

Newsletter

No 58
April 2014



Kingborough Inc.
Learning in Retirement for Pleasure and Leisure

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Website:	www.u3akingborough.org.au	Committee Members:	Jean Newton, Coral Wilson, Lyn Herridge, Lyn Lowes, Eilean Robinson

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spasiba grazie **THANK YOU** obrigado takk

I am writing this shortly after the Love Living Locally event on Sunday March 23, where U3A was represented with a stall organised and run by Rob Parsons, assisted by Val, Coral and Claire. Our thanks for their time and work. Our banner proved an eyecatcher and our reps. were able to advertise our offerings to a large number of people. There are still local retired people out there who don't know we exist! Inimitable style Rob even managed to get contacts for some future speakers.

We will also be developing community awareness of our organization through the U3A Art Class' exhibition at the Channel Heritage Centre from April 1- 30. Please support them by visiting their exhibition.

The committee has submitted a grant application to the Council's Community Grants Scheme to help fund a digital screen and sound bar in Room A3.

March 25th saw the AGM where a new management committee was elected. Thank you to all of the members of the outgoing committee (most of whom have elected to continue on for another year). Welcome to the three incoming committee members: Lyn Herridge, Lyn Lowes and Eilean Robinson. Farewell and thanks to three retiring committee members:

* to Claire Morgan who for the past two years has helped out on the social side of things organising BBQs and lunches, and assisting at enrolment days and at the Love Living Locally exhibition.

* to Dorothy Mitsakis who has very capably run U3A's social activities for well nigh ten years. Among her many talents is a famed ability to source cheap but very drinkable wine! Dorothy has also helped out with programming, has made room bookings for meetings and quietly and efficiently done a thousand and one behind-the-scenes tasks, all of which have assisted in the smooth running of U3A. It's only when someone like Dorothy retires that we become fully aware of the many tasks she has undertaken.

* to Geoff O'Meara who was slightly press-ganged into accepting the president's role two years ago. He helped steer us steadily through the unforeseen problems regarding our Linc tenancy that cropped up in December 2012. It was a time of emergency meetings, strategic planning and difficult negotiations. Thank you all for your work on our behalf. We are grateful for your time, effort and enthusiasm.

2014 seems to have bedded in smoothly. We have over 260 enrolments in 32 courses, plus other members not enrolling in this term's classes. Thank you to the volunteer class reps., to the volunteers who open up in

the mornings and close down in the afternoons and to Angela Negri who organises our supply of coffee, tea and bikkies.

Especial thanks to Marian (and helpers) for all the work done to get the program off the ground, in nominating courses, finding tutors and then organising a timetable. We are also fortunate to have so many willing and able tutors who give their time and expertise to us so generously. Thank you all.

However the programmer's work never stops. This Newsletter contains the course offerings for second term! (These are out a little early as the 'enrolment team' will be overseas during the usual May enrolment time.) Please note that enrolments for Term 2 should be completed in the week April 14 - 17. The committee would really appreciate it if you could enrol promptly. The trickle of enrolments that comes in weeks after the set date creates a real headache in compiling class lists and makes the job of the class reps. more difficult. So please make every effort to 'do the right thing'. Thanks in anticipation!

Julie Gardam
(President)

MID YEAR LUNCH



Wednesday 16th July

From 12 noon

***To be held in usual U3A building
(Check notice board for the room)***

Bring a plate of food to share

All members welcome

Results of the poll re having three or four terms were as follows:

54 people voted:

35 for retaining our present structure of three terms plus the summer program, and 16 for moving to four terms. (The remainder were happy either way.)

On that basis the committee decided not to make any change.

U3A Kingborough Inc.

