## U3A Clarence Newsletter January 2019

# U3A CLARENCE INC. A University of the Third Age PO Box 774 Rosny Park 7018

#### Enquiries: Jocelyn Head 62486681 Carol Rossendell 0409 698198

#### CONTACT DETAILS

Website: u3aclarence.com

Email: enquiries@u3aclarence.com

#### DATES FOR 2019

Classes are held at Rosny LINC on Monday and Wednesday mornings.

There are 3 one-hour sessions each day, with a choice of courses in each session.

Term 1: Mon 4 March - Wed 22 May Term 2: Mon 17 June - Wed 21 Aug. Term 3: Mon 16 Sept - Wed 20 Nov.

Enrolment Day Term 1: Wed 13 Feb.

#### SESSION TIMES

Session 1 9.30 - 10.25

Morning Tea 10.25 - 10.50

Session 2 10.50 - 11.50

Session 3 12.00 - 1.00



#### President's Message - January 2019 Memory

I can clearly remember the day when, aged 4, I fell into a pond. I can remember the blue sky looking up, how my feet slipped on slimy leaves and I fell in repeatedly, trying to get up. It is as though I were still there. Yet it is over 70 years ago and I have not thought about it for over 40 years until my sister recently asked about this often repeated family story from before she was born.

I have a friend who has a complete visual memory of the physical details of her classroom on her first day of school. I can only remember that on this long awaited day (when I knew I would be grown up) that the girl next to me was in tears and I could not understand why. I have no other memory of that day at all.

It is amazing that a collection of atoms form into brain neurons which in some way imprint and contain our memories. The actual process is not understood and when it is discovered it may increase our sense of wonder rather than diminish the mystery. The brain which (in most cases) could be held inside two hands enables us to learn to dance and sing, remember complex musical arrangements and an enormous variety of combinations of all three. In addition we are able to contemplate the extremely small, but still to lift our gaze to the vastness of space (which makes my head hurt). Please don't talk about quantum mechanics!

"Memory is the mother of all wisdom" Aeschylus (525-455 BC).

One of the beauties of our memory is that it can fade. PTSD sufferers long for forgetfulness, to relieve them from the constant mental re-enactment of their trauma. Forgetting also means we can learn the same thing over and over as though it was new. I just wish my forgetting did not include the inability to remember names - which is more distressing to me than forgetting my keys!

To me all learning includes a remembering of old things which the new can refresh and enlarge.

Three quotes again from Aeschylus sum up the joy of learning for me "Even the old should learn", "To learn is to be young forever." and "Learning is ever in the freshness of its youth, even for the old".

So bring your razor sharp or very foggy memory to U3A in Term1 2019. There is sure to be something to interest you in our new program.

