



Newsletter June 2023

Ready for a short break? Be refreshed and eager to go when we start again in July!

Mention U3A to your friends, they may not know about us! Share our Booklet around, and always please explain that it is not really like a “University” ...no assignments, no exams, no pass/fail! Just fun doing whatever takes your fancy!

Apologies from the Newsletter Editor, otherwise known as the President, Anne Brelsford. I had planned on doing Newsletters every two months, but it looks like I have failed in that intention. I might try an approximately **Quarterly Newsletter**, instead! If any of our members feel a calling to present the Newsletter, please contact me to discuss, on 0402582402.

SPECIAL EVENT coming up! Celebratory afternoon tea !

We are celebrating the **10th Anniversary of Tamar Valley U3A** with a gathering of displays and groups on the **afternoon of Thursday 20th July** at Beaconsfield House, from 1:30 till 3:00pm. **Tutors are especially invited to make a display of what their groups do.** Our very own Ukulele group will be there playing, some members who have Art Work will displaying their work, and so on. Tutors, please give some thought to what you might do, if you have not yet got something planned. It would be great if you can let the Office know what you plan.

All Tutors and members are invited along to join our Afternoon Tea, from 1:30 pm till 3:00pm and also invited to bring a friend!! We would like to spread the word about Tamar Valley U3A!

Coming SOON! Our Next U3A Talk: *Aged care rights and aged care advocacy*

WEDNESDAY 21 JUNE 2023

Please note this is a different date to that previously advertised! Make sure you come on the right day!

A focus on the human rights of older people is key to receiving high quality care. Older people receiving Australian Government-funded aged care have the right to safe and high-quality care that supports their identity, culture and diversity, and to have control and make choices about their lives. These rights are protected under the Charter of Aged Care Rights.

In this presentation Eleanor Laud will share the benefits of older adults having an **advocate** in their corner, explaining how aged care advocates support older people to understand their rights, resolve concerns where these rights have been violated, and help to stay safe from harm and abuse. Human rights matter!

Our presenter will be Eleanor Laud from Advocacy Tasmania, and, as usual there will be time to ask questions of our expert presenter.

At the Hub, Exeter, from 1:00pm till 3:00pm Wednesday
21 June.



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

A Little Giggle

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mum was talking about her side of the family."

LEARN WHAT IS AVAILABLE IN & AROUND
YOUR LOCAL COMMUNITY



THE COMMUNITY HEALTH, WELLBEING & SERVICES EXPO

Are you 50 or over, and keen to learn about what is available in
and around your local community?

**HEALTH SERVICES | COMMUNITY GROUPS & CLUBS
SPECIAL INTEREST GROUPS, HOBBIES & ACTIVITIES
FREE GIVEAWAYS | HEALTH & BEAUTY SERVICES | FOOD
ENTERTAINMENT | WORKSHOPS | TALKS & MORE**

Admission is free, however a donation of a non perishable food
item is appreciated as part of our Community Food Drive Collection!



**FRIDAY 21 JULY 2023 | 10AM-1PM
BEACONSFIELD COMMUNITY HALL
ENQ: (03) 6383 1110**



For people who enjoy Board Games!! Where to go?

Did you know that the Legana Christian Church (on Bridgenorth Road, Legana) has a **Games Morning** once a month?

Games Morning is on the last Wednesday of each month, from 10:00am till about 12:30pm.

It is always a fun filled day. Bring a friend, bring some new board games with you, it is always challenging to try something new.

Morning tea and lunch are provided (Gold Coin Donation)

Cheryl Gilchrist

Games Morning Co-Ordinator

cherylgilli@hotmail.com

For people who like Reading- Here is a Book Review.

Sapiens: A Brief History of Humankind by Yuval Noah Harari

Kathryn Poe

Jan 19, 2019

Sapiens feels like a textbook when you first pick it up. Fortunately, *Sapiens* doesn't read like a textbook. It entices the readers from the first page and flows well, connecting lots of information in an interesting way. The book is split into four different sections, starting with the *Cognitive Revolution*. Harari's intention is clear: We were not always the only humans roaming the Earth. In fact, our singularity is unique. *Sapiens* encourages the reader to rethink our conceptions about humanity and tends to take a more objective scientific approach, focusing on our development as animals rather than some 'higher being.' Harari addresses different theories of why we survived while our other fellow *Homo* family members didn't. The book does a good job of explaining the "fictions" that people create in order to work together and create a functioning, forever evolving society.

The Legana Book Group liked "Sapiens" and found it readable, informative, and challenging. Enquire with Anne about our Bookclub on 0402 582 402.

Don't forget – NEW TUTORS ALWAYS WANTED!

To keep U3A interesting and thriving, we need to have a good range of tutors on a variety of subjects. Perhaps you have a special skill or interest which you could share with others? Contact the Office to have an initial chat about your ideas.

The brochure for Term 2 is being prepared now, so it may be too late to do a course right away, but you could be planning ahead now for a course that you might offer next year!!! Or you could possibly run a "Short course" later in the term, which could be advertised separately. There are lots of options for people with new ideas for interesting courses to offer. Please give it some thought.

**Call Viv on our U3A contact number 0411 150 378 if any queries
on U3A matters.**

Classes start again on 17 July and continue through to 15 December.

U3A NEWS FROM THE EAST TAMAR

Tamar Valley U3A on the East Tamar, has become a popular day out as U3A pupils from around the Tamar Valley (Grindelwald, Deviot, Dilston, Beaconsfield, Beauty Point, Bell Buoy Beach and Hillwood) come to Low Head and George Town.

In January, George Town rang out with the voices of Bob Jenks' ever popular 'No Frets' U3A ukulele group as they entertained an enthusiastic audience at the George Town Folk Festival. This group meets at the Deviot Hall on a Thursday.



As you drive into George Town the 'Blown Away' and 'Mountain Biker' banners designed by our art tutor Maggie Fletcher welcome you. Then on to Low Head to the Bass and Flinders Bowls Club on a Wednesday morning where Maggie's enthusiastic art devotees meet. They have created handmade books at a workshop, studied the works of well-known artists, as well as becoming accomplished at 'taking a line for a walk' as they practice drawing techniques under Maggie's guidance.

On Wednesday afternoon at the same venue, Raimund Bruns both educates and entertains history buffs with oral and written tales of world history, as well as welcoming some personages from the past through the 'time tunnel' so to speak.

Then on a Friday, also at the Bass and Flinders Bowls Club at Low Head, Rai's Philosophy group meet to discuss life as he presents the teachings of philosophers both past and present, as well as inviting philosophers, such as Jeremy Bentham and his own creation Sir Cecil Beattie through the 'time tunnel' to share their wisdom.



Socrates said 'Education is the kindling of a flame', and so our U3A tutors on the East Tamar light the flame of enthusiasm for their pupils from the 3rd Age.