

NEWSLETTER APRIL 2026

Are you 50 + and retired or semi retired?

Join TVU3A LEARN! LAUGH! LIVE!



At times it feels like we have to turn cartwheels to fit in everything that we want to accomplish in this, our third age. And so it is for me with so many options available in our program for this semester that ends on **June 8**. Some courses are either ongoing or the dates are varied. February and March have been such a fulfilling time. The amazing Dr. Bill Hart's **Art and Technology** really got the creative brain cells working, and the wonderful **talk by Susan Ackroyd** was such an entertainment.

Who would have known when we were singing "Rock a Bye Baby" to our own babies that we were being so political?

Life is a great big canvas and you should throw all the paint on it you can!

Danny Kaye



Maggie Matson Fletcher sketch

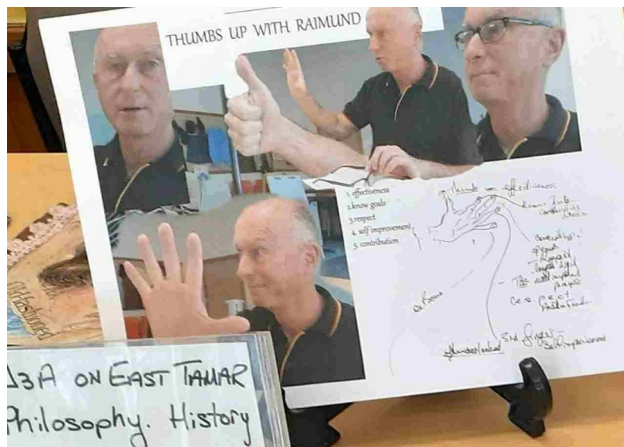


Thanks to Rebecca B for sharing this photo of the TVU3A "No Frets" performance at the Deviot Hall St Valentines Market in February. It was so well received.

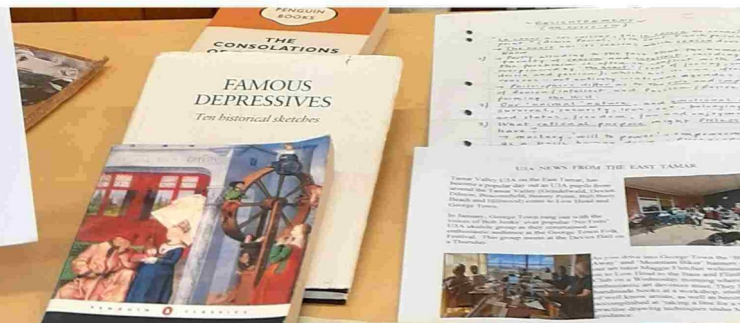
COURSES: We have such a wonderful selection of courses offered to us this first semester. I have personally delighted in **Dr. Bill Hart's Art and Technology**.



Many of the TVU3A courses have been going for years, and still attract new members. There are courses in Creative Writing, Explore Your Inner Creativity, French conversation, Fun With Cryptics, Italian Conversation, Mahjong, Needle Felting, Poetry Appreciation, Scrabble, Table Tennis, Ukulele, and Yoga. **Botanical Art** and **Casual Art** are popular ongoing classes.



Study History and Philosophy



At **Low Head on the East Tamar** the ever popular **This is Philosophy and History** groups meet at the **Low Head Bass and Flinders Bowls Club** on a Wednesday afternoon and Friday mornings. There are still a few spaces in the Wednesday afternoon History class.

MUSICAL APPRECIATION



International conductor and musical educator **Monte Mumford**, is once again offering a short course in **Musical Appreciation** to be held at Windsor.

KEEPING IN TOUCH



It was nice to know that the illustrated limerick from our February newsletter was presented in the latest Port Sorell newsletter. It makes us feel part of a much larger U3A community.

