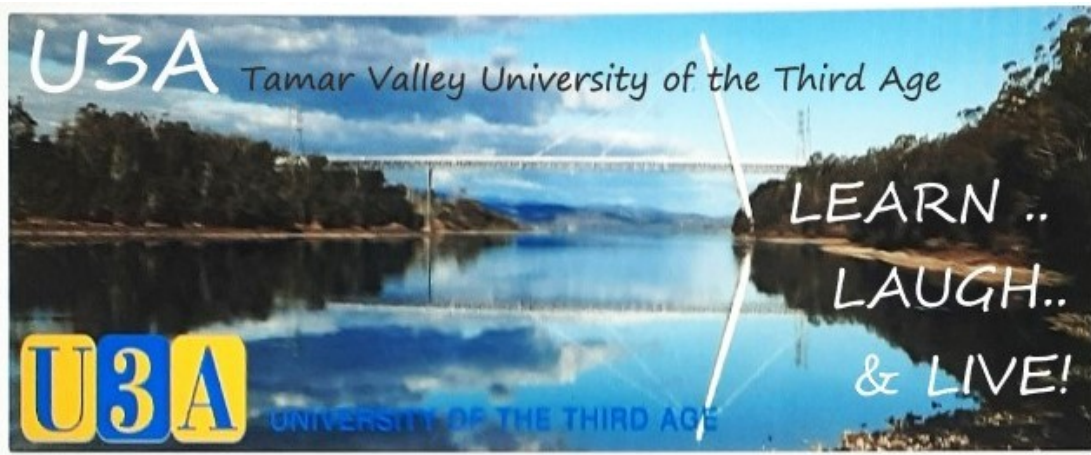




TVU3A NEWSLETTER AUGUST 2026

Are you 50+ and retired or semi-retired?

Join TVU3A LEARN! LAUGH! LIVE!



Snippets

From Sue Amos



Many of us as we age are fearful of needing to go into an aged care home. I was one who decided I would rely on the government's home care package. The time came in June 2025 when I could no longer look after myself and it was too much for my husband, Greg, to look after me. The carers available to help me was not enough for my needs.

Greg and I had a tour of three homes and liked Aldersgate Newnham the best. The home had been recommended to me by a couple of people. I was so blessed to be offered a permanent place. I have a beautiful room with a view to the Tamar River. I am well cared for, there are a lot of activities, a library, bus trips, visiting musicians and good meals.

I enjoy the painting classes, the gentle exercise, the once a week hot breakfast, the bag of books brought from the Launceston library, happy hour and eight ball competitions.

There is a hairdressing salon, visiting podiatrist, physiotherapists, visiting dentists and doctors.

I would like people to understand going to live in a nursing home when the time comes is not to be feared. Embrace it, accept it and you will find that you can make it your home and your room is your own space.

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

Donny Kaye



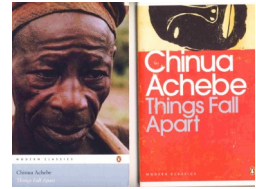
Maggie Matson Fletcher sketch



THINGS THAT FALL APART

by
Chinua Achebe

A review by Jillian Buck



This book which was written in 1958 and has sold over 10 million copies in 45 languages, tells the story of a small African community and its leader Okonkwo-a, wrestler. He accidentally kills a clansman and is exiled to another village for 7 years. On his return, he finds missionaries and colonial governors have arrived in his village. It is a tragic story of how missionaries have wrecked the society of the local village.

I loved this book and it gives great insight into the life of a small African village. Jillian Buck



We don't want to rush these things, but in the December 2024 edition, I said that the 50 word story by Moira Wellman **deserved to be illustrated**, with a comment to 'watch this space' – and here it is!

The true story of

'The Mouse and Gladys' the mother-in-law from Shepton Mallet in the U.K.

THE MOUSE AND GLADYS

Gladys reclined in the steaming bath. From the roof of the lean-to, Freddie the cat leapt through the small open window with a mouse in its mouth.

Gladys screamed! Freddie dropped the mouse into the bath.

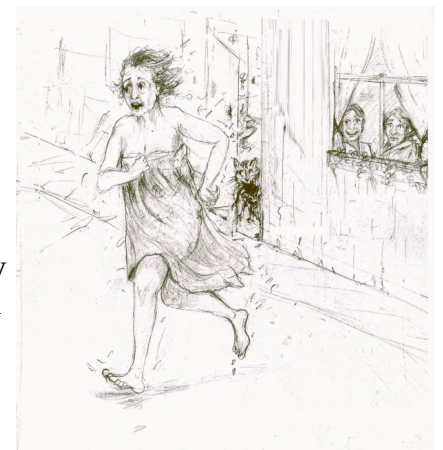


Gladys fled downstairs and through the open door.

