



Newsletter No 1 Term 1 2015

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

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

10...9...8...7...6...5...4...3...2...1.....0.... we are launched!

Thursday 12th February 2015 saw the official launch of U3A Wynyard. Opened by Ruth Forrest MLC, there was a crowd of over 80 people eager to enrol in the first term of U3A Wynyard courses.



Janet Sell, U3A president and instigator, introducing Ruth Forrest

For our first term, U3A Wynyard will be offering a range of open forums which are free and open to the public, one-off classes and a wide variety of courses.
U3A Wynyard Term 1 2015

One- off CLASSES and open forums

Monday	Tuesday	Wednesday	Thursday	Fri
Becoming a Tutor with U3A March 16th FREE	Better Ways of Living in Your Place - sustainability - Taster March 10 th FREE	Music for an Inquiring Mind - Taster March 11 th FREE		Women's Health through Men's Eyes, Nymphomania and Other Myths 24th April
		Free, Open Forum with Medical Students - Understanding Dementia, MOOCs & more 22 nd April		Sex Though the Centuries 29th May

Details:

- **Becoming a Tutor with U3A** with Rees Campbell at ArtsCape on Monday 16th March from 10-12noon.

This open (free) class 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.

- **Open Forum with Med Students - Understanding Dementia, MOOCs & more** 22nd April. Free open forum with 2nd year Medical students from the Rural Clinic (UTAS) and facilitated by Janet Sell at ArtsCape 9:30 - 11:30

- **Women's Health through Men's Eyes, Nymphomania and Other Myths;** on 24th April and **Sex Though the Centuries** 29th May with Mary Kille.
1 - 2:30, venue TBA

After a lifetime in medicine, Mary gives two presentations on the history of health education and sex, including a display of old books and a wealth of outrageous pictures.

If you're not sure whether to enrol in the full courses about sustainability or music - come along to the free open "taster" session where each of the course tutors will give a short presentation about their session.

Living Well in your place - sustainability. ArtsCape, Tues 10th Mar 10 - 12
Looking at sustainability in the home, energy, community well-being and more.

Music for an enquiring mind - Uniting Church, Wed 11th March 10-12
Sessions cover from baroque to the modern day inc. classical, jazz and popular.

U3A Wynyard Term 1 2015 Courses				
Monday	Tuesday	Wednesday	Thursday	Friday
Cryptic Crosswords Start 16th March	Group Exercise for Active Older Adults Start 17th March	Music for an Inquiring Mind Start 18th March	Enjoying Drama and the Theatre Start 5th March	
Bird Identification Start 23 rd March	Better Ways of Living in Your Place - Sustainability Start 17th March		Introducing the Law about Start 19th March	
			Life, the Universe and Everything Start 21st May	Regional History Start 27th March

*ALL courses WILL commence as advised - we will confirm enrolments closer to the start dates. *** Note - Enrolments close Fri 13th March for term 1.*

Details of each course:

- **Enjoying Drama and Theatre with Alan Wright, Frederick St Sporting Complex 6 sessions 9:30 - 12 starting Thursday 5th March.**

An introduction to drama and theatre in general, including play reading, performing, directing, writing and drama appreciation. This short course lead by Alan Wright who has over 50 years' experience in all aspects of community theatre, will include play-reading, performing, writing, directing and drama appreciation using a largely "hands-on" approach and including plenty of opportunities to actively participate. be largely "hands on" rather than academic in nature. Above all, the key word for this course will be "enjoying"!

For further details contact Alan at: wrightstar@dodo.com.au

- **Cryptic Crosswords with Margaret and Neville Wilson, Boat Harbour Surf Club 4 sessions 9- 10:30 starting Monday March 16th.**

Creatively, cracking, crafty cryptic crosswords. All you need is to enjoy playing with words. A good dictionary and thesaurus are essential.

- **Group Exercise for Active Older Adults with Deana Salpietro at the Railway Institute Hall 6 sessions from 10 -11 am starting Tuesday 17th March**

This is an exercise-to-music class for fit active older adults designed to maintain/increase cardiovascular health, muscular strength, coordination, balance and mobility. Benefits include healthy bones and joints, falls prevention, more effective management of age related conditions and easier execution of daily activities.

.....and it's fun! Deana is your 70 yr old instructor with 50 years experience in the exercise field, who specialises in "older adult" fitness.