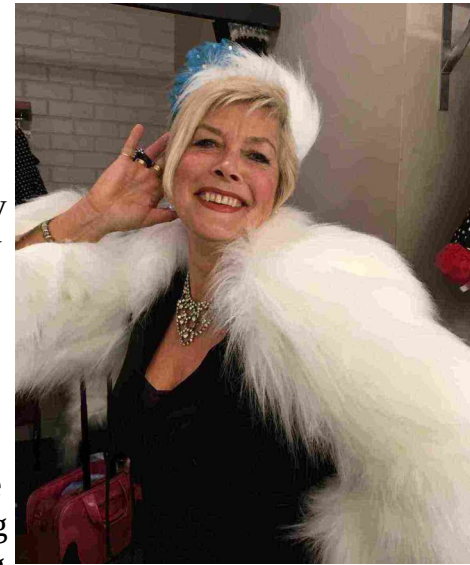
WHO ARE WE?

Maria Florissen

As a member of TVU3A who enjoys their Yoga sessions, I feel very lucky to be in my 75th year, and to have a reasonably good level of health and fitness. I enjoy relaxing with my family and friends and reading, as well as pursuing many other interests. I've always loved dancing and began tap-dancing at about 9, competing in competitions in the old National Theatre. At 14, I was lucky enough to win a dancing competition with my cousin at the George Town YMCA with the popular band "The Saxons". We had to jive, twist and stomp, and won a trip to Melbourne – what an exciting experience!



From 1984-2002 I performed with the George Town entertainers in some 27 shows including dramas, musicals and pantos. As well as being a chorus member, I enjoyed a few small roles.



A retired hairdresser, I also did hair and make-up, as well as costuming and advertising. Many lasting friendships were made during this time. Then, during my 60's I took up Tap Dancing again with the Twilight Tappers. We presented an annual concert and participated in some community events. I continued to dance for some time with the Bee-Bop Dance Centre. But now enjoy Jazz Exercise and Zumba, Yoga with U3A, and some pilates and weights.

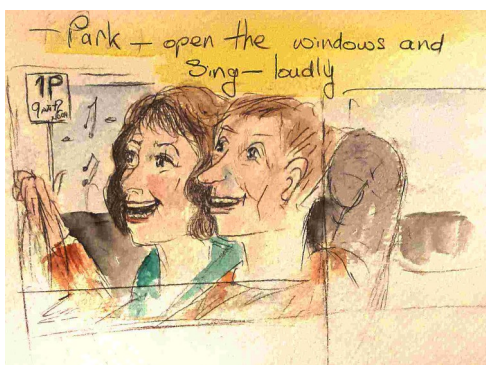
Organising the fortnightly walks for our "Ramblers" group which began some 20 years ago, keeps me busy; we have climbed many mountains, but now I am content with more achievable walks! As well I arrange monthly lunches for our Cancer Support group, and am a member of The Semaphore Singers who performed recently at The Tamar Valley Folk Festival.

I consider myself a fairly average singer and dancer, and although I don't aim for the stars, I find joy in participating.

Maria Florissen.

Remember – you don't have to please everybody, but you've gotta please yourself.

Semaphore Singers at B&F Museum at the Tamar Valley Folk Festival



Seniors' Humour



This is such fun on long journeys. I challenge you to do this and watch the reactions!

TVU3A TALK: The Scandals Behind Nursery Rhymes

Susan Ackroyd, the author of 'Rhyme and Reason', gave us a fascinating illustrated talk at The Exeter Hub on March 5 on the mystery and history behind nursery rhymes. She talked about what nursery rhymes tell us about the politics, economy, society and religion from the 1200's to the 1700's through political satire. The unplanned part of this afternoon was when a seeing eye dog from the next door dog park escaped, to be chased around and caught by a committee member during Susan's talk. It really was as if "The little dog laughed to see such sport"!

