



University of the Third Age

Wynyard Newsletter

P.O. Box 29, Wynyard, Tas. 7325
Email: u3awynyard@gmail.com

No. 2 August 2015

Newsletters will be emailed to all on the contact list..... or can be picked up from Wynyard and Burnie libraries (LINC's) and the Warwyn council chambers.

We are proud to announce an exciting programme of new courses for our second term, and believe there will be something here to pique the interest of just about everyone. The highly positive feedback we received from those who attended our first term courses would seem to indicate that U3A is filling a real niche in this community and we would urge you to tell your friends about us and suggest they come along too.

Enrolment Week commences on Aug. 17. You can enrol in courses (and take out memberships, if necessary) in two ways:

1. In person, as follows:
 - Monday** August 17, 10.00 am - 1.00 pm at Artscape, 45 Jackson St., Wynyard
 - Wednesday** August 19, 10.00 am - 1.00 pm at Artscape, 45 Jackson St., Wynyard
 - Friday** August 21, 1.00 - 4.00 pm At Wynyard Public Library
2. Or complete the enrolment and/or membership forms at the end of this newsletter and submit as described.

Any questions about any of the courses? Please phone Mervyn Mitchell at 6445 1168. Any questions concerning membership or other U3A concerns, please email u3awynyard@gmail.com



Enjoying Drama and Theatre (from Term 1)

Avoid disappointment
Enrol early





Wynyard Timetable for Term 2, 2015

Full course descriptions at end of timetable

August Morning Afternoon	Mon. 24 	Tues. 25 Coffee Shop French Creative Writing	Wed. 26 	Thu. 27 The Great War: Causes and Consequences	Fri. 28
	Mon. 31 	Tues. 1 Coffee Shop French Creative Writing	Wed. 2 	Thu. 3 Reading With Curiosity The Great War: Causes and Consequences	Fri. 4
September Morning Afternoon	Mon. 7 Becoming a Tutor with U3A	Tues. 8 Coffee Shop French Creative Writing	Wed. 9 Serendipity 'Rock Words'	Thu. 10 Reading With Curiosity The Great War: Causes and Consequences	Fri. 11
	Mon. 14 Bird Identification for Beginners	Tues. 15 Coffee Shop French	Wed. 16 	Thu. 17 Reading With Curiosity	Fri. 18
	Mon. 21 Bird Identification for Beginners	Tues. 22 Coffee Shop French	Wed. 23 Serendipity 'Outer Mongolia'	Thu. 24 Reading With Curiosity Electoral Matters	Fri. 25
	Mon. 28 Bird Identification for Beginners	Tues. 29 Coffee Shop French	Wed. 30 	Thu. 1 Reading With Curiosity	Fri. 2
	Mon. 5 Art Basics	Tues. 6 	Wed. 7 Serendipity 'Caring for Your Back'	Thu. 8 Reading With Curiosity	Fri. 9
	Mon. 12 Art Basics Seniors Week Event	Tues. 13 Ins & Outs of Buying and Selling Real Estate	Wed. 14 	Thu. 15 Health: It's Your Choice "Voluntary Eutheanasia"	Fri. 16

October

Morning
Afternoon

Mon. 19 Art Basics	Tues. 20 <i>Ins & Outs of Buying and Selling Real Estate</i>	Wed. 21 Serendipity 'Great Scientists'	Thu. 22 Health: It's Your Choice "Your Right to Health Care"	Fri. 23
Mon. 26 Art Basics	Tues. 27 <i>Ins & Outs of Buying and Selling Real Estate</i>	Wed. 28	Thu. 29 Health: It's Your Choice "Gambling and Other Addictions"	Fri. 30

