

# U3A Clarence Newsletter May 2023

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

## **Enquiries:**

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## **CONTACT DETAILS**

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## **DATES FOR 2023**

Classes are held at Rosny Library on Monday and Wednesday mornings. There are 3 one-hour sessions each day, with a choice of courses in each session.

**Term 1: ends Wed 17 May;**

**Term 2: Mon 19 June – Wed 23 Aug;**

**Term 3: Mon 18 Sept – Wed 22 Nov.**

## **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 MAY** **2023**

A third of the year 2023 has gone by. Have you achieved as much as you wanted to in that time? I wish I had not wasted some hours but I am contented with what I have achieved and the people I interacted with.

As you are aware by now, our president John Bothman has resigned and we are looking for some dedicated member to fill the position. Are you interested? Please let a committee member know. The duties involve actively advertising U3A when required, the running of committee meetings as well as addressing members at the morning teas. Please consider this seriously.

The class sessions for term two have been filled. However, Vicki Paterson, our tireless course coordinator is looking for members and/or other capable people to step up and run some programs during term three. If you feel you would like to present a class or more and are uncertain what to do, we do have a series of *The Great Courses*. Each of these are presented as 24 half hour sessions with a guide book and a group of discs to accompany each course. Each of the courses that I examined were designed by experts in the fields. You do not need to follow the course as presented but they can provide you with leads to use and help you to make the course your own.

Thank you to all of the members who presented programs during term I and to all of those who assisted to set up in the mornings and helped with washing up at morning tea time.

I wish you a great and rewarding term 2 at U3A.

Helen Lucas Vice President

## U3A Clarence Inc - Important Dates for 2023/24

### Term 2 2023 Monday 19 June – Wednesday 23 August

(10 Mondays and 10 Wednesdays)

Committee Meetings	Mon 26 June	1.15-2.30	Room 5
	Mon 24 July	1.15-2.30	Room 5
	Mon 14 Aug	1.15-2.30	Room 5
Newsletter	Mon 7 Aug		

### Term 3 2023 Monday 18 September – Wednesday 22 November

(10 Mondays and 10 Wednesdays)

Committee Meetings	Mon 25 Sep	1.15-2.30	Room 5
	Mon 23 Oct	1.15-2.30	Room 5
	Mon 13 Nov	1.15-2.30	Room 5
Newsletter	Mon 6 Nov		
Christmas Luncheon	TBA		TBA

### Pre term 2024

Newsletter	Mon 15 Jan		
Committee Meeting	Wed 31 Jan	1.15-2.30	Room 5
Enrolments close	Sun 18 Feb		
AGM	Wed 21 Feb	1.30-3.30	TBA Afternoon tea and Speaker

## SOCIAL EVENTS TO LOOK FORWARD TO:

Beth Jeffery, our Social Coordinator, is always looking for possible events for members to enjoy outside of our usual program.

Beth is keen to hear from anyone with ideas about other activities we could enjoy together. Have you any ideas and recommendations for group luncheons in the lead up to Christmas? It is becoming more difficult to find suitable locations to make group bookings for that time of year. At many venues, we need to book early to ensure the venue is available when we want to use it. If you have answers regarding these outings and venues, please let Beth know on any Monday or any one of the other committee members on Mondays or Wednesdays.

**TERM 2 PROGRAM: MONDAY SESSION 1: 9.30-10.25**

232M11	<b>LINE DANCING for Beginners</b> Simple line dances to a variety of music. Suitable for people who just want to have fun moving, singing, making plenty of mistakes and laughing! This is a small class specifically for beginners.	<b>JILL CANTON</b>
232M12	<b>CLARENCE HISTORY</b> Clarence Aborigines, early explorers, evolution of townships, origins of town names, first settlers, early industries, heritage buildings, movers and shakers. Lots of interesting historical photos.	<b>WAYNE SMITH</b>
232M13	<b>PAINTING</b> This is a self-directed course working predominantly in water colour.	<b>FACILITATOR: ROBYN NANDAN</b>
232M14	<b>LET'S TALK</b> A discussion group designed to encourage members to explore a different topical issue each week. These may be political, social, economic, ethical, technological or a mixture of these. Participants will be given a published article or articles to read (a "position paper") in order to acquaint themselves with different viewpoints, facts etc. before the discussion. The topic for week one will be How do we encourage parents to become more involved in their children's education.	<b>HELEN LUCAS</b>