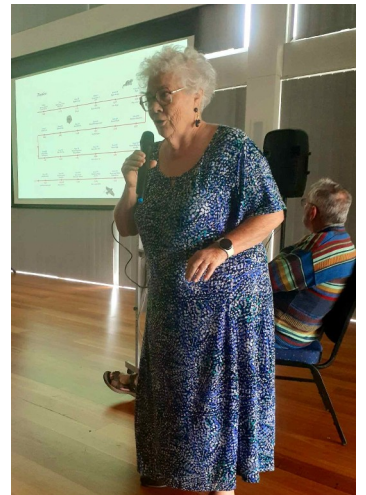


Rock a bye baby"

*Rock a bye baby, on the treetop
When the wind blows the cradle will rock
When the bough breaks the cradle will fall
And down will come cradle, baby and all.*

William of Orange and Mary - it was rumoured that their baby had died and a male baby was smuggled in in a warming pan.

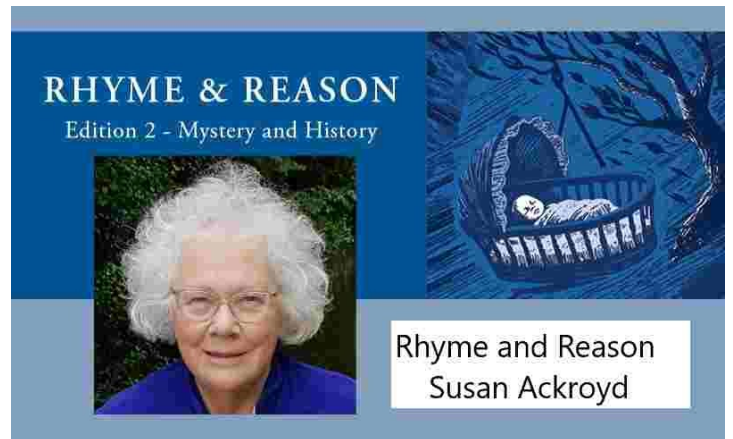
They had to wait for the right wind to blow their ship to England. When the branch of the family broke, the baby and the house of Stuart came crashing down.



Little Jack Horner

*Little Jack Horner sat in a corner
Eating his Christmas pie.
He put in his thumb and pulled out a plum
and said 'oh what a good boy am I'.*

Illustrations by Nicol Reid



NEXT TALK WILL BE AT THE HUB AT EXETER 21 MAY AT 1PM

NAVIGATING AGED CARE by Andrew Keay

Andrew has 30+ years of experience in financial services with specialised expertise in Aged Care Financial Planning. Andrew will discuss :

- Understanding aged care and options.
- Estate planning in the context of aged care.
- Dealing with Centrelink.



A free event! Bring a friend!

Snippets



HOW TIMES HAVE
CHANGED IN RECENT
YEARS

As a young woman in the 1960's it was a compliment to be wolf-whistled when you walked past a building site. If you weren't whistled you'd feel let down. This is well illustrated in this 1973 cartoon by George Booth – the cartoonist who illustrated Dr. Seuss's 'Wacky Wednesday'.

Carmen:



When Carmen, by Bizet, was first performed in 1875, she worked in a cigar factory rather than a brothel to appease the sentiments of the day. In 2014, The West Australia Opera in Perth, decided not to stage the production as it was set in a cigarette factory but was able to be set in a brothel.



With Petrol shortages on the horizon, I am reminded of living in New Zealand when Car Free days were introduced from July 1979 – May 1980 and bicycles became a popular mode of transport. Luckily it didn't result in Bicycle Face, a supposed medical condition, said to be caused by the grimacing expression riders make while straining to pedal. This was thought to cause a state of nervous exhaustion and permanent facial disfigurement, giving them a wrinkled, masculine appearance.



A road sign from "Across the Ditch"

MEMBERS' SUBMISSIONS:

TRANQUILLITY – A Wedge Poem
By Irene Oram

Dawn.
Mist creeping
Across the valley.
Tentacles exploring,
moving interminably on
towards the distant tree line.



