## Learning for Life

### Calender for 2011

<table>
<thead>
<tr>
<th>Term 4</th>
<th>Enrolment Day:</th>
<th>Monday 10 October 9.30 am – 12 noon</th>
<th>Uniting Church, Taree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Activities:</td>
<td>Monday 17 October - Sunday 11 Dec</td>
<td>various venues</td>
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<tr>
<td></td>
<td>Afternoon of Music</td>
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<td></td>
<td>&amp; Refreshments</td>
<td>Wednesday 7 December 1pm - 3 pm</td>
<td>Uniting Church, Taree</td>
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<td></td>
<td>Luncheon:</td>
<td>Wednesday 14 December 11.30 am</td>
<td>Sailo’s Restaurant</td>
</tr>
</tbody>
</table>

### Contact Information

- **President:** Merlin Freeman 6557 0019
- **Secretary:** Lyn Rayward 6553 9516
- **Membership:** Ern Hollebone 6553 9383
- **Treasurer:** Ross Connell 6552 5951
- **Welfare:** Helen Heathwood 6550 0616
- **Program:** Pam Hollebone 6553 9383
- **Asst Treasurer:** Ann Summerhill 5511 0028
- **Refreshments:** Jean Leggott 6550 6250
- **Publicity:** Braham Lieberman 6553 1416

Postal address: PO Box 436, Taree 2430

Website: [http://manningvalley.u3anet.org.au](http://manningvalley.u3anet.org.au)
Words from Our President

Hello fellow U3A members.

I wish to acknowledge and thank the Biripi people of the Kattung Nation for their custodianship of this beautiful Manning Valley region.

A sincere welcome is extended to all members for our fourth term for 2011. Thanks to all the Group Leaders, members of the Committee and members of U3A who make U3A possible and also maintain a friendly, inclusive club. We also thank members for their assistance at groups: setting up, morning tea preparation etc. Suggestions made to committee members (whose contact details are on the cover page) are important to improve the functioning of our club.

The Committee hosted a Cluster Meeting on Saturday 3rd September at which members from Coffs Harbour, Gloucester District, Forster Tuncurry, Kempsey Macleay Valley, Port Macquarie Hastings and Port Macquarie Watonga joined with us for a productive meeting from which each club gained support and information to assist in club management.

The morning tea on 7th September was very pleasant. We enjoyed a play reading from Christine’s group and the Painting for Fun people created a wonderful display of their art.

Please take a moment to note your interest in U3A having one of our luncheons at Wingham Services Club which would be a suitable venue for us to have an interesting guest speaker.

Christmas Lunch will be another activity to consider. This will be for members and their partner. Lucy Bokulic, Ann Summerhill and Helen Heathwood will be contact persons.

Please take the time to carefully read and enjoy the entire Newsletter, prepared by Pam. This will ensure you are not missing out on some important aspects of U3A. A special thanks to our webmaster, Ern Hollebone whose work allows so many of us to receive the newsletter by email. This system allows for speedy communication, if, and when, the need arises.

I wish you all well and look forward to seeing you all during the term

Merlin Freeman
Term 4 Enrolment Day Guest Speaker

The NSW Department of Fair Trading - of what use is it to us? With their access to other government departments and regulatory authorities, they are able to bring together information, advice, tips...to assist people like us in their daily lives. An officer from the Port Macquarie office will outline the services appropriate for our age group and answer questions. Copies of their publication “Seniors Guide” (consumer information for older people) will be available.

Archaeology in Uzbekistan

Charmain Williams returns on 27 October with an Armchair Traveller’s account of the trip she and Bruce made to Uzbekistan, where they took part in archaeological digs.

Christmas Day Lunch

Christmas can be a lonely day for many so MV U3A and Taree Seniors will again be organising a Christmas Day Luncheon at Ormsby House, Commerce Street, Taree. U3A/Seniors will organise hire of the premises, supply of ham, chooks, salads, bread rolls, nibblies, fruit, drinks & cake while participants will bring a small gift (about $5 worth) for distribution on the day. Participants will pay $10 each towards costs.