PROGRAM FOR TERM 2, 2014

Monday 16th June – Friday 22nd August

Courses held at Kingston LINC, Block A Building, 8 Hutchins Street, Kingston (KA),
and Westwinds, Woodbridge (W)

TERM 1 - AT A GLANCE

KINGSTON COURSES

MONDAY	10:00 - 11:00	<i>New Technologies (Limit 8)</i>	<i>Richard Lim</i>	Kingston Beach Hub
	9:30 - 12:30	<i>Art Studio (Class Limit 24)</i>	<i>Helen Quilty</i>	A2
	10:00 - 11:00	<i>Introduction to Tasmanian Birds (7 weeks; Limit 20)</i>	<i>Andrew Walter</i>	A1
	10:00 - 12:00	<i>Mah Jong</i>	<i>Gregory The</i>	A3
	11:30 - 12:30	<i>The Victorians</i>	<i>Gifford Causon</i>	A1
	11:30 - 12:30	<i>Book Chat</i>	<i>Jenny Vickery</i>	A4
	1:00 - 2:30	<i>Welsh for Beginners</i>	<i>Peter Ball</i>	A2
	1:30 - 2:30	<i>Women who Did</i>	<i>David Leaman</i>	A3
	2:30 - 4:30	<i>Welsh Continuation (different rooms at different times)</i>	<i>Guy & Margaret Nicholson</i>	A2 and A3
TUESDAY	9:00 -	<i>Bushwalking</i>	<i>Tas Boskell</i>	Field
	10:00 - 11:00	<i>Have Your Say</i>	<i>Jennie Clarke</i>	A3
	11:30 - 12:30	<i>Still Gardening Kaleidoscope, including field trips to gardens in the last 3 weeks</i>	<i>Co-ordinator Jonah Gouldthorpe, chair Marian Hearn</i>	A1
	1:30 - 3:30	<i>Writing</i>	<i>Jennie Clarke</i>	A2
WEDNESDAY	10:00 - 12:30	<i>Ramblers and Strollers (Class Limit 20)</i>	<i>Marcus Higgs & Co</i>	Field
THURSDAY	10:00 - 11:00	<i>Clay Tablets to Computers</i>	<i>Noela Foxcroft</i>	A1
	10:00 - 11:00	<i>Listening to Music</i>	<i>John Culliton</i>	A3
	10:00 - 12:00	<i>Scrabble Club</i>	<i>Initial Co-ordinator Marian Hearn</i>	A2
	11:30 - 12:30	<i>Kaleidoscope - Includes travel tales etc</i>	<i>Chair Marian Hearn</i>	A1
	1:30 - 2:30	<i>Poetry for Pleasure</i>	<i>Maggie McCabe</i>	A2
	1:30 - 2:30 (6 weeks)	<i>Six Subjects, one Lecturer</i>	<i>Anthony Boden</i>	A3
	1:30 - 3:00	<i>Films on Thursday</i>	<i>Ian Nicholson</i>	A1
FRIDAY	10:00 - 11:00	<i>Photo Book Workshop (Limit 8 people)</i>	<i>Marian Hearn</i>	Kingston Beach Hub
Fri 4th July	10:30 - 3:00	<i>First Friday Films/lunch/discussion</i>	<i>Jan Whitford</i>	A1
Fri 1st Aug	10:30 - 3:00	<i>First Friday Films/lunch/discussion</i>	<i>Jan Whitford</i>	A1

WOODBIDGE COURSES

MONDAY	1:30 - 3:30	<i>Readers and Writers</i>	<i>Sue Moss</i>	Woodbridge
TUESDAY	10:30 - 11:30 approx	<i>Kaleidoscope (as per list)</i>	<i>Val Pindell</i>	Woodbridge
FRIDAY	10:30 - 11:30	<i>Meditation</i>	<i>Margaret Jacobs</i>	Woodbridge

NOTE: Westwinds is our second campus and we remind all members that you can attend classes at Woodbridge. A popular option is for members to car-pool

KINGSTON COURSES

Monday 10:00 – 11:00

New Technologies

Class Limit: 8

Confused by New Technologies?

Here is your chance to become familiar with some of the 'New' things around as well as getting to better grips with your computer. Small groups of up to 8 will explore what you can do on the internet and some new technologies – tablets (iPads) and smart phones. Some topics include learning more about searching on the internet, online shopping, exploring social media (Facebook, Twitter etc).

Richard Lim is the coordinator at the Kingston Beach Digital Hub. The hub is a place for Kingborough residents to gain digital skills needed to enjoy the benefits of the NBN, when it is available to them. The digital hub will also allow residents to experience the NBN. Richard has over 15 years in the IT industry.