The Goatherd drives his small flock
time.
into the valley. His watching task is near
impossible when a mist envelopes the land.
Settling down on a rock, he starts to play his pan
pipes, allowing familiar sound to hold the flock nearby.
As the day settles into its rhythm, music expands tranquillity.

6 December 2025 12.36am awake at full moon



Submissions by members
are always welcome.



BETSY BLUE



Looking for a toy-shop car, Daniel studied form,
He tried to match it to himself – a little aged and worn!
With “Tough And Roomy Body”, “Extra Grip and Good Control”
(Though when it speeds it feels the need to slightly rock and roll)

A T.D. seemed to fit the bill and all of the crit-eria,
The nose is full of character, with a neat and suave posterior.
The front delights with heater, lights, a spare wheel at the rear,
A nice big place half way along for picnic food and beer.

The cab has room for Dan and Kat (if they take turns to breathe!)
(and take the roof off to make room to extricate and leave!)
No concourse titi-vating for this quaint and pretty car,
Just jump in and crank her up, together you'll go far.

So welcome, R.D.154, to your *new home* in Tasmania -
It's just like Sale, Victoria, but windier and rainy-er!
Here's a toast – “Tom Nicholls' Ghost” your car is in great hands,
A clean dry bed in a cosy shed, Welcome to Kat and Dan's!



By our own doggerel-poet Moira Wellman

WASHINGTON POST NEOLOGISMS: alternative meanings for common words.

Coffee (N): The person upon whom one coughs.

Gargoyle (N): An olive-flavoured mouthwash.

Flabbergasted (adj): Appalled over how much weight you have gained.

Testicle (N): A humorous question in an exam.

Lymph (V): To walk with a lisp.

Can you come up with any original neologisms?

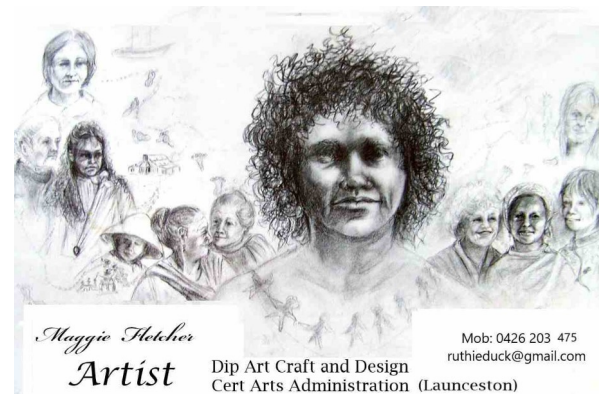


Don't forget to put your gold coin donation into 'piggy'. This helps pay for additional costs such as venue hire photocopies, promotional posters, flyers etc.

HAVE YOU FED PIGGY?



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



A crescent moon from the Editor's desk If members have original Tamar Valley photographs to share with us for the next (June 2026) newsletter? Please send them to Maggie either as a message to 0426 203 475 or message them to ruthieduck@gmail.com.



OUR CREATIVE COMMUNITY! I woke up this morning with the realisation that whenever I go to any function here in The Tamar Valley, I am surrounded by members of TVU3A regardless of what the event is. Here, at the recent **George Town District Historical Society** talk about **The Lady Nelson** at the **George Town Bass and Flinders Museum** I found myself seated by, and in front of, 6 other TVU3A members. And so it is wherever I go, be it here on the **East Tamar** where some of our members volunteer for

Meet and Greet at the **Low Head Pilot Station** as well as being on other committees such as **The Art and Artisans Guild** which has numerous TVU3A members, the **Deviot Hall Weekly Markets**, **The Beaconsfield Online Access Centre**, **Beaconsfield Neighbourhood House**, **The Garden Club**. The list just goes on and on – too many to list them all. We are such an active group of people in our third age! If there are **any events coming up** to share with our June, August, October or December **Newsletters** please let me know by the **15th of the month** before so I can include the information.



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.

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TVU3A mobile office: 0411 150 378