Item 5 on Page 2 of Enrolment Form Other details are on Page 11

End-of-term Luncheons

It has been suggested that we should trial holding some of our Luncheons at Wingham Services Club which offers meals at the same price as we now pay. Those in favour of this venue feel that the possibility of having a guest speaker would be a great additional benefit. At this stage, it is planned to hold the End of Term 1, 2012 Luncheon there if a majority of you indicate that you favour the idea. PLEASE complete the survey Question 5 on Page 1 of your Enrolment Form so that the decision is based on your preferences.

Terry’s Tours

Terry Evans (retired NPWS manager) has planned three one day trips for us which will involve (easy) walking through the bush and on boardwalks learning about the flora and fauna in different parts of our region. The trips will be to Copeland Tops (Barrington); Dooragan (Laurieton); Kooloonbung Creek (Port Macquarie)

All were originally planned for Term 4 but on rethink we decided that as many people are away/unavailable before Christmas, it would be more sensible to “spread the feast” with the trip to Barrington this term and the others next year.

Jewellery Course

Sue Vanderkley will run a course on polymer clay jewellery in Term 1, 2012 but will be at the Term 4 Enrolment to give details, answer questions and show examples of items made using it.

Meditation

Pam Findlay will run a course in Term 1 next year - not just imagining beautiful places but also learning about the health benefits that can be achieved and some useful exercises.

Aboriginal Culture

Jenny Lee who has worked extensively in indigenous communities, is planning a course with Jeremy Saunders which will enable us to appreciate the richness of their culture and language.

Music Lovers’ Appreciation Group

Paul Bonnefin, our trombonist, is keen to get a group of people who love the “good” music of the 20s to 50s ie Irving Berlin, Cole Porter et al. The group will meet regularly in each others’ homes to play recordings & discuss the music – each member will take an equal role in hosting the group & selecting the music played. Answer Question 6 on Page 1 of Enrolment Form
Honeycomb Valley Farm
By Braham Lieberman

The Manning Valley is full of surprises! A visit to Honeycomb Valley Farm on Thursday 25th August was one of those delightful surprises. A group of 40 of us travelled by bus to this lovely property at Nabiac operated by Andrew & Anna who have achieved great results in self-sustained living in the 5 years the property has been established. They gave us a very easy-to-listen-to presentation on the variety of animals they have - sheep (that don’t need to be shorn), alpacas, goats, native bees, miniature cattle and different chickens, some laying blue eggs! We even learned how to make goat's milk butter.

A highlight of the visit was to see a demonstration of the Solar Ovens, one model for the home, another large one to cater for larger groups of people or where there was no power in the event of fires or floods or other major disasters. These ovens do all that conventional fossil fuel models do but draw their power only from the sun.

Our hosts prepared a delicious morning tea and lunch after which we continued to participate in further sight-seeing around the farm. Anna showed us some of the exquisite products which she makes from goats milk and bees wax. Before departing for home we were able to buy some of these as well as the honey and genuine free-range eggs which were available.

What the Gardeners Got Up To
By Liz Cross

It was a frustrating winter for the garden group this year: poor weather and rain causing many cancellations of garden visits. However the weather gods were kind, the sun shone and the day was perfect when 16 gardeners and friends, together with John, our friendly driver, boarded the bus for our trip to Wauchope.

At Lorne Valley Macadamia Farm we were greeted by owner Ray, who gave us an informative talk on macadamia production and told of the frustrations of farming in weather that is often too hot, cold, wet, dry or whatever. We looked at the production shed and the lines of wonderfully healthy trees, before enjoying a delicious morning tea in the café. How do macadamia shortbread biscuits and strawberry and white chocolate muffins sound!!

Then it was off to Wauchope, to visit Farmyard Ferneries, a nursery on the banks of the Hastings River. This nursery specialises in plants which clear the air inside our homes and offices of pollutants and proprietor Kathy gave us a very interesting talk about air-cleaning indoor plants. Did you know that the most effective plant for removing indoor pollutants is the Dwarf Date Palm? A number of us made purchases – I was going to be good, but those of you who know me, will know that to take me to a nursery is like taking a kid to a lolly shop!

Then we went off to lunch at a great little café in Wauchope before returning home, all agreeing that the day had been a huge success. Many thanks to Ann for organising our trip.
Thanks from Anne Thomas

I would like to thank all my friends for their good wishes, prayers, gifts, cards, phone calls, visits and offers of help. Thank you to those who drove me to places I wanted to go. And a special thank you to Maire for driving me to John Hunter Hospital and staying there with me and an even bigger thank you to Margo for staying in Newcastle while I was in hospital and nursing me at her home for ten days after my discharge.

