



Newsletter May 2024

Greetings all, and here we are again with the latest Tamar Valley U3A News!
Many thanks to Maggie Fletcher for her Newsletter Contributions!

New Course!! Printmaking Without a Press.

We are pleased to advise that we have a new tutor prepared to share her skills and knowledge with interested members.

Elizabeth Royce moved from the South West of WA to Tasmania in January 2022. She joined West Tamar Arts Group early in her time here and has been involved since then, participating in exhibitions and being part of the Exeter Artist Working Studio at Exeter. She has also participated in the Deloraine Craft Fair in 2022 and 2023. Her art practice is now mainly based on printmaking but mixed media, painting, illustration and design play a part overall. She was an art teacher, mainly in the primary sector but also doing some secondary and TAFE teaching for some years.

For the course **Printmaking Without a Press** there will be a materials fee of \$15 to cover the cost of inks, lino and paper. It will be a short course of approximately 6 weeks beginning in August and held at Deviot Hall on Wednesday afternoons. Expressions of interest can be made by email at tamarvalleyu3a@gmail.com or by phone **0411150378**.

Yearning to Learn French?

There are many opportunities to learn and practise the French language and to appreciate aspects of French culture, in and around Launceston. If this is one of your dreams, check out the following options!

U3A Classes

U3A offers a Wednesday French class at Deviot Hall where we have up to a dozen attendees, and enjoy the fun of learning together. Check our Website <https://tamarvalleyu3a.com.au> for details.

Alliance Francaise

The tutors employed by the Alliance Française de Launceston are mostly French native speakers. There are four levels (from Beginners) of classes which meet each Tuesday evening at Newstead College. Some 35 adults are currently studying with AF, which also organises social functions such as cinema outings, a monthly meetup and chat (Saturdays, at a Riverside cafe), games afternoon (our next is a month away) and a picnic annually. Bastille Day will see a French-themed lunch at the Gorge Restaurant in July.

See aflaunceston.org for details.

Launceston School for Seniors

The School for Seniors offers three levels of French. Some 40 students do one-hour sessions on Thursday or Friday in the High St premises owned by Libraries Tas.

See lss.org.au for details.

News from our Committee

The Committee met recently to discuss Tamar Valley U3A progress. Some quick highlights include:

- More than 130 members now paid up. Tutors are reminded to check their class lists to see everyone is paid up. Approximately 85% of members have paid their subscriptions. If we could get 100% all paid up, we could reduce our annual subscription again. All members, **please check** if you are in fact paid up for 2024!!
- Our Procedure Manual has been completed and uploaded to the Member Wizard program.
- Committee is reviewing our status as regards payment of tax.
- There have been discussions on the formation of a broad Tasmanian U3A group, but so far Tamar Valley U3A has not chosen to take that option.



**PLEASE NOTE! WE ARE NOT
VAMPIRES! BUT...**

we really could use some **fresh blood** on
our Committee!!

Our Committee is working with low
numbers at present, so if someone is ill or
on holiday, others have to pick up extra work. We meet every
two months to review progress and discuss issues and this work
is important to keep Tamar Valley U3A going well.

Please consider if you could provide support to the Committee!!

A little giggle

So my neighbour sees me kneeling down, busy in my garden and asks what I'm
doing.

"I'm putting all my plants in alphabetical order"

"Really?! I don't know how you find the time!"

"It's right next to the sage".

Most garden statuary is only 30cm tall and wears red hats.
It's a little gnome fact.

Why do plants use photosynthesis?
So they can have a light snack!

Who Are We? *By Maggie Fletcher*

When I look at who I am at this stage, I recognise that the majority of my friendship group are U3A involved; we are a community of like-minded people. As a result I would like to start a regular column of short biographies under the title of:

They Don't Only Think We Are Old, They Think We Were Never Young.

As a young married woman I spent time in Sweden, Canada, USA, Australia and New Zealand; raised a family of 3 girls and worked as a librarian, a Hairdresser/Salon owner, a Pharmacy Assistant and a Bookseller. Now living Low Head where my ancestors were early settlers, I will be inviting you to share the lives of various TVU3A members through this column.



Noonameena – My sleeping place in the bush, NSW

In 1996, I left my home in Mangawhai, in New Zealand's subtropical north, to live in Australia in a stone cabin without power in NSW Central Tablelands, where I cooked over an open fire and washed clothes by hand in the snow.

There I came to know members of the Post Modernist art set and my dream of studying art beckoned. In 2002, I moved to Tasmania where I studied for my Dip. Art Craft and Design, and Cert. IV Arts Administration at Inveresk,

Launceston. As well as having had work in many exhibitions, until recently I was a tutor for *U3A's Having Fun With Art*.

