

# Tamar Valley U3A Newsletter



## PRESIDENTIAL WORDS!

Dear Members

We are at the start of a new year. We **could** all look towards the year with mixed feelings; elections, car industry closures, high unemployment, drought, and so on!! However, we **can** look forward to living in this amazing Tasmania, be thrilled that Brad Smith of BRAAAP is going to manufacture motorbikes in Tasmania and listen to the CEO of Tassal respond to journalists' questions about problems by saying: "Suck it in and get on with what you want to achieve"!

We can all be really positive about being members of our U3A! Because we are starting the new year in good form. Our organisation is thriving.

We have a Summer Program with 24 courses each of 8 weeks. Our registration day at Tresca went very well, with new members signing up. Speaking of which please remember to renew your membership. That applies to me too!!

I write this knowing that there are people who are working so hard to make our U3A work. The committee has had to put in place

quite a number of policies and procedures to help us to be secure and sustainable. You are lucky, as I am, that committee members are conscientious about getting this stuff done. I find it really irritating to have to have all these routine processes!

Really big workloads are involved with putting the courses together, sorting out venues and secretarial work. So my profound thanks to Pat Turner, Glenyse Frost and Penny Wellington. Frank Thompson keeps the money all shipshape and Caroline Richards keeps us connected to the wider U3A movement in Australia. Thanks to them and all the other committee members.

Our office is operating under new hours. Joanne McLean has that under control. You see how lucky we are (I am) that it all just happens so quietly!

It is meeting the needs of members that is at the heart of our work. If we are doing well please let committee members know.

I am having a big thing about recognition lately. So I am trying to model that in these words. When there is much that is good we can focus on it, not wallow in the bad. Just imagine the effect of every U3A member making it a daily task to recognise and thank

someone who is going a really good job. You are probably doing this already, so maybe it is just me that has to do better in this regard!

Best regards, Peter Kearney,  
President

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## HAPPY FIRST BIRTHDAY TO US!!



We have just reached the age of ONE !

On February 18 2013 Tamar Valley U3A was launched and on March 1 our courses commenced. We started with 12 courses and 62 members. We are currently offering 24 courses, plus a range of short courses as well as a number of talks with guest speakers. Our Membership has grown to approx. 170!! I think we can all take pride in this huge achievement over the past year.

Thank you to all our Members for their terrific support through this steep learning curve! Without you we would cease to exist. Let's hope this is the first of many birthdays...!

### A "Thank you" to our Tutors....

When I took over the role of Course and Tutor Co-ordination I had serious reservations about how I would get the people. It hasn't been a problem. The Tamar Valley has a wonderful wealth of knowledge and experience in its ranks of population and they are wonderfully generous with their time. I wish to thank them all for their interest, enthusiasm and time.

We are very lucky that we have the following people continuing from 2013: Geoff Koh with Tai Chi, Leonie Ingram with Exercise for Seniors, Ingrid Olsen in the Arts, Judy Cotton with Mahjong, Maree Millier with French, Hassanah and Doug Wilkinson with Challenges of

the Present Hour, Graham Barr with Music Appreciation, Bob Jenks with Ukulele, Raimund Bruns with Philosophy, Gail and Frank Howard with Yoga, Geoff Frost with Cryptic Crosswords, Caroline Richards with Spanish and Jenny Dewis with Making Chutneys and Jams.

I would like to extend a welcome to the tutors of our new topics: Anna Bower with Grandparenting Today!, Anna Schofield with Hand Sewing and Quilting, Celia Cliff with German, Diana Murrell who is tutoring Move Over Getaways and Spanish with Caroline Richards, Geoff Frost with The Universe, Kate Whittall with Beginners Bridge, Sue Amos with Scrabble and Gail and Frank Howard with Latin/American Dancing. These people are all well qualified and have a great interest in the course they have offered. In the next few weeks we hope to have our website up and running and will have a Tutors Page. It will be a very interesting read. We will let you know when it becomes available. Welcome one and all!

We also have very generous people offering to give our Monthly Talks and short courses.  
THANK YOU EVERYONE!

Cheers,  
Pat Turner

### Ageing...

*As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.*

*I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.*

*Whose business is it, if I choose to read, or play, on the computer, until 4AM, or sleep until noon?*

*I will dance with myself to those wonderful tunes of the 50, 60 & 70's, and if I, at the same time, wish to weep over a lost love, I will.*

*I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.*

*I know I am sometimes forgetful. But there again, some of life is just as well forgotten, and, I eventually remember the important things.*

*Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? Broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.*

*I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.*

*As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.*

*So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. I shall eat dessert every single day (if I feel like it).*

### We need your help....

Amongst our membership there are a few people who have indicated that they would like to attend our courses but for one reason or another find it difficult, either because of lack of transport or perhaps because of a disability. We are seeking your help in identifying how we can assist these members so that they don't miss out on attending a course of their choice and socialising with other members. Perhaps we can enlist the help of someone within the membership to act as the liaison between those having difficulty accessing our courses and other members and the TVU3A Admin? If you have any other ideas as to how this problem can be solved or would like to discuss the above suggestion further please contact us on 0429 965 015.