November

Morning
Afternoon

Mon. 2 Bird Identification Art Basics	Tues. 3	Wed. 4 Serendipity 'Eating Wold Tasmanian'	Thu. 5 Health: It's Your Choice "Wynyard Health Trends"	Fri. 6
Mon. 9 Bird Identification Art Basics Relaxation and Meditation	Tues. 10	Wed. 11	Thu. 12 Health: It's Your Choice "How's Your Memory?"	Fri. 13
Mon. 16 Relaxation and Meditation	Tues. 17	Wed. 18	Thu. 19 Health: It's Your Choice "Laughter Is the Best Medecine"	Fri. 20
Mon. 23 Relaxation and Meditation	Tues. 24	Wed. 25	Thu. 26	Fri. 27
Sat. 14 Fast Walking	Sat. 21 Fast Walking	Sat. 28 Fast Walking		

Courses listed in order of starting date

Coffee Shop French

When: Tuesday August 25 – Sept. 29, for 6 weekly sessions, 10:00 – 11.00 am
Where: Jackson St. Bakery, Wynyard
Presenter: Alwyn Friedersdorff

A relaxed, one hour conversational type class where the learner will master the beginnings of communication, sufficient to be able to greet others, ask simple directions, do some shopping, eat out in a restaurant, and begin to enjoy the spoken language. Written French will not be part of this course.

Creative Writing

When: Tuesday August 25, Sept. 1 and 8(3 sessions), 1:00 – 3.00 pm
Where: Artscape, Jackson St., Wynyard
Presenter: Mike Talbot

Are you already a creative writer with all the skills needed to submit – and publish – an article, short story, even a novella? Let's pool our experience to develop this inner talent of yours. Sound good? Then we'll meet, exchange ideas and (re)discover the pleasure of writing creatively. (Maximum: 6)

Bring: Pens, pencils, paper, tablet ... whatever you like to write with and upon.

Reading With Curiosity

When: Thursday Sept. 3 – October 8 (6 sessions), 10.00 – 11.30
Where: Splash Café, Wynyard
Presenter: Anne Hamilton

Do you enjoy reading? Would you like to share your reading experiences with others? Each week we will choose a topic or a genre and bring something to read and discuss. It could be a book review, a magazine article, a poem; whatever interests us.

The Great War: Causes and Consequences 1914 - 2014

When: Thursday August 27, Sept. 3 and 10 (3 sessions), 1.30 – 3.30 pm
Where: Irrigation Tasmania, 5 Reece Court, Somerset
Presenter: Ian McFarlane

An examination of the events that led to the outbreak of hostilities in 1914, as well as some of the immediate outcomes and those that are still with us today. Also, a brief look at some of the popular myths surrounding Australia's involvement. (Maximum: 15)

Becoming a Tutor with U3A

When: Monday Sept. 7 (1 session), 9.30 – 12.00 noon
Where: Artscape, Jackson St., Wynyard
Presenter: Rees Campbell

This is an open (free) class. U3A membership is not required.

This is for anyone interested in tutoring adults. Hints, techniques and ideas how to engage participants – including exploring teaching and learning styles. Recommended that new U3A tutors come along.



**Life and the
Universe
(from Term 1)**

Serendipity

Where: Uniting Church Hall, Dodgin St., Wynyard

This is an eclectic and random collection of informal talks on interesting topics. Pick the ones that capture your imagination. To avoid disappointment, we would prefer you to pre-register as for other courses, although you are also welcome just to drop in anyway. (Maximum: 12)

Wed. Sept. 9, 10.30 – noon **Rock Words** Jo Crothers

Get a grip on the language of geology. Geological prefixes, suffixes, analogies, metaphors and similes can help to illuminate complex geological concepts.

Wed. Sept. 23, 10.30 - noon **Outer Mongolia** Mervyn Mitchell

A whole country in a single paddock! A small group of westerners and Kazakhs ride high into the remote Altai Mountains of far West Mongolia.

Wed. Oct. 7, 10.30 - noon **Caring for Your Back** De Salpietro

Seminar on the history of back care and a safe practice for looking after your back today.

There are many myths surrounding low back pain, and its 'cures' often cost us a lot of money and time. This session will suggest that we can take responsibility for our own back health in the comfort of our home. It will cover 'non-specific' back pain - specific causes must be treated medically.