Red Dove Appeal

During our Enrolment Week, the Red Dove will be donating its money from sales to the East African Famine Appeal. Why not take a break there and help others at the same time.

Mental Health Week

Also at the Uniting Church that week on the Tuesday, 1.30 – 3.30 pm there will be a special afternoon of entertainment & information for Mental Health Week. Ludvik the Magician and the Tai Chi group will be among the performers and there will also be a U3A table.

Congratulations

to Forster Tuncurry U3A’s Puppet Group who won an award from the Great Lakes Council.

Activities to Follow Up Yourself

1) Gloucester Glorious Garden Ramble  Sat 8/Sun 9 Oct. - a diverse collection of beautiful, gardens. A bus tour leaves the Billabong Park amenities at 9.45 am each day but tickets must be purchased in advance from the Tourist Info Centre: 6558 1408.

2) Gloucester Rural Women’s Gathering  Fri 14-Sun 16 Oct  Speakers, workshops in 100+ activities, forums - so much!! Check it all out:  www.gloucesterwomensgathering.com

3) David Hobson & Teddy Tahu Rhodes  Sun 6 Nov  5–7 pm, Glasshouse Cost: $95/$89

U3A Etiquette

As members of a co-operative, as U3A surely is, there are certain ways of behaving which are vital to the health of our “family. We don’t have loads of rules; what we ask our members to do is just commonsense and good manners:

1. BEHAVIOUR in sessions. Chatting while the class leader, guide etc is addressing the group is bad manners and distracting for all.

2. PROBLEMS IN GROUPS. If you have a problem in a class, your first point of reference should be the Class Leader. If the problem continues, then you should approach Pam H or another member of the committee.

3. Please RING THE CONTACT PERSON if you are unable to attend a session. It’s common courtesy, if you are expected, to let someone know if you won’t be there.

4. PLEASE REMEMBER (ie write in your diary, on a calendar …) what you have enrolled in: make sure you don’t miss activities you’ve paid for and avoid delaying the group.

5. Please wear your NAME BADGE – as proof of your membership, as a record of emergency contacts** and to assist others in the group who may be embarrassed if they’re unable to remember names & need to ask. ** Include name(s) and phone number(s) for at least 1 relative &/or friend and your doctor. Many members are also recording medication, allergies etc.

6. Please bring your own MUG to activities.

7. EXCURSIONS We rely on volunteer drivers, guides etc to make our trips run so smoothly. Members should therefore take all necessary steps to ensure their own health & comfort and avoid making unreasonable demands on our volunteers or the whole group. We can’t afford to have volunteers refuse to deal with us because of one or two people.
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<tr>
<th>Time</th>
<th>Dates</th>
<th>Venue</th>
<th>Contact</th>
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<tbody>
<tr>
<td>10 am – 12 noon</td>
<td>7, 14, 21, 28 Nov; 5 Dec</td>
<td>Uniting Church, Taree</td>
<td>Don Rannard 6553 9791</td>
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How often have you heard someone say: "I wish I had learned another language"? Well, this is your chance to do just that! The German language class is offering an elementary course for beginners where participants will learn some basic greetings, answers & everyday phrases suitable for use when you're travelling in Europe. The course consists of a basic one-hour tutorial plus morning tea for conversation practice - professionally produced, modern, pre-recorded lessons will be used.

**Cinemagoers**

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<th>Dates</th>
<th>Venue</th>
<th>Contact</th>
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<tbody>
<tr>
<td>11.45 am – 4.30 pm</td>
<td>17, 24, 31 Oct;7, 14, 21, 28 Nov; 5, 12 Dec</td>
<td>63 Minamurra Drive, Harrington</td>
<td>Belle Sweers 6556 1461</td>
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This course is designed for those who appreciate quality films. It offers an extensive range of “genre” and “non-genre” films, including comedy, musical, historically- and musically-orientated subject matter. Two films are shown per session with generous tea/coffee break between for casual discussion. We finish usually about 4.30 pm but, on odd occasions, later. Prompt arrival is a must. Wingham and Taree members usually have their lunch at the park at Harrington breakwall before the commencement and car-pooling has been used successfully. Indicate on your form if you need a lift or will give lifts. See you in the Dress Circle!