Digital Hub, Kingston Beach

Richard Lim

Monday 9:30 – 12:30

Art Studio

Class Limit: 24

The studio offers a place for relaxation through Art. Discover new creative skills and styles and explore ways of using colour. Take advice on structuring composition and watch demonstrations and techniques. Be part of group creativity with one-to-one tutoring. Come along with paint and pencils.

Helen has established an art studio which is still popular after 11+ years of tutoring in both painting and drawing techniques. She is a versatile artist/illustrator and skilled water

A2

Helen Quilty

Monday 10:00 – 11:00 (First 7 Weeks)

Introduction to Identifying Tasmanian Birds

Class Limit: 20

The course assumes only a basic knowledge of Tasmania's wildlife and habitats. The equipment and information sources for bird watching will be introduced together with a basic description of the key parts of a bird that are used in identification. A systematic method for identifying birds will be described. Using these guides, a selection of Tasmanian birds will be "identified" based in turn on bird types (families), on locations (eg gardens), and on habitats (eg coastal birds).

Some topics of interest about birds will also be discussed, including the origin of Tasmania's birds, the naming of birds, bird feeding, some bird behaviours, and the conservation of birds.

Opportunities for practising the identification of birds will be discussed (including a nearby walk with the presenter), however specific outings for identifying birds will not be a part of the course.

Andrew is a keen amateur birdwatcher who has worked and travelled to many parts of Australia and has seen a large selection of the country's birds, including Tasmanian birds. He sees the identification of birds as a way of stimulating his curiosity about nature and landscapes which has led to further interests. Now retired and living in Blackmans Bay, Andrew has worked mostly in the resources industry, including on Tasmania's West Coast, in the geological, environmental and OHS areas.

A1

Andrew Walter

Monday 10:00 – 12:00

Mah Jong

Here is your chance to play or learn how to play the amazing ancient Chinese game of Mah Jong. This course will introduce you to the way it is still played in China, the country of its origin, though it is popular around the world. And now it's here in Kingston!

If you have a Mah Jong set you can bring along that would be really useful. Don't be put off if you don't have your own set as there are some sets available for the class.

Gregory Thé was a teaching and research staff member of the Electrical Engineering Department, University of Tasmania since 1965. He retired in 1997 and has since been an active tutor at Hobart, Kingston and Rosny U3As, teaching Indonesian, Indonesian history, Today's World of Electronics and Electrical Devices, Russian Revolution and Spanish Civil War.

A3

Gregory Thé

Monday 11:30 – 12:30

The Victorians

A1

Gifford Causon

The Victorian era set the stage for the present day, it saw Britain become a democracy, schooling become universal, religion undergo significant change and the abolition of slavery. Railways and steam ships changed travel and there were many developments in science and medicine. Altogether it was an exciting and indeed dramatic period and I am hooked on it.

Gifford is always a very popular presenter on many subjects.

Monday 11:30 – 12:30

Book Chat

A4

Jenny Vickery

Why don't you come and join the U3A Book Chat? We talk about a wide range of books from the popular to the classics.

During the term we concentrate on a particular subject, book or author, which we decide on at the beginning of the term. Also in the first couple of weeks of the term we chat about books we have read during the recess and get to know each other.

If you really love reading whatever genre please come and join us. We'd love to see you.

Monday 1:00 – 2:30

Mae Cymraeg yn Hawdd – Welsh is Easy! – Beginners

A2

Peter Ball

Welsh is numerically the strongest and liveliest of the existing Celtic languages and these sessions introduce the spoken language of today, with light relief from music, video, etc about Welsh culture. We shall use methods and materials similar to the "Wlpan" courses for adults which are popular throughout Wales. New students are welcome to contact Peter (Ph. 6239 1265, email ballpj@outlook.com) before enrolling, and are encouraged to prepare at home, using a free Internet course, "Say Something in Welsh" (www.saysomethinginwelsh.com) which keeps the learner speaking informal everyday Welsh and developing confidence right from the very start.

Peter, from Bristol, had a Welsh father and English mother. He studied psychology in Hull and Belfast before lecturing in Uganda, and then specialised in social psychology, psycholinguistics and related fields at the University of Tasmania. He enjoys choral singing, art and everything about language.

