

U3A Clarence Newsletter August 2021

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

Enquiries:

Len Spaans 0417072902
Carol Rossendell 0409 698198
CONTACT DETAILS
Website: u3aclarence.com

Email:

enquiries@u3aclarence.com

DATES FOR 2021

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 3: Mon 13 Sept – Wed 1st Dec.

Includes no classes during the two week school holiday period.

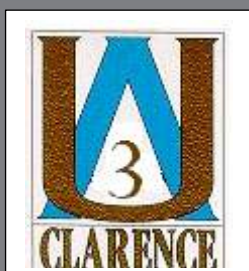
SESSION TIMES

Session 1 9.30 – 10.30

Session 2 10.45 – 11.45

Session 3 12.00 – 1.00

**Christmas Luncheon: Thursday,
9th December.**



President's Message August 2021

Committee.

Several of the committee members will be resigning at the end of this year. This will create an opportunity for some new members to lead our U3A into the future. Please consider nominating for the committee next year.

Library and U3A programs

The library has directed that no U3A classes can be held at the library during school holidays. We will continue to have the two week school holiday breaks during each of our three terms.

Seniors Week

U3A Clarence will host Seniors Week afternoon tea this year at the Lindisfarne Community Centre, 37a Lincoln St, Lindisfarne on October 14th from 1 – 3.00p.m.

And finally, a cute poem from an anonymous source:

A Little Poem For Seniors

Another year has passed
And we're all a little older.
Last summer felt hotter
And winter seems much colder.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the Past'

We used to go to weddings,
Football games and lunches..
Now we go to funeral homes
And after-funeral brunches.

We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags,
Come home and take a pill.
We used to often travel
To places near and far.
Now we get sore asses
From riding in the car.

We used to go to nightclubs
And drink a little booze.
Now we stay home at night
And watch the evening news.

That, my friend is how life is,
And now my tale is told.
So, enjoy each day and live it up...
Before you're too damned old!



Len Spaans
President of U3A Clarence

Revised Dates

U3A Clarence Inc - Important Dates for 2021

(Term 2 2021 Monday 7th June – Wednesday 1st September)

Term 3 2021 Monday 13 September – Wednesday 1st December

There is **no** U3A on the weeks of 27th Sept. and 4th Oct. due to school holidays.

This gives 10 Mondays, 10 Tuesdays and 10 Wednesdays

Committee Meetings	Mon 20 Sept	1.15-2.30	Room 1 or 5
	Mon 18 Oct	1.15-2.30	Room 1 or 5
	Mon 8 Nov	1.15-2.30	Room 1 or 5
Newsletter	Mon 8 Nov		
Enrolments due:	Wed 1 Sept		(for Term 3)
Christmas Luncheon	Thurs 9 Dec	12 noon	TBA

We are now required to check in using the **Check in Tas app when we attend a Library branch, including Rosny (and U3A). Library staff are ready and available to help if you are having difficulty with this. They are continuing the Drop-in Digital sessions and are available to help with use of IT devices, apps, etc. generally on Mondays 2 – 3 p.m.**

N.B. Please note carefully the changes U3A has had to make to our calendar – the Library rooms we use are not available during school holidays.

The holidays between terms will be different from our usual 3 week breaks. Between Term 2 and 3 we will only have a one week break. This is to ensure we still have ten weeks in our terms.

Please note the short break between terms means we will all **need to enrol for Term 3 subjects as soon as possible – before the end of this term. Our Enrolments Officer (Carol Rossendell this term) and Secretary, (Sue Storr) will be sorting out enrolments and class lists during the one week holiday, a change from normal procedures.**

ENROLMENTS DUE: by Wednesday, 1st September.

FORTHCOMING SOCIAL EVENTS:

A number of social events have been planned for Term 3.

We have booked the Lindisfarne Community Centre at 37a Lincoln St. for **morning teas**.

Morning teas cost \$3 per person (to be paid when attending).

These are the dates, times and hall to be used. (There are two halls at this venue.)