Jocelyn

getahead@bigpond.net.au

	TERM 1 PROGRAM: MONDAY SESSION 1: 9.30-10.25
M111	GERMAN FOR BEGINNERS KARIN WIDER
	This course will mostly involve conversation, but there will also be some practice at writing and reading.
M112	WHODUNNIT? BASIL SANSOM
	A discussion of the emergence and nature of the world's most popular literary genre with emphasis on
	the classic stories of the 'Golden Age' of the whodunnit from Edgar Alan Poe to Raymond Chandler.
M113	GLOBAL WAR ON JOURNALISM STEVE TOLBERT
	Journalism is under siege. Has Orwell's '1984'; surveillance, propaganda and oppression arrived? Consider
	Jamal Khashoggi, Charlie Hebdo, Edward Snowden, internet disruption, the death of truth, the press as
	'the enemy of the people' and more.
M114	PAINTING FACILITATOR: MARG DILGER
	This is a self-directed course working predominantly in watercolour. This class is full.
M115	GOOD AND BAD GOVERNMENT CAROL ROSSENDELL
	How did societies arrive at the point of needing government, and what did society expect of it? Over
	millennia there have been governments of many styles, both good and bad. What makes for good
	government and what for bad? Much of the conversation relates to power and how it is wielded. Join the
	course to add your voice to those discussions.
	TERM 1 PROGRAM: MONDAY SESSION 2: 10.50-11.50
M121	THE WRITERS COLIN PYEFINCH
141177	An opportunity for those who enjoy writing (or would like to) to share their efforts in a friendly atmosphere of
	mutual support and encouragement.
M122	VOLCANIC EARTH ALBERT GOEDE
	The first three lectures will be dealing with the nature of volcanic landforms and processes. This will be
	followed by sessions dealing with historical eruptions such as Santorini, Vesuvius, Krakatoa, Mount Pelee and
	others.
M123	A VIRTUAL WALK ALONG THE MIDLAND HIGHWAY WAYNE SMITH
	The walk commences at Cleveland (bushranger capital) and proceeds through Epping Forest to Powranna, near
	Symmons Plains. The talks will provide pen sketches of all pioneer landowners recorded on the Land
	Commissioner's map of 1828, photos where possible of pioneers, heritage houses, churches, schools, hotels
	etc. The origins of place names along the way will be provided. Details of bushranger and aboriginal attacks in
	the area, plus local history, scandals and interesting stories.
M124	PAINTING MARGARET DILGER
	This is a self-directed course working predominantly in watercolour. New members welcome.
M125	LINE DANCING – CONTINUING BEV CHANDLER
	Simple line dances to a variety of music. Suitable for people who just want to have fun in moving, singing,
	making plenty of mistakes and laughing at them! This course is full.
M126	SEATED TAI CHI EILEEN LEVETT
	This seated program has been modified to suit the needs of the less mobile individual and involves simple,
	gentle movements which, together with breathing techniques and guided meditation, can enhance overall
	fitness, health and improvement in inner well-being.
	TERM 1 PROGRAM: MONDAY SESSION 3: 12.00-1.00
M131	EXPLORING POETRY CHRIS BISHOP
	Join Chris and other poetry enthusiasts in an exploration of poetry through the ages. The sessions
	include a range of poetry and poets, with some members bringing along and sharing their own
	contributions. No previous knowledge of poetry required.
	KALEIDOSCOPE JANE HALL & JULIE BOTHMAN
M132	
M132	
M132	A different speaker will speak on their own area of knowledge or interest. Subjects will be topical and presented at a readily understood level. The dates may vary for each speaker.
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M132					
		4/3/19	A Gentle Introduction to the Baha'i Faith	Martin Roberts	
	18/3/19		Interfaith	Terry Sussmith	
		25/3/19	Rosny Library	Jane McGregor	
		1/4/19	The Peter Underwood Centre	Dr Becky Shelley	
		8/4/19	An Invisible Woman	Anne Blythe-Cooper	
	15/4/19 29/4/19 6/5/19		Early Detection of Cancer	Ella French Cancer Council of Tasmania	
			Art and Aircraft WWI	Mickey Benefiel	
			John Beattie - Photographer	John Stevenson	
		13/5/19	The Man Who Painted Roses	Pat Olding	
		20/5/19	Tasmanian Soldiers and WWI	Stefan Petrow Professor of History UTAS	
M133	UPDATES ON ASTRONOMY AND COSMOLOGY SCIENCE FOR 2019  Delving into the new science news for 2019 and updating older science and astronomy facts with the latest breakthroughs as a result of continuing research.				
M134	CONTINUATION TAI CHI Tai Chi/Shibashi/Yi Jin Jing – three of the many forms of Tai Chi aim to:  1. continue the practice of Tai Chi 2. refine current technique and				
M135	3. encourage daily practice at home to continue a feeling of health, well-being and mindfulness.  GERMAN CONVERSATION  German conversation for German speakers wanting conversational practice. New members are welcome in the group but you need to have a reasonable grasp of the language.			CTED	
M141	TERM 1 PROGRAM: MONDAY SESSION 4: 1.15-2.15  LINE DANCING – CONTINUING 2  Simple line dances to a variety of music. Suitable for people who just want to have fun in moving, singing, making plenty of mistakes and laughing at them! This course is full.				

