

U3A Clarence Newsletter August 2023

U3A CLARENCE INC.
A University of the Third Age
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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 2: ends Wed 23 August

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 **AUGUST 2023**

Two thirds of the year 2023 have finished. I hope you have been able to meet new people at U3A and learnt new information about the topics you chose to do.

Wonderful News: Our president John Bothman has stated that he hopes to return to U3A in Term three. Welcome back, John. We all wish you a pleasant and rewarding time at U3A.

The class sessions for Term three are in this newsletter. However, Vicki Paterson, our tireless course coordinator is looking for members and/or other capable people to run some programs during all of next year. If you feel you would like to present a class or more, please advise Vicki who is always at morning tea. I remind you that we have a series of *The Great Courses* which are designed by experts in the field. Each of these are presented as 24 half hour sessions with a guide book and a group of discs to accompany each course. You do not need to follow the course as presented but they can provide you with information to use and help you to make the course your own. As well we have U3A Online courses available to adapt.

Thank you to all of the members who presented programs during Term two. To all of those who assisted to set up in the mornings and helped with washing up at morning tea time, thank you. A special thank you to the committee members who have helped make U3A the worthwhile activity it is.

I wish you a great and rewarding Term 3 at U3A.

Helen Lucas
Vice President

U3A Clarence Inc - Important Dates for 2023/24

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 Lunch and 30 th Anniversary event	Mon 27 Nov	12.00 – 4.00	Tasmania Golf Course

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:

Beth Jeffery, our Social Coordinator, is always looking for possible events for members outside of our usual program, which we can enjoy together. If you have answers regarding these outings and venues, please let Beth know on any Monday, or speak to another committee member. We are hoping to go to lunch at Drysdale house during October. Our Christmas Luncheon combined with our 30th Anniversary is to be held on Monday, 27th November.

This term we went to the Cascades Women's Factory. Beth organized that we were given a guided tour around a section and were presented with a one woman play about the conditions that prevailed. Everyone enjoyed a pleasant afternoon.

A REMINDER REGARDING ALLERGIES:

At the beginning of Term 2, a committee member addressed the larger classes on the subject of allergies. We have some members who suffer from allergies which are not easy for the sufferer to control.

While it is up to the allergy prone person to avoid eating foods to which they might be allergic, or to keep a distance from plant pollens which bring on discomfort, those who are sensitive to perfumes used by other people cannot always distance themselves from the potential problem. Some members are allergic to perfumes. As our rooms are small and often crowded, when coming to U3A, please avoid using products which may contain allergy-provoking ingredients.

TERM 3 PROGRAM: MONDAY SESSION 1: 9.30-10.25

233M11	CLARENCE HISTORY Learn about the history of your own part of Tasmania: Clarence aborigines, early explorers, evolution of townships, origins of town names, first settlers, early industries, heritage buildings, movers and shakers. Plenty of interesting local photos. This term we cover Geilston Bay and Lindisfarne.	WAYNE SMITH
233M12	LINE DANCING Simple line dances to a variety of music. Suitable for people who just want to have fun in moving, singing and perhaps laughing at their own mistakes. This is an ongoing class.	JILL CANTON
233M13	PAINTING This course allows participants to explore their own interests and experiment with their own creativity, working predominantly in watercolour.	COORDINATOR: ROBYN NANDAN
233M14	LET'S TALK A discussion group designed to encourage members to explore a different topical issue each week. These may be political, social, economic, moral, 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.	VICKI PATERSON

TERM 3 PROGRAM: MONDAY SESSION 2: 10.50-11.50

233M21	SOUTH ASIA: THE PHILIPPINES TO PAKISTAN The Federal Government now refers to the Indo-Pacific rather than the Asia-Pacific, so who are our neighbours in South Asia? This course looks at the history of countries in this region and the current politics there. This is a ten - week course.	PETER JONES
233M22	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.	HELEN LUCAS
233M23	PAINTING This is continued from Session 1.	ROBYN NANDAN
233M24	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! This is for those people who already have some experience with this form of exercise.	JILL CANTON
233M25	GERMAN CONVERSATION 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.	SELF DIRECTED

