



# TUGGERAH LAKES U3A NEWS



Tuggerah Lakes U3A Inc.

April 2024

Website: www.tugglakesu3a.info

**TERM: 2      Start: Monday 29th April   Finish: Friday 5<sup>th</sup> July**

### COMMITTEE:

President:	Pam McGlinn	pamlakeside@bigpond.com.au	4390 2451
Vice-President	Helen Rawlings	helenmr2739@gmail.com	0452 160 952
Secretary	Sonya Oakes	sonyalupis@gmail.com	4353 1703
Treasurer	Rhonda MacDiarmid	rxm55@outlook.com	0403 293 175
NL	Editor Jo Sutton	ots.outwest@gmail.com	0412 646 223
Welfare	Gail Shore	gailshore@yahoo.com.au	0409 447 751
Committee	Robert Brimble	bbrimble@optusnet.com.au	0427 034 788
Committee	Betty Siegman	betty_siegman@hotmail.com	0409 476 868

**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

#### **My Memoirs**

Tigers, Bateau Bay

#### **Brain Ticklers**

Arthur Lake Room, 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/Coffee & Chat**

Diggers Club, The Entrance

#### **Italian**

Canton Beach Sports Club, Hibbard St. Toukley

### **MEMBERSHIP FEES**

Membership year is 1 January to 31 December.

**ANNUAL FEE: (Renewal): \$30**

**NEW MEMBERSHIP FEE: \$7-50 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**

**END-OF-TERM LUNCH  
FRIDAY 5<sup>th</sup> JULY  
TIGERS BATEAU BAY 12:15  
NOTIFY HELEN RAWLINGS  
0452 160 952  
helenmr2739@gmail.com**

## **FROM THE PRESIDENT**

Well unbelievably, we are fast approaching the fifth month of the year, so almost halfway. The year is going well for us so far, with our usual classes back on track and well attended. We are gradually acquiring new members who are enjoying the classes they attend.

We have our new Italian Class commencing at Canton Beach, on alternate Tuesdays. Please contact Jeannine if you are interested in that. We have an interesting array of Speakers for our Friday talks, and will also be including the Australian History talks amongst them. Now that Autumn is here, we would like to start the walks again. Is there any member who would like to volunteer to lead a group. Helen can provide a set of routes and other assistance. The emphasis is on the social side and the walks are not strenuous. Also, our coffee mornings at Diggers on the alternate Fridays to the talks will be continuing. If you just feel like a friendly chat, please come and join us. Give Betty a ring if you are interested in following up on that. There is no formality to the chats, just a friendly get together.

We still have our regular classes which are specifically meant to exert the brain power. Our Brain Ticklers, led by Rhonda on Tuesday afternoon at Tigers, and Crosswords led every second Wednesday at Diggers stir the brain cells, and are well attended. And don't forget our play-reading group if you feel you would like to try your hand at acting.

Wherever your interests lie, it's good to get out and about now that those really humid days we suffered through the summer are finally over. Enjoy meeting up with friends and come join us at our end of term social lunch at The Entrance League Club, hope to see you there.

*Pam McGlinn*

## **PUBLICITY**

**Facebook:** Annelly Finadri, a creative writing member, has offered to be our Facebook coordinator/facilitator. Using the TL U3A website photo, she has already posted this message (below) to the Woongarra, Lake Haven and Lake Macquarie communities, and copied it for Pam (to post to Budgewoi and Lake Munmorah). She is currently asking U3A members to post it to other Facebook communities, especially hoping to connect with the **Bateau Bay and The Entrance areas**. If anyone contributes to these Facebook communities, and is willing, please email Annelly: amfinadri@gmail.com

**Seniors Expo:** Pam and Christine manned a stall (no.36) at Wyong Racecourse for the Seniors Expo on Thursday 21<sup>st</sup> March. Christine made a sign from cardboard and attached it to an easel. They handed out flyers to interested people and other stallholders who showed interest. Pam's husband Ted was a great support, and Annelly (from Creative Writing) volunteered to help, spending most of the morning there, so that there were always two people at the stand.

Unfortunately, only one or two people wrote their information on our sheet, the most promising one being a lady who had seen Annelly's ad on the Woongarra Facebook Community Page.

*Christine Kilner*

## **WELFARE**

We received the sad news of the recent sudden passing of Liz Peters' husband, Heinz, who drowned while swimming in the sea at Cabbage Tree Bay. Liz is a very keen member of our Creative Writing group and we extend our sincere condolences and loving thoughts to her.

