

# U3A Clarence Newsletter January 2024

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

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**DATES FOR 2024**  
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 to Wed. 22 May.**  
**Term 2: Mon. 17 June to Wed. 21 Aug.**  
**Term 3: Mon. 16 Sept. to Wed 20 Nov.**

**SESSION TIMES**  
**Mon. and Wed. mornings:**  
**Session 1: 9.30 - 10.25**  
**Morning tea: 10.25 - 10.45**  
**Session 2: 10.50 - 11.50**  
**Session 3: 12.00 to 1.00pm**  
**A University of the Third Age**

## **PRESIDENT'S MESSAGE** **JANUARY 2024**

A Happy New Year to all of our members and tutors. I trust you had an enjoyable Christmas.

I spent mine on a luxury cruise ship in the middle of the Great Australian Bight well away from the distractions of mobile phone and internet coverage. Other highlights included a James Morrison concert and laser light show at the Adelaide Cricket Ground. New Year's Eve saw the ship on Sydney Harbour with a great view of the fireworks. The only downside was a dose of COVID just before returning home a few days ago.

Once again, Vicki has put together an interesting and diverse range of classes for our first term of 2024 including the ever-popular tutors, Peter Jones and Wayne Smith. Please enrol early in the classes you want to attend.

My thanks to all tutors and our hard-working committee for all of their assistance in 2023. I wish to thank others who have assisted with morning tea and set-up also.

I am looking forward to our activities in 2024.

John Bothman  
President U3A Clarence.



# U3A Clarence Inc - Important Dates for 2024

## Pre- term 2024

Newsletter	Mon 15 Jan		
Committee Meeting	Mon 5 February	10:00 – 12.00	Room 7
Enrolments Due by:	Mon 19 Feb		
AGM	Wed 21 Feb	1.30-3.30	Library, Room 6 Speaker: Sarah Benedeich

## Term 1 2024      Monday 4 March - Wednesday 22 May

**No classes will be held on 11 and 13 March and 1 and 3 April (Public holidays occur on the Mondays. So, no classes occur on the Mondays or the Wednesdays of these weeks.)**

This allows 10 Mondays and 10 Wednesdays for the term.

Committee Meetings	Mon 18 March	1.15-2.30	Room 5
	Mon 22 April	1.15-2.30	Room 5
	Mon 13 May	1.15-2.30	Room 5
Enrolments Due by:	Mon 6 June	<i>For Term 2</i>	Please enrol for term 2
Newsletter	Mon 13 May		

## Term 2 2024      Tuesday 17 June – Wednesday 21 August

This gives 10 Mondays and 10 Wednesdays

Committee Meetings	Mon 24 June	1.15-2.30	Room 5
	Mon 22 July	1.15-2.30	Room 5
	Mon 12 Aug	1.15-2.30	Room 5
Enrolments Due by:	Mon 2 Sept.	<i>For Term 3</i>	Please enrol for term 3
Newsletter	Mon 12 Aug		

## Term 3 2024      Monday 16 September – Wednesday 20 November

This gives 10 Mondays and 10 Wednesdays

Committee Meetings	Mon 23 Sept	1.15-2.30	Room 5
	Mon 21 Oct	1.15-2.30	Room 5
	Mon 11 Nov	1.15-2.30	Room 5
Newsletter	Mon 7 Nov		
Christmas Luncheon	TBA		

## Pre Term 2025

Newsletter	Mon 20 Jan		
Committee Meeting	Mon 3 February	10:00 – 12.00	Room 5
Enrolments Due by:	Mon 17 Feb		
AGM	Wed 19 Feb	1.30-3.30	Library, Room 6 Afternoon tea and a guest speaker

## NOTICE OF ANNUAL GENERAL MEETING 2024

1.30 pm Wednesday 21st February in Room 6 at Rosny Library.

### Business to be conducted

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. (Nomination form on end page.)
5. To appoint an auditor.
6. To transact any other business of which written notice is given
7. Light refreshments will be served.

