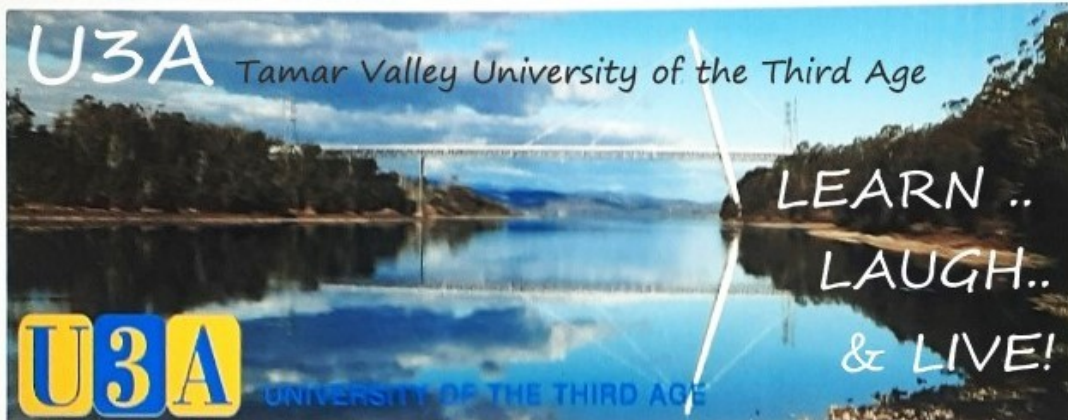
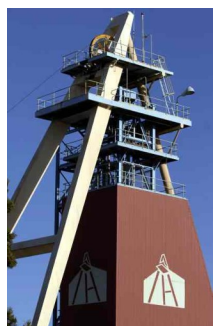




TVU3A NEWSLETTER JUNE 2026

Are you 50 + and retired or semi retired?

Join TVU3A LEARN! LAUGH! LIVE!

Welcome to winter! At this stage it is uncertain how fuel shortages will impact on our classes, but so far, with car-pooling we are keeping our heads above water. At least it has given us something to joke about, rather than concentrating on war and all the associated negatives! The good Aussie Coping Mechanism!

'You don't stop laughing when you grow old, you grow old when you stop laughing.' George Bernard Shaw



Snippets

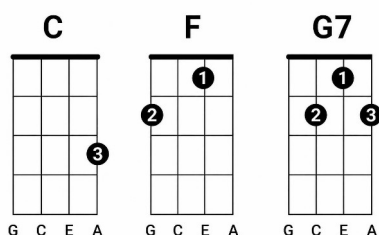


A recent study by Monash University examined the impact of listening to, and playing music by following more than 10,000 people aged over 70 across a 10-year period.

The study found those who frequently listened to music had decreased their risk of getting dementia by 39 % compared to those who rarely did.

Playing an instrument was associated with a 35 % reduction in risk. If you are no longer able to attend classes, there are a number of good YouTube clips to play along with such as: [YouTube @Ukulakiens](#)

Many tunes just have 3–4 chords, making them easy to play for beginners who just enjoy strumming, getting together, and singing their way to better health!



Research has shown that laughter is vital healthy ageing as incorporating humour into learning significantly improves memory, enhances creativity and problem solving skills, as well as playing an active role in health as it supports the immune system; releases nitric oxide which relaxes the blood vessels – great for heart health, and triggers the release of endorphins – the body's natural pain killer.

So out with those ukuleles. Strum and sing !



A WRITING CHALLENGE

QUOTES: Karma will be with you shortly.
She is just sharpening her nails. Irene



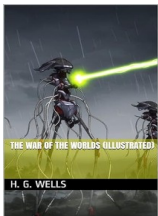
In previous editions of our newsletter, members met the challenge to write 5 and 50 word stories. This month I am challenging readers, whether they be current members or others who just enjoy sharing, to write a pithy bon mot – a one sentence story. Send your stories to the editor.

'I took you for better or worse' she said as she signed the divorce papers, but you were worse than I took you for!'

Have any members or former members of our U3A got any art, writing or thoughts to share? We'd love to hear from you. Are you unable to attend classes anymore? Keep active by sending items to Maggie for inclusion in the newsletter. Keep a daily journal – mine are visual journals as I sketch the day's happenings! Your \$20 membership keeps you on the newsletter mailing list and I'd love to hear from you.



I hope that TVU3A members will also pick up on the challenge to write short book reviews for the newsletter to share the book they are currently reading. I am going through those long forgotten classics, and now that I have discovered AI through Dr. Bill Hart's amazing classes, I have picked up H.G. Wells incredible *The War of the Worlds*, first published in 1897, before manned flight.



