

NEWSLETTER December 2025

Are you 50 + and retired or semi retired?

Join **TVU3A** **LEARN!** **LAUGH!** **LIVE!**

Christmas and the New Year is upon us, and once again it is time to renew your U3A subscription and to think about what classes you will be enrolling in for 2026.



2025 was such a satisfying year. We have several new committee members, a new president and secretary. Our talks at the Exeter Hub have been re-instituted thanks to Jillian Buck taking on the role of Talks Co-ordinator. There are some exciting talks in the pipeline for this coming year. I am really looking forward to Susan Ackroyd, who on 6th March, will be talking about her book "Rhyme and Reason" which explores the history behind nursery rhymes, and later in the year, Peter Stecenko will be talking about his cave photography.

COURSES:

Please call Viv to book or via the Courses page on the website.
tamarvalleyu3a.com.au

The Deviot Hall is the venue for the TVU3A Table Tennis group who meet on Tuesday: 1.30 – 3pm.

Although only a small group they have a lot of fun and would welcome any new players to join them for fun and exercise.



TVU3A Table Tennis group

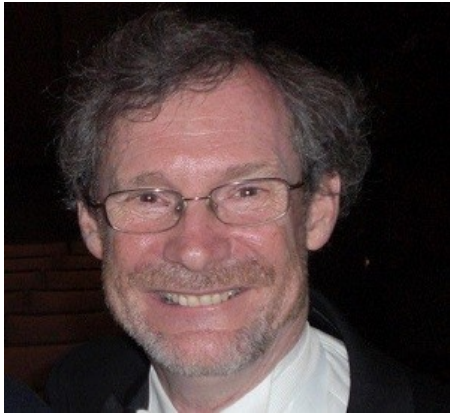


Botanical art * Casual art group * Classical Music Appreciation * Creative Writing *

Explore Your Inner Creativity* French Conversation * Fun With Cryptics * History * Italian Conversation *

Mahjong * Poetry Appreciation * Scrabble * Table Tennis * Talks * This is Philosophy * Ukulele * Yoga.

MUSIC APPRECIATION



We were really privileged to have had a short **Music Appreciation** course at the **Windsor precinct** presented with passion and enthusiasm by Monte Mumford.

Mr. Mumford, who holds an international reputation as a conductor and educator, explored *classical music through the ages*. It was an **absolute delight**. Mt Mumford will be offering another in 2026, and be aware that it is necessary to **book early** next time a course is offered by Monte Mumford, as last time it booked out really quickly.



TVU3A Music Appreciation celebrates Christmas



A new course coming up next year is **ART AND TECHNOLOGY** with **Bill Hart**

Prerequisites: Curiosity and an open mind

Description: All art, from rock art to AI uses technology, in this course we will take a journey exploring the relationship between the two, focusing on how new technologies have led to new ways of seeing, expressing and experiencing throughout history, from the palaeolithic to the challenges of artificial intelligence. We will explore what art is for, expand our conception of what art can be, develop our capacity to see, hear, analyse and appreciate art in all its diverse forms. **Art is life, life is art.**

Sessions include visual presentations, discussion and in class exercises requiring pen and paper

SCRABBLE

These photos were taken when some of the group's members had escaped to warmer pastures.



The scrabble group, organised by Anne Brelsford, meets at The Legana Christian Church foyer every Wednesday from 10am–12 noon. Coffee and a snack is provided and a gold coin donation is appreciated.



Botanical Art

This painting of an Eastern Spinebill in a Hakea tree was the final painting in the popular botanical art course that Lynda Young ran in July: **Plants and Their Pollinators.**



POETRY APPRECIATION

At Tresca on every 2nd Thursday afternoon, a small, but enthusiastic group gather together for Poetry Appreciation, under the guidance of Marilyn Arnold, where different poetic formats and styles are discussed and shared. As I am an artist, it goes without saying that one of my favourite genre is **Haiga**,



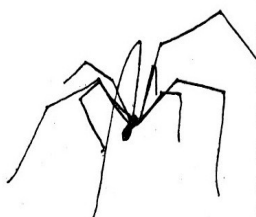
A child - seen not heard

Laughter was your gift to me

A bird's call at night

an illustrated form of the **Japanese Haiku** as well as **Senryu** which focuses on everyday life.