Guest speaker will be **Sarah Benedeich**, a Clarence Council Planning officer, to talk about the Council's Plan for the Clarence Hub.

### NOMINATION FORM FOR 2024 OFFICE BEARERS

**Must be signed by three members**

Position on Committee \_\_\_\_\_

Name \_\_\_\_\_

Nominated by \_\_\_\_\_

Seconded by \_\_\_\_\_

I accept nomination (signature)

\_\_\_\_\_

**TERM 1 PROGRAM: 2024**  
**MONDAY SESSION 1: 9.30-10.25**

241M11	<b>CLARENCE HISTORY</b> 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 photographs. Lindisfarne features this term.	<b>WAYNE SMITH</b>
231M12	<b>LINE DANCING – BEGINNERS</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! <b>This is a small class for beginners.</b>	<b>JILL CANTON</b>
241M13	<b>ART</b> This is a self-directed course allowing participants to explore their own artistic interests, whether it be painting, drawing or other forms of art.	<b>SELF DIRECTED</b>
241M14	<b>LET'S TALK</b> A discussion group designed to encourage members to explore topical issues. These may be political, social, economic, ethical, technological or a mixture of these. Participants will be given published articles to read (a "position paper") in order to acquaint themselves with different viewpoints, facts, etc. before the discussion. All contributions are valued and respected.	<b>VICKI PATERSON</b>

**MONDAY SESSION 2: 10.50-11.50**

241M21	<b>AUSTRALIAN PRIME MINISTERS</b> Prime Ministers of Australia since Federation This course will cover some of the facts, fiction, and political flavour (and favours) of Australia's prime ministers, from Edmund Barton to Anthony Albanese. It will also include discovering what you know about the three PMs under discussion for each session, and the way the role of national leader has developed over time.	<b>JEAN GROSSE</b>
241M22	<b>THE WRITERS</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>
241M23	<b>ART</b> This is continued from Session 1.	<b>SELF DIRECTED</b>
241M24	<b>LINE DANCING</b> Simple line dances to a variety of music. This course is <b>for those who already have some experience with this form of exercise.</b>	<b>JILL CANTON</b>
241M25	<b>BOOK CHAT</b> Come and join us in sharing the latest book which has captured your imagination, or maybe you wish to recommend an old favourite. This will be an opportunity to enable you to discover new authors and exchange different perspectives in a friendly atmosphere. The group will choose specific genres and themes to focus on throughout the term.	<b>ROBYN NANDAN</b>

**MONDAY SESSION 3: 12.00-1.00**

241M31	<b>KALEIDOSCOPE</b> A different speaker each week drawn from among U3A members and the wider community.	<b>COORDINATOR: ELIZABETH TAYLOR</b>
241M32	<b>POETRY READING</b> Join Chris and other poetry enthusiasts in an exploration of poetry through the ages. The sessions include a range of poets and poetry. Some members bring along and share their own poetry. No previous knowledge is required.	<b>CHRIS BISHOP</b>
241M33	<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.	<b>VICKI PATERSON</b>
241M34	<b>CALLIGRAPHY</b> Both beginners and those with some previous experience are welcome to join this class. The first session will be devoted to discussing the form of calligraphy individuals wish to learn and looking at the range of tools available, which will be demonstrated by the tutor. The group will also decide whether they wish to use pens or brushes. Participants who are beginners are advised not to purchase any tools prior to discussion during the first session.	<b>AILSA FERGUSON</b>
	<b>TERM 1 PROGRAM: 2024</b> <b>WEDNESDAY SESSION 1: 9.30-10.25</b>	
241W11	<b>THE ROMANS – FROM REPUBLIC TO EMPIRE</b> We look briefly at the origins of Rome, its culture, the system of government and belief systems of the Republic. We investigate why and how this fell apart in the first century BCE, and how successful emperors were able to establish one man rule. Emperors we focus on: Augustus, Vespasian, Trajan, Hadrian, Marcus Aurelius, Constantine and Justinian.	<b>ANNA MELTON</b>
241W12	<b>MAH JONG</b> Learn to play, and enjoy, this game. Beginners are welcome. Two hours for those who wish to stay.	<b>JAN CHIPMAN</b>
241W13	<b>OH, NO! NOT SHAKESPEARE AGAIN!</b> <b>(or Brush Up Your Shakespeare.)</b> So you didn't enjoy Will Shakespeare's plays and sonnets when you were at school!? Then you missed out badly, for they could have provided you with fun and frivolity using the absolute best of the English language. Theatre at its best! So now in 2024 let us start all over again with an opening discussion of as much of Shakespeare's life as we know, followed by a study of three comedies ( <i>The Merry Wives of Windsor</i> , <i>the Taming of the Shrew</i> and <i>Twelfth Night</i> .) Half hour snaps of these comedies on DVD will be followed by discussion of the impact, relevance to the 21 <sup>st</sup> century and use of language in the extracts which we have seen and heard. Finally, our tutor will explain how and why she became hooked on Shakespeare.	<b>MARIE HOWARD-DOWLMAN</b>
241W14	<b>SCRABBLE</b> Everyone is welcome – beginners and experts. Exercise your brain, improve your grasp of the English language and test your spelling in a bid to outdo your opponents as you play this popular game with friends.	<b>SELF DIRECTED</b>