TERM 3 PROGRAM: MONDAY SESSION 3: 12.00-1.00

233M31	POETRY READING 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.	MIKE JACKSON/CHRIS BISHOP
233M32	KALEIDOSCOPE 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.	COORDINATOR: VICKI PATERSON
233M33	TRIVIA 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.	VICKI PATERSON

233M34	NEW SINGALONG 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 will all be on the big screen.	LEN SPAANS
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TERM 3 PROGRAM: WEDNESDAY SESSION 1: 9.30-10.25

233W11	MAH JONG New players are welcome! 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.	JAN CHIPMAN
233W12	THE RISE OF THE EXTREME RIGHT Since 9/11 there has been a 250% increase in right-wing terrorism. So what constitutes right-wing extremism and how is its potential for violence growing? Why is it a growing problem? This is a five - week course beginning 20 September	STEVE TOLBERT
233W13	MORE ODDS, SODS AND BODS People are so interesting! This course will be a series of talks about various men and women who have caught the tutor's 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. This is a five - week course beginning 25 October.	PATRICIA CORBY
233W14	TRAVELLING WITH THE BRADSHAW'S Using Bradshaw's Tourist Guide to the United Kingdom, published in 1863, we will discover the European tourist attractions as they were in the Great Victorian era, when Britain ruled the seas and built its empire. This is a five - week course beginning 20 September.	MICKEY BENEFIEL
233W15	THE HUSKIES OF ANTARCTICA Are you fond of dogs? Did you know that generations of dogs inhabited Antarctica and were vital to the exploration of the continent? Jane will offer some of their stories, including their extraction from their home in 1993. This is a five - week course beginning 25 October.	JANE HALL

TERM 3 PROGRAM: WEDNESDAY SESSION 2: 10.50 -11.50

233W21	FRENCH CLUB 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.	PETA KELLY
233W22	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.	MARIE HOWARD-DOWLMAN
233W23	TAI CHI 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.	SELF-DIRECTED
233W24	MAH JONG – CONTINUATION FROM SESSION 1	JAN CHAPMAN
233W25	FAMOUS AUSTRALIANS: FACT vs RUMOUR Personal details, scandals, stories and photos of people who've put Australia on the map, from Errol Flynn to Ash Barty.	MAUREEN ROBINSON

TERM 3 PROGRAM WEDNESDAY SESSION 3: 12.00 – 1.00

233W31	GAMES TIME 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.	SELF DIRECTED
233W32	EARLY SETTLERS OF THE TASMANIAN EAST COAST This course is about the pioneers, the houses they built and the difficulties they faced in this beautiful part of Tasmania, as well as their achievements in the new colony.	VICKI PATERSON
233W33	ZUMBA GOLD 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.	FACILITATORS: DIANNE HILL/ SHIRLEY LINES
233W34	BEGINNERS’ FRENCH 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.	SUE TOLBERT
233W35	CHESS Both novices and experienced players are welcome. As with everything, there are many things to learn and we all learn in partnership with everyone.	SELF DIRECTED

Our organisation relies on volunteers giving their time, energy, expertise and using their contacts within the community to ensure that we can offer a diverse and interesting program each term.

Thank you to all those people who have volunteered to prepare and take a course this year. Some of these courses require considerable preparation, which I know our members acknowledge and for which appreciation is always expressed. Other courses take less preparation but still require the volunteer tutor or coordinator to turn up every week, meaning that they often miss out on attending a course they would like to join. A special thank you to those people who have tentatively volunteered to “help in some way” and found themselves leading a small group of course participants.

I am also very grateful to those of you who have suggested, and often personally contacted, speakers for Kaleidoscope. Sometimes your suggestions have not been successful, but often they turn out to be the best and most interesting speakers. Please, if you enjoy the variety of topics in Kaleidoscope, keep making the suggestions. If you have had an interesting career, some exciting travel experience or an unusual tale to tell, why not think about volunteering to share your experiences with the Kaleidoscope audience as several of our members have done this year.

Vicki Paterson: Course Coordinator

Do You Know the Way?

I was staying on Avenue de la Opera and, as I was early, decided to walk to meet my son and his fiancé. Having checked my Hema Map for the directions, I set out on foot. Of course, the streets are like those of many old cities, winding, narrow, and not parallel to one another. I found myself in a quandary – turn back or ask for help to find my way. A gentleman was walking slowly a little ahead of me.