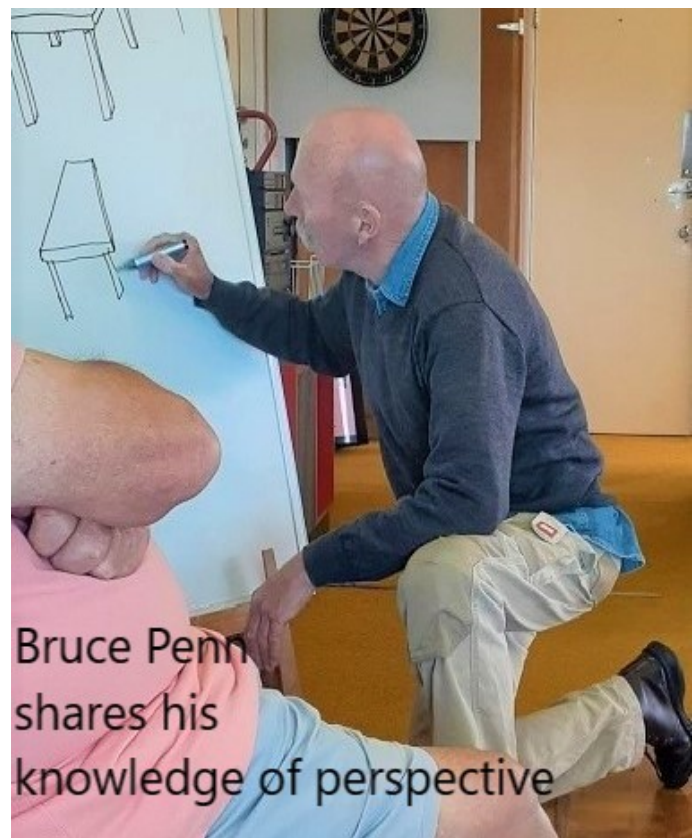
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ad opt
ad ore
ad rift
ad vantage
ad verse
ad infinitum
ad nauseam



BRUCE PENN

Congratulations to artist/poet Bruce Penn.

Bruce's poem "adAD" won the *People's Choice Award* in the Dada Museum's 2025 Surrealist Art & Poetry Prize. Bruce was really active in the TVU3A Having Fun With Art Group.



Bruce Penn
shares his
knowledge of perspective



Crazy English!

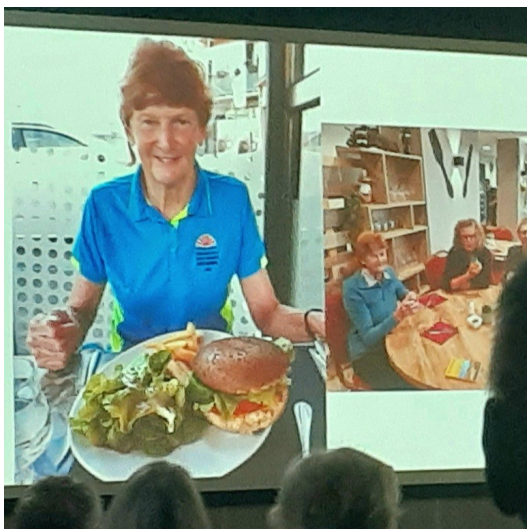
FLIER OR FLYER?

Thanks to the inspiration from one of our committee members, I made a *flier* out of our *flyer*.



A Peek at Experiencing a Camino Le Puy Chemin in France

In November Kay Bailey gave a delightful talk at The Hub in Exeter about her 35 days of walking from Le Puy-en-Velay to St Jean Pied de Port.



A huge thank you Kay
The talk was such a delight!



Our next talk, March 6 at The Hub, Exeter, will be by NSW author Susan Ackroyd

The History Behind Nursery Rhymes

Snippets



RUDOLPH THE RED NOSED REINDEER

In 1939 with World War II lurking, Christmas cheer was in short supply. A department store in Chicago wanted a “cheery” new Christmas character. They asked one of their staff, Robert Lewis May, to write a children’s book. May came up with the idea of a misfit reindeer ostracized because of his luminescent nose, who used his physical abnormality to guide Santa’s sleigh and save Christmas.”