Shepton Mallet has never recovered.

More of MOIRA'S STORIES:

Yelling as usual, he screamed "I want the contents of this house downsized by tonight or else" so she smiled happily as she lit the match and entered the taxi with her suitcase.



The couple realised their ambition of not spending a red cent in Tasmania when they disembarked at Devonport in their van so heavily laden with tools and 2 freezers full of food that they couldn't climb the first hill, so they sailed home the next day. (True story)

ARTIFICIAL INTELLIGENCE PRETEND CLASS! Any takers??

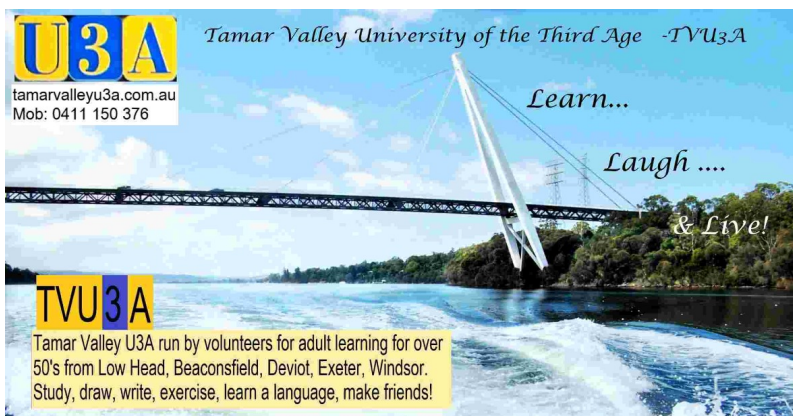
Attending Dr Bill Hart's course in Artificial Intelligence was such a wonderful learning curve, and with the attention being given now to Data Centres, it seems almost obscene to say I was delighted on discovering creating images with AI – *NOT* a replacement for my hand created art, which is a passion for me, but as another genre. Just to share this I decided to ask AI to create an image of a retired gentlemen's ballet class for us here at TVU3A! To create AI-generated images the machine learning model scans millions of images across the internet along with the text associated with them.

It took a number of prompts to get exactly the image I was imagining – here it is!

RETIRED? Ready to throw away the white collar and tie?
Join our U3A Senior Gentlemen's Ballet Class



PHOTOS OF THE TAMAR



THE BATMAN BRIDGE FROM KAYENA

TVU3A PROMOTIONS: We now have an image on the Windsor Precinct Fusion Board.

WORD FUN: Lexophiles are lovers of word play.

Zsa Zsa Gabor is a housekeeper. Gets divorced and keeps the house.

With her marriage she got a new name and a dress.

To write with a broken pencil is pointless.

A backward poet writes inverse.

A Will is a dead giveaway.



Whilst sorting out old photos I found this picture of No Frets playing in the City Park in Launceston in February 2019.

Am I imagining it? Or are we in a Time-Warp? No-one had aged in the 7+ years!

UKE SPEAK by Moira

Gwen Rindalis' clever use of rhinestones and glue gun provided the perfect accessory for Rhinestone Cowboy at the Cadorna ukulele concert 6th June. 9 players and 16 residents enjoyed Bob's selection of popular tunes ranging from Beatles to beach, country and folk with a rousing finale of 'Show Me The Way To Go Home'. Led by '2IC Mary Mace' in Bob's absence, we fairly ripped through the 22 songs, with the emphasis heavily on enjoyment rather than po-faced perfection. An uplifting afternoon for players and residents alike.

THINGS WE SAY TODAY,
WHICH WE OWE TO,
SHAKESPEARE:

"KNOCK, KNOCK! WHO'S THERE?" "HEART OF GOLD"
"IN A PICKLE" "SET YOUR TEETH ON EDGE" "GOOD RIDDANCE"
"FAINT HEARTED" "SO-SO" "SEND HIM PACKING"
"LIE LOW" "FIGHT FIRE WITH FIRE" "BATED BREATH" "COME WHAT MAY"
"WEAR YOUR HEART ON YOUR SLEEVE" "THE GAME IS UP"
"NOT SLEPT ONE WINK" "FULL CIRCLE" "OUT OF THE JAWS OF DEATH"
"WHAT'S DONE IS DONE" "NAKED TRUTH" "TOO MUCH OF A GOOD THING"
"LAUGHING STOCK" "BREADED HIS LAST" "WILD GOOSE CHASE"
"HEART OF HEARTS" "VANISH INTO THIN AIR" "LOVE IS BLIND"
"SEEN BETTER DAYS" "MAKES YOUR HAIR STAND ON END" "OFF WITH HIS HEAD"
"DEAD AS A DOORNAIL" "FAIR / FOUL PLAY / PLAY" "A SORRY SIGHT"
"GREEN EYED MONSTER" "BRAVE NEW WORLD" "BE ALL / END ALL"
"THE WORLD IS MY OYSTER" "BE ALL / END ALL"