**Let’s Speak Spanish (Continuers)**

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<tr>
<td>10 am – 12 noon</td>
<td>17, 24, 31 Oct;7, 14, 21, 28 Nov; 5 Dec</td>
<td>Uniting Church, Taree</td>
<td>John Peters 6553 8345</td>
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This course covers the basics of the Spanish language - in particular, areas of usefulness for travellers - and also brings in aspects of the culture. New members would have to have some knowledge of Spanish already.

**Social Craft**

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<th>Time</th>
<th>Dates</th>
<th>Venue</th>
<th>Contact</th>
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<tbody>
<tr>
<td>1 pm – 3 pm</td>
<td>17, 24, 31 Oct;7, 14, 21, 28 Nov; 5 Dec</td>
<td>Uniting Church, Taree</td>
<td>Annemarie Heitmann 6552 6985</td>
</tr>
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This course provides a relaxed atmosphere in which enthusiasts are able to work at their chosen craft, sharing their skills with or learning new ones from their colleagues. And, of course, they share jokes, gossip, recipes … as well!
**Gentle Exercise**

| Time: Tues 9 am – 11 am | Dates: 18, 25 Oct; 1, 8, 15, 22, 29 Nov; 6 Dec  
Venue: MV Sailing Club (near KFC) | Contact: Margo Gollan  6551 3197 |
---|---|---|
We all need exercise to maintain a healthy lifestyle & combat nasties like heart disease, osteoporosis etc. This course provides a balanced program of activities, suited to our bodies’ needs and able to be adapted if necessary. Wear light, loose clothing and flat shoes. BYO cold drink or mug for tea/coffee.

**Silver Ukulele Strummers**

| Time: Tues 10.30 am – 12.30 pm | Dates: 11, 18, 25 Oct; 1, 8, 15, 22, 29 Nov; 6 Dec | Contact: Val Stack 6557 0009 |
| Venue: Girl Guides Hall (Douglas Ave, Taree) |
Silver Ukulele Strummers continue with enthusiasm and ever-increasing expertise partly through their many “gigs” all over the place. **Note:** Starts in Enrolment Week

**Silver Beats Percussion**

will be in recess for this term

**The Book Marks Book Club**

| Time: Tues 10.00 am – 12 noon | Dates: 11, 25 Oct; 8, 22 Nov; 6, 20 Dec  
Venue: Taree Library (small meeting room) | Contact: Laura Sykes  6552 1680 |
---|---|---|
The Book Markers have really got off to a great start with a meeting each fortnight: one to discuss the book they chose to read for the month and the second to chat about the books and authors each individual wants to bring to the others’ notice. They’re having a ball! But would love to see a few more members to add to the mix!

**Art for Pleasure and Purpose**

| Time: Tues 12.30-3.30 pm | Dates: 18, 25 Oct; 1, 8, 15, 22, 29 Nov; 6 Dec | Contact: Barbara Lieberman |
| Venue: Girl Guides Hall (Douglas Ave, Taree) |
In place of "Painting for fun", I would like to introduce this change of name for those who feel daunted at the thought of just painting. Some of us like to draw, which is really the first stage of creating an artwork. There are so many mediums to choose from, such as pencil, charcoal, ink, water colour pencils, pastels and paint. Any of these can create a beautiful work of art. I am very happy to adapt to whatever a student has in mind. I believe everyone has an artistic ability, but they have never had the time,opportunity and/or guidance they need. We are a happy group, and enjoy learning from each other but with the purpose of producing a pleasing result. The course does not have to be expensive, as there are a lot of places to buy your equipment at very affordable prices. Just start out with the basics and work from there - new members should come armed with paper, 6B pencil, eraser & a rest for their paper. I hope to see some men as well, as I know from experience, they can turn out some great work!