Wed. Oct. 21, 10.30 - noon **Great Scientists – Men and Women Who Made a Difference** Mervyn Mitchell

A lighthearted look at some amazing men and women from Aristotle to Madame Curie, and how their lives have shaped, intentionally or otherwise, the world we live in and the way we view it.

Wed. Nov. 4, 10.30 – noon **Eating Wild Tasmanian (Plants)** Rees Campbell

An interactive, informative session on how to identify, grow and eat wild Tasmanian plants. Walk through "Murnong", our newly planted wild food garden (19 George St., Wynyard), talking about the edible native plants and tasting as we go. You will be surprised at how good they look and taste.

Bird Identification for Beginners

Classroom Sessions **When:** Monday Sept. 14, 21, 28 (3 sessions), 10:00 – 12.00 noon
Where: Artscape, Jackson St., Wynyard
Presenter: Col Meyers

Field Trips **When:** Monday November 2, 9 (2 sessions of 3 hours each) Time and place to be announced. Bring a notebook and binoculars (if you have them).

How to identify the birds you may see in your immediate environment. Basic bird anatomy, similarities and differences, and some tips for making identification and deciphering field guides .

Electoral Matters

When: Thursday September 24 (1 session), 2.00 – 4.00
Where: Irrigation Tasmania, 5 Reece Court, Somerset
Presenter: Julian Type (Electoral Commissioner)

This is an open forum. U3A membership is not required.

A single informational forum on any aspect of Tasmanian or Australian electoral matters. There will be a discussion of the particular Tasmanian system and the various levels of government.

Art Basics: The Building Blocks of Drawing and Painting

When: Monday October 5 – November 9 (6 sessions), 10.00 – noon
Where: Artscape, Jackson St., Wynyard
Presenter: Sherry Norcott and others

Students will be guided via hands-on experience through the basic principles to of drawing including constructing a human face (week 1), how to mix colours (week 2), perspective (week 3), light and shadow (week 4), basic figure drawing (week 5) and tonal painting (week 6). This course can be extended beyond 6 weeks if there is a demand.

Please bring to the first class a set of medium texters and (optionally) a basic set of brushes. Also a creative mind. I suggest you wear an apron and old clothes you don't mind getting spattered.

Seniors Week Event: Cultivating Community Curiosity and Learning

When: Monday October 12 (1 session), 1.00 – 3.00 pm
Where: Senior Citizens Centre, Jackson St., Wynyard
Presenter: Rees Campbell and others

An afternoon of fun and social activities to get your brain working and sharpen up your memory! Join members of U3A Wynyard to explore the unusual, learn something new and enjoy being a senior.

This is an open session; members and non-members are equally welcome. There will be a gold coin collection.

All the *Ins* and *Outs* of Buying and Selling Real Estate

When: Tuesday October 13, 20, 27 (3 sessions), 10.00 – noon
Where: Frederick Street, Wynyard
Presenter: Leigh Berrenger

How to sell your home for the best price. How to choose an agent. How to buy for the best price.

Health: It's your choice – let's talk about it!

When: Thursday October 15 – November 19 (6 sessions), 1.30 – 3.30 pm
Where: Anglican Church Hall, Dodgin St., Wynyard
Presenter: Janet Sell – Coordinator; various presenters

Whether it's choosing butter instead of margarine or organising a "good death" we need the facts to make informed decisions about how we live our lives. This series of talks with specialists will help us to understand the issues, gain factual information and find out what services are available locally. We will finish on a light note enjoying a jolly good belly laugh!

Week 1 Thursday October 15 Norma Jamieson **Voluntary Euthansia**

Norma Jamieson is a retired nurse and farmer, she was the MLC for Mersey between 2003-2009 and has been a leading advocate for Voluntary Euthanasia for many years. She set up Orana Respite Care in Ulverstone in 1984 and is on the Honour Roll of Women for Services to Health and the Community. This session will allow us to discuss a potentially controversial subject in a relaxed, informal style.

