

**PRESIDENTIAL WORDS**

There are life cycles in individual lives. There are life cycles in products.

When a new product, say an automatic clothes peg (!!) is produced it is purchased, first by innovators, then by early adopters, then in greater quantities by the average consumer, finally by the laggards; people like me!! If the product is successful, it goes on being purchased by everybody, like Vegemite!

Our Tamar Valley U3A is like a new product. It is a very good product and is now being purchased by the average consumer even the “laggards”. The trick is to turn our new product into a product like Vegemite. One that becomes an essential part of our everyday living.

Everyone, working together, has made us into a really good new product. If we were shareholders in TVU3A we would be starting to see a bit of a profit. And we are, in creating social capital, enriching peoples lives, creating new networks of friendship and hopefully mutual support.

Our “company”, TVU3A, is about to have our Annual General Meeting. I know you are all going to come along to our AGM and be pleased by what has been achieved. I know you will be pleased with the new people who have come on board to help carry the organisational load, as well as the old stagers, and want to thank them.

BUT there is more. No, not additional Steak Knives as in the TV ads; BUT we need even more of you to help with the organisational load. This is a real case of “many hands make labor light”. The influx of new helpers has met the current needs but some of the original stalwarts who have got our TVU3A to its current “Vegemite” state are going have a break as at the AGM. So I am hoping that you will all consider offering your assistance and encouraging others to do the same. I would like to get that all lined up before we go to the AGM.

Let me know [pak.wtc@bigpond.com](mailto:pak.wtc@bigpond.com) or contact others on the committee or who are assisting. Let me know of people who I could contact!

Our TVU3A is above all a mutual society. We all need to contribute something all the time and as we do so we all benefit. Think about it.

Regards  
Peter Kearney President

**YOU ARE WELCOME**

We would like to hear your ideas for courses or short talks. It’s your U3A, what would you like?

**CONTACT US**

Office: Online Centre, Grubb St, Beaconsfield.7270  
Address: P. O. Box 147, Beaconsfield. 7270  
Telephone: 0429 965 015 (every day 9am – 5pm)  
EM: [tamarvalleyu3a@gmail.com](mailto:tamarvalleyu3a@gmail.com)  
Office Hours: Mon. 11am-1pm, Wed. 10am – Middy and Thurs. 2 - 4pm



**HELP THE NEWSLETTER**

Praise a course or review a talk that you really enjoyed, share a photo or a funny. Come on DO IT

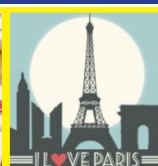
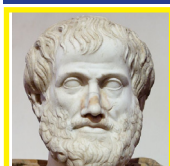
Caring is sharing laughing is good too

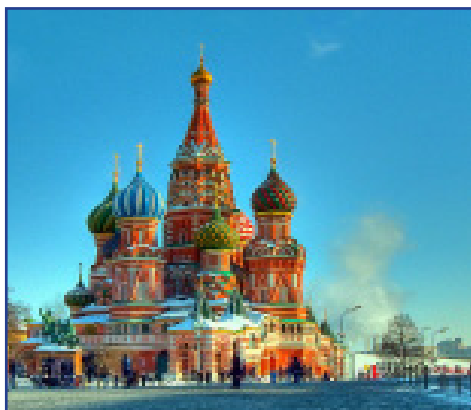
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**NEW FRIENDS**

**NEW SKILLS**

**NEW ACTIVITIES**





**REVEALING RUSSIA**

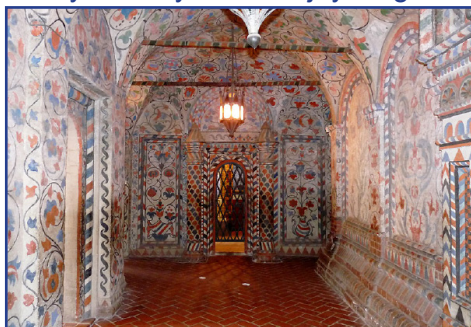
You probably will recognise this, St Basil's Cathedral in Moscow's Red Square, it is a well publicised view.

Our Gems of Knowledge Speaker on June 4th showed us far more than the colourful 'onion' domes. We saw glimpses of murals in the galleries and Icons in the sanctuaries. all absolutely magnificent.

We saw The Kremlin Armoury and other quite extravagant architecture. both old and new. Underneath a spacious plaza the surprise was the revelation of a modern underground shopping centre. The Railway Station is amazing

Our brief tour in Russia was balanced well. Spacious gardens and rural scenes showed us different aspects of life in a Soviet State.

Ros gave a captivating narration of adventure and discovery flavoured with snippets of historic references all enhanced by her passion for Russian history. I easily could enjoy it again.



**GEMS OF KNOWLEDGE**

Date: Aug 13  
Time: 11.00  
Venue: Beaconsfield House.