**Tai Chi - Men Only Class**

will resume in Term 1, 2012
**Folk Dancing - Village Circle Dances**

Time: Thurs 9 am – 11 am  
Dates: 13, 20, 27 Oct; 3, 10, 17, 24 Nov; 1, 8 Dec  
Venue: MV Sailing Club (near KFC)  
Contact: Sandra Bassetti  6552 5142  

Through the ages people have come together to dance & enjoy each other’s company. The dances often reflect a culture’s history and customs: dances to celebrate the seasons, special days, harvests, weddings, religious days, market days … almost anything to do with village life. Musicians played their treasured instruments, home-made food was laid out and everyone in the family, young & old, danced together. It created a strong sense of family & community. Performed mainly in a circle, it allows dancers to join in or drop out of the circle at will and everyone can move at their own pace. It is a fun way of exercising and keeping the mind and the body active. Do come along and join us. **NOTE** starts in Enrolment Week.
Time Traveller in Germany

Time: Thurs 10 am – 12 noon  
Dates: 27 Oct; 10, 17, 24 Nov; 1, 8 Dec  
Venue: Uniting Church, Taree  
Contact: John Dun 6552 6225

This term we will leave the Rhine and travel to Bavaria, famous for its lake and mountain scenery and the castles of Ludwig II. We will visit Munich, Regensburg, Oberammarkau, Dachau and other points of interest. Apart from Bavaria, we will visit Dresden and the capital, Berlin, where we will look at its long history and its pivotal place in modern times, including the stories of the Berlin Airlift and Berlin Wall. We will consider too the place of the Brothers Grimm in the study of German folklore and language. Please note that we will be starting in Week 2 and also there will be no class on November 3.

Beginners’ Silver Ukulele Strummers

Time: Thurs 11.30 am – 1 pm  
Dates: 13, 20, 27 Oct; 3, 10, 17, 24 Nov; 1, 8 Dec  
Venue: MV Sailing Club (near KFC)  
Contact: Val Stack 6557 0009

This is Part 2 of a two term course and will therefore be available only for those who enrolled in Term 3 NOTE: starts in Enrolment week.

Art in the Gallery

Time: Thurs 1 pm –2 pm’ish  
Dates: 20 Oct; 24 Nov; 8 Dec  
Venue: MR Art Gallery (Macquarie Street)  
Contact: Lois Bedggood 6557 0667

20 October: 2011 Manning Art Prize  Judges this year are Ms Sharni Lloyd, Director of the Glasshouse Gallery, Port Macquarie & Ms Jude McBean, Dir. of Grafton Reg’l Gallery.  
24 November: The Eutick Memorial Still Life Award  Australia’s prize for still life artists promotes excellence and innovation in still life painting. The EMSLA is a touring exhibition from Coffs Harbour Regional Gallery. 
7 December:Manning Express 2011  A selected exhibition of artwork by state secondary students from public schools in the North Coast District: Gloucester, Taree, Chatham, Great Lakes, Wingham and Bulahdelah. Sponsored by North Coast Institute of TAFE.

Let’s Speak Spanish  (Beginners)

Time: Thurs 1 pm – 3 pm  
Dates: 20, 27 Oct; 3, 10, 17, 24 Nov; 1, 8 Dec  
Venue: Uniting Church, Taree  
Contact: John Peters 6553 8345

This course is covering the basics of Spanish from the beginning. While the course concentrates on the language and how it is used and spoken, it also brings in aspects of the culture. New members would have to have some elementary knowledge of Spanish.

Charmain Williams:  Armchair Traveller in Uzbekhistan

Time: Thurs 1 pm – 3 pm  
Date: 27 Oct  
Venue: Uniting Church, Taree  
Contact: Pam Hollebone 6553 9383

Charmain and Bruce travelled to Uzbekistan where they took part in archaeological digs as well as visiting Tashkent, the capital and Bukhara & Samarkand on the legendary Silk Road between China and the West. One of the largest Central Asian countries, Uzbekistan is doubly land-locked and in its 4,000 year history of settlement, has been occupied by many peoples, all leaving their prints on the cultural, linguistic and ethnic make-up of the country. After the break-up of the Soviet Union it became an independent republic in 1991. Come along and be enthralled!! Right: Bukhara
**Open Forum**

Time: Fri 10 am – 12 noon  
Dates: 14, 21, 28 Oct; 4, 11, 18, 25 Nov; 2, 9, 16 Dec  
Venue: Uniting Church, Taree  
Contact: Julie Frederiksen 6557 0277  

