



University of the Third Age

# Newsletter

## August 2016

P.O. Box 29, Wynyard, Tas. 7325  
Email: [u3awynyard@gmail.com](mailto:u3awynyard@gmail.com)

Read all about U3A on our website  
at [www.wynyard.u3anet.org.au](http://www.wynyard.u3anet.org.au)

or Find us on   
U3A Wynyard

Copies of this newsletter can be viewed on the website, at the Wynyard and Burnie libraries and the Wynyard Council Chambers.

Our next term commences in September with an exciting programme of new courses and tutors, plus the return of some popular old ones. See inside for further details.

U3A Wynyard brings tutors and learners together in a friendly environment to enjoy whatever interests them. There are no exams or entrance requirements. Classes are informal and everyone participates just as much as they wish.

Our programme is varied - to stimulate your mind, exercise your body, reinvigorate old interests or introduce new ones. It may also expand your circle of friends.

**Cultivating Community,  
Curiosity and Learning**



**Discovering seashore treasures**



**Gin: Dutch courage, mothers' ruin or cocktail queen?**



**Stepping out to the Dragon Dance**

**How to join U3A and enrol in courses:** Forms will be found at the end of this newsletter and full details are also on our website at [wynyard.u3anet.org.au](http://wynyard.u3anet.org.au). If you don't use the internet or would simply prefer to deal with a live person, just come along to our new office at ArtsCape, 45 Jackson Street, on one of the following dates:

Friday August 5, 12, 19, 26                      10:00 am - 1:00 pm                      ArtsCape, 45 Jackson Street

## Attend the U3A Programme Launch for Term 2, 2016

Thursday September 1<sup>st</sup> 2:00 - 3:30 pm      Uniting Church Hall, Dodgin Street

Members, prospective members and everyone interested in U3A are welcome. Learn about our new programme and meet the tutors. You can also join U3A or renew an existing memberships and enrol in courses at this time.

## U3A can be whatever you want to make it!

Is there anything you want to learn that isn't in our programme? Let us know. If you have an interest you can share with others, please tell us. We are always on the look-out for new tutors and fresh course ideas. Or if you have friends you think might be interested in sharing a hobby, a passion, a sport, a skill, please persuade them to get in touch (or just do them in - we won't tell!).



## Timetable for Term 2, 2016

Summarised course descriptions at end of timetable. Full details on the website.

Monday	Time	Dates	Duration (weeks)
Art	10:00-12:00	Sept 5, 12, 19, 26, Oct. 3, 10	6
Cryptic Crosswords	9:00-10:30	Oct. 17, 24, 31, Nov. 7, 14, 21	6
German	10:00-11:00	Oct. 24, 31, Nov. 7, 14, 21, 28	6
Science: Anatomy and Physiology	2:00-4:00	Sept. 5, 12, 19	3
Science: Rock Words	2:00-4:00	Sept. 26, Oct. 3	2
Science: The Universe Is So Big and I Am So Small	2:00-4:00	Oct. 10	1
Science: Tour of Tas. Advanced Minerals	2:00-3:00	Oct. 17	1
Writing: Creative Writing	2:00-4:00	Oct. 24, 31	2
Writing: Poetry	2:00-4:00	Nov. 7, 14	2
Writing: Journalism	2:00-4:00	Nov. 21	1
Writing: Self-Publishing	2:00-4:00	Nov. 28	1