Thursday 5th August, 10.30 – 12.30 in the Back Hall

Thursday 26th August, 10.30 – 12.30 in the Front Hall

Thursday 9th September, 10.30 – 12.30 in the Front Hall

Thursday 30th September, 10.30 – 12.30 in the Back Hall

Thursday 14th October, 1.00 – 3.00 p.m. Back Hall – a special afternoon tea for **Seniors Week** with interested members of the public able to join us. Come for a tea/coffee and a chat.

TRIVIA AFTERNOON:

Our popular Trivia event makes a comeback!

12th August, 1 – 3.30 p.m. at the Howrah Recreation Centre,
11 Howrah Road, Howrah.

Please **RSVP to Beth Jeffrey to secure your place: Ph. 62476329.**

The cost is \$10.00 which can be paid into our bank account using these details: BSB 067 103

Account number: 10059047

Use your name, then Trivia for the Reference

CHRISTMAS LUNCHEON:

Our annual Christmas luncheon will be held on Thursday, 9th December.

Please put that date in your diary – further details to follow.

TERM 3 PROGRAM: MONDAY SESSION 1: 9.30-10.30

213M11	CLARENCE HISTORY Clarence Aborigines, early explorers, evolution of townships, origins of town names, first settlers, early industries, heritage buildings, movers and shakers. Lots of pretty local photos.	WAYNE SMITH
213M12	LEARN TO PLAY CRIBBAGE Have you ever played this card game? A game for two or more which uses a standard 52 card deck of cards, and a crib board to score. There is enough luck for it to be fun, but it also takes skill and cunning to play well. Come and discover 15-2, 15-4 and three-of-a-kind is 10 plus 1 for his knob makes 11. Learn the rules and play the game with friends.	BILL BOUFFLER
213M13	PAINTING This is a self-directed course working predominantly in watercolour.	FACILITATOR: CAROL GALE
213M14	SEVEN HABITS OF EFFECTIVE THIRD AGE PEOPLE The program is based upon the work of Stephen Covey and his book `The Seven Habits of Highly Effective People` (it has sold over 30 million copies) The program presents a holistic, principled, centred approach to improving your life. Chris will guide you through the step-by-step pathway to living with greater integrity and adapting to change.	CHRIS BISHOP

TERM 3 PROGRAM: MONDAY SESSION 2: 10.45-11.45

213M21	DIGITAL DROP-IN Do you have a question about your device and want to learn more about how to use it? Or do you want to learn more about apps, how to download apps and how to discover some new ones. These drop-in sessions allow you to ask questions and get some support. Bring your own device.	LIBRARY STAFF
213M22	TRIVIA Three sets of ten questions and six rebus puzzles per week. Designed to stimulate discussion (and fun), test your brain, memory and deductive powers. There will be a \$2 fee for photocopying.	JANE HALL
213M23	PAINTING This is a self-directed course working predominantly in watercolour.	CAROL GALE
213M24	LINE DANCING 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!	JILL CANTON
213M25	THE WRITERS An opportunity for those who enjoy writing (or would like to) to share their efforts in a friendly atmosphere of mutual support and encouragement.	SELF DIRECTED

TERM 3 PROGRAM: MONDAY SESSION 3: 12.00-1.00

213M31	CHAIR YOGA Join Sophie for a gentle seated yoga class. The class will focus on opening and increasing joint mobility, fascia health, and mental and physical relaxation. This class is suitable for beginners and experienced yogis alike and is accessible to all ages and abilities. If you can sit, you can yoga.	SOPHIE WILSON
213M32	POETRY READING Join Chris and other poetry enthusiasts in an exploration of poetry through the ages. The sessions include a range of poetry and poets. Some members bring along and share their own poetry. No previous knowledge of poetry required.	CHRIS BISHOP
213M33	FRENCH FOR BEGINNERS This course will cater for those with little or no knowledge of French and will focus on developing basic skills in the language. It will be adapted to suit the needs and interests of the participants.	CAROL ROSSENDELL
213M34	SINGALONG Enjoying singing songs from our youth, no not ultra-modern ones...	BEV CHANDLER & REGAN LOVE
213M35	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.	SELF DIRECTED