**TERM 2 PROGRAM: MONDAY SESSION 2: 10.50-11.50**

232M21	<b>FROM SYRIA TO AFGHANISTAN</b> SW Asia is frequently in the news, but it is a complex region with a complicated history. Peter Jones has lived and travelled in the region over many years and in this series of lectures will try to explain the historical background to this part of the world, with particular reference to recent events.	<b>PETER JONES</b>
232M22	<b>THE WRITER</b> An opportunity for those who enjoy writing (or would like to) to share their efforts in a friendly atmosphere of mutual support and encouragement.	<b>SELF DIRECTED</b>
232M23	<b>PAINTING</b> This is continued from Session 1.	<b>FACILITATOR: ROBYN NANDAN</b>
232M24	<b>LINE DANCING</b> 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 is for those people who already have some experience with this form of exercise.	<b>JILL CANTON</b>
222M25	<b>GERMAN CONVERSATION</b> Conversation for German speakers wanting conversational practice. New members are welcome to the group, but you will need to have a reasonable grasp of the German language.	<b>SELF DIRECTED</b>

**TERM 2 PROGRAM: MONDAY SESSION 3: 12.00-1.00**

232M31	<b>POETRY READING</b> Join 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 is required.	<b>MIKE JACKSON/CHRIS BISHOP</b>
232M32	<b>KALEIDOSCOPE</b> A different speaker, and a different topic is presented each week. Some presenters are U3A members who have offered to talk to us, others are community members with interesting lives, careers and activities to share.	<b>COORDINATORS: GEOFF MEDHURST/VICKI PATERSON</b>
232M33	<b>TRIVIA</b> Work in a team to test your brain, memory and deductive powers. Three sets of questions and a variety of other puzzles will be offered each week. At the beginning of term, a cost of \$2 to cover printing and photocopying applies.	<b>VICKI PATERSON</b>
232M34	<b>NEW SINGALONG</b> Come and enjoy the new singalong in Room 6. All of your favourites from the 50s, 60s and 70s, and many more are offered. No music is required, as it all will be on the big screen.	<b>LEN SPAANS</b>

**TERM 2 PROGRAM: WEDNESDAY SESSION 1: 9.30-10.25**

232W11	<b>OVERSEAS TRAVEL</b> Albert and his wife Judy made trips to New Zealand, Vietnam, Cambodia, Canada and parts of Europe between 2000 and 2017. Albert will discuss and show his wonderful photographs of a wide range of cultural and natural features. Also included will be a presentation of a flight undertaken by his daughter over Antarctica.	<b>ALBERT GOEDE</b>
232W12	<b>WHAT ISLAM GAVE CIVILISATION</b> We live in an age of fear, distrust and even open hostility which has undermined religious tolerance. It's time to be reminded of the heritage we share and how our own culture and learning has benefited from the Islamic tradition. <b>This is a five week course from June 21-July 19.</b>	<b>VICKI PATERSON</b>
232W13	<b>HISTORICAL SCANDALS</b> Being rich, powerful or clever are no guarantees against stuffing up! Let's look at some scandals that have sullied or even ruined many high achievers. Think of the case of the vanishing aristocrat; and what about the London model and showgirl from 1963? These are just two examples. <b>This is a five week course from July 26-August 23.</b>	<b>JANE HALL</b>
232W14	<b>LEARN TO PLAY CRIBBAGE</b> This card game is for two or more. The game uses a standard 52 card deck, and a crib board to score. You need skill, a bit of luck 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.	<b>BILL BOUFLER</b>
232W25	<b>MAH JONG</b> New players are welcome as you will be taught the game of Mah Jong and given help by other knowledgeable players to play an effective game. You may stay for one or two hours.	<b>JAN CHIPMAN</b>

**TERM 2 PROGRAM: WEDNESDAY SESSION 2: 10.50-11.50**

232W21	<b>WRITING CRIME STORIES</b> This course will cover 5 types of crime. Participants will work in pairs or groups to find a "hidden clue" and solve crimes before writing their own crime stories. A template demonstrating the features of crime stories and the criteria for judging writing skills will be presented and discussed. Then, each participant will write their own version of the crime story.	<b>DERRIS WOOD</b>
232W22	<b>FRENCH CLUB</b> This is 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.	<b>PETA KELLY</b>
232W23	<b>PLAY READING</b> 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.	<b>MARIE HOWARD-DOWLMAN</b>
232W24	<b>TAI CHI</b> Tai Chi evolved as a Chinese martial art practised for defence training, as well as various health benefits and meditation. Its sequences of slow, controlled movements are beneficial for strength and flexibility. This class follows a DVD.	<b>SELF-DIRECTED</b>
232W25	<b>MAH JONG – CONTINUATION FROM SESSION 1</b>	<b>JAN CHAPMAN</b>