Our topical discussion group continues to subject a variety of current affairs and “questions of a higher morality” to close scrutiny and spirited dissection. Topics are suggested by members of the group. New members are greeted with enthusiasm!! **NOTE** Starts in Enrolment Week

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**Modified Line Dancing**

Time: 10 am – 11.30 am  
Dates: 14, 21, 28 Oct; 4, 11, 18, 25 Nov; 2, 9 Dec  
Venue: MV Sailing Club, Taree (near KFC)  
Contact: Joy Clancy 6552 1891  

Line Dancing is a great way of getting exercise, dancing (but without having to worry about bringing a partner) and socialising. Our No 1 Rule: “No mistakes, only variations” means that anyone is capable of dancing with us. Wear comfortable clothing, flat shoes; bring your own mug for refreshments. **NOTE** Starts in Enrolment Week

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**Table Games & Mahjong**

Time: Fri 12.30 pm – 3.30 pm  
Dates: 14, 21, 28 Oct; 4, 11, 18, 25 Nov; 2, 9, 16 Dec  
Venue: Uniting Church, Taree  
Contact: Margaret Savage 6551 4991  

Mah Jong and Scrabble are still most popular but other board games get a run too and we would love to have enough players to run various card games: Five Hundred, bridge (social, not deadly serious!), euchre …. The group continues during the break between terms with any other members looking for something to do, welcome to join in. (Holiday fee $2 per week)

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**Beyond Solitaire**

Time: Fri 4 pm – 6 pm  
Dates: 21, 28 Oct; 4, 11, 18, 25 Nov; 2, 9 Dec  
Venue: Taree Community College, (Macquarie St, Taree)  
Contact: Ern Hollebone 6553 9383  

The class will continue its work on the Internet. The main emphasis will be on emailing – basic and advanced applications. If there is time after that, we will look at simple desk-top publishing. $20 fee (per computer) covers use of Taree Community College facilities and refreshments. **Note**: no vacancies.

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**Trips in Cyberspace**

Time: Fri 4 pm – 6 pm  
Dates: 21, 28 Oct; 4, 11, 18, 25 Nov; 2, 9 Dec  
Venue: Taree Community College, (Macquarie St, Taree)  
Contact: Lloyd Seaton 6557 0187  

“Trips in Cyberspace” is a course designed to assist members to make use of the Internet for doing everyday things: exchange of emails with family and friends, production and handling of documents and access to personal and public information. The name of the course is intended to serve as a reminder that the Internet can provide experiences both good and bad. $20 fee (per computer) covers use of Taree Community College facilities and refreshments. **Note**: possible vacancies.

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**SATURDAY**

**Cinemagoers (Saturday sessions)**

Time: Sat: 11.45 am – bet 4.30 pm  
Dates: fortnightly 29 Oct; 12, 26 Nov; 10 Dec  
Venue: 63 Minamurra Drive, Harrington  
Contact: Belle Sweers 6556 1461  

For full details of the course, see PAGE 6
### Christmas Day Luncheon

<table>
<thead>
<tr>
<th>Time:</th>
<th>11 am → about 3 pm</th>
<th>Date:</th>
<th>Sunday 25 December</th>
</tr>
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<tbody>
<tr>
<td>Venue:</td>
<td>Ormsby House, Commerce Street, Taree</td>
<td></td>
<td></td>
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<tr>
<td>Cost:</td>
<td>$10 + contribution of gift (value $5)</td>
<td>Contact:</td>
<td>Lucy Bokulic 6559 2676</td>
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MV U3A and Taree Seniors are coming together again to provide a Christmas Day lunch for members who would otherwise spend Christmas alone. Although our invitation certainly includes couples, parent-child, close friend pairs, it is limited to two people except in special circumstances. U3A/Seniors will organise hire of the premises, supply of ham, chooks, salads, bread rolls, nibblies, fruit, drinks & cake plus the Chrissie tree and decorations while participants will bring a small ($5) gift for distribution from the tree. The cost of $10 per person covers the purchase of the food and incidentals.

### An Afternoon of Music

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<th>Time:</th>
<th>Wed 1 pm – 3 pm</th>
<th>Date:</th>
<th>Wednesday 7 December</th>
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<tr>
<td>Venue:</td>
<td>Uniting Church, Taree</td>
<td>Contact:</td>
<td>Pam Hollebone 6553 9383</td>
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Make sure you’re there by 1 pm so that our Singers and Strummers (Silver Tones Singers & Silver Ukulele Strummers) can start their Christmas/End-of-Year Concert on time and give you the chance to relax and enjoy our afternoon tea and chat time which will follow.