Male reindeer lose their antlers in winter and females don’t.

So Santa’s sleigh is actually pulled by a team of women apart from Rudolph!



Don’t forget that Santa is due to do his online checklist to see who has been naughty or nice.

Last year he was seen at East Beach. Who knows where he will be keeping an eye out from this year.

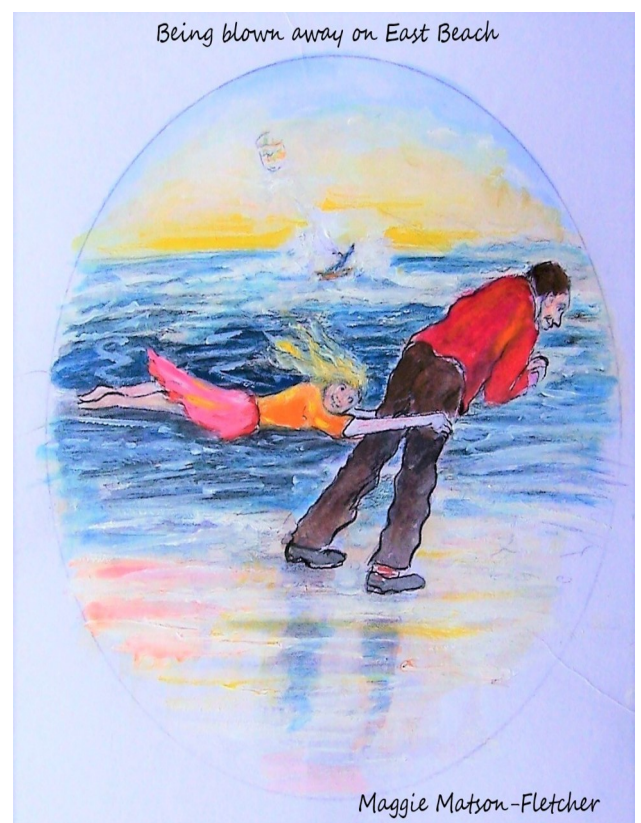
Have you been playing on those swings again?



What a windy spring we have had. Here on the **East Tamar** during a fierce storm, whilst going down to open the Bass and Flinders Bowls Club up for the **Philosophy** class the wind gusted to 111kph and blew my walker high. **(B)Low Head** lived up to its name and classes were cancelled!



If we don't get blown away, **Raimund Bruns'** popular **History and Philosophy** classes will resume at **Low Head in the New Year**. As philosophy is always close to maximum numbers, it is important to book early.



I heard of U3A from a friend a few years ago, but there was nothing happening near where I lived, in country WA, at that time. When I saw Maggie's "Creative Writing and Illustration" short course promoted on Facebook earlier this year I was interested. My interest was particularly based on that children's book I had planned in my mind for my granddaughter's birthday. I had already written one for her older sister and had created the illustrations using an Artificial Intelligence program to create the images to match my words. While I may never actually create the illustrations personally, I did learn more about the construction of children's books and the basics of illustrations. I also had lots of fun and found that I can, on occasions, create an image which resembles what I am intending to represent.

When I went to register for that course, I saw the Philosophy course promoted and signed up for that too. This seemed an opportunity to delve into areas I had missed in my youth. I have found this course to be most thought provoking – so given the topic – I suspect that should be counted as a fruitful use of the time spent.

During the Illustration course Maggie mentioned that there was a history course happening too – another one I signed up for and found stimulating.

Newsletters are a great source of information about the general 'goings-on' of U3A and what should pop up recently, but "Poetry Appreciation". I had been writing poetry for several years and had created a book of my poems for family and friends, and subsequently self-published it on Amazon. However, I was very aware that I had never had any specific education in structure and categories of poetry, so my verse is a bit like Grandma Moses' art – totally unschooled! This was another course signed up for and found to be very informative and stimulating.