**TERM 2 PROGRAM: WEDNESDAY SESSION 3: 12.00-1.00**

232W31	<b>HOUSES AND PEOPLE OF EARLY HOBART</b> This course focuses on houses built in Hobart before 1850 and the people associated with them. All of the chosen houses still exist, most of them as residences.	<b>PAT JEFFERY</b>
232W32	<b>GAMES TIME</b> Enjoy an exciting morning playing board games such as Mexican Trains and Rummy-O. Great for concentration and developing numeracy skills. The games are also fun to play with friends.	<b>SELF DIRECTED</b>

232W33	<b>CHESS</b> We welcome novices to the game and 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. Come, have fun and enjoy this very ancient game, which is played the world over by young and old.	<b>SELF DIRECTED</b>
232W34	<b>ZUMBA GOLD</b> Zumba Gold is a modified version of Zumba, designed specifically for seniors. There is a seated form of the exercise as well as the regular dance-like moves. As a fitness program it involves both cardio and Latin-inspired dance, and has become increasingly popular. The “tutors” will be on a screen and participants will be encouraged to begin slowly to build up fitness and strength. Wear loose, comfortable clothing.	<b>FACILITATORS: DIANNE HILL/ SHIRLEY LINES</b>
232W35	<b>BEGINNERS' FRENCH</b> This course is for those with little or no knowledge of French and will focus on developing basic skills in the language and an understanding of French culture. It will be adapted to suit the needs and interests of the participants.	<b>SUE TOLBERT</b>

### **A Loss too Hard to Bare**

He knew what he had to do. Walking along the quiet and deserted path to the water fall, he contemplated his life and his lost family. Now, all was gone.

Recently, his wife had attempted to leave him for another. She had tried but had not succeeded! For, as she was driving with their children, she was involved in an horrific accident where the brakes had failed and all of them had died. Only he was left. He wanted to die as well. Not because she, the only love of his life, had left him but because their beautiful children had gone with her. Why do people hurt others so much!

He was going to the waterfall where he would end it forever. This was their favourite place, the place where they had spent many holidays wandering through the bush, marveling at the wondrous waterfalls and the many lagoons. The kids liked it as well. All came away refreshed and so happy. Many hours were spent laughing and chasing each other around the various trees and bushes. It was not to happen anymore.

He had had flings but always felt that she was his only love. A love he did not want to give away to anyone else. She had been his perfect other half. Where he failed, she succeeded. “Why, oh why,” he wondered, “had she wanted to go?”

Now he reached the falls. The beautiful falls! He took out the rope, the urn with their remains and the remnants of the of the brake lining he had severed and threw them all over the falls to be lost forever.

*H. Lucas*

## MEMBERSHIP SUBSCRIPTIONS:

### ANNUAL MEMBERSHIP SUBSCRIPTION FOR 2023 \$50 PER PERSON

#### You can pay online as follows: MEMBERSHIP SUBSCRIPTION PAYMENTS ON LINE BY DIRECT CREDIT

Members can pay their U3A Clarence subscriptions 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, Len Spaans.

**IF YOU ARE UNABLE TO PAY BY DIRECT CREDIT, PLEASE USE THE  
FOLLOWING FORM  
YOU MUST SUBMIT THIS FORM IF YOU PAY BY CASH.**

Name \_\_\_\_\_

Preferred name for name tag \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile phone: \_\_\_\_\_

Email address  
\_\_\_\_\_

Residential address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

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

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

## **IMPORTANT INFORMATION REGARDING ENROLMENTS**

Because class sizes are limited by room sizes, please only enrol in classes you are confident you can attend regularly. If you cannot make classes, please inform a committee member – as many classes have waiting lists.

Please note that line dancing classes are always popular, and the numbers are limited to meet health recommendations concerning COVID spread. We can therefore only place you in one of the classes run each week.




### **Just started using an email address?**

If you have just started using an email address and have been 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](mailto:membership@u3aclarence.com) The Rosny Library conducts beginners' classes for people new to email and computer use. These may be useful for members not totally familiar with computer use, but also can be tailored to your specific needs, for example, how to communicate with Centrelink via computer.

