26 May
MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay)		MUSIC APPRECIATION Betty Siegman (TBC)		DISCUSSION GROUP Tony Thomson (See Page 1) MAH JONG 1.00pm-3.30pm (See Page 1)
29 May	30 May	31 May	1 Jun	2 Jun
	PLAY READING PRESENTATION 10:00 to 12:00 See page 2 & 3		FRENCH CONVERSATION Henriette Vanechop 1.30—3:30pm (Canton Beach) CONVERSATIONS Betty Siegman 1.00-3.00pm (TECC)	RAINFORESTS OF THE WORLD Pt 1 Betty Brown (TELJ RSL) MAH JONG 1.00pm-3.30pm (See Page 1)
5 Jun	6 Jun	7 Jun	8 Jun	9 Jun
PLAY READING Christine Kilner (TECC) READERS GROUP Vicki Rollinson (D Rhodes) MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers)	WALK SALTWATER CREEK See Page 3 MARBLES ROLLING 1.00-3.00pm (Greens)	CRYPTIC CROSSWORDS Betty Siegman (Greens) CREATIVE WRITING 9:30—12:00 (Tk-SDCh)	FRENCH CONVERSATION Henriette Vanechop 1.30—3:30pm (Canton Beach)	DISCUSSION GROUP Tony Thomson (See Page 1) MAH JONG 1.00pm-3.30pm (See Page 1)
12 Jun	13 Jun	14 Jun	15 Jun	16 Jun
PUBLIC HOLIDAY		MUSIC APPRECIATION Betty Siegman (TBC)	FRENCH CONVERSATION Henriette Vanechop 1.30—3:30pm (Canton Beach)	RAINFORESTS OF THE WORLD Pt 2 Betty Brown (TELJ RSL) MAH JONG 1.00pm-3.30pm (See Page 1)

Note: Calendar continues on page 8.

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: 2017– TERM 2
26th April—30th June

19 Jun	20 Jun	21 Jun	22 Jun	23 Jun
<p style="text-align: center;">PLAY READING Christine Kilner (TECC)</p> <p style="text-align: center;">MY MEMOIRS John Haydon 1.30pm-3.30pm (Tigers)</p>	<p style="text-align: center;">WALK WYEE POINT See Page 3</p> <p style="text-align: center;">MARBLES ROLLING 1.00-3.00pm (Greens)</p>	<p style="text-align: center;">CRYPTIC CROSSWORDS Betty Siegman (Greens)</p> <p style="text-align: center;">CREATIVE WRITING 9:30—12:00 (Tk-SDCh)</p>	<p style="text-align: center;">FRENCH CONVERSATION Henriette Vanechop 1.30—3:30pm (Canton Beach)</p>	<p style="text-align: center;">DISCUSSION GROUP Tony Thomson (See Page 1)</p> <p style="text-align: center;">MAH JONG 1.00pm-3.30pm (See Page 1)</p>
26 Jun	27 Jun	28 Jun	29 Jun	30 Jun
<p style="text-align: center;">MOVIE CLUB John Richards 9.30am-12.00pm (Chittaway Bay)</p>		<p style="text-align: center;">MUSIC APPRECIATION Betty Siegman (TBC)</p>		<p style="text-align: center;">RAINFORESTS OF THE WORLD Pt 3 Betty Brown (TELJ RSL)</p> <p style="text-align: center;">MAH JONG 1.00pm-3.30pm (See Page 1)</p>

NOTE THAT THE READERS GROUP WILL MEET AT THE HOME OF DOROTHY RHODES ON MONDAY 10TH JULY (SEE PAGE 3)

NOTE:

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