- **Better Ways of Living in Your "Place"- several tutors. Taster 10th March; full course runs for 5 sessions from 17th March at ArtsCape 10 -12 noon**

Are you interested in living well, healthily and happily in your skin, your place, your community and still leave the planet in a good way for your grandchildren? This course will look at sensible home practices and models throughout the world for living better within our means. Not just our financial means - but also resources, environment and sanity!

There is an open taster session for this course, where all presenters will take you through what their session entails. **ArtsCape, Tuesday 17th March 10 - 12 noon**

Sessions will cover sustainability in the home, energy, community well-being and more.

- **Music for an enquiring mind - several tutors. Taster 11th March; full course runs for 6 sessions from 18th March at Uniting Church 10 -12 noon**

An introduction to music from the Baroque to the present day. This course will demonstrate a variety of musical experiences and history, incorporating Classical with other styles and influences such as Jazz and Popular.

There is an open taster session for this course, where all presenters will take you through what their session entails. Uniting Church, Wednesday 18th March 10-12noon

*****Tutor resources such as whiteboard and markers will be purchased asap.*

- **Introducing the Law About with Brendon Pentony at the Community Centre 9 sessions 2 - 3:30 starting Thursday 19th March**

A course dealing with many aspects of the Law as it impacts on the everyday lives of residents in Australia and Tasmania. The following topics will be covered, the legal system, democracy, governance, consumer rights, money, business, intellectual property, contract and tort.

- **Bird Identification with Col Meyers at ArtsCape 2 sessions 10 - 12 noon starting Monday 23rd March.**

Background to bird identification with tips on behaviour and habitat. Depending on student interest there will be the opportunity to participate in field trips to local bush and wetland areas. Bring: Note pad, biro, Bird field guide and binoculars if possible

- **Regional History with Ian McFarlane at the Wynyard Community Centre 5 sessions 1:30 - 3 starting 27th March**

An introduction to one of the most accessible branches of Historical study, one's own region. Discussion on the function of History, definition and nature of a region, followed by a general overview of the development and history of the North West Region of Tasmania.

- **Life the Universe and Everything with Alan Wright, Community Centre 6 sessions 10 -12 noon starting Thursday 21st May**

Have you ever wondered how big our Universe really is.....and why they say its "expanding"? What are "black holes" and "quasars", and how were the galaxies, stars and planets born and what are the chances of finding extra-terrestrial life out there? Most importantly, how on Earth can we possibly understand it all? Dr Alan Wright takes us on an extensive and exciting astronomical journey through the whole Universe to look at these, and many other, fascinating questions.

U3A secretary Alwyn, will be at Wynyard library (LINC) on Monday 23rd Feb and 2nd March from 10 -11 am to take your memberships and enrolments.

Please note that the open forums don't require membership - but all courses do!

One of the many highlights of the launch was Alwyn's wonderful orange cake..... and she has shared the recipe.

Alwyn's Australian Orange Cake

4 oranges - Chop roughly and blend skin and all to make a paste
1 cup almond meal
1 teaspoon Baking Powder
1/3 cup rice flour
5 eggs
1 cup castor sugar

Beat all together. Put into a springform tin and bake at 170° for 45 mins.

Boil together for two mins - $\frac{1}{2}$ cup sugar and the juice of two oranges and finely grated rind. Pour over cake till all is absorbed. This takes about ten minutes.
Serve with whipped cream.



The crowd at the launch.

(Photos Corey Speers)

U3A Wynyard is currently administered by an interim committee consisting of: Janet Sell - president, Catherine Fernon - secretary, Alwyn Friedersdorff - treasurer. Mervyn Mitchell, Jeremy Cleverly and Rees Campbell - committee

If you are interested in

- becoming a tutor
- becoming a student
- becoming a committee member
- giving us suggestions about any of the above

please email : : u3awynyard@gmail.com

A special general meeting will be held on 18th May at 2pm. Venue TBA.
The next committee meeting will be at ArtsCape on Mon 2nd March at 11:30



P.O. Box 29, Wynyard, Tas. 7325
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Membership application form.

One form per person.

NAME:

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

ADDRESS:.....

AGE GROUP (tick) under 60 under 75 over 75

GENDER: (tick) male female other

WHERE DID YOU FIRST HEAR ABOUT U3A :

.....

FEES: (tick)

Individual: \$30 per term or \$50 per year

Couple: \$50 per term or \$75 per year

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

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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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.....

Post your completed enrolment form to U3A P.O. Box 29, Wynyard, Tas. 7325
or Email: u3awynyard@gmail.com , or drop it off to the U3A box in the
Wynyard Library (LINC) Confirmation of enrolment will be emailed to you.



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