



Volume 30, No.1. Monday February 6, to Friday March 31, 2023.

Published before term, four times a year, by Forster-Tuncurry U3A, P.O. Box 4153, Forster, 2428 – ABN 28 191 516 496

Courses held at Cape Hawke Surf Lifesaving Club, One Mile Beach, Forster.

Supplied to Members as part of their membership fee. Available online at <http://forstuncurry.u3anet.org.au/>

Patron: **Stephen Bromhead LLM MP**

PRESIDENT’S REPORT

Happy New Year everyone! I hope you have all enjoyed some precious family and friend time, some well-earned “me time”, a few treats and lots of R and R. Barb and Chris have designed an interesting and varied program, along with Gail and Pauline who are our new Wednesday coordinators. Thanks to our volunteer presenters and all those who are willing to continue our regular programs.

If you have been a Coordinator for U3A, you will know this is like solving a jigsaw puzzle, a very time consuming and at times, frustrating experience. Thank you all for ensuring that each session runs smoothly. There are reminders of upcoming programs and positive feedback on Facebook.

Lastly, please remember to enrol before attending a session and enjoy this interesting program.
Noline Cornhill.

COORDINATOR’S REPORT

Welcome to term 1 of classes. Please read your newsletter and come along to classes that appeal to you, along with some social outdoor activities.

This is an eight-week program with the term ending March 31. However, week nine can continue with regular classes of Balance and Bones, Writers and Games ending on April 4, (Good Friday is April 7). Our Monday and Wednesday afternoons are still open for classes if anyone wishes to hold a regular class. In the meantime, we will hold spot classes of two to three weeks. Although not in the program, we will advise you of these throughout the term.

With our social outings we suggest car-pooling. This will assist members who don’t drive, saves on petrol, with a donation to the driver for their cost of fuel.

So, let’s have a fun term 1. Please contact us anytime for enquiries, ideas or subjects you would like to hear about.

Barb Lyttle & Chris Freebody

All members can access our private Facebook page: U3A Forster Tuncurry for updates and further information

FORSTER - TUNCURRY U3A COMMITTEE

President & Welfare Officer: Noline Cornhill	0406 375 390
Vice President: Jann Duggan	0409 890 040
Secretary: Jan Wagstaff	0431 375 584
Treasurer and Membership Secretary: Ann Bell	0414 971 127
Course Co-ordinators: Barb Lyttle	0410 461 702
Christine Freebody	0418 422 558
Newsletter Editor: Shirley Robinson	0433 708 472
Publicity Officer/ Asst. Treasurer: Judy Jullienne	0429 167 307
Web Administrator: Steve Colditz	0412 234 323
Committee: Anne Knight	0402 034 494

ENROLMENT MORNING Monday & Tuesday, January 30 & 31, 10 to 12 at Cape Hawke Surf Club.

The annual membership fee for 2023 is \$60 per person.

Payment can be made in cash or cheque on Enrolment morning OR paid directly into U3A's bank account as detailed below:

FORSTER TUNCURRY U3A. BSB 062 669 ACCOUNT 10000980

*Online, if you have an online banking account

*By deposit made at any branch of the Commonwealth Bank

*PLEASE REMEMBER to put YOUR NAME ON your direct deposit

NEW MEMBERS

New members must complete an Application for Membership Form (available on the morning) and submit to the Treasurer with their payment on Enrolment mornings, or by mail to PO Box 4153, Forster, NSW 2428.

A copy of the Application for Membership Form can also be found on the Forster/Tuncurry U3A website at <https://forstuncurry,u3anet.org.au>

*Newsletter -printed copies will be available on Enrolment mornings if required

*Booking for classes for the first two weeks of Term 1 will be available on Enrolment mornings OR by phoning or texting the Class Assistant nominated for those classes.

WELCOME MORNING TEA

Monday, February 6, 10 – 12 at CHSC.

Bookings: - Contact Noline Cornhill 0406 375 390

Please come along to this information and social morning and enjoy a delicious morning tea.

Printed copies of this Newsletter will be available.

CLASS ENROLMENT PROCEDURES

Enrolment for a future class can be booked within seven days of the scheduled class date.

- Write your name on the Class Attendance sheet for the upcoming class while you are attending U3A.
- Sheets for the upcoming week will be available from the Class Assistant
- OR text or phone the Class Assistant in the seven days prior to the class you wish to attend.

Attendance records **must** be maintained for insurance purposes.

PLEASE BRING YOUR OWN CUP/MUG TO EACH CLASS FOR MORNING TEA

3.

WHAT WE DID IN TERM 4 TUNCURRY MUSEUM

A fascinating morning was spent browsing the many rooms of the museum and reminiscing about the 'good old days' and appreciating how arduous life would have been for our forebears.



MELBOURNE CUP LUNCHEON

The luncheon organised by Chris and Barb was a wonderful afternoon with lots of delectable food and much socialising by our members.



DARKEST AFRICA

Lori gave a fascinating and quite confronting talk on the settlement of African continent.

STANLEY IN THE CONGO



4.