Rhinestone Cowboy Hat by Gwen Rindalis

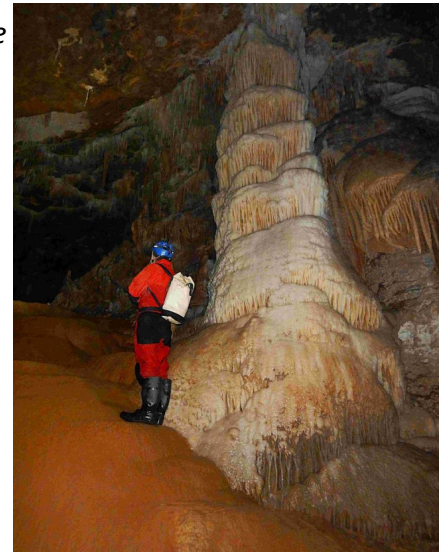


In June the Ukulele group had a themed practice of Trains, Boats and planes – all dressing up for the part, singing and playing songs relating to them, followed by some lovely food. Mary Mace dressed up as Lost Property!



FREE TALK AT EXETER HUB 27 AUGUST 2026 AT 1pm.

On Thursday August 27 at 1pm at the Exeter Hub Peter Stecenko will give a talk on his experience of exploring the caves in the Mole Creek Karst area. Which was declared a National Park in 1996. Peter says: *'We are lucky to live near the Mole Creek Karst area, one of the most beautiful and extensive cave systems in Australia, many of which are largely unexplored. It was declared a national park in 1996 and is well known among cavers worldwide. There are over 300 known caves and sinkholes in the park, including the tourist caves Marakoopa and King Solomons. The others are not open to the public and require a permit from Parks and Wildlife to access them.'*



It has been one of my regrets to not be able to continue with Marilyn Arnold's poetry workshop. It was nothing like I had expected. Having written poetry for most of my adult life, I thought it would be a 'been there done that' experience. Nothing could be further from the truth. Marilyn opened creative doors for me that I hadn't even known existed. If only there were more days in my week and a 'Beam me up Scotty' from here on the East Tamar.



✓ Mangawhai Memory

Salty foam-swept tide
Lays bare rippled memories
Words on paper blurred.

Silver threaded hair
Caresses tear-washed thoughts
On age-worn paper.

Waves sing their love song
Feathers flutter in a hush
While gulls and letters fly.

Mem'ries take wing as
Sun-warmed zephyrs dry the tears.

Maggie Matson

This poetry format is 2 Haiku plus a Tanka

In his dialogue *Phaedrus*, Plato recounts a story where Socrates argued that writing destroys memory and true wisdom. He claimed that relying on written texts makes people dependent on external marks, giving them the illusion of being all-knowing without genuine understanding.

Is using AI part of the same argument? That we are becoming dependent on the All Intelligent One – AI?

POETRY WORKSHOP

*Poetry is the
rhythmical creation
of beauty in words*
— George Bernard Shaw

Fortnightly at "Tresca", Exeter

EVERY SECOND THURSDAY
1.00 pm – 2.30 pm

Part of the Tamar Valley U3A
(University of the Third Age)
For beginning poets and the more advanced.
We cater to all.

WORKSHOP GOES ON THROUGHOUT THE YEAR.

We spend half to three quarters of an hour looking at each others' poems, then look at some aspect of poetry writing and do a writing exercise for the rest of the time.
Notes are provided.

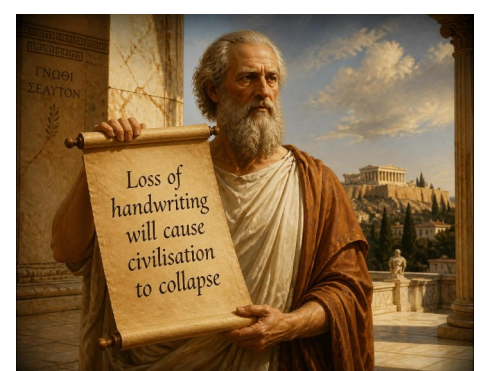
BRING ONLY PEN AND PAPER.