	TERM 1 PROGRAM: WEDNESDAY SESSION 1: 9.30-10.25
W111	INSIDE THE ATOM IAN DUFFY
	In my last course we explored the electron, the subatomic particle found in the outer shells of atoms.
	This time we venture to the very core of the atom, the nucleus. We will examine the history, the
	science of particles, waves and forces, and enabled technology. The secrets of nuclear medicine,
	nuclear energy and nuclear weapons will be explored.
W112	PEACE EDUCATION PROGRAM HELEN HUSSEY
	Know yourself and be positively surprised. The Peace Education Program is a video-based program
	with talks by Peace Ambassador Prem Rawat, interspersed with music, cartoons and time for your
	reflection and comment. With both humour and seriousness, you have the opportunity to look at
	yourself. The focus is on the strengths and resources you already have, like inner strength, dignity,
	choice and hope. The program has proven popular in 74 countries.
W113	CALLIGRAPHY PETER SEEKINGS
W114	TRADITIONAL CHINESE PAINTING MICHAEL WU
	This class is an opportunity to learn traditional Chinese painting from a Chinese artist who works in
	the field. Michael is visiting from China and is offering these sessions to Clarence U3A.
W115	MAH JONG JAN CHIPMAN
	Play and/or learn Mah Jong. Two hours for those who want to stay.
	TERM 1 PROGRAM: WEDNESDAY SESSION 2: 10.50-11.50
W121	U3A SINGALONG BEV CHANDLER & REGAN LOVE
	We enjoy singing and harmonising along with many current and popular selections pertinent to our
	age group. No auditions necessary, just the desire and ability to have fun and enjoy the music. \$5 fee
	per term for music copying.
W122	A REFLECTION OF THE TIMES – AUSTEN'S MEN AND DICKENS' WOMEN EILEEN LEVETT
	A course of contrasts comparing a male & female author, 2 vastly different eras, settings, styles and
	above all – themes! The rural upper to middle class of the Regency – obsessed with romance, love
	and marriage, and the poverty and squalor of Victorian London – where many struggled for survival.
W123	FRENCH CLUB SELF DIRECTED
	Continuing course for those participants from last term. Newcomers are welcome but some basic
	knowledge of the language would be preferable.
W124	SPANISH SELF DIRECTED
	This is a continuing course so new students should have a basic knowledge of the language.
W125	TAI CHI SELF-DIRECTED
	This class is self-directed and will be following a DVD.
W126	MAH JONG – CONTINUATION FROM SESSION 1
	TERM 1 PROGRAM: WEDNESDAY SESSION 3: 12.00-1.00
W131	PLAY READING NAOMI CONNOR
	If you have ever attended a play that you really liked, come and join in re-creating the sometimes
	hilarious, sometimes mysterious but ALWAYS fascinating and fun masterpieces of the theatre. There
	will be plenty of parts to suit every kind of capability.
W132	ARMCHAIR TRAVEL MARY BOLTON
	The course takes us to all corners of the world. We enjoy cruises, train trips, bus tours, walking
	adventures, all from the comfort of our chairs at LINC.
	Topics and speakers to be announced shortly.
W133	THE PRISON INDUSTRIAL COMPLEX: IS PRISON FOR PUNISHMENT OR AS PUNISHMENT? CAROLINE
	DEAN
	This course will examine the prison industrial complex and explore whether particular groups of
	people are targeted for punishment and control over others, and if so, who are those people and
	what crimes have they committed. It will look at the idea of prison as a deterrent versus prison as a