**WEDNESDAY SESSION 2: 10.50-11.50**

241W21	<b>HOW TO AVOID AN ACCIDENT</b> The tutor has extensive experience in risk management as part of a long and fascinating career. His primary interest is in the perception of risk and the discipline of accident forensics. The course will encompass risk, risk perception, causation and consequence amelioration. It promises to be an interesting and perhaps unusual program. <b>This is a five week course beginning on 6 March and concluding 17 April.</b>	<b>DAVID SKEGG</b>
241W22	<b>THE HUSKIES OF ANTARCTICA</b> 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. <b>This is a five week course beginning 24 April.</b>	<b>JANE HALL</b>
241W23	<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>
241W24	<b>MAH JONG</b> Continued from Session 1.	<b>JAN CHIPMAN</b>
241W25	<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>
241W26	<b>GAMES TIME</b> Enjoy some fun and competition with friends playing popular board games such as Mexican Trains and Rummy-O. Great for concentration and developing memory skills. Once learned they are also fun to play at home with friends and grandchildren.	<b>SELF-DIRECTED</b>

**WEDNESDAY SESSION 3: 12.00-1.00**

241W31	<b>FIVE FAITHS and AN UPDATE ON THE MIDDLE EAST:</b> <b>Five faiths:</b> as Australia becomes a multi-faith society, this course covers Judaism, Christianity, Islam, Hinduism & Sikhism, and Buddhism, with reference to communities in Australia. <b>Turmoil in SW Asia:</b> this course will try to provide some background about the conflict and tensions in the region, including the war over Gaza and the forces involved, the reverberations in the wider region including Qatar, Saudi Arabia and Iran; and some detail over the Sunni and Shi'a branches of Islam and the spread of the more extreme forms of terrorism in recent decades. Peter Jones first lived in this part of the world in 1966-67 and has returned on a number of occasions since then. He has a PhD in Islamic Studies.	<b>PETER JONES</b>
241W32	<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>
231W33	<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 and build up fitness and strength. Wear loose, comfortable clothing.	<b>FACILITATOR: SHIRLEY LINES</b>
241W34	<b>CHESS</b> Both novices and experienced players are welcome. As with everything, there are many things to learn and we all learn in partnership with 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.	<b>SELF DIRECTED</b>
241W35	<b>PLAY READING</b> Looking for comic relief or a way to re-live an entertaining experience in the theatre? Come and have fun reading plays with others. No experience needed. Our coordinator has worked in theatre and enjoys sharing her knowledge of, and enthusiasm for all things theatrical.	<b>MARIE HOWARD-DOWLMAN</b>

## MEMBERSHIP SUBSCRIPTIONS:

### ANNUAL MEMBERSHIP SUBSCRIPTION FOR 2024 \$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 payment 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
BSB:	067103
Account number:	10059047
Reference:	<u>Members'</u> first name and surname

Please note: When making payment 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, via our [enquiries@u3aclarence.com](mailto:enquiries@u3aclarence.com) email.