TERM 3 PROGRAM: WEDNESDAY SESSION 1: 9.30-10.30

213W11	LIES, DAMNED LIES AND STATISTICS In modern life, we are bombarded with information which is designed to influence and convince us. Much of it is misuse of statistics, faulty logic, lies and, at its worst, propaganda. In many cases, statistics are used to enable this. This course is designed to be a user's guide to basic statistics so you have the tools to clear away the fog of information. We will look at measurement, centrality, uncertainty, the normal curve, sample size, polling and surveys, trends, patterns and how to work out the truth.	CAROL ROSSENDELL
213W12	MEASURING TIME FROM THE STONE AGE TO NOW We see how humans have measured & recorded time across the world over the past 7,000 years or so and look at the various calendars in use across the world. This course will start in week 2 on Wednesday 22 September.	MAUREEN ROBINSON
213W13	MAH JONG Teaching and helping people enjoy the game of Mah Jong. Beginners are welcome. Two hours for those who want to stay.	JAN CHIPMAN

TERM 3 PROGRAM: WEDNESDAY SESSION 2: 10.45-11.45

213W21	ODD BODS AND SODS People are so interesting! This course will be a series of talks about various men & women who have caught my attention whether due to their unique contribution to society, their individual talents or maybe their place in history. Some you may know, some you may not. Come along and find out which.	PATRICIA CORBY
213W22	GAME TIME Great fun games to play with your friends.	LEN SPAANS
213W23	FRENCH CLUB For those who have studied French in the past and would like to build on their skills. More emphasis on everyday French, listening and conversation than writing and grammar.	PETA KELLY
213W24	TAI CHI This class is self-directed and will be following a recently purchased DVD.	SELF-DIRECTED
213W25	MAH JONG – CONTINUATION FROM SESSION 1	

TERM 3 PROGRAM: WEDNESDAY SESSION 3: 12.00-1.00

213W31	SPANISH This course will mostly involve conversation, but there will also be some practice at writing and reading.	SELF DIRECTED
213W32	CHESS We welcome novices to the game as well as those with experience. As with everything there are many things to learn, and we all learn in partnership with each and everyone in the class. On the way, we hope to have fun and enjoy this very ancient game, which is played the world over by young and old.	SELF DIRECTED
213W33	LINE DANCING 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!	JILL CANTON
213W34	PLAY READING 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 everyone.	SELF DIRECTED

A Modern Fairy Tale

Once upon a time there were three little girls, although when our story begins they had grown up into good-looking and clever young women. Their names were Holly Hood, Georgia Goldilocks and Wendy White – her friends called her Snowy or Snow, for short.

Holly loved horses and was often seen galloping through the forest, her long ginger hair streaming out from under her red riding hood. She loved riding, often for hours; and she sometimes passed the mysterious house on the edge of the woods.

Georgia had beautiful curly hair; her friends often called her Goldie locks. She loved botany and walks in the woods and often stopped to pick the flowers. She worked with children and sometimes took them with her telling them the names of the trees and the flowers. Occasionally she walked right past the mysterious, gloomy hotel in the woods and told the children that it must have dark secrets.

Snowy was the studious one. She'd become a business partner and knew a lot about buying and selling property.

One day she noted that the hotel on the edge of the woods was for sale so she decided to buy it. She was fascinated by its air of mystery. She invited Georgia and Holly to join her. "I'll run the guest rooms and you two can share the bar work," she said.

"Good idea," they said and agreed to join her.

A few days later a group of bushwalkers checked in to the hotel. Snowy looked into the bar and said to Georgia: "There's seven of them, all men, happy group, one of 'em is sneezing and coughing a bit but their leader, his name's Doc, says they've all had their jabs. They're walking to the old tin mine."

"That's good," said Holly, "We don't want any COVID here. Or any problems. Men can be big trouble sometimes. Y'know a few years ago I was going to visit my Gran. She lives in the woods. This guy comes up to me. He got so close I thought he was going to EAT ME!! So I told him to back off before I floored him."