About this time, I was encouraged to attend the U3A Annual General Meeting and as several long serving members were standing down, I accepted nomination as an ordinary member for the coming year. I hope to be able to contribute in some small way to the continuation of the success of U3A in the Tamar Valley. Another aspect of these opportunities to broaden my mind has been that of broadening my social networks. As a more recent arrival in the district, and a tendency towards reclusive living if permitted, I have found this side of the scheduled activities to be very rewarding too.

Oh! A last thought on this subject - U3A should come with a consumers warning – "it can become just a tiny bit addictive".



Newsletters and Promotional flyers. A decision was made at the last committee meeting that each venue shall have a colour copy of the current newsletters for TVU3A members who don't have access to email. Hopefully this will make them more accessible to everyone. However, I would also like to point out to members that each newsletter is available on our website at tamarvalleyu3a.com.au as well as on the TVU3A Facebook page. I would encourage people to 'share' as often as possible. The successful attendance at the Camino Trail talk was, I am sure, partly in response to this, as well as the coverage given by Tamar FM and of course, by word of mouth.

In addition to colour copies at the various venues, promotional flyers based on newsletters have been created to promote our organisation, and these will be displayed in various places on both sides of The Tamar.

CHRISTMAS LUNCH



The U3A Christmas lunch is on again this year! This is a great opportunity to socialise with your group and get to meet some of the other classes and tutors.

We will be lunching at Alpenrose Restaurant in the Lakeside Room, Grindelwald at 12.15pm, on December 3rd 2025.

No pre-payment required, **but please ensure you pay for your meal on ordering or before leaving the restaurant!**

Tamar Valley Folk Festival <https://tamarvalleyfolkfestival.com>

SAVE THE DATE **JANUARY 16-17-18 2026 Book now** TAMAR VALLEY FOLK FESTIVAL PRESENTED BY GEORGE TOWN FOLK CLUB INC.



Every year No Frets, our TVU3A Ukulele group has performed at this festival.



Combined Churches George Town
proudly presents

George Town Community Carols

Saturday 20th December 2025
In the Memorial Hall
Food 5pm
Carols 6pm- 7.30 pm

5 pm
George Town Lions Club
Kimmy's dream cafe

ENTRY
Gold coin
donation

SEEKING INTEREST:

From those wishing to establish a regular local walking group for the 55+ semi, or retired -OF ALL ABILITIES!

Where: At the Gravelly Beach foreshore - where new footpaths and seats are currently under construction from the Beach Road pathway to join the existing pathway beyond the Post Office!

It's all on the flat!

You can walk as far or as little as you can manage using walking stick, wheelie walker or Electric scooters, etc.

Toilets located at Rose Park.

Use it or lose it as they say!

Also a great opportunity to walk our ageing dogs at their pace!

Maybe even a social catchup could be possible at one of the local cafes following our exercise together!



Contact Caroline Richards
PH 0403870903

BEACONSFIELD HOUSE & TAMAR VALLEY U3A
PRESENTS

FREE EVENT

A MOVIE DAY
AT BEACONSFIELD NEIGHBOURHOOD HOUSE
SCREENING
THE NOTEBOOK

**WEDNESDAY
14TH JANUARY
2026 1:30PM**

PLEASE CALL
BEACONSFIELD HOUSE
TO RESERVE YOUR SEAT
6383 1110

Movie & an Ice Cream

U3A BEACONSFIELD Neighbourhood House

SUPPORTED BY Tasmanian Government

The movie day is open to all seniors and sponsored jointly by TVU3A and Beaconsfield House.

This will be a fun social get-together for the post-Christmas period.

Beaconsfield House staff are happy to accept bookings by phone, email, or in person which gives all seniors in the Valley without computer skills and computers the chance to participate.



Grindelwald Twilight Christmas Market Saturday Dec 20 5pm to 8pm



Santa will be there with his sleigh

FREE Need to book.

HAPPY CHRISTMAS

May this Holiday Season be full of happy moments that will create special memories.



As we are a non profit making organisation, the annual **membership for TVU3A for 2026** is set at \$20 p.a. Payments to be made by Electronic Funds Transfer: BSB 067-022 a/c 1008 8174 Payment to be identified by your name, or directly to your class tutor. tamarvalleyu3a.com.au

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