For more information contact
Marilyn Arnold
0417 145 537
marilyn@tpecoconcrete.com.au

Prose was made by fools like me, but only God can make a poem.
— Joyce Kilmer

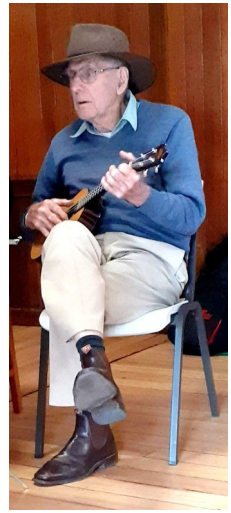
No cost, just a fortnightly coin donation
(and members of U3A which enables you to attend any number of U3A classes)

Come and be inspired by words, rhythm and community!



Sadly, we say farewell to long-time TVU3A member Ian Russell who passed recently. The TVU3A "No Frets" ukulele group sang his favourite song which he sang with his band in his early years *"I'm leaving on a jet plane"* as a tribute to him and his many travels through the years as he left on this his final journey.

Vale Ian



FRENCH CONVERSATION CLASS

Red, White and Blue, La Tour Eiffel, a glass of Patis?
It must be Bastille Day at the U3A French Conversation class!

Under the watchful ear of Christian, our local Frenchman, we get together every Wednesday morning at Deviot Hall to have a chat in French about what has piqued our interest during the week.

The majority of us learnt French at school and our aim is to revive and build on that knowledge. With Christian's help and encouragement we have all become more confident speakers and our vocabulary increases every week!

Do you want to know who's putting on an art exhibition, whose dog refuses climb stairs, who drives a car with a dirty windscreen, who is learning French in Holland?? We cover a vast variety of topics!

Resurrect your French language skills in a supportive environment and give your brain a workout at the same time!



It has been such a delight to share our newsletters with other U3A's – or u3a's as is the Tavvy District u3a in Britain. Their last newsletter was an absolute delight and I encourage you to Google it. Such an energy – despite the battle they are having with 'Australian' weather.

KEEPING IN TOUCH



Have I become a tumbleweed?

Detached from my roots, only to be blown about by the wind?



So many of my TVU3A cohorts, like me, have lived in many different places and cultures. I delight in this cultural diversity and although there is no one place that I think of as HOME, the Tamar has become home for me at this stage of my life.



This was created as a response to a conversation overheard at the Low Head Bass and Flinders Bowls Club "Happy Hour." Do you have something you'd like illustrated with AI for the next newsletter? Contact the editor!



There was a young fellow
from Snug
who caught a malarial bug.

Because he was chronic
he drank gin and tonic

and wrapped himself

up in a rug.

With so many viruses impacting! KEEP WELL

Many of the newsletter contributions are from an enthusiastic TVU3A member, Moira Wellman. Moira does not just sit at her desk all day writing stories and poems for our newsletter. She is a vital energetic senior who is 'out there' on her bike, her motorbike, grand-mothering, sharing and giving.



A HUGE thank you to the one I have come to think of as the TVU3A Newsletter sub editor.



CONTRIBUTIONS WELCOME

Do YOU have story about your life? It doesn't have to be long, a paragraph? A poem? A sketch? Where would this newsletter be without our contributors? Contributions for the newsletter are always welcome. Please send them to Maggie at ruthieduck@gmail.com by the 15th of September for the next newsletter.

REMINDERS:

Remember to put a gold coin in The Piggy as not all venues are free, and the donation helps offset these costs as well as insurance, heating, photocopying etc. Also some venues offer refreshments – not all are free. Check with your tutor if a donation is required.

Personal help on a Monday by arrangement.

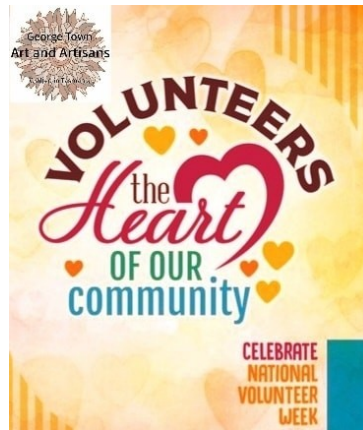
NEEDING HELP WITH COMPUTER SUPPORT?



HAVE YOU FED PIGGY?



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



One to one phone, lap-top, tablet and computer support is available at the Beaconsfield On-line Centre, 1 Grubb St., Beaconsfield. Ph: (03) 6383 1146 Wheel chair access. Open weekdays 10-4.

It has been such fun being able to create the headings with Duckai that I have used in this Newsletter, and I encourage you to just have a play!

It doesn't replace hand-drawn images, it is just another genre.

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 identified by your name, or directly to your class tutor.

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