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Summer Newsletter
January 2023



President's message :

New Year Greetings to all our members

A very happy new year to you all and we hope that 2023 is a really good one for all of you. It seems so strange to type the date as 2023 - don't the years appear to zip by ever more quickly. In the last newsletter I was hoping that the excessive rain would stop for a while but since then it has sometimes been getting a little too dry again. The nights are also a bit too hot for comfort but when I see icy pictures of Ukraine or blizzards in America I realise just how lucky we are and that I shouldn't complain.

I hope that you all had an enjoyable Christmas wherever you were and would like to thank Peter and others for helping some of those without family nearby to socialise. We also had a good Christmas Cuppa and Chat in December but unfortunately our highly anticipated entertainers cancelled due mostly to an outbreak of Covid. The nasty pestilence is still haunting us but thankfully we are mostly vaccinated and now have these new antivirals to help us to avoid serious illness.

We had a very good U3A Christmas lunch at the lovely Saltwater Restaurant at Fingal Bay. Thanks to Narelle for organising it all and thanks also to David for our usual "Big Bash Bocce" contest - and our gratitude to all those members that attended for making it such a lovely day. A couple of photos are on next page. We also had a lovely new year breakfast on 19th January with a large number attending.

Our committee is very grateful to all those that attended our AGM on the 2nd November and voted in our new constitution (thank goodness that is behind us) - Oh and for voting in the new committee. It is essentially the same committee as last year but an excellent one.

We are about to start our new year with the new program out. It is a very full program and Narelle has done a great job of obtaining rooms in a very tight environment as well as fitting it all in our program booklet. We always attempt to avoid having two classes on at the same time but we appear to be at the point where we may not be able to always do so.

We had some very impressive guest speakers last year and the program shows two good speakers lined up for February. Details of speakers in March will be sent out in the weekly emails.

There are several new courses this year and a change to our Cuppa and Chat on the first Wednesday of each month. The February C&C will start at 2.30pm as usual but from March it will start at 1.30pm. I know that this is not ideal but the room is needed after 3pm for School functions.

We have a series of lessons in the game of bridge on Thursday afternoons. This is an "improvers" course for those that wish to learn the techniques.

Continued next page



We also have a new series of three classes of Forensic Crime Solving on Wednesdays - if you enjoy shows like *Silent Witness* or *Inspector Poirot* then you should try your hand at solving these challenges.

Peter is no longer analysing his short stories but starting a new course in Creative Writing on Wednesday to help us to write our own interesting stories. With Peter's knowledge and teaching experience this should be very rewarding.

We have another Sourdough workshop on the 10th February after the previous class was a success. This is an all-day class from 8:45am for a 9am start—till 3pm at Anna Bay. Lunch is included. Register early for this class by emailing our sourdough baker. Bring 400g of plain flour, a large mixing bowl, a large colander, two tea-towels, and a spatula.

We also have some Co-operative gardening sessions on Thursday mornings where we have a small field at Anna Bay. Just bring a positive attitude, any favourite gardening tools, a water bottle and personal protective equipment - gloves, hats, sunscreen, etc. to experiment in planting some veggie or flower gardens etc.

Last November Chris arranged a visit of volunteers from Hunter Heart Safe to show us the basics of CPR (Cardiopulmonary Resuscitation) and in the use of an AED (automated external defibrillator) device. A photo of our keen group is shown below. We plan to have a repeat session for those who missed out or wish to attend again. This was enjoyed and valued by all who attended. They show you how easy it is to use the AEDs that are now on the walls in clubs, shops and our community centre and you could end up saving a member's life so we all hope that as many as possible attend. Watch for details to come.

You still need to register for most of our courses. Just contact the course leader as per the instructions in the program. There is no need to enrol for Bowling on Wednesday or for the Thursday walks but you will need to have your name registered at the activity. Please stay at home if you have Covid or any symptoms that may be Covid or influenza.

Hope you enjoy the program,

Thanks, Alan

Breakfast during break



Our Bocce experts



CPR class

Up and coming dates for your diary:

- ◆ Our new year and term 1 begin on Monday 6th February
- ◆ Next Cuppa and Chat meeting is on Wednesday 1st February at 2.30pm
- ◆ Term 1 ends on Friday 31st March

