



NEWSLETTER

October 2024

On Monday, 2nd September 2024, despite the horrendous weather that hit the north of Tasmania, there was a good turnout for the Annual General Meeting of The Tamar Valley U3A Inc. held at the Beaconsfield Mine and Heritage Centre. The Vice-President, Jill Brasch-Reaney chaired the meeting and a new committee was formed:

Vice President Jill Brasch-Reaney

Treasurer/Public Officer Martin Price

Secretary Viv Tyson

Committee: Bob Jenks. Rai Bruns. Maggie Fletcher. Jillian Buck.

Frances Mamo. John Latchford.

As Anne Brelsford has retired from the position of President she was thanked for her past years of service and presented with a card and flowers.

The association is now officially registered as a charitable organisation. It was moved that the subscription fee for 2025 should be struck at \$20.

We are always on the look out for new classes. We have had some interest in holding a Singalong events, and are seeking feedback from past and present members before planning is finalised. Please send via text to 0411 150 378 or email [tamarvalleyu3a@gmail](mailto:tamarvalleyu3a@gmail.com), any expression of interest in attending or assisting with such an event. We are also seeking to offer new classes or gatherings and would like to hear from potential tutors/facilitators. Commitment to this need not be on a full year or semester basis but could be a short course or one off day.

YOGA

The popular ongoing Yoga group comprises of about 7 members who come over from the East Tamar to meet at The Deviot Hall to join with another 10 or so from the West for 45 minutes of gentle exercise each Friday morning under the guidance of two class members who, although not yoga instructors, have had many years practicing yoga. They mainly focus on balance and flexibility with time set aside each time for relaxation and meditation.



If you are interested in joining this ongoing group, contact Viv Tyson. Mob: 0407 829 336

Snippets

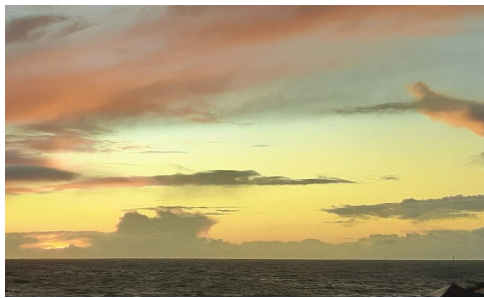


Horrors! With no prior warning I was unable to change down to a lower gear in my old manual Honda Jazz, and it stalled twice whilst negotiating a corner. I crawled home and rang the local garage to have the problem checked over a week hence – a week with no car as I checked my ever diminishing bank balance. At last. A call. My car was ready to be picked up. *‘Nothing major. The car mat had pushed up under the clutch pedal so you couldn’t depress it fully. We just removed it.’* A senior moment?

Description
01 Service and Safety Inspection
LAB/ST Carried out service. Found floor mat pushed up under clutch pedal suspect cause of gear shift fault owner to monitor.

WHO ARE WE ?

I am hoping that in this section of our newsletters we can share that we are a community of like-minded people who are delighting in our 'Twilight Years'. I have never understood why this term is seen as a negative, as for me twilight is the time when the hustle and bustle of the day is over. It is a time of magic for dreamers and artists; a soft warm light. In Scots/English the term for twilight is *gloaming*, which means to glow. A time to slow down as the day fades. It reflects how I feel at this third age stage of my life as I play gentle music, raise a glass and meditate on those wonderful Tamar skies in the gloaming.



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THIS CRAZY ENGLISH

We have the most confusing language. It is deliciously crazy. A fun ride.

You know when Grandpa's crook, his nose runs and his feet smell.



c. Maggie Fletcher & Beth Elliott

The sewer fell into the sewer



C. Maggie Fletcher and Beth Elliott

WRITING FOR FUN

This ongoing enthusiastic group run by Jen Kilvert meets in the front room at Tresca on a Tuesday morning. The following are items by members of this group. A poem and two 50 word stories.

I'M A FREQUENT FLYER

Carry-on luggage? I travel light, a cuppa and my reading glasses.
Destination ? Unknown!