****	Have fun doing gentle and easy-ish dances – good for beginners or people recovering from health issues.
W141	TERM 1 PROGRAM: WEDNESDAY SESSION 4: 1.15-2.15  LINE DANCING – BEGINNERS  BEV CHANDLER
	longer term players.
	The aim of this course is to introduce the game to new players and improve the playing strengths of
W136	LEARN TO PLAY CHESS SELF DIRECTED
	teach mainly traditional Balkan, and Peter mainly contemporary circle dances.
	Circle dancing is exercise for the body and the soul, and the circle is open and welcoming. Angela will
	Israeli dance. The music is incredibly varied, from traditional Gypsy to modern folk and classical.
W135	CIRCLE DANCING PETER SANDS & ANGELA TAMAYO Circle dancing draws its roots from European folk dance traditions such as Balkan, Greek, Rom and
	MYTHS AND MISCONCEPTIONS (SERIES 1)  What are the reasons for the Trojan War? Who exactly, was King Arthur? How accurate is the Old Testament in historical terms? The answers to these questions – and more besides – as we delve once again, into the realm of the mysterious and misunderstood. If you enjoy a good story, or a conundrum or two, then this course is definitely for you.
W134	affect prisoners, their families and their communities as well as examining the usefulness of rehabilitation. Lastly, we will explore the idea that if prison is designed to deter, why is the reoffending rate so high?
	warehouse for containing 'undesirables'. We will discuss the impact and ask in what way does prison

### ENROLMENT DAY WEDNESDAY 13TH FEBRUARY 2019



10.00am - 12.00 noon

Rosny LINC - Room 6

You will be able to get help with enrolling online at this time. Also, you can pay your annual membership fee (\$45) quickly and easily.

Stay for a chat and refreshments.

If you do your enrolment at another time, pease ensure we

receive it by the Enrolment Due Date of Sunday 17th February.



The 2018 Christmas lunch included: fantastic food, fun entertainment by our Line Dancers and Raffle organisers, and great door and raffle prizes!

Special thanks to Bev and her lively and talented ladies, Jocelyn for her pertinent speech, to our setting up crew and raffle organisers and yet again, to Patricia, our wonderful MC.

# Notice of Annual General Meeting

1.30 p.m. Wednesday 20 February 2019, Room 6, Rosny Library.

Agenda

- 1. Confirmation of the minutes of the last AGM.
- 2. To receive and consider the President's Report.
- 3. To receive and consider the Treasurer's report.
- 4. To elect Officers and Committee members.
- 5. To appoint an auditor.
- 6. To transact any other business of which written notice is given.

Light refreshments will be served.

A guest speaker, Amanda Robinson of Your Health Hub, will address the meeting on the topic:

'Helping you to be Strong, Fit and Mobile'.

#### NOMINATION FORM FOR 2019 COMMITTEE

Would you like to serve on the Committee in 2019? It's interesting and rewarding and we need your input. If you would like to nominate someone, or yourself, fill in this form and return it to U3A. Take note: you must have someone to nominate you and someone else to second you and then you must sign the form yourself.

Return to the Secretary, U3A Clarence, PO Box 774 Rosny Park 7018 by Friday February 14th 2019.

NOMINATION FORM FOR 2019 OFFICE BEARER  Must be signed by three members	RS
Position on committee	
Name	
Nominated by	
Seconded by	
I accept nomination (signature)	

# **Pre- term 2019**

#### Note: Term 1 dates have changed from those of previous years to allow 10 full weeks!

Newsletter	Mon 21 Jan		
Committee Meeting	Wed 6 Feb	1.15-2.30	Room 1
Enrolment Day	Wed 13 Feb	10:00-12.00	Room 6
Enrolments Due by:	Sun. 17 Feb		
AGM	Wed 20 Feb	1.30-3.30	Room 6
			Afternoon tea Guest
			Speaker

#### Term 1 2019 Monday 4 March - Wednesday 22 May

No classes Monday 11 and 13 March (Public holiday week) No classes Monday 22 April and Wednesday 24 April (Easter)

#### This gives 10 Mondays and 10 Wednesdays

Committee Meetings	Mon 18 Mar	1.15-2.30	Room 1
	Mon 15 April	1.15-2.30	Room 1
	Mon 13 May	1.15-2.30	Room 1
Newsletter	Mon 13 May		