*Gail Shore*

## **PLAY READING MONDAY**

Leader: Christine Kilner (4399 2748)  
Email: chrisatseakay@gmail.com  
Venue: Room A, The Ent. Community Centre  
Dates: 6, 20 May; 3, 17 Jun; 1 Jul

We meet 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.

## **MY MEMOIRS MONDAY**

Leader: Sue Taylor (0411 685 412)  
Email: sue53@yahoo.com.au  
Venue: Tigers Club, Bateau Bay  
Dates: 6, 20 May; 3, 17 Jun; 1 Jul

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.

## **MOVIES MONDAY**

Venue: 34 Aston Wilde Ave, Chittaway Bay, 9:30 to 12 noon.

### **PLACES LIMITED, PLEASE BOOK (Rita Richards – 4388 4945)**

#### **Monday, 13 May, 2024:**

**THE ZOOKEEPER'S WIFE: (2017) 120 mins.** Jessica Chastain, Daniel Bruhl.

Based on the true story of one family's courage in the darkest time in history. Poland, 1939. Antonina Zabinska (Jessica Chastain) and her husband are the devoted custodians of the beloved Warsaw Zoo. One day their whole world is shocked to the core - the Nazis invade Poland and establish the horrific Warsaw Ghetto, and the brave Zabinski family work with the Polish Resistance to smuggle hundreds of Jews out of the ghetto and hide them in the zoo. This brings them to the attention of the Reich's evil new commander, (Daniel Bruhl). Frightened, threatened and increasingly in danger, Antonina and her family show that, in a world of fear, you can create a place of hope.

#### **Monday, 27 May, 2024:**

**MAO'S LAST DANCER: 2009 (120 mins)** Chi Cao as Li Cunxin.

The inspirational true story of a small boy's extraordinary story from poverty to international stardom. From a gruelling apprenticeship as a classical dancer in communist China, to the glory of creative freedom in America. But there is a painful price to be paid in the quest for self-expression. 'Captures the intoxicating effects of first love and celebrity, the pain of exile, and the triumph of individual endeavour over ideology.'

#### **Monday, 24th June 2024**

**SUSPECT: 1987: 116 mins** Cher, Dennis Quaid, Liam Neeson, John Mahoney.

A Supreme Court Judge takes his own life; a woman is found dead, the victim of a grisly murder; a homeless Vietnam veteran stands accused. Kathleen Riley, (Cher), an overworked Washington, DC, public defender needs a holiday, but she is assigned another case, no ordinary case, no ordinary criminal.

Lobbyist Eddie Sanger, (Quaid), is saddled with jury duty when a critical bill is up for vote. While on jury duty, he discovers evidence critical to Kathleen's case, and contacts her outside the courtroom, a violation of the law. This leads Kathleen on a dangerous trail from Washington's seamy underbelly to the highest levels of government.

"She broke two laws of her profession. Never get involved with a juror, and don't look for evidence in dangerous places."

## **ITALIAN CONVERSATION            TUESDAY**

Leader:        Jeannine Asciale    (0438 926 927)  
Email         jeannine@asciale.com  
Venue         Canton Beach Sports Club, Hibbard St. Toukley  
Dates:        7, 21 May; 25 June.  
Time:         10.00 - 11.45am.

**NEW**            Learning a new language is excellent exercise for the brain.

                  Please advise Jeannine if you are interested.

Please meet outside front door of club at 9.45am so we all enter together. The Club requests that each attendee will be or become a member of their club, which is part of the Wyong Leagues group.

This group will, hopefully, enjoy learning some tourist Italian for those who may travel, or perhaps they have family living in Italy, or have someone Italian as part of their family. I expect it to be light-hearted and fun. I am not qualified to teach serious Italian grammar, but I do have a wide knowledge of Italy, the language and some simple grammar, which will help you to construct sentences and not be afraid to speak Italian.

## **BRAIN TICKLERS            TUESDAY**

Leader:        Rhonda MacDiarmid (0403 293 175)  
Email:         rxm55@outlook.com.au  
Venue:         Tigers Club, Bay Village  
Dates:        7, 21 May; 4, 18 Jun; 2 Jul

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.

## **BOOK CHAT                TUESDAY**

Leader:        Pam McGlenn (4390 2451)  
Email:         pamlakeside@bigpond.com  
Venue:         Tigers Club, (coffee lounge)  
Dates:        14 May; 11 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.