Title: Working in Eye Care as a Volunteer in Afghanistan.

Presenter: Maria Boersma  
Maria Spent 3 years centred in Kabul working with and supporting the people of Afghanistan.

Bring a plate to share for a pot luck luncheon with friends.



*One day Alice came to a fork in the road and saw a Cheshire cat in a tree. 'Which road do I take?' she asked. 'Where do you want to go?' was his response. 'I don't know,' Alice answered. 'Then,' said the cat, 'it doesn't matter.'*

You see dear Reader the real pleasure simply is in the journey. Choose any course to meet new friends, find new pleasures and enjoy your new adventure with U3A.

**LOOK AT THESE**

You suggested - your Committee delivers - FUN and FACTS. New courses...

1. Alfred Hitchcock Film Festival. This is an opportunity to watch a new film each week with friends on a Thursday afternoon between 1 and 3pm at Beaconsfield House. There is nothing to worry about ...just come, relax and enjoy the master of intrigue.

2 Making Red Cross Comfort Teddy Bears on a Friday 10am to 11:30 am at Tresca. If you would prefer to make these at home that is fine but please come to Tresca for the pattern and the detailed instructions from the Red Cross. They use these bears in every care package and on ambulances and where ever there is a disaster, so many are needed. Come and see if you can help.

3 Effective and Ineffective Pharmaceuticals is a programme being presented by Hannah from Beaconsfield Pharmacy to help us better understand the drugs we take. She will deal with topics like depression, pain management, vitamin pills, insomnia, incontinence and any topic requested. Come along on a Tuesday between 11am and midday to Beaconsfield House for this very informative course.

We look forward to your enrolments

If you have any left over 8ply wool (Not Angora) please consider donating it to the bear making...just drop it in either at Tresca or the Online Centre in Beaconsfield.

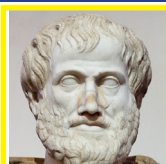
Your continued interest and support is keeping our U3A working well for our community, well done.

-Pat-

**NEW FRIENDS**

**NEW SKILLS**

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### Introduction to Family History

Ever wanted to know more about your past? Discover your family tree online with a free Introduction to Family History course being run by UTAS.

Introduction to Family History is designed for people interested in their own family histories or genealogy in general. You will learn how to research family history effectively using the growing range of online family history resources.

Study without fees - scholarships available for all students\* -as well as one month free access to Ancestry.com Library.

HECS Scholarships available for all domestic students. When studying Introduction to Family History you will not incur a tuition fee or debt for the unit.

The studies commence on July 13 but enrolments will be accepted for a further two weeks after that date.

If this Online course interests you, more information can be obtained by using the following link:

[www.utas.edu.au/familyhistory](http://www.utas.edu.au/familyhistory)

### SUPPORTING CHILDREN

If you're looking after your grandchild you are not alone. An estimated 22,500 primary care givers in Australia are grandparents.

One of the reasons why grandparents are put in this situation is because their children have problems with alcohol or other drugs. This can be difficult for everyone involved. The grandchildren may feel alone and unloved. They often don't understand why their parents can't look after them.

As a grandparent it's common to feel angry, hurt and powerless, but it's important to remember that you can help yourself and your grandchildren. Here is a link that may be useful.

[http://www.druginfo.adf.org.au/attachments/article/1101/Supporting\\_children\\_factsheet\\_260615.pdf](http://www.druginfo.adf.org.au/attachments/article/1101/Supporting_children_factsheet_260615.pdf)

'Do you know Languages?  
What's the French for fiddle-de-dee?'  
'Fiddle-de-dee's not English,'  
Alice replied gravely.  
'Who ever said it was?'  
said the Red Queen.  
Alice thought she saw a way out of  
the difficulty, this time.  
'If you'll tell me what language  
"fiddle-de-dee" is,  
I'll tell you the French for it!'  
she exclaimed triumphantly.



*(Actually 'violon de dee'  
don't quite have the zing, do it?  
Try 'PHTTT ' p'raps? - Fran.)*

### SAVE THESE DATES

#### T.V. U3A ANNUAL GENERAL MEETING

Museum Meeting Room  
16 September at 1.30pm.

**This is really important to our continued success.**

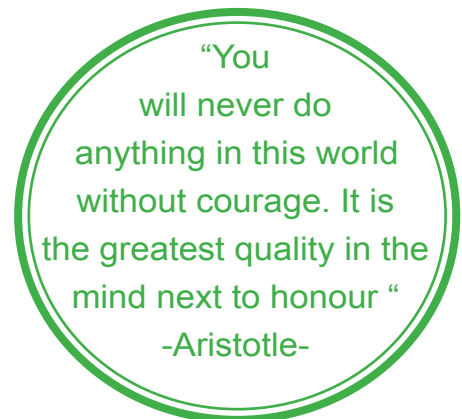
Our president stated that he believes it is time for a new President and he believes that some Committee members need to have a break.