I may touch-down in a torrid love story; witness an horrific crime;
step back in time. Who Knows?

Seated in my favourite chair I open my book. Opening paragraph:
"She's not coming is she ...

Take Off!!

Written by A.Bookworm

WHY DID HE SIT ON THAT WALL?

Humpty Dumpty sat on the wall
No-one thought to ask him why
Well I decided to ask the question
Though I knew that he was shy.

Hi there Humpty Dumpty
I'm hoping you won't mind at all
I've got to ask the question
Why did you sit on that big wall?

Well I've kept it quiet all these years
I just didn't want to say
Perhaps it's time to open up
You see in fact, I'm gay.

I fell in love with young Jack Sprat
But he already had a wife
How could I reach out to him
And ruin his happy life.

So that is why I climbed that wall
And that is where I sat
I was overcome with grief
I WEPT, I SLIPPED, I SPLAT!!

So that my friend is my story
And it really is no joke
You cannot imagine how I felt
As I slowly shed my yoke.

Dolly Rimes

ON THE BEACH

Jake and Emma finally got to go on their walk. On the beach trail an elderly woman called to them from down at the water's edge. She offered them a little dog she was holding that had been abandoned. Now they had a dog to take home their family was complete. Sue Amos

Moira Wellman

Moira has been with U3A for approximately 6 years, loves ukulele and writing classes. This is Moira's story:



I was an RAF kid with a disrupted education so I left school at 16 in 1966 to work in the soul-destroying boredom of Swindon Tax office which lasted for three months. I soon moved to an equally awful comptometer traineeship at R.A.Lister diesel engine factory where I met my motorcycle-mad husband Mike. Our cottage was freezing, the weather atrocious, Australia beckoned so we flew into Perth WA in 1974. Sponsorship from Yamaha led to Mikes success in motocross, grasstrack solo trials. After we helped form the Pathfinders Trials Club, we continued to successfully compete in sidecar trials.

Baked to a crisp after eleven years of relentless sun, we loaded up our two boys, bikes and baggage in our tiny camper van plus trailer and drove East to another new life in cooler Tasmania. Living at Lilydale, and later Legana I found job satisfaction at last working in the Aged Care and Disability sector and we were instrumental in forming Tamar Valley Trials Club.

We eventually retired and spent three cold wet but adventurous years in a narrow boat travelling the English canal system, returning to Legana where we have lived for 27 years. The two trials clubs we helped to form have thrived and been a source of lasting friendships. We also revel in the many mountain bike venues here. I currently enjoy U3A ukulele classes led by Bob, and creative writing with Jenny so would like to thank them and all those who make U3A happen.



The beautiful Blue Toad



Winter in Llangollen

HAPPENINGS

SENIORS WEEK 2023

Between Monday October 16 and Sunday Oct.22

ROWELLA: Sunday October 20th 1.30 – 3.30pm
Fab Follies Presents *'The Bucket List'*
Rowella Hall 422 Rowella Rd.
\$15 door sales please text/ph Rosemary for catering

GEORGE TOWN: The Healthy George Town Program now has a walking group along the Kanamaluka Trail every Monday at 5.30.

15 October – 1.00pm – 3.30 pm
George Town Seniors Concert
George Town Memorial Hall

BEAUTY POINT: Craft, coffee and chat.
Beauty Point Church Hall
Every Tuesday – 10.00 to 12.30
Bring whatever craft you are working on, and a sense of humour.

HAVE YOU FED PIGGY?



Your gold coin helps pay for refreshments, photocopying room hire, and other expenses

Just a reminder. Not all venues are free of charge, and there are ongoing costs for heating air-conditioning and refreshments. A gold coin donation offsets these expenses.

Don't forget to check Mary Mace's TVU3A Facebook page as well as the TVU3A website: tamarvalleyu3a.com.au for updates.

There is no longer a manned office for our organisation, if you need an appointment with staff please ring 0411 150 378

I would welcome any suggestions or submissions for our newsletter to keep us up to date with what is happening in our U3A and community.

Maggie Fletcher ruthieduck@gmail.com