Monday 1:30 – 2:30

Women who Did (First 5 weeks only)

A3

David Leaman

We often hear about the woman behind the man. What about those in front? We almost never hear about them. This course looks at some women who, in various fields, made great contributions in their own right. Many are miles from household names. Come along and find out who they are and how they got overlooked. David is well known and a popular tutor at U3A. He is an eminent geologist, geophysicist and ground water specialist. His many other interests include railways, history and music. He has written several books.

Monday 2:30 – 4:30

Welsh Continuation

A2 or A3

Guy and Margaret Nicholson

This course is aimed at those who have completed a beginners' course or have some proficiency in Welsh and want to improve their command of spoken Welsh. There will be an opportunity for class members to speak about various topics in Welsh and to engage in conversation.

A range of contemporary resources will be provided and some time will be devoted to grammar each week. Articles from the adult learners' magazine, Lingo Newydd will be used regularly for reading and discussion. There will also be some focus on listening to and singing Welsh songs.

Margaret comes from Anglesey in North Wales and is a native speaker of Welsh. Marg's strength is colloquial Welsh and she is keen to help students with pronunciation and support them in developing confidence in speaking the language. Guy has a teaching background and has learned to communicate in Welsh over a number of years.

Tuesday 9:00

Bushwalking

Field

Tas Boskell

The walks, of 7 to 15 kms, will be on established tracks and trails about the uplands and coasts around Hobart and occasionally further afield. Duration will be 3 to 5 hours. Participants must have a reasonable fitness level.

Please bring your lunch, water and a first aid kit. The meeting place for all walks is the Denison Street car park. Be there in time to leave at 9:00am.

New members to this group please phone Tas Boskell on 6229 2506 prior to the start of term.

Tuesday 10:00 – 11:00

Have Your Say

A3

Jennie Clarke

This lively group has been successful for many years. The members, seated in a circle, discuss a wide range of subjects that surround our everyday lives. Topics range from politics, world events, science, humanities and religion; you name it. Sometimes controversial, the rules are maintained with respect for others' opinions and challenging discussion is encouraged.

Each participant has an opportunity to speak without being interrupted, as well as expressing any discomfort about others' opinions. Confidentiality within the group assures members that their opinion stays in the room, thus allowing them to speak freely on the issues involved.

Jennie co-ordinates this group and she aims to make sure that everyone sticks to the rules and has their say. Jennie has been a member of U3A for many years and before retirement was a nurse, communications group leader and a marriage guidance counsellor.

Tuesday 11:30 – 12:30

Still Gardening Kaleidoscope

A1

Co-ordinator: Jonah Gouldthorpe

Chair: Marian Hearn

Subjects, with different presenters, include:- 'Gardening Pathway to Wellness and Independence', 'Grow Your Own Nutrition', 'No dig Gardening and Vegies in Pots', 'Mulch', 'Compost', 'Raised Beds' and 'Water wise Gardening' - organised by 'Still Gardening' Hobart City Council. With field trips to gardens for the last 3 weeks.

Tuesday 1:30 – 3:30

Writing

A2

Jennie Clarke

This course will give the members the opportunity to creatively tap their brains and put it all into the written word. It will concentrate on the method and style of writing, with continuous class evaluation. It is also expected that Jennie Clarke's work will also be criticised, thus making the class a joint effort, while helping all members to take a closer look at their own style.

Jennie prefers to work in a positive and easy-going style and welcomes newcomers and inexperienced members, who just have a yearning to write. She began writing only a few years ago, has written two books and will use the skills of the experts to maximise her tuition.

Wednesday 10:00 – 12:00

Ramblers and Strollers

Field

Marcus Higgs & Co.

Class Limit: 20

Join us for easy 1½ to 2-hour walks enjoying nature and fresh air on local and rural tracks and trails for an invigorating, healthy, social activity, ending in a welcome cuppa nearby.

Meet in the Denison Street car park at 9:45 am ready to leave by 10 am. There you will need to complete or update indemnity forms before we take our first walk. You will also receive a list of walks and details on how the group will operate. Car-pooling is organised on the morning of the walks.

Thursday 10:00 – 11:00

Clay Tablets to Computers

A1

Noela Foxcroft

The course will trace the development of our system of mathematics from earliest time. You will not need any particular knowledge of mathematics to enjoy this journey.