SPECIAL EVENTS IN TERM 1

VISIT TO 'CROKER OARS'

A visit to this Company at Oxley Island, which has been manufacturing oars globally since 1970s
Optional Lunch at Village Café Old Bar



ANZAC MEMORIAL

Our guest speaker Ian Hallenan will give us a talk on the development of the Hyde Park ANZAC memorial.



QUEBEC

Ed Harvey will take us on a journey to Quebec and delight us with its wonderful facets.



REGULAR WEEKLY SESSIONS FOR TERM 1, 2023

MONDAY

WRITING FOR PLEASURE: February 13 to March 27 – 10–12

No experience is needed for this class. Come along and join us to create and share your interesting stories. **Tutor/Enrolments:** Carole McGuffog 0407 007 667.

EASY WALKERS: February 13 to March 27, 9.30 -11.00. Local easy walks for exercise and pleasure. Bring hat, water, and walking shoes. Different walk each week and the list will be provided first week and advertised on U3A Facebook page. . Enrol on the day with leader **Judy Jullienne 0429 167 307.**

T.B.A. February 7 to March 27. Various afternoon classes will be offered.

TUESDAY

BALANCE& BONES: February 7 to March 28, 8.30 -9.15.

Upstairs in the club room. The video has age related aerobic weights and balance exercises.

Tutor/Enrolments: Lorraine Moses 0428 406 009

LET’S PLAY GAMES: February 7 to March 28, 1.30-4.

Join a friendly group of “Gamers” the old way. Scrabble, Mah Jong, Rummycub and more.

Tutor/Enrolments: Helen Bonanno 0409 069 055

WEDNESDAY

HISTORY: February 8 to March 29, 10 – 12. See page 8 for topics to be discussed.

Book through relevant Class Assistants for each session.

T.B.A. February 8 to March 29. Various afternoon classes will be offered.

THURSDAY

U3A SINGERS: February 9 to March 30, 2 - 3.30.

Geraldine conducts our singers with innovative ideas.

Tutor: Geraldine Mullin, **Enrolments/Class Assistant:** Anne King 6555 2754

FRIDAY:

BALANCE & BONES: February 10 to March 31, 8.45-9.30

In the downstairs area, more gentle exercise to improve balance and maintain healthy bones.

Tutor/Enrolments: Sue Buls 0429 059 055

MEDIA MATTERS: Every 2 weeks – February 10 to March 31, 10-12.

Express your views on current events. Bring an article that captures your interest to discuss.

Tutor: Sue Colditz, **Enrolments/Class Assistant:** Robyn Hill 6557 5377

PHILOSOPHY: Every 2 weeks – February 17 to March 31, 10-12.

Philosophy, love of wisdom. Solve life’s problems with discussion and humour.

Tutor: Shared Role, **Enrolments/Class Assistant:** Robyn Hill 6557 5377

WRITERS: February 10 to March 31, 12.30 – 2.30.

Let your imagination flow. Create a word picture to share.

Tutor/Enrolments: Barbara Edmunds 0403 720 580.

TUESDAY MORNING SESSIONS

COLLECTORS – “AMERICANA”- February 7, 10 – 12

Anything American. Bring along stories/souvenirs/collectables/photos etc.

Tutor: Carole McGuffog, Class Assistant: Noline Cornhill 0406 375 390

TELEVISION’S GREAT BRITISH MYSTERIES – February 14, 10 – 12

The production, the actors, and the authors.

Tutor: Geraldine Mullin, Class Assistant: Chris Freebody 0418 422 558

VISIT TO “CROKER OARS” – February 21, meet at 10 am with the option of having lunch later at The Village Café, Old Bar.

Since the 1970s this company has manufactured rowing/sculling/surfboat and ocean oars of global renown at Oxley Island, east of Taree. Car-pooling available.

Address: 206 Cowans Lane, Oxley Island.

Class Assistant: Barb Lyttle 0410 461 702

MUSIC OF HANS ZIMMERMAN – February 28, 10 -12

Hans Zimmer’s ten best movie themes. The influences on his compositions and his personal perspective on his music writing.

Tutor: Jann Duggan, Class Assistant: Judy Jullienne 0429 167 307

ON HER MAJESTY’S SECRET SERVICE – ELIZABETH SPYMASTER –March 7, 10-12

In the 16th century attempts were made on the life of Queen Elizabeth 1. A huge spy network was established. Hear about the methods and covert activities of the head of the network, a forerunner of M15 and M16, maybe even running into 007!!

Guest Speaker: Alan Barr, Class Assistant: Shirley Robinson 0433 708 472

THE ARTISAN FARMER, NABIAC – March 14

Meet at 11, Corner Woosters Lane and Pacific Highway, Nabiac.

Come along for lunch, a paddock to plate farm experience. Car-pooling available

Class Assistant: Chris Freebody 0418 422 558

COLLECTORS – “SIMPLY BLUE” – March 21, 10 – 12

This time bring along your “Blue” antiques and collectibles eg. Vases/bottles/ dishes/plates etc.

Tutor: Carole McGuffog, Class Assistant: Noline Cornhill 0406 375 390

AUSTRALIAN AGRICULTURAL HISTORY OF KARUAH – March 28, 10 – 12

Another of Keith’s very interesting talks on the history of our local area.