#### Term 2 2019 Monday 17 June – Wednesday 21 August

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Committee Meetings	Mon 24 June	1.15-2.30	Room 1
	Mon 22 July	1.15-2.30	Room 1
	Mon 12 Aug	1.15-2.30	Room 1
Newsletter	Mon 12Aug		

#### Term 3 2019 Monday 16 September – Wednesday 20 November

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Committee Meetings	Mon 23 Sept	1.15-2.30	Room 1
	Mon 21 Oct	1.15-2.30	Room 1
	Mon 11 Nov	1.15-2.30	Room 1
Newsletter	Mon 11 Nov		
Christmas Luncheon	Mon 25 Nov	12 noon	Howrah Recreational Centre

#### **Pre- term 2020**

Newsletter	Mon 22 Jan		
Committee Meeting	Wed 7 Feb	1.15-2.30	Room 7
Enrolment Day	Wed 14 Feb	10:00-12.00	Room 6
AGM	Wed 21 Feb	1.30-3.30	Room 6
			Afternoon tea Guest
			Speaker

# Enrolling:

You can do this online or on paper using the enrolment form enclosed. Deliver it to U3A on Enrolment Day, or post it. Postal address is U3A Clarence Enrolments, PO Box 774, Rosny Park, 7018.

ENROLLING ONLINE

Enrolling online is simple, quick, cheap and environmentally friendly.

- 1. Just Google U3A Clarence to get to our home page.
- 2. Click on 'Course Info' at the top of the page to find out about the courses and enrolment.
- 3. On the enrolment form click on the circle next to each course you wish to attend. If you are not attending a course during that session, click None.
- 4. If two people are enrolling from the same email address, you may need to refresh the page before the second enrolment.
- 5. Click submit!
- 6. You should receive an email message confirming your enrolment. If you don't, try again.
- 7. Next visit the Subscription/Membership form and complete your details. Everyone should do this unless they renewed membership at the end of 2018. If you are not sure, ask Terry Mahoney to check for you. Help will be available for online enrolments on Wed. 13th Feb.

ANNUAL SUBSCRIPTION FEE FOR 2019 - \$45 PER PERSON YOU MUST SUBMIT THIS FORM WHETHER YOU PAY ONLINE, OR BY CHEQUE, MONEY ORDER OR CASH

Name (s)	Member number (s)
Preferred name (s) for name tag (s)_	
Phone	Email address
Residential address	
	Post Code
Method of payment and amount paid	- cheque, money order, cash or direct credit \$
Please make your cheque or money or	der payable to U3A Clarence and mail with this form to
PO Box 774 Rosny Park 7018 or hand	it in at U3A.

#### You can pay online as follows:

#### SUBSCRIPTION PAYMENTS BY DIRECT CREDIT

Members can pay their U3A Clarence subscriptions by direct credit. Payments can be made by visiting a bank and making a deposit to our account, or by electronic funds transfer to our account. Whichever method is used to make a direct credit payment, it is essential that the following information is recorded as part of the transaction:

Account name: University of the Third Age - Clarence Inc

BSB: 067103

Account number: 10059047

Reference: Member's first name and surname

Please note:

When making a deposit at a bank you must ensure that your reference information is recorded whether or not the teller asks for the details.

Please address any Subscription or Payment queries to the Treasurer, Terry Mahoney.

# U3A CLARENCE INC NOTICE

We are looking for one or two members to provide backup support for electronic equipment setup, usage and removal after use by tutors. For further information please see Terry Mahoney.

#### **U3A HOBART SUMMER SCHOOL**

invite Clarence U3A members to the program. Sessions last one hour, from 10 – 11.00 a.m. in the Philip Smith Lecture Theatre, 2 Edward St., Glebe. Gold coin donation requested. Light refreshments follow.