A Forthcoming event here on the East Tamar is:

The Inaugural Kinimathatakinta/George Town Art Prize

- **Exhibition Opening and Winners Announced:** Friday, 21 June 2024 - Jim Mooney Gallery at 4pm
- **Exhibition Dates:** Friday, 21 June 2024 - Monday, 29 July 2024 at the Jim Mooney Gallery

FAREWELL TO JIM AND CELIA

The genuine sense of community developed by our Tamar Valley U3A was evident at the farewell to Jim Cliff and his wife Celia at the Bass and Flinders Bowls Club by members of Rai Bruns' U3A History class at Low Head recently. Celia and Jim have both been a long time supporters of the Tamar Valley U3A and will be missed as they escape to the country in England to be close to family. rolls, apple cake and friendship. We wish them well and thank them both for all the time and sharing in their time with us.



A farewell for Jim Cliff, long time member of Rai Bruns' History class



Live Well. Live Long

Live Well, Live Long is a FREE 8 week informative, interactive and fun program that provides a holistic approach to health and wellness.

WEST TAMAR
WINDSOR COMMUNITY PRECINCT

Starting on Thursday 6 June 2024 until Thursday 25 July 2024 , each week a different topic will be covered:

- WEEK ONE** Happy Feet (Podiatry)
- WEEK TWO** Balance and Strength
- WEEK THREE** Managing Pain
- WEEK FOUR** Arthritis Essentials
- WEEK FIVE** Navigating Aged Care Services
- WEEK SIX** Scams and Finances
- WEEK SEVEN** Hearing Australia
- WEEK EIGHT** Mental Health and Wellbeing

Each session runs from 1pm-3pm at the Community Hall, Windsor Community Precinct, 1 Windsor Drive (Riverside).

Afternoon tea is provided for all participants. Participation/registration is for the complete 8 week program.

Registrations are essential as places are limited. Call (03) 6323 9200.



PHONE COUNCIL ON 03 6323 9200 FOR INFORMATION ON FREE “Live Well, Live Long” program.

NOT U3A information but of interest in our wider community!!

Community Choir



Our local community choir, **Tamar Valley Voices** is open to all and would love to see new faces and voices. We have a talented and enthusiastic leader and provide a supportive environment while generally having fun. We meet on Tuesday evenings at Beaconsfield house at 7pm, so feel free to drop in and see what happens.

One of the songs we're practising right now is the gospel version of "Proud Mary". Who wouldn't enjoy that?? *Rollin' on the river*

Want to have your say?

Rostrum is an Australian group for those who wish to improve themselves in the practice of effective speaking.

My Rostrum club meets weekly either in person or by using the online tool of Zoom. Time slot is from 6.30 – 7.30pm. There is another Rostrum group that meets at 7.30 in the morning for an hour if that suits you better. Fun topics, a chance to learn how to run a meeting, or just an excuse to do some research before you speak.

Contact **Jill Brasch- Reaney on 0418 583 908**



Games Morning Legana

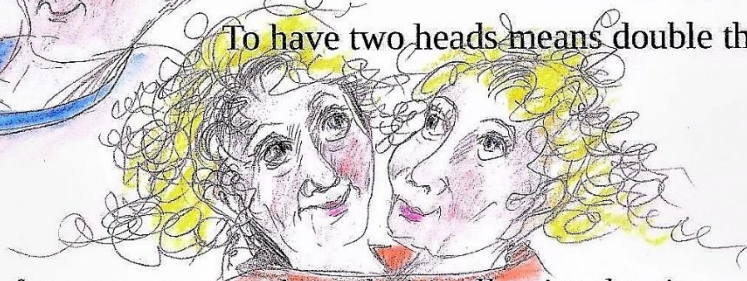
The Legana Christian Church on Bridgenorth Rd, Legana, supports a Games Morning from 10:00am till about 1:00pm, once a Month on the last Wednesday of each month. All welcome, and it is a great way to get out and meet new people and have fun. Call Cheryl on 0400790527 for more information.



TO BE A TASMANIAN

To be a Tasmanian is the ultimate claim.

To have two heads means double the brain.



With four eyes to peer through it's all twice the size

And when we open our mouths

we alone harmonise.



We hear all your comments with two lots of ears.

The 'behind our back' whispers are perfectly clear.

For Mainlanders we feel sorry and blue, what they think is a joke
is totally true.



We *never* feel lonely with two pillows in bed.

Laugh no more, feel jealous instead.

C.2024 Maggie Fletcher