Tutor: Keith Buls, Class Assistant: Sue Buls 0429 059 055

WEDNESDAY MORNING SESSIONS 10 to 12

PROGRAMMERS : PAULINE CARR (0412 087 802) AND GAIL BROWN (0412 280 876)

EMERGENCY – HELP! – February 8

1. Cape Hawke Surf Life Saving Club: Why? When? How? Modern local history.
2. Emergencies that could occur during a U3A session. Demonstrations and member involvement, voluntary of course.

Guest Presenter: Gary Curtis, **Class Assistant:** Gail Brown 0412 280 876, **Tech:** Pauline Carr

CREATING A WORLDWIDE TREASURE OF WORDS – February 15

The story behind a monumental task.

Tutor: Lori Pierce, **Class Assistant:** Alison Munro 0423 911 941, **Tech:** Steve Colditz

FRESH AND SALTY – February 22

The association of explorers and the Aborigines with many of Australia's fresh and saltwater masses.

Presenter: Chris Butler, **Class Assistant:** Eunice Coombes 0492 958 974 , **Tech:** Di Jeeves

DANCING THROUGH THE AGES – March 1

Strictly dancing! From caveman to present day, we all love to dance. Come along and bop in your seats as we dance through the ages.

Tutor: Helen Bonanno, **Class Assistant:** Barbara Dolahenty 0408 248 018, **Tech:** Tony Bonanno

(A) A CONTROVERSIAL VISITOR – March 8

A significant and unique visitor arrives in Australia.

(B) THE OTHER WORLD

Half a mile down in the deep blue sea.

Tutor: Lori Pierce, **Class Assistant:** Jill Smith/Jan Peasnell 0407 554 255, **Tech:** Jaslie Hannabus

NSW'S ANZAC WAR MEMORIAL, HYDE PARK SYDNEY – March 15

1. 1934 The memorial's evolution came from a desperate need and women were the driving force behind its completion.
2. The Anzac Memorial of 2018. Finally, the centenary of World War 1 saw its footprint completed as the architect intended but with an additional feature.

Guest Presenter: Ian Hallenan, **Class Assistant:** Helen Bonanno 0409 069 055, **Tech:** Pauline Carr

WHEN THE WAR CAME TO AUSTRALIAN SOIL – March 22

Australia sent forces to fight on foreign soil, but we had several catastrophic events on home soil about which we were never told.

Tutor: Helen Bonanno, **Class Assistant:** Denise Williams 0481 481 049, **Tech:** Tony Bonanno

WORLD WARS 1 & 2 AND THE STORIES WE CAN SHARE - March 29

Principal Presenter: Carol Armstrong and fellow members.

Class Assistant: Margaret Smillie 6557 6448, **Tech:** Alison Munro

THURSDAY MORNING SESSIONS

THE WAY WE WERE – Part 5 – February 9, 10 – 12

Another decade has passed, and we are now in our 40s. Share memories, photos, and memorabilia along with joyous, rewarding, humorous and challenging experiences.

Tutor & Bookings: Noline Cornhill 0406 375 390

A TRIP TO AFRICA - February 16, 10 – 12

Let's go on safari and hear Nicky's travels, pictures, and experiences in Africa.

Tutor: Nicky Traill, Class Assistant: Judy Jullienne 0429 167 307, Tech: Jan Wagstaff

MIGRATORY SHOREBIRDS – February 23, 10 – 12

A presentation of the incredible seasonal journey of birds who visit our shores each year, travelling thousands of kilometres worldwide, relying on our coastal habitats.

Guest Speaker: Silas Darnell, Class Assistant: Jann Duggan 0409 890 040, Tech: Di Jeeves

TRAVEL WITH ED HARVEY – QUEBEC – March 2, 10 – 12

Another trip around the world with Ed. This time in Quebec, Canada.

Tutor: Ed Harvey, Class Assistant: Joan Scalmer 0419 164 176

STATESMEN OR SCOUNDRELS? – March 9, 10 -12

A Gallery of Honours for sale.

Tutor: Lori Pierce, Class Assistant: Ann Bell 0414 971 127, Tech: Steve Colditz

WORLD CINEMA – “THE SKIN WE LIVE IN” – March 16, 10 – 12

A gifted plastic surgeon extracts revenge on the young man who assaulted his daughter by keeping him prisoner, to test a new skin for burn victims. It is an engrossing Spanish psychological thriller.

Tutor: Jan Wagstaff, Class Assistant: Carole Reynolds 0407 089 651

WORD MAGIC – (maximum 24) – March 23, 10-12

If you have a sense of humour, enjoy sharing your love of words and interacting with others, please come and join in the fun.

Tutor: Noline Cornhill, Class Assistant: Carol Tallon 0422 252 974

POETRY – March 30, 10 – 12

Join us and share the poetry that affects your emotions and those experiences that reflect joy, humour, sadness, happiness, and pleasure.

Tutor: Noline Cornhill, Class Assistant: Anne Knight 0402 034 494