During our readings and discussion we find time for a cup of coffee at the friendly Tigers Club.

14th May        Fantasy or Science Fiction  
11th June       21<sup>st</sup> Century Female Writers.

## **CRYPTIC CROSSWORDS    WEDNESDAY**

Leader:        Betty Siegman (0409 476 868)  
Email:         betty\_siegman@hotmail.com  
Venue:         Diggers, The Entrance  
Dates:        8, 22 May; 12, 26 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 McGlinn (4390 2451)  
Email: pamlakeside@bigpond.com  
Venue: St David's Church Hall, Toukley  
Dates: 1, 15 May; 5, 19 Jun; 3 Jul

We are sorry to announce that as at present this class is full and we are unable to accept any more members. However, we have another group of very popular writers, called the "Memoirs Group" who meet on Mondays, at The Entrance Leagues Club.

## **MUSIC APPRECIATION WEDNESDAY**

Leader: Betty Siegman (0409 476 868)  
Email: betty\_siegman@hotmail.com  
Venue: 2/46 Neale Street Long Jetty  
Dates: 1, 15 May; 5, 19 Jun; 3 Jul

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.

## **COFFEE AND CHAT FRIDAY**

Venue: Diggers, The Entrance  
Dates: 10, 24 May; 14, 28 Jun

Diggers RSL at The Entrance is proving very satisfactory for our group. We meet at the far (western) end of the club, Do come along, no set topics, just a general get-to-know-you morning.

## **NEW SECTION**

Do you have a story, news item or memory you would like to share with us?

Here is a short feature recently submitted by one of our members.

### **MEMBERS' STORY**

My name is Fay and I joined the University of the Third Age many years ago in an effort to keep my brain active. The organisation is really for mature people for that very reason.

Seven years ago, my husband died after a short illness and I was looking for something different to do, to keep the ever-pervasive grief at bay. I went one day to a Friday morning talk and when the president of our branch Pam McGlinn, heard what had happened she suggested I join a group called 'Keep the Marbles Rolling' which was in effect a series of puzzles. Pam said that she thought it would brighten me up and make me laugh. Although this group had been running for some time, I had never thought of joining it before but at this time I thought I would give it a go. Imagine my surprise when I went along and loved it. Shortly after this I joined another group called 'Memoirs.' Some years previously I had belonged to the U3A writing group so I thought Memoirs would be a different kind of challenge, to say nothing of the fact that there would be no shortage of subject matter. I have now belonged to this group for seven years and although I had never met any of the participants before, we are now a very close-knit group and have become firm friends. In writing the memoirs, it has brought many memories, some funny, some sad but always moving.

*Fay Wynd*

## TALKS ~ FRIDAY

**3rd May      ROBERT LOWRY      Indonesia**

A brief outline of the history of Indonesia, the outcome of the recent elections, and the forthcoming presidency of General Prabowo.

**17th May      JENNY SAMUELS      Aged Care Advocate**

Seniors Rights Service – who we are, what we do. This will be a talk by a special advisor who will speak to us as seniors, about our rights and explain the ways in which we can get help if we need it. It should be very helpful information and something about which we all should really know.

**31st May      PAM McGLINN      Australian History Pt 1      William Bligh**

**William Bligh** was an outstanding sailor, an accomplished navigator and a cartographer. But he had an uncompromising attitude, bad temper and tyrannical attitude, so despite his many attributes and because of his involvement in two mutinies, has always been branded as the villain.

**7th June      ALAN FLORES      Bridges**

This course covers the several different type of bridges and explains why different designs are used in each situation. It also covers really small bridges and the highest and longest, those destroyed in war and those that fell down. So if you have ever wondered what holds a bridge up or if they could build a bridge from Palm Beach to Patonga come along and learn.

**21st June      PAM McGLINN      Australian History Pt. 2      Lachlan MacQuarie**

Major General Lachlan Macquarie, CB was a British Army officer and colonial administrator from Scotland. Macquarie served as the fifth Governor of New South Wales from 1810 to 1821, and had a leading role in the social, economic, and architectural development of the colony.