"Men can be bad news," said Goldie.

A voice from the end of the bar barked: "Three beers down here, Luv."

"You say please and I'll think about it," said Goldilocks. "Didn't your Mum teach you that? We're Me Too Girls and don't you forget it."

“Yeah, well, OK Gorgeous! Please.”

“Why do men always think they can get what they want?” said Snowy.

Just then the bushwalkers came in for a drink. Doc said, “That’s seven nice rooms we’ve got, Snow. Thanks. Nice views of the bush.”

“Oh well,” said Goldie. “Perhaps some of them are OK.”

Holly said, “Yes, but I always keep my red riding cape and my whip nearby, just in case.”

So that’s the updated version of Goldilocks and the three beers; Holly, the wolf and her red riding cape; and Snowy White and the seven bushwalkers. The fellas learnt some good manners and they all lived happily ever after.

Colin Pyefinch, May 2021



Our members were treated to a talk from a Coal River Travel representative. It was a very informative, she discussed various Tasmanian day trips and mainland plus New Zealand tours. We enjoyed morning tea.

RADIO PLAY MORNING TEA



Well done to Len & Gay for the fantastic story and to those who played character parts. Those of you that did not attend missed a fantastic morning tea. The audience were glued to the story and clues of 'the murder'.

ANNUAL MEMBERSHIP FEES:

Only new members, or people who were not paid up members in 2020, need to pay for membership in 2021! *If you paid in 2020 or earlier in 2021 you do not need to pay this term.*

ANNUAL MEMBERSHIP FEES FOR 2021 - \$45 PER PERSON

You can pay online as follows:

MEMBERSHIP FEES PAYMENTS ON LINE BY DIRECT CREDIT

Members can pay their U3A Clarence membership fees by completing the form on line. Go to our website <http://u3aclarence.com> and click on the link "**Subscribe to U3A (membership)**". Payments may be made by electronic funds transfer to our account, **or by visiting a bank** and making a deposit to our account **after** the online form is submitted. 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

BSB 067103

Account number 10059047

Reference Members' 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 Payment queries to our Treasurer, Terry Mahoney.

IF YOU ARE UNABLE TO PAY BY DIRECT CREDIT PLEASE USE THE FOLLOWING FORM

YOU MUST SUBMIT THIS FORM IF YOU PAY BY CHEQUE OR CASH

Name _____

Preferred name for name tag _____

Phone: _____ Mobile: phone: _____

Email address _____

Residential address _____

_____ Post Code _____

Method of payment and amount paid - cheque, cash \$45.00

Please make your cheque payable to U3A Clarence and mail **with this form** to PO Box 774 Rosny Park 7018.

NEW BLOOD NEEDED FOR U3A

U3A is a volunteer organisation where we all need to contribute. Next year several members of U3A's Management Committee will be retiring from their roles. All have provided more than a few years' hard work. We urgently need people to join our committee and take on some of the roles. The Program Coordinator role will need filling and we need new ideas and skills – *new people!* Please give it thought. Without people prepared to take on our management roles the organisation cannot thrive or even ultimately continue.

Carol Rossendell is eager to hear from people who would like to contribute as tutors for full ten week courses or shorter five week ones. What subjects have you learnt about? Is there an art, craft, game you could instruct in? Perhaps you would be prepared to coordinate Armchair Travel or Kaleidoscope? Can you suggest possible tutors from U3A or outside? In the future it will be possible to use one of the many U3A Online courses already prepared as a basis for a course. U3A Clarence will take out a membership to allow this. You may very well find this is an attractive way to start preparing a course.

IMPORTANT INFORMATION RELATING TO ENROLMENTS:

To ensure our UMAS enrolment system works efficiently - please only enrol for classes you are reasonably confident you can attend regularly. Class sizes are still limited due to COVID restrictions. If you find you cannot attend please let a committee member know – some classes have people waiting for a spot each term.