22 Jan: Robin Allington Maguire: French Balloon Corps 1780s

24 Jan: Suzy Degrasi: The history of weaving and embroidery in China till the end of the Qing Dynasty

29 Jan: Greg Barns: Decline of Liberal Values

31 Jan: Dr Louise Grimmer: Airbnb and the impact of word-of-mouth marketing for small businesses in Tassie.

5 Feb: Dr Penny Jones: What happened to the Indus civilization? Did climate change = collapse?

7 Feb: Dr Lucy Tatman: Silences (Philosophy)

12 Feb: Prof Rufus Black: The Roy and Maureen Davies Memorial Lecture

2019: A Place-Based Society. (Champagne morning tea follows)

#### I Have a Dream

She sat in a first-class compartment of the train when an apparition appeared in front of her. Gasping, she wondered what to do.

"You said you wished to interview me," he whispered.

As she was about to say something else, she remembered the game she and her colleagues played one quiet afternoon. "Who would you interview alive or dead if you could?" When it came her turn, she answered, "I have a dream. I wish to interview him."

"Yes, but you are not alive. You were assassinated."

"I am here now for that interview." Was all he replied.

"You knew you were going to die and accepted it. You still went to the rally. – I cannot understand that." She responded.

"My work was done. Too many people were reliant on me. I am not a father figure and was not required to become one to them. My job was to make them and others aware that they, coloured Americans are as good as anyone else. I succeeded to a certain extent. People need to stand on their own and be counted, not rely on another to speak up for them continually. The African Americans understand that now."

"People need a leader who can help them direct their needs." She continued.

"No, that was not my mandate. I had to show the way, only and I did that to the best of my ability. Since I went Americans have had a black president. An African American woman by her television shows has been an influential person in the country. Many black people are in the limelight in many different ways. Change moves slowly."

For a while they chatted when she asked: "Why have you come to me now?"

"You are about to finish your book on interviews, true and imagined. I would like you to include this one also. Would you do that for me?"

"Yes," she answered as the apparition faded. "You knew I would when you appeared," she said out aloud.

A few weeks later, her book appeared and was very well accepted.

A year later, after many speaking engagements regarding her book, she was on the crowded Metro in France when her arm was touched. She glanced around to see him again. "Why are you here now?" froze on her lips.

"It is your time." he said just as the bomb exploded.

Kindly contributed by Helen Lucas, from our Writers group

# **ENROLMENT FORM TERM 1 2019**

Name 1:	Name 2:



Phone: \_\_\_\_\_ Email: \_\_\_\_\_

MONDAY COURSES	CODE	NAME 1	NAME 2
Session 1 9.30-10.25			
German for Beginners	M111		
Whodunnit?	M112		
Global War on Journalism	M113		
Painting (This session is full: session 2 is open)	M114		
Good and Bad Government	M115		
Session 2 10.50-11.50			
The Writers	M121		
Volcanic Earth	M122		
Virtual Walk on the Midlands Highway	M123		
Painting * new members welcome	M124		
Line Dancing – Continuing 1	M125		
Seated Tai Chi	M126		
Session 3 12.00-1.00			
Exploring Poetry	M131		
Kaleidoscope	M132		
Updates on Astronomy & Cosmology	M133		
Science 2019			
Continuation Tai Chi	M134		
German Conversation	M135		
Session 4 1.15-2.15			
Line Dancing – Continuing 2	M141		

WEDNESDAY COURSES	CODE	NAME 1	NAME 2
Session 1 9.30-10.25			
Inside the Atom	W111		
Peace Education Program	W112		
Calligraphy	W113		
Traditional Chinese Painting	W114		
Mah Jong	W115		
Session 2 10.50-11.50			
U3A Singalong	W121		
A Reflection of the Times: Austen's Men	W122		
and Dickens' Women			
French Club	W123		
Spanish	W124		
Tai Chi	W125		
Session 3 12.00-1.00			
Play Reading	W131		
Armchair Travel	W132		
The Prison Industrial Complex: Is Prison for	W133		
Punishment or as Punishment?			
Myths and Misconceptions (Series 1)	W134		
Circle Dancing	W135		
Learn to Play Chess	W136		
Session 4 1.15-2.15			
Line Dancing – Beginners	W141		

Monday	Wednesday	
Session 1	Session 1	
Session 2	Session 2	
Session 3	Session 3	
Session 4	Session 4	