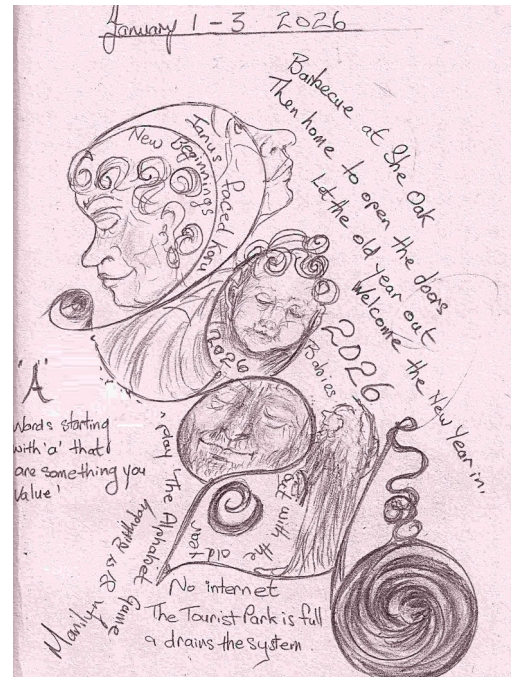
This reads like an uncanny parable for AI, mirroring contemporary fears about a system that is seemingly outpacing our control, with consequences that society isn't prepared to absorb.

With this sense of déjà vu, I did a simple Google search with *The War of the Worlds and AI*, and the answer I received was:

Obsolescence of Humanity: Just as humans view insects, the Martians view mankind as utterly beneath them. This mirrors existential anxieties that hyper-advanced AI might one day regard human beings as obsolete, or simply as resources to be managed or discarded.

This mirrored the Messaging I have shared with an Engineer grandson who told me of *The Dead Internet Theory* which suggests that the internet has ceased to be human-driven and is now predominantly populated by bots, artificial intelligence, and automated content.

I see *The War of the Worlds* as a cautionary tale which urges balance to amplify human endeavours, rather than replace them.



CRAZY ENGLISH



The marquis in the marquise was pleased to find it a breeze to fly on the trapeze with the greatest of ease.

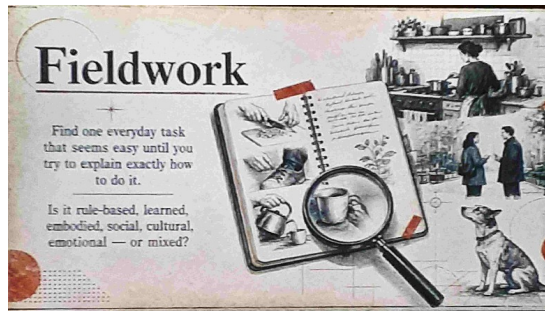


COURSES:

ARTIFICIAL INTELLIGENCE on both sides of the Tamar from Windsor to Low Head. Our U3A members are like a family. Although many of us have known one another for over a decade, we are always looking for new and younger members to keep the energy up. If you know of any **Dr. Bill Hart** is a course in Artificial Intelligence member, Beaconfield both Neighbourhood. However, the course is an internet, the challenging **COOK** with. His previous course in **Art and Technology** was a delight, and this current course is forcing my brain cells to awaken. As part of the 'hands-on' section, he gave us 'Fieldwork' as an at-home challenge. To find one everyday task that seems easy until you try to explain exactly how to do it.



Dr. Bill Hart



Describe how do I poach eggs? I thought that it was going to be easy to explain how I get perfectly round poached eggs without special tools. Not so. Then, as we had been instructed for the Fieldwork (not homework!) I asked Duck.ai to illustrate how to poach an egg perfectly using a ramekin, a sieve, and a slotted spoon. This wonderful illustration – with a spelling mistake that I must have entered, is far better than anything I could come up with, was on my lap-top screen within a few minutes. **As a tool**, I am hooked!! Where next?

Image Generation

Prompt - A black and white creased and foxed/foggy photo of members of the country women's association at a crashed ufo site in the 1950's in a remote Tasmanian sheep paddock giving first aid to sheep and aliens and offering cups of tea and scones and jam

This image created by Dr. Bill with AI is my favourite image from the class so far. The creation of an old foxed and creased photograph really makes it look real! I really delighted in the cold compress on the head of the sheep. So AI doesn't have humour?



Who says AI doesn't have humour? Scary? Or is this just fun when it is used properly. Copyright? According to International Copyright Law, AI generated art and writing remains in the Public Domain depending on the human input.