We all need to learn what our 4 digit membership numbers are. Please make sure you have a password for enrolling. Record the password with your membership number somewhere easy for you to find so that you can use it each term. The UMAS system works much more efficiently with your unique membership number and password than with ends of telephone numbers or email addresses. (Several people can have the same details with regard to telephone numbers and email addresses, which causes havoc with our UMAS system!)

In first term people were emailed and told they were in classes. This should not be necessary this term. If you enrol in classes not already full you may assume you are in that class. If you enrol knowing you are on a waiting list you will be notified if we are later able to give you a place in that class.
*Remember to follow Step 6 of the process to check class sizes.

Please note that Line Dancing classes are always popular and we need to limit numbers in these classes to follow COVID rules. We can therefore only place you in **one** of the two classes run each week.

Enrolling:

You can do this **online preferably**, or on paper using the enrolment form included. Paper enrolments can be delivered to Pat Jeffery at U3A before end of term, or posted.

Postal address is *U3A Clarence Enrolments, PO Box 774, Rosny Park, 7018*. Pat Jeffery is kindly stepping in to help with enrolments for people not able to enrol online – particularly people who have the newsletter mailed to them. She will take your enrolment over the phone if you are one of those people without computer access. Please choose subjects promptly and let Pat know what you are interested in attending. It would help if you could see Pat with your paper enrolment at U3A, or ring her on Ph. 62435935 and give her your choices, to ensure we get your enrolment and you are included in classes.

Term 3 enrolments end on the last day of Term 2 - Wednesday, September 1st.

IMPORTANT NOTE:

If you have recently started using an email address and were previously receiving posted newsletters, please let us know as soon as possible and we will send you electronic copies of messages and newsletters in future. Please send your name and email address by email to membership@u3aclarence.com

The Rosny Library conducts beginner classes for people new to email and computer use. These could increase your skills and confidence.

Enrolments for Email members:

1. Search for U3A Clarence.
2. Click on the first heading: U3A Clarence
3. Click on UMAS system.
4. Click on Login.
5. Enter your member no. and password.
6. Go to View or Select Courses in the menu on the left.
 - *When selecting courses hover your mouse over the course name to check if it is full. If there is space you may enrol in it. You may still select it and be put on a **waiting list** if the class is full. In this case **we will advise you if you have been given a place in the class.**
7. Click in the boxes to enrol in classes.
8. ***Confirm selections** in the box at the bottom.
9. ***On the next screen select Finalise Courses to complete enrolment.**
10. **Logout. You will receive a list of your selected courses automatically.**

You need to be a paid up member to be admitted to classes, so if you have not paid in 2020 or 2021 please follow the instructions on our U3A website under General Information, then Subscriptions, or in this newsletter to pay.

Support

If you have problems enrolling please email us at membership@u3aclarence.com

ENROLMENT FORM TERM 3 2021



Name 1: _____

Name 2: _____

Phone: _____

Email: _____

MONDAY COURSES	CODE	NAME 1	NAME 2
Session 1 9.30-10.30			
Clarence History	213M11		
Learn to play Cribbage	213M12		
Painting	213M13		
Seven habits of effective 3 rd age people	213M14		
Session 2 10.45-11.45			
Digital Drop-in	213M21		
Trivia	213M22		
Painting	213M23		
Line dancing	213M24		
The Writers (self-directed)	213M25		
Session 3 12.00-1.00			
Chair Yoga	213M31		
Poetry Reading	213M32		
French for Beginners	213M33		
Singalong	213M34		
German Conversation	213M35		

WEDNESDAY COURSES**Session 1 9.30 -10.30**

Lies, damned lies and statistics

213W11

Measuring time from Stone Age

213W12

Mah Jong

213W13

Session 2 – 10.45 – 11.45

Odd bods and sods

213W21

Game Time

213W22

French Club

213W23

Tai Chi

213W24

Mah Jong (cont. from Session 1)

213W25

Session 3 – 12.00 – 1.00

Spanish

213W31

Chess

213W32

Line Dancing

213W33

Play Reading

213W34