### Membership fee waived for Tutors

At the meeting of the TVU3A committee in January it was agreed that the membership fee for tutors would be waived for the year in which they tutor and during that year tutors may participate in one course in any one term. However, a membership fee would be required for participation in more than one course.

It is anticipated that at the next AGM a clause will be included in our Constitution to cover Honorary Membership and our Tutors will fall into this category. It should be noted that this category of membership would not allow for voting rights at meetings.

Our tutors are our most valuable asset and we see this as a way of saying "thank you" to them.

### IMPORTANT DATES TO REMEMBER...

#### **Mon 17 & 24 March 1pm – 3pm - Tresca CHUTNEY, JAM & PRESERVES.**

This is an opportunity to learn new ways of using up all the end of season fruit and vegetables. Jenni Dewis will share her wealth of knowledge and experience. **RSVP 12/3/2014**

#### **Monday 14 April – 10am to about 2pm (First Monday after the end of Term One)**

#### **WINE APPRECIATION – MARION'S VINEYARD**

Observe and participate in picking the grapes and the fermentation process. The activity will depend on the day. Marion will be conducting and sharing her enthusiasm at Marion's Vineyard, Deviot. **RSVP 9/4/2014**

#### **Tuesday 11 March and Thursday 13 March – Deviot Hall PAMPER MORNING**

This is an opportunity to experience a half hour of Reiki or Reflexology. There are limited places left. Those who have already booked should have a time by now. If you haven't been contacted please phone the office. Some of you are difficult to catch on the phone. If you are interested please phone the office on 0429 965 015 to obtain a time

### WELCOME TO OUR NEW MEMBERS

Anna Bower  
John Bruyn  
Raylene Callaway  
David Chant  
Noreen Clarke  
Judi Cummins  
Helen Dickinson  
Liz Duck  
Pam Elmer  
Jenny Feldheim  
Helen Flanagan  
Christine Gleeson  
Frances Graham  
Neville Gray  
Steve Grove  
Joy Grove  
Les Harrison  
Rosemary Harvey  
Sharelle Hogg  
Robert Jenks  
Meredith Larkins  
Mark Love  
Frances Mamo  
Rosemary Matthews  
Elke Oelrichs  
Jan Perrin  
Margaret Price  
Patricia Rock  
Carolyn Rosser  
Kaija Russack  
Paul Scanlan  
Anna Schofield  
Sue Scolyer  
Michael Settingington  
Steve Solomon  
Jennifer Timmins  
James Tyson  
Lee Uphill  
Joan Walters

### Forward Planning – New Courses

#### CURRENT AFFAIRS

This is a very popular session held in most U3As. We are lucky to have Andrew Marke who is very experienced in leading and coordinating these meetings. We need at least 10 participants to keep the discussion alive and interesting. He has been heavily involved in this activity at New England University in NSW.

#### GOLF AT EXETER GOLF CLUB

Exeter has kindly offered to run a beginner's course again. They provide the necessary equipment so it is a great opportunity to try before you buy.

#### DRUMMING

Diane Hayes is offering drumming workshops for seniors along the Tamar River. She has been given a grant from the West Tamar Council to purchase some djembe drums. So bring along your own drums or use the djembe drums and have fun!

### TERM DATES FOR 2014

Term 1:	10 February – 4 April
Term 2:	12 May – 30 June
Term 3:	28 July – 19 September
Term 4:	20 October – 12 December

### CONTACT US AT

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#### OFFICE HOURS

Monday 11am – 1pm  
Wednesday 10am – 12 noon  
Thursday 2pm – 4pm

**TAMAR VALLEY U3A WEBSITE IN THE  
MAKING!!  
WATCH THIS SPACE FOR MORE DETAILS!**



### BEACONSFIELD FESTIVAL OF GOLDEN WORDS MARCH 14-16

Less than 3 weeks to go before the opening of the first Writers Festival in Tasmania and it is all going to take place in **BEACONSFIELD!**

Come and see, hear and meet more than 80 writers covering literary fiction, popular fiction, biography, comedy, history, wine and food, stage and screen, to name but a few. There will be FREE sessions in the Marquees at the Community Centre on Weld Street. No booking is required for these sessions so plan to be there early. For more information and to see the entire program visit the website:

[www.festivalofgoldenwords.com.au](http://www.festivalofgoldenwords.com.au)

See you there!