**5th July      BRIAN FREEMAN      Travels in the Arctic**

Travelogue of experiences travelling around Svaarlbad in an expedition ship with daily zodiac landings. Stunning scenery and polar bear sightings. Then join me as we self-drove around Iceland – more stunning scenery and majestic waterfalls and landforms. And finally travel through Norway to see the Northern Lights as well as sleigh riding and dog sledding at minus 25 deg C.

**29th April—5th July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Apr	30 Apr	1 May	2 May	3 May
		CREATIVE WRITING Pam McGlinn Tk-SDCh  MUSIC APPRECIATION Betty Siegman Long Jetty		INDONESIA  Robert Lowry TELJ RSL Hall
6 May	7 May	8 May	9 May	10 May
PLAY-READING Christine Kilner TECC  MY MEMOIRS Sue Taylor 1.30-3.30 Tigers	ITALIAN Canton Beach  BRAIN TICKLERS 1.30-3.30pm Tigers	CRYPTIC CROSSWORDS Betty Siegman Diggers		COFFEE & CHAT Diggers
13 May	14 May	15 May	16 May	17 May
MOVIE CLUB John Richards 9:30 – 12:00 Chittaway Bay	BOOK CHAT Tigers	CREATIVE WRITING Pam McGlinn Tk-SDCh  MUSIC APPRECIATION Betty Siegman Long Jetty		AGED CARE ADVOCATE  Jenny Samuels TELJ RSL Hall
20 May	21 May	22 May	23 May	24 May
PLAY-READING Christine Kilner TECC  MY MEMOIRS Sue Taylor 1.30-3.30 Tigers	ITALIAN Canton Beach  BRAIN TICKLERS 1.30-3.30pm Tigers	CRYPTIC CROSSWORDS Betty Siegman Diggers		COFFEE & CHAT Diggers

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



Tuggerah Lakes U3A Inc

Course Calendar: 2024 - TERM 2



**29th April—5th July**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 May	28 May	29 May	30 May	31 May
<b>MOVIE CLUB</b> John Richards 9:30 – 12:00 Chittaway Bay				<b>AUST HISTORY</b> Pt 1 William Bligh  Pam McGlinn TELJ RSL Hall
3 Jun	4 Jun	5 Jun	6 Jun	7 Jun
<b>PLAY-READING</b> Christine Kilner TECC  <b>MY MEMOIRS</b> Sue Taylor 1.30-3.30 Tigers	<b>BRAIN TICKLERS</b> 1.30-3.30pm Tigers	<b>CREATIVE WRITING</b> Pam McGlinn Tk-SDCh  <b>MUSIC APPRECIATION</b> Betty Siegman Long Jetty		<b>BRIDGES</b>  Alan Flores TELJ RSL Hall
10 Jun	11 Jun	12 Jun	13 Jun	14 Jun
<b>PUBLIC HOLIDAY</b>	<b>BOOK CHAT</b> Tigers	<b>CRYPTIC CROSSWORDS</b> Betty Siegman Diggers		<b>COFFEE &amp; CHAT</b> Diggers
17 Jun	18 Jun	19 Jun	20 Jun	21 Jun
<b>PLAY-READING</b> Christine Kilner TECC  <b>MY MEMOIRS</b> Sue Taylor 1.30-3.30 Tigers	<b>BRAIN TICKLERS</b> 1.30-3.30pm Tigers	<b>CREATIVE WRITING</b> Pam McGlinn Tk-SDCh  <b>MUSIC APPRECIATION</b> Betty Siegman Long Jetty		<b>AUST. HISTORY</b> Pt 2 Lachlan Macquarie  Pam McGlinn TELJ RSL Hall

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Course Calendar: 2024 - TERM 2



**29th April—5th July**

<b>24 Jun</b>	<b>25 Jun</b>	<b>26 Jun</b>	<b>27 Jun</b>	<b>28 Jun</b>
<b>MOVIE CLUB</b> John Richards 9:30 – 12:00 Chittaway Bay	<b>ITALIAN</b> Canton Beach	<b>CRYPTIC CROSSWORDS</b> Betty Siegman Diggers		<b>COFFEE &amp; CHAT</b> Diggers
<b>1 Jul</b>	<b>2 Jul</b>	<b>3 Jul</b>	<b>4 Jul</b>	<b>5 Jul</b>
<b>PLAY-READING</b> Christine Kilner TECC  <b>MY MEMOIRS</b> Sue Taylor 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>TRAVELS in the ARCTIC</b>  Brian Freeman TELJ RSL Hall  <b>LUNCH</b> Tigers See Page 2

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