We all are encouraged to talk **NOW** about nominating for a position on the committee. Do join us, meet more members, find more friends, offer your opinion, make your contribution to the continuing success of our group. **See you there.**

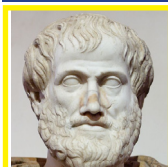
#### **SENIORS WEEK EVENT – Wednesday Oct 14**

T.V.U3A Committee have this in hand so be prepared, save this date in your diary. More news will follow. Seniors Week, 12 - 18 October 2015, is organised by COTA

COTA Tasmania has been the voice of older Tasmanians for 60 years. While individual issues may have changed over that time, the determination and commitment of the organisation to ensure that the voices of older Tasmanians are heard has not. <http://www.cotatas.org.au/>



### NEW FRIENDS



### NEW SKILLS

### NEW ACTIVITIES

**MUMS IN PINNIES**

'An apron, an apron, my queendom for an apron' (sorry Will) . The apron now is becoming 'costume de rigueur' in my kitchen, particularly when straining vegetables or pasta etc.

These older hands are not as neat and nimble as they used to be, sometimes simple kitchen tasks become splashy and messy. Holding smaller vegetables firmly enough to peel them without removing part of a fingertip also can be a challenge. Two sets of multigrips opposed are often employed to open jars for me, over the sink though, just in case - oops.

My mum wore floral aprons that were almost coveralls around the house for most of her jobs and I can remember her mum, Nana Thomas, in a long apron also. She even had one with a huge pocket (of surprises) for her gardening activities.

Pretty little afternoon tea aprons were quite the thing in suburbia during the 50's. Often with embroidered fronts and beautiful bows at the back. In primary school we girls had to sew cross stitch designs on gingham aprons before moving on to do cooking.

Can anyone remember seeing Reg Livermore's Betty Blockbuster Follies in the 70's? Ah, THAT was how to wear an apron!

Aprons used to be called pinnies as I remember, an affectionate term then, 'keep it under your pinnie' was a girlie version of 'keep it under your hat'. A childish tummy ache used to be a 'pain under the pinny'.

Such comforting memories.

Now pinnies are more like sleeveless tunics, often not pretty at all, just a bit of a pain themselves really.

I did a google search for aprons - just being nostalgic - mmm so gorgeously retro.

Now, where did that sewing machine go?

...As the wheel turns -1 -...

**GIVE IT TO US BABY!**



**FEEDBACK**

We always welcome feedback on our classes, as well as ideas for future courses.

If there is anything you believe we should know about then we would like to hear from you.

For example:

- Are you happy with the range of courses being offered?
- Are there courses you would like included?
- Can we do things better?
- Any ideas for social events/1- day forums
- What issues would you like covered in the Newsletter?

-Reprinted-

**EDUARD**

He came into my life only recently.  
He just was there as if waiting to be found, sightless eyes facing the window, drooping ears and an amazing tongue lolling down.

I went in and touched his still head. He nodded! He nodded in such an endearing manner that just enchanted the child in me. How much is that dog in the window? I asked foolishly, how much?

He rode home with me, safely tucked up on the back seat and sat his funny crooked sit on the front porch then gazed fixedly whichever way he was faced, nodding approvingly when touched, knowing he was home.

There he was this morning, his cold nose and rather lugubrious muzzle seemed to command a caress which instigated a happy nod nod and, my morning was made.

So simple - so silly - so easy.

I have named him Eduard deNono.

**CONFUCION**

North Wind was feeling uneasy; he perched anxiously on the end of a board, hugging himself warm. Where were the others? Together they were a team, together there was honour. By himself he was weak, nothing, easily dismissed and discarded.

Motley Characters lined the wall watching as Red Dragon paired with White and proceeded to inch him in a confusion of Circles towards the wasted Bamboo and ultimate annihilation.

Silently two Characters crept forward to a better vantage point and were instantly joined by another, 'Pung' the Characters shrieked 'Pung' again and again as more joined the throng 'PUNG PUNG'.

'Kong - Kong' roared the dragons as they were joined by their fellows.

Beautiful Flower remained alone and trembling on the wall; she knew her unique value if only she could make herself known, she could release Tung, she could save the Winds. She lay silently, listening, waiting, and hiding her face. Call me!, she willed.

North Wind surrounded now by random Characters and two of his companions sought desperately for advantage. Concealing his chow he whispered 'crack on, find Tung, Tung will lead us to victory'. One Circle rallied. Pulling the terminals together he sparked out the message 'Flower help'

Flower heard and turned, feeling the warmth of the North Wind on her sweet face she released Tung the mighty East Wind then gently joined her bouquet of sisters.

**MAHJONG** was the cry **MAHJONG**

Tuesdays 2-4. BRING YOUR COURAGE

**NEW FRIENDS**

**NEW SKILLS**

**NEW ACTIVITIES**