A member of several TVU3A Courses is Irene Oram. Irene created this delightfully illustrated Surrealist poem **"Everyday"** for her TVU3A Tresca Poetry class with Duck.ai using GPT-5 mini while in **Dr. Bill Hart's Artificial Intelligence** class.

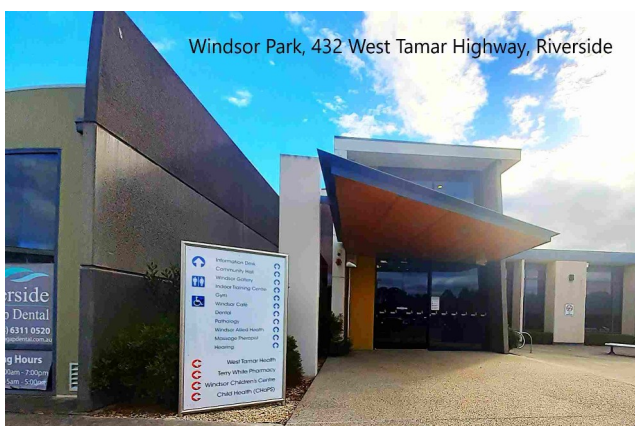
Instructions: *Write a three stanza poem in the surrealist style which starts each line with the word "Everyday" and outlines activities in a satirical manner.*

EVERYDAY

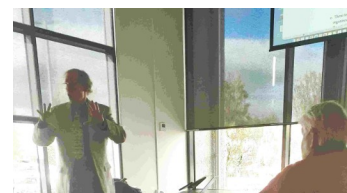


Everyday the mailbox blooms a violin and pays my rent in postcards,
Everyday the toaster lectures clouds on fiscal policy while crumbs applaud,
Everyday a stapler marries a paperclip and files for the moon's alimony.
Everyday sidewalks mime the weather and collect excuses for streetlights,
Everyday my shoes file complaints against gravity's new dress code,
Everyday the kettle nominates a squirrel for parliament and brews a dissent.
Everyday the calendar forgets its dates and hires mirrors as witnesses,
Everyday politicians trade their faces for discount umbrellas, smiling rain,
Everyday I applaud the absurdity – it sends me a bill and signs it "Sincerely, Us".

Music Appreciation: Viennese (Classical) Period (1750-1825)



Monte Mumford OAM



This short course by Monte H Mumford OAM **Viennese Music History lecture 1750 - 1825** was held at the Windsor Park Precinct at Riverside.

I have been amazed at how few of our members know where the Windsor Precinct is. On the left hand side of the West Tamar Highway just 10 minutes from Launceston, this is a health, well-being and community hub. In addition there is a park, cafe, gallery, and lecture rooms as well as an off-lead dog area and a 2.5km walking track.

In his lecture Monte stated that the Classical Style or Viennese (1750-1825) period is in reality, a misnomer. The connotation that this period shares an affinity with the ideals of the Classical World is in truth incorrect, as in reality there is little relationship between the two.

The period is governed by the principle of Strum und Drang; or Storm and Stress.

He told us that Yehudi Menin described W.A. Mozart: As sunny vineyards growing on the sides of an expectant volcano.

WORDS OF WISDOM

from our Philosophy and History
tutor Raimund Bruns

*'What lies behind us,
and what lies before us
are tiny matters,
compared to what lies
within us.'*

Ralph Waldo Emerson



WHO ARE WE?

This is the first edition that I have produced without a Bio section. I would really love to have life story submissions sent to me to use. As a community; which is how I think of us, we have had such varied and interesting lives. IF I was younger, and with more energy, I would enjoy putting people's stories together, and would welcome anyone younger who would like to come onboard to create such a collection.

NAVIGATING AGED CARE

Thanks to our team who organised this, and to **Andrew Keay** for his well presented talk at The Hub Exeter in May which was well attended. Andrew has 30+ years of experience with specialised expertise in **Aged Care Financial Planning** understanding aged care options. **Estate planning** in the context of aged care, and dealing with **Centrelink**.



Andrew contacted us asking if we could make his contact details available as there were numbers of request for contact details after the talk.

Andrew Keay **Aged Care Planners – Aged Care and Estate Planning**
andrew@agedcareplanners.com.au **M:0400 002 237**

Martin, Reni and Andrew Keay

Should any of our members(and others) have a talk they would like to present, or know of someone who would like to share a talk with us, please let us know either through the office or directly to our Talks Co-ordinator Jillian Buck through our TVU3A email

KEEPING IN TOUCH



It was such a delight to pick up the Senior newspaper to read the article by the U3A network Victoria's article 'New Skills, New Friends. Well done U3A Victoria.