“Bonjour m’sieur,” I said, smiling, to him.

“Bonjour madam,” he replied, turning.

Before he could say anything else, I asked, “Parlez vous anglais, s’il vous plait?”

“Oui, a little,” was the reply.

“I am going to the Sacre Coeur to meet my son and seem to have lost my bearings. Do you know the way?”

“Yes, of course. I will walk with you a little way and show you.”

“You are very kind but please don’t go to any trouble. If you could point me in the direction,” I replied as we walked.

“My pleasure,” he answered. “When I was a boy scout, we went on a trip to England and I became lost one day. A gentleman helped me find my way. I always said that if I could, I would return the favour to others in the future.” I could not help smiling as my husband always called them ‘boy sprouts’ – it is amazing how the mind works.

“You are too kind,” was all I could say.

As we walked, we talked about how long I had been in Paris on that trip and what I had seen so far. He explained that he had lived in Paris all his life. He added that I may be a little disappointed with Sacre Coeur as it needs a clean-up. I said that it did not matter as I had not seen it on this or our other trips and it would be a new and interesting sight for me. As well, I told him that Australia is my home and as my husband chooses not to travel anymore, I am by myself. And yes, I had enjoyed the city so far. I even ventured that Susanna, my soon to be daughter in law, and I will go to the Louvre which was about ten minutes away from my unit at the end of my street. We talked a little more when he suddenly said, “If you keep walking up this hill and around the next corner you will be pleasantly surprised by the sight on the hill with its many steps.”

I thanked him and wished him well. When I arrived at the Sacre Coeur, I was warmly greeted by my two. I explained that I had been helped by a kind gentleman as I had lost my way. Chris became very serious. "Don't you know, Mum," he said. "There is a man attacking older women at large."

Not my gentleman!



U3A Clarence members enjoying the recent tour and play at the Cascades Female Factory, South Hobart.

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.

IMPORTANT INFORMATION REGARDING ENROLMENTS

Please ensure you enrol in each topic you intend to attend, each term.

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

Members unable to enrol online:

If you receive the newsletter by mail and cannot enrol online, please phone either Margaret Collis on 62448301, or Sue Storr on 0409970201. Either can enrol you in the subjects you have chosen. ***The sooner your information is received the sooner you can be enrolled.***

If you are having difficulties, but do have computer access, please check you have followed all the steps listed, especially **Finalise courses** before contacting U3A.



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.

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 the menu on the left. Courses for Term 3 2023 will all have a course code starting with **233**.
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 may not receive any additional confirmation, such as an email.
13. Once this has been finalised, your enrolment is complete.
14. **Logout**.

ENROLMENT FORM TERM 3 2023



Name: _____

Phone: _____ Email: _____

MONDAY COURSES	CODE	NAME
Session 1 9.30-10.25		
Clarence History	233M11	
Line Dancing	233M12	
Painting	233M13	
Let's Talk	233M14	
Session 2 10.50-11.50		
South Asia: the Philippines to Pakistan	233M21	
The Writers	233M22	
Painting	233M23	
Line Dancing	233M24	
German Conversation	233M25	
Session 3 12.00-1.00		
Poetry Reading	233M31	
Kaleidoscope	233M32	
Trivia	233M33	
Singalong	233M34	

WEDNESDAY COURSES	CODE	NAME
Session 1 9.30-10.25		
Mah Jong	233W11	
Rise of the Extreme Right (first five weeks)	233W12	
Odds, Sods and Bods (second 5 weeks)	233W13	
Travelling with the Bradshaws (first 5 weeks)	233W14	
The Huskies of Antarctica (second 5 weeks)	233W15	
Session 2 10.50-11.50		
French Club	233W21	
Play reading	233W22	
Tai Chi	233W23	
Mah Jong (continued)	233W24	
Famous Australians	233W25	
Session 3 12.00-1.00		
Games Time	233W31	
Early Settlers of Tasmanian East Coast	233W32	
Zumba Gold	233W33	
Beginners' French	233W34	
Chess	233W35	