Thursday 10:00 – 11:00

A3

Listening to Music

John Culliton

We're still here. Same equipment, same chairs, same presenter, but the Music ah the Music. Do you need an hour of inspiration? An hour of reflection? An hour of simple enjoyment? Perhaps the sound of something familiar, maybe something comfortable, occasionally something new to challenge your musical taste buds.

Many of us enjoy our listening solo, but joining a group to share the experience adds a dimension and it's been going on for an awfully long time – in fact, since music began. Our informal group gathers on Thursdays. Be a regular, or join us when you need an hour of inspiration.

Thursday 10:00 – 12:00

Scrabble Club

A2

Co-ordinator: Marian Hearn

A new activity and mental challenge.

Do you enjoy playing Scrabble, if so come along and play a game or two with fellow members. Depending on interest this could go from 10.00 – 12.00.

If you have a set please bring it with you – we have at least one at U3A and a very large Dictionary!

Thursday 11:30 – 12:30

Kaleidoscope – Including Travel Tales

A1

Chair: Marian Hearn

A mixed bag of topics with a fair smattering of 'Traveller's Tales'.

Thursday 1:30 – 2:30

Poetry for Pleasure

A2

Maggie McCabe

Do you enjoy reading and listening to poetry? Then this might be for you. Lovers of poetry come together each week to read, hear and share their favourite poems in an informal and relaxed atmosphere. Perhaps you might have an original piece that you might like to share with the group?

Please bring along one or three shortish poems. They may be serious, funny or whimsical but do come and enjoy!

Thursday 1:30 – 2:30 (First 6 Weeks Only)

Six Subjects, One Lecturer

A3

Anthony Boden

This series includes: Homer and the Mycenaean Connection, Philip 11 of Macedonia and the struggle for Greek Freedom, The Dead Sea Scrolls, The Norman Conquest, The Causes of the French Revolution and Everything you want to know about being a marriage celebrant.

Thursday 1:30 – 3:00

Films on Thursday

A1

Ian Nicholson

Please refer to the Notice Board for details of the film series on offer this term.

Friday 10:00 – 11:00

Photo Book Workshop

Kingston Beach Hub

Marian Hearn

Class Limit: 8

Another opportunity to explore the wonderful world of photo books. This will be strictly limited to 8 participants who need to be computer literate. The easiest option is to bring your own lap top (not tablet) as this will be a hands-on experience. You can use the Hub equipment but will need to have a 'flash drive' with your photos and text on and your sign in details for blurb.com.

Before the course starts – download www.blurb.com (free) to your laptop. Organise all the photos into one file in the order you wish to use them. If there is a lot of text prepare that in MS Word (or similar) beforehand.

Decide what size you wish your finished book to be.

By week 7-8 the plan is to have completed/sent our books for printing (if you wish) and in week 10 share the results. Although we will be using Blurb there will be opportunities to explore other programs especially in weeks 8 & 9. Enquiries: marianhearn@bigpond.com

Friday 10:30 – 3:00, 4th July and 1st August

First Friday Flicks, Lunch and Discussion

A1

Jan Whitford

On the first Friday of each month we plan to show a film (from the Hobart Film Society), then enjoy lunch before continuing with a discussion about the film.

Watch the Notice Boards for more details of the films to be shown at U3A and also for films a group might like to watch together at the State Cinema on the other Fridays.

WOODBIDGE COURSES

Monday 1:30 – 3:30

Readers and Writers

Westwinds

Sue Moss

Readers and Writers group continues this term and is open to anyone with an interest in writing styles, including poetry, prose, memoir and young adult fiction. If you have an interest, passion or curiosity about words and language then step through the door bringing your ideas, thoughts, tragedies, work in progress and laughter.

Sue's work is published by Penguin Australia, Allen and Unwin, Picador and Pardolote.

Tuesday 10:30 – 11:30 (approx.)