## Membership

You need to be a **financial member of U3A Clarence** to be admitted to classes. Subscription and Enrolment are two different things – you should not try to enrol in classes until you have paid your subscription and become or renewed your membership. You will need to pay your \$50 subscription now **unless you renewed membership at the end of 2023. If you are not sure, please email U3A so that we can check for you.** Please follow the instructions on the U3A Clarence website under General Information, then Subscriptions, or use the information in this newsletter to make the payment.

If you intend to vote at the AGM, nominate or be nominated for the Committee you must be a financial member.

### 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 – some 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 line dancing 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 could increase your skills and confidence.

### HOW. TO. ENROL

*We all need to learn what our 4 digit membership numbers are. Please make sure you have a password for enrolling.* If you are still using part of your phone number to log in with, *please make the change to a proper password.* Sue Storr (0409970201) or Anna Melton (0474483718) can also let you know what your unique membership number is if you are not sure.



***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 rather 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!)

If you are having trouble using your password or remembering it, UMAS has a Change Password option you can use when logging in. Make sure you give yourself a useful password when you receive the link to change it, and write down the new password somewhere safe. We recommend you do not accept the option given to you for a password – it will most likely be something not very practical. Passwords are strong if they contain combinations of capital letters, numbers and not easily guessed words.

## HOW. TO. ENROL

Please do this online, if possible. 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 1 2024 will all have a course code starting with 241.
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 can find a course description.
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.

Confirm Selections

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 and we do not have room for you yet.
11. Click on the **Finalise Courses ...** 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.**

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 able later to give you a place in that class.

### Members unable to enrol online:

If you receive the newsletter by mail and cannot enrol online, please phone either Anna Melton on 0474 483 718, or Sue Storr on 0409 970 201. Either can enrol you in the subjects you have chosen. ***The sooner your information is received the sooner you can be enrolled.*** Phone or email if you cannot access the enrolment system.

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. (Usually you receive email notification – but it takes a day or two.)

### 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 could increase your skills and confidence.

A quote chosen by Beth Jeffrey:

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. “

Melody Beattie







Photos from our  
2023 Christmas  
Luncheon and 30<sup>th</sup>  
Anniversary of U3A  
Clarence.

Thank you very  
much to Beth Jeffrey  
for organising such a  
wonderful event.

# ENROLMENT FORM TERM 1 2024



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

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

<b>MONDAY COURSES</b>	<b>CODE</b>	<b>NAME</b>
<b>Session 1 9.30-10.25</b>		
Clarence History	241M11	
Line Dancing – Beginners	241M12	
Art	241M13	
Let's Talk	241M14	
<b>Session 2 10.50-11.50</b>		
Australian Prime Ministers	241M21	
The Writers	241M22	
Art	241M23	
Line Dancing	241M24	
Book Chat	241M25	
<b>Session 3 12.00-1.00</b>		
Kaleidoscope	241M31	
Poetry reading	241M32	
Trivia	241M33	
Calligraphy	241M34	

<b>WEDNESDAY COURSES</b>		<b>CODE</b>	<b>NAME</b>
<b>Session 1 9.30-10.25</b>			
The Romans – from Republic to Empire		241W11	
Mah Jong		241W12	
Oh No! Not Shakespeare Again		241W13	
Scrabble		241W14	
<b>Session 2 10.50-11.50</b>			
How to Avoid an Accident ( <i>1<sup>st</sup> 5 Weeks</i> )		241W21	
The Huskies of Antarctica ( <i>2<sup>nd</sup> 5 Weeks</i> )		241W22	
French Club		241W23	
Mah Jong continued		241W24	
Tai Chi		241W25	
Games Time		241W26	
<b>Session 3 12.00-1.00</b>			
Five Faiths and an Update on Middle East		241W31	
Beginners' French		241W32	
Zumba Gold		241W33	
Chess		241W34	
Play Reading		241W35	