### End-of-Term Luncheon

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<th>Time:</th>
<th>11.30 am (for 12 noon) →</th>
<th>Date:</th>
<th>Wed 14 December</th>
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<tbody>
<tr>
<td>Venue:</td>
<td>Sailo’s Restaurant, (Manning River Aquatic Club, Manning Street, Taree)</td>
<td>Contact:</td>
<td>Pam Hollebone 6553 9383</td>
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Our Term 4 luncheon (Wednesday, 14 December) is our Class Leaders “thank you” celebration when we acknowledge the time, effort and enthusiasm they have put into their sessions and courses. Come along and show your appreciation of the work they do for you.

### Sunday Lunch Club

<table>
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<th>Time:</th>
<th>12 noon →</th>
<th>Dates:</th>
<th>25 Sept; 30 Oct;</th>
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<tr>
<td>Venues:</td>
<td>see below</td>
<td>Contact:</td>
<td>Helen and Errol Heathwood 6550 0616</td>
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A great chance to try out the different eateries in our area (and beyond, sometimes) with convivial company. Each venue is selected by of one of the group - everyone gets a go at “picking the place” and organising the outing at some stage during the year. Members who wish to book a seat, should contact the organiser at the BEGINNING of the month concerned and notify any cancellations ASAP to avoid giving grief to the restaurateur.

- **25 Sept:** Reef Bar Grill *(Shop 1/2 Wharf Street, Forster)*
  - Helen & Errol 6550 0616
- **30 Oct:** Memories *(Manchester Street, Tinonee)*
  - Maureen 6553 6154
- **27 Nov:** Bean Bar *(Pulteney Street, Taree)*
  - Marcia 6552 2241
- **29 Jan:** Waterbird Restaurant *(Main Road, Manning Point)*
  - Helen & Errol 6550 0616
### Day Trip 1: Train Trip to Dungog
**Date:** Saturday 15 October  
**Departure:** 10 am (sharp - be there early) from Taree Railway station; Return late afternoon. 
**Contact:** Pam Hollebone 6553 9383 
**Cost:** $90 includes train, wines, cheeses, lunch, afternoon tea  
**Note:** Bookings closed

**Day Trip 2: Train Trip to Coffs Harbour Markets**
**Date:** Sunday 16 October  
**Departure:** 5.30 am (be there early!!!) from Taree Railway Station; Return about 4.30 pm. 
**Contact:** Pam Hollebone 6553 9383 
**Cost:** $70 covers train travel only  
**Note:** Bookings closed

### Day Trip 3: Port Macquarie: Morning Music - Stephen Fisher-King
**Date:** Monday 24 October  
**Pick-up:** Wingham Log am: 9 am; Taree Info 9.15 am  
**Return:** approx 3.30 pm. 
**Contact:** Pam Hollebone 6553 9383 
**Cost:** $38 covers bus and entry fee to performance- everything else at your expense.

### Day Trip 4: Hannam Vale Festival of Flowers
**Date:** Sunday 30 October  
**Pick-up:** Wingham Log am: 9 am; Taree Info 9.15 am  
**Return:** approx 4 pm 
**Contact:** Pam Hollebone 6553 9383 
**Cost:** $22 covers bus and entry fee to gardens - everything else at your expense.
Excursions cont

Day Trip 5: Terry’s Tours: Copeland Tops Conservation Area
Date: Thursday 3 November Contact: Pam Hollebone 6553 9383
Pick-up: Wingham Log am: 8 am; Taree Info 8.15 am Return: approx 5 pm
This is the first of Terry’s Exploring Our Area Tours. Make sure you wear a hat, sun-screen and sturdy shoes, bring lunch, nibbles, lotsa water – some insect repellent wouldn’t go astray either! Copeland Tops C A is located in the Barrington Tops Area, 15 kms west of Barrington Village. Included in the day will be a guided tour of the Mountain Maid Gold Mine Historic Precinct - no, you don’t get to keep any gold you find! There will also be an easy grade walk along the boardwalk (but with a number of steps) through the largest area of easily accessible dry rainforest within the Manning River Catchment. The walk will be taken at a reasonable (ie slowish) pace to enable us to learn about what’s growing and living there.
Cost: $20 covers bus and park entry - everything else at your expense/BYO refreshments