Kaleidoscope

Westwinds

Val Pindell

June 17	A Life's Journey	Peter Klein
June 24	Self Sufficiency: the problems, pitfalls & rewards of pursuing a reduced reliance on mainstream supplies	Peter Laud
July 1	Navigation the Navy Way. A chronological look at navigational techniques as they developed with technology over 36 years.	Peter Leschen
July 8	Commercial Art World – Reprographics.	David Hopkins
July 15	Military History. The Brunei revolt in 1963 – the trigger for Confrontation with Indonesia.	Martin Bastick
July 22	What's Wrong with a Nanny State?	Derek Verrell
July 29	Should we Protect the Right to Offend?	Derek Verrell
Aug 5	Conflict in Crimea	Derek Verrell
Aug 12	The Future of Money.	Moir Dobson
Aug 19	Major Hugh Mitchell – Founder of Cascade Brewery.	Greg Jefferys

Friday 10:30 – 11:30

Meditation

Westwinds

Margaret Jacobs

Meditation is the state of the mind in which the mind is quiet or still: the usual mental chatter is silenced and the result is a feeling of deep calm. Just as the body needs sleep, so the mind needs rest periods to function well. Although the meditative state is a natural one, we may have lost touch with the healing process because our lives are no longer governed by the natural rhythms.

Meditation can also be helpful for a range of health problems as it supports the immune system by reducing stress and anxiety.

These sessions will include some theory where necessary but mostly practice. We will explore breath awareness, body awareness, postural awareness and relaxation as entry points into the peace of meditation. As this will be conducted whilst seated, it is a good idea to bring a cushion to support the back.

All Year Coffee Clubs

Feel like a cuppa and a chat? Come and join us.

Tuesdays at “Gloria Jeans”, Channel Court at 10:00am

Thursdays at “The Beach”, Blackmans Bay at 3pm

Saturdays at “Timeless Way”, Channel Court at 10:30am

The Membership Form and the Enrolment Form are available separately direct from the web site. They have been removed from this version of the newsletter.

TERM 2 ENROLMENTS - A PLEA FROM THE HEART

Please make every effort to bring your filled - out enrolment form for Term 2 with you when you come to class any time during the week April 14 -17, and drop it in the enrolment box in the corridor.

Class reps. of classes that continue into Term 2, could you list continuing members and drop that in the enrolment box, please?

There will be an Enrolment Day on Wednesday April 16th, from 11 – 1.00 in Room A3. This will be preceded by a ‘Meet the Tutors’ from 10 -11 in Room A1 (where tutors will briefly introduce their courses), followed by Morning Tea. Everyone is invited.

We are having a real problem with tardy enrolments. This term many people have been up to a month late in enrolling. You may not be aware of it, but your tardiness creates an enormous amount of work in re-creating class lists – often several times over. It also makes life difficult for your poor volunteer class rep. So please make every effort to be courteous and do the right thing by your class organisers.

THANKING YOU IN ADVANCE

TERM 2, ENROLMENT DAY

WEDNESDAY 16th APRIL 2014



MEET THE TUTORS

Hear the Tutors and co-ordinators talk about their courses for Term 2 and enjoy morning tea together.



10.00am – 11.00am

In Room A1

Decide on the courses you wish to attend and which courses you could be Course Representative for.

Enrol from 11.00am to 1.00pm

In room A3

Please be sure to keep a note, on the page provided, of the courses you have enrolled in.

COURSE REPRESENTATIVES

Have you considered becoming a Course Rep.? It is a really useful way to contribute to the smooth running of our U3A. If you could help out, please complete and return this form with your enrolment form and join us at the Tutor's Morning Tea & Enrolment Day on Wed 16th April.

f _____

YES I CAN HELP

Name _____ Tel. _____

Email _____ (please print clearly)

I wish to volunteer as Course Representative for: _____

U3A Kingborough Calendar

Term Two Membership and Enrolment Day

Wednesday 16th April, 2014

Mid Year Lunch

Wednesday 16th July 2014

Term Three Membership and Enrolment Day

Thursday 21st August 2014

Kingborough U3A End of Year Lunch

Friday 21st November 2014

2014 Term Dates

Term 2: 16th June to 22nd August

Term 3: 15th September to 21st November

Items of Note:

- Visitors are welcome to attend our U3A courses. Please inform the course Rep when you bring a visitor.
- If you don't enrol for a course before the start of term, you are welcome to enrol at any later stage with the Course Rep.
- Don't forget to keep your eye on the U3A Notice Board for upcoming events etc and members' literary contributions.
- Please be aware of new members to U3A and make them welcome. A friendly greeting can make a difference.

Missing:

1 laser pointer. This looks similar to a computer mouse.

Has anyone seen this item? It may have been accidentally gathered up with other items.