## HOW. TO. ENROL

We prefer that you do this online. These are the instructions for online enrolment.

### Online enrolment:

1. Search for U3A Clarence on Internet.
2. Click on the first website: **U3A Clarence**
3. Click on **Enrol Here** on the yellow band at the top of the screen.
4. Click on **Login**.
5. Enter your member number and password.
6. Click on **View or Select Courses** on menu on the left. Courses for term 2 2023 will all have a course code starting with **232**.
7. Tick the box on the left-hand side for each course you want to enrol in. If you click on the course name you will see a description of the course.
8. Courses which are highlighted in **blue** are full. You can still tick the box, but you will be placed on a waiting list. Priority is given to members with paid subscriptions.
9. Click on  the button at  the bottom of the list of courses.
10. The list of courses you have selected will appear. The fourth column is the **Status**. This will be blank if you have been **included in the course**, and will have **Wait listed** if the course is full.
11. Click on the  button to finish your enrolment. **This step is important so don't leave it out** or you will not be enrolled!
12. The information in step 10 is the information on your enrolment status. You will not receive any additional confirmation such as an email.
13. Once this has been finalised, your enrolment is complete.
14. **Logout**.



## Paper enrolment form

If you cannot enrol online, then a paper form can be printed from the back of the newsletter and completed. Paper enrolments can be sent to *U3A Clarence Enrolments, PO Box 774, Rosny Park, 7018.*

The enrolments will come to Margaret Collis who is helping people not able to enrol online, particularly those who receive the newsletter by snail mail. If you are without computer access, she will also take your enrolment over the phone if you prefer. Her phone number is 62448301. *The sooner she receives your information, the sooner you will be enrolled.*

## Member subscriptions

You need to be a financial member of U3A Clarence to be admitted to classes. So, if you have not yet paid your annual membership subscription for 2023, please follow the instructions on the U3A Clarence website to pay. You can also use the information on the previous pages of this newsletter to make the payment also.

## U3A in 2023:

**U3A Clarence is a volunteer organization run by volunteers and all members are asked to consider areas they can assist in.** We were very concerned up until the very end of last year that we may have to wind up the organization this year due to a lack of people prepared to help on the Committee. Fortunately, several people have offered to take on new roles. However, we still have an urgent need for members to help with the following:

- *Setting up* and packing up furniture *each morning*;
- Setting up and helping *run computers and electronic equipment* for presentations;
- *Presenting* sessions and courses;
- Helping *find presenters* and facilitators for courses;
- Taking on the role of Public Officer under Terry Mahoney's tutelage;
- *Learning the UMAS membership system* and how to do enrolments – we need several people able to do this role;
- *Sending out newsletters* and messages through bulk emails;
- *Washing up!*

Please consider helping in these areas or at least providing some ideas. U3A Clarence needs all of us to work together for it to continue to function efficiently.

# ENROLMENT FORM TERM 2 2023



Name: \_\_\_\_\_

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

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

<b>MONDAY COURSES</b>	<b>CODE</b>	<b>NAME</b>
<b>Session 1 9.30-10.25</b>		
Line Dancing – Beginners	232M11	
Clarence History	232M12	
Painting	232M13	
Let's Talk	232M14	
<b>Session 2 10.50-11.50</b>		
From Syria to Afghanistan	232M21	
The Writers	232M22	
Painting	232M23	
Line Dancing	232M24	
German Conversation	232M25	
<b>Session 3 12.00-1.00</b>		
Poetry Reading	232M31	
Kaleidoscope	232M32	
Trivia	232M33	
Singalong	232M34	

<b>WEDNESDAY COURSES</b>	<b>CODE</b>	<b>NAME</b>
<b>Session 1 9.30-10.25</b>		
Overseas Travel	232W11	
What Islam Gave Civilisation	232W12	
Historical Scandals	232W13	
Learn to Play Cribbage	232W14	
Mah Jong	232W25	
<b>Session 2 10.50-11.50</b>		
Writing Crime Stories	232W21	
French Club	232W22	
Play reading	232W23	
Tai Chi	232W24	
Mah Jong (continued)	232W25	
<b>Session 3 12.00-1.00</b>		
Houses and People of Early Hobart	232W31	
Games Time	232W32	
Chess	232W33	
Zumba Gold	232W34	
Beginners' French	232W35	