MEMBERS' PHOTOGRAPHS



Leading Light and wonderful skies
at Low Head



This was sent to me by one who shall
remain anonymous.
The answer to post-surgery amenities.



The "Shoe Tree"
Motor Road, Deviot

THE TAMAR VALLEY U3A VARIETY SHOW

SENIORS' WEEK 2026



WE NEED YOU!

To celebrate Seniors Week in October this year we would like to stage an event to showcase the artistic, musical and comedic talents of our members.

Rowella Hall 8 Oct 2026 & 1:00 pm.

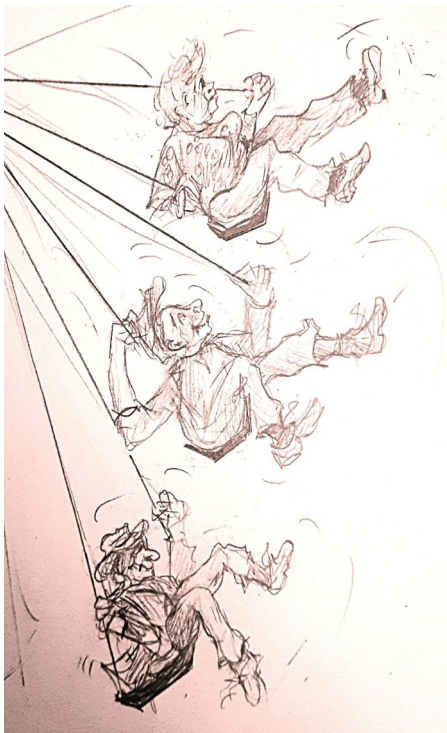
Our artistic director Phil Grant is seeking people to assist in contributing to this event, either as a performer or as a stagehand. If you have a talent of any kind that you would like to share, we are very keen to hear from you. Please respond by email or text to 0411 150 378. You do not necessarily need to be a current member of TVU3A to participate.

SUBMISSIONS:

As I take up my pen to jot down notes, (yes! I still hand-write) I realise that the TVU3A Newsletter is turning into 'Maggie's Blog', more than an editorial – so please join me in creating this bi-monthly news by keeping the submissions coming so we are aware of what you are doing with our U3A. Photos, one-liners, poems, art, words of wisdom are all very welcome! We need to keep aware of what you are doing with our U3A as well as the classes I attend.

In case anyone is concerned that this is being taken over by AI, I can assure you that the hand-drawn illustrations and writing will remain as long as I am the editor.

SENIOR HUMOUR



*An old bloke who came
to our town in his car,
got stuck on the Park's
monkey bar.*

*His wife said, 'What does
it matter if you land
if you land with
a splatter?*

*The hospital's not
all THAT far!'*

Do you think 'Oh I couldn't do that?' when looking at available courses? According to a Monash University study, apparently if you try things that you perceive you are no good at, it forces your brain to create new neural pathways. **Give it a go!**

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.

Members and tutors are invited to submit photos and articles about their classes and happenings to the editor of the TVU3A Newsletter by 15th July for the August edition.

Some of our Venues:

What's On At Tresca

There is a wealth of facilities and activities to choose from at Tresca. Many diverse community groups meet here for physical activities, hobbies, keep fit, children's activities and seniors. Volunteers look after the house and gardens, and we have an Op-Shop, a Men's Shed and beautiful lawn and playground in front of the house, accessible to the public at any time. **03 6394 4231.**

HAVE YOU FED PIGGY?



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

BEACONSFIELD NEIGHBOURHOOD HOUSE

Young people as well as adults are welcomed at many of our classes and groups at Beaconsfield Neighbourhood House. If you're not sure whether you should attend or would like to know more, please call us. **03 6383 1110**

NEEDING HELP WITH COMPUTER SUPPORT?

Personal help on a Monday by arrangement.



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.



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.



Maggie - The Editor at The Bass and Flinders Bowls Club Where TVU3A History and Philosophy classes are held

Editor: Maggie Fletcher.
ruthieduck@gmail.com

For those of you who haven't yet discovered the **George Town Art and Artisans** outlet in Macquarie St. in George Town – it is such a special venue to visit. Numbers of the volunteers and craftspeople are also TVU3A members.

The George Town Art and Artisans Guild Inc. is a self-sustaining initiative of artists and artisans, fostering creativity through a shared physical space and the collective skills, creativity, and expertise of artists and artisans in the George Town Municipality.

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