Week 2 Thursday October 22 Ros Wallace, Advocacy Tasmania **Your Rights to Health Care**

Advocacy Tasmania provides free, confidential services across a range of issues including disability, mental health, residential care and elder abuse. Ros will explain how advocates can clarify and assist individuals to plan their future care.

Week 3 Thursday October 29 Lena Carmichael, Gambler's Help Counsellor, Anglicare Tasmania
Gambling and Other Addictions

When does a flutter on the horses become out of control and lead to financial ruin, pain and suffering? Find out about addictive behaviour and how we can help friends and family and what services are available.

Week 4 Thursday November 5, 2..30 – 4.30 pm (note different time) **Wynyard Health Trends over the Years**

Local health practitioners, current and retired, will talk about their experiences and discuss how community expectations of health services have changed over the years.

Week 5 Thursday November 12 Mary Davies, Alzheimer's Australia **How's Your Memory?**

We all have concerns about forgetting things as we get older. When do we need to start special exercises, or start to worry? Alzheimer's Australia will provide a comprehensive outline with suggestions for preventative action and information on services for those who need them.

Week 6 Thursday November 19 Speaker TBA **Laughter Is the Best Medicine!**

Remember how we used to giggle and roar with laughter when we were children? Here's an opportunity to let rip and get all those endorphins circulating and finish the course on a "high"!

Relaxation and Meditation

When: Monday November 9, 16, 23 (3 sessions), 2.00 – 3.00 pm
Where: Artscape, Jackson St., Wynyard
Presenter: De Salpietro

Relaxation to take tension from the body. Meditation to clear the mind of clutter. Take a few minutes of your day to re-set and energise. (Number: 6-20)

Fast Walking

When: Saturday November 14, 21, 28 (3 sessions), 10.00 – 11.00

Where: Wynyard High School Car Park

Presenter: De Salpietro

Under the umbrella of 'Race Walking Tasmania', learn how to walk fast. This is a great way to gain cardiovascular fitness and numerous health benefits without jarring your joints. You can progress at your own rate.

Wear flexible lace-up shoes.



P.O. Box 29, Wynyard, Tas. 7325

Email: u3awynyard@gmail.com

U3A Wynyard Class enrolment form

NAME:

EMAIL:.....CONTACT PH NO:.....

Due to limited numbers in some venues, classes will be filled as enrolments are accepted. A term or year membership enables multiple enrolments.

Subject 1

Subject 2.....

Subject 3.....

Subject 4.....

• I agree to my image being used for U3A Wynyard publicity. YES / NO

Post your completed enrolment form to U3A P.O. Box 29, Wynyard, Tas. 7325 or email it to:

u3awynyard@gmail.com, or drop it off to the U3A box in the Wynyard Library (LINC)

Confirmation of enrolment will be emailed to you.



P.O. Box 29, Wynyard, Tas. 7325
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Membership Application Form

One form per person.

FIRST NAME _____ SURNAME _____

EMAIL _____ CONTACT PH. NO. _____

ADDRESS _____

DATE OF BIRTH _____

GENDER (tick) male female other

FIRST LANGUAGE _____ OTHER LANGUAGES _____

WHERE DID YOU FIRST HEAR ABOUT U3A WYNYARD? _____

FEES: (tick)

Individual: \$30 per term or \$50 per year (January-December)

Couple: \$50 per term or \$75 per year (January-December)

Fees may be paid by EFT, or cheque. Cash will be accepted by arrangement.

Cheque to P.O. Box 29, Wynyard, Tas. 7325

EFT - Bank: CBA, Wynyard BSB: 067010 Ac: 1006 8342 **Please supply your full name**

Privacy Policy U3A Wynyard

U3A collects personal information from members to enable us to deliver an efficient service to members. The information collected is managed solely by U3A Wynyard and will only be used for organisational, emergency, insurance, and grant submission purposes.

Applicant's signature _____ Date _____

Office Use Only	ID no:	Receipt No:	Date joined:
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