Theatre Parties

All theatre party enquiries to Pam on 6553 9383
Venue: Manning Entertainment Centre except Theatre Trip 1: Upper Lansdowne Hall

Theatre Trip 1 Upper Lansdowne Players - Posthorn Gallop Cost: $25
Date: Sunday 16 October Time: 3 pm
Enjoy the madness of this hilarious old-fashioned farce, presented by the talented cast of the Upper Lansdowne Players. Chester Dreadnought returns from his honeymoon anticipating a quiet weekend with his in-laws, only to find that Lord and Lady Elrood, urgently needing funds, have opened their stately home (Elrood Castle) into a tourist attraction. A motley procession of characters live in (or find their way into) the house, including love-lorn maid Ada, slightly potty Lord Elrood himself, and sinister art thieves Mr Capone and Mr Wedgewood, old enemies of Chester.
The comedy flies thick and fast and the afternoon tea ain’t ’alf bad, neither!! Make sure you get there by 2.45 pm to be seated. Allow 45-50 minutes driving from Taree. Indicate on your Enrolment Form if you need/can give a lift.
RING PAM TO BOOK YOUR SEAT AS SOON AS YOU GET THE NEWSLETTER.

Theatre Trip 2 Taree Arts Council - “On Golden Pond” Cost: $29
Date: Friday 4 November at 8 pm OR Saturday 5 November at 2 pm
Norman Thayer, a retired professor, and Ethel have had a summer cottage on Golden Pond since early in their marriage. This summer their daughter Chelsea - whom they haven't seen for years - feels she must be there for Norman's birthday. She and her fiance are on their way to Europe the next day but will be back in a couple of weeks to pick up the fiance's rebellious son. When she returns Chelsea is married and her stepson has the relationship with her father that she always wanted. The story explores the relationship that she had with her father growing up, as well as what can happen to a couple in the later years of a long marriage. Along the way is a touching bond between the young boy and the old man. Will father and daughter be able to communicate at last? The 1981 Oscar-winning film based on Ernest Thompson’s 1979 play starred Henry Fonda and Katherine Hepburn as Norman and Ethel with Jane Fonda as their daughter.
Theatre Trip 3  Mid-North Coast Sinfonia Orchestra  Concert  Cost: $20
Date: Saturday 26 November  Time: 7.30 pm
Sinfonia is the premier community orchestra of the Mid-North Coast, drawing its players, aged from teens to seniors, from across the region. Sinfonia’s repertoire extends across many genres including classical, jazz and popular with an aim to promote the performance of Australian music - particularly that of young composers. Local choirs, including school choirs, and other community musical groups are often featured with the orchestra. Cultivating music appreciation and music playing in our regional area is Sinfonia’s goal.

Theatre Trip 4  An Evening with Wendy Matthews & Glenn Sharrock  Cost: $65
Date: Friday 9 December  Time: 8 pm
Wendy Matthews and Glenn Sharrock are two legendary singers who share something magic about the way they sound together. Wendy is one of our most successful female artists of all time. Glenn is, of course, the iconic singer songwriter whose record sales have amassed over 25 million. Between them they have graced Australian radio playlists for decades with their many hits. This performance features all their hits as well as a selection of their favorite songs together. Together they bring you a night you will not forget.

And to Finish … Some Wise Thoughts to Ponder

1. Do not walk behind me, for I may not lead. Do not walk ahead of me, for I may not follow. Do not walk beside me either. Just pretty much leave me the hell alone.

2. The journey of a thousand miles begins with a broken fan belt and leaky tire.

3. Always remember that you're unique. Just like everyone else.

4. Never test the depth of the water with both feet.

5. Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

6. Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

7. Everyone seems normal until you get to know them.

8. The quickest way to double your money is to fold it in half and put it back in your pocket.


10. There are two approaches to arguing with women. Neither one works.

11. Generally speaking, you aren't learning much when your lips are moving.

12. Experience is something you don't get until just after you need it.

13. Never, under any circumstances, take a sleeping pill and a laxative on the same night.