<b>Wednesday</b>	Time	Dates	Duration (weeks)
Knitting Socks	2:00 - 4:00	Sept. 21, 28, Oct. 5	3
Health Matters: CPR & Stroke Recognition	10:00 - 12:00	Sept. 7	1
Health Matters: Hearing	10:00 - 12:00	Sept. 14	1
Health Matters: Herb and Drug Interactions - What's good and what's not	10:00 - 12:00	Sept. 21	1
Health Matters: Palliative Care	10:00 - 12:00	Sept. 28	1
Health Matters: Living Well - Increase your own community's health and wellbeing	10:00 - 12:00	Oct. 5	1
Health Matters: How To Maximise Your Mental Health	10:00 - 12:00	Oct. 12	1
Health Matters: Buteyko Breathing	10:00 - 12:00	Oct. 19	1
Over The Rainbow: A love story	2:00 - 4:00	Oct. 19	1
Sudoku for Beginners	2:00 - 4:00	Oct. 12	1
Serendipity: Fiery Words	10:00 - 12:00	Oct. 26	1
Serendipity: Cheesemaking at Home	10:00 - 2:00	Nov. 2	1
Serendipity: What the Rocks at Fossil Bluff Tell Us About Climate Change	10:00 - 12:00	Nov. 9	1
Serendipity: One Picture - A Thousand Words: Maps past and present	10:00 - 12:00	Nov. 16	1
Serendipity: Two Cultures: Art and Science	10:00 - 12:00	Nov. 23	1
Serendipity: The Ship, The Pinhole & the Prism	10:00 - 12:00	Nov. 30	1
Ukulele for Beginners	2:00 - 4:00	Nov. 9, 16, 23, 30	4
Upwords	2:00 - 4:00	Sept. 7, 14	2
<b>Picnic at Hanging Bluff (end of year celebration)</b>	<b>12:00 - 2:00</b>	<b>Dec. 7</b>	

<b>Thursday</b>	Time	Dates	Duration (weeks)
E-bikes: A wonderful way to see the world	10:00 - 12:00	Nov. 17	1
Introduction to Family History Research	2:00 - 4:00	Nov. 17	1
History of Mythology	10:00 - 12:00	Oct. 27, Nov. 3	2
Tools and Trailers: Blade Sharpening	2:00 - 4:00	Oct. 27	1
Tools and Trailers: Basic Tools	2:00 - 4:00	Nov. 3	1
Tools and Trailers: Let's Make Something	2:00 - 4:00	Nov. 10	1
Tools and Trailers: Trailer Reversing	2:00 - 4:00	Nov. 24	1
Introduction to Line Dancing	10:00 - 12:00	Sept. 8, 15, 22	3
Money, Debt, Deficit and Other Myths: The challenges for economic orthodoxy	2:00 - 4:00	Sept. 15, 22, 29	3
Introduction to Scottish Dancing	10:00 - 12:00	Sept. 29, Oct. 6, 13	3

## Courses Listed Alphabetically

### Art

**When:** Monday Sept. 5, 12 19, 26, Oct. 3, 10 (6 sessions), 10.00 – 12.00

**Where:** ArtsCape, 45 Jackson Street

**Presenter:** Sherry Norcott

Just as mathematics requires certain fundamental skills, art also needs some basic knowledge before any creative input can be applied. In these classes we will practise and learn about perspective, tone, colour, the construction of a human face and body and also explore various media used by artists, such as water colour etc.

Most importantly the classes are meant to be enjoyable and no prior experience is needed.

**Week 1:** Students will be guided via hands-on experience in the basic principles of drawing, including constructing a human face.

**Week 2:** Learn all about colours, including the colour wheel, primary colours, secondary colours, tertiary colours, neutrals and adjusting colours.

**Week 3:** Perspective is a useful set of ideas which help an artist create a convincing illusion of three-dimensional depth and space on a flat paper or canvas, based on four simple ideas:

**Week 4:** All objects have a natural tone (called so by artists) which describes the amount of light they reflect under specific conditions. In reality, this local tone is affected by the light .

**Week 5:** The human figure is so fascinating because the forms of human bodies are virtually endless. The key to successful figure drawing is to represent the various parts of the body in their correct proportions.

**Week 6:** Tonal Painting is how is a measure of lightness and darkness with the other two elements being components of colour – hue and intensity – they refer specifically to the nature of light reflected on an object. Tones describe how much light actually reaches your eyes.

**Bring:** This course is interactive and you should wear appropriate protective clothing. Also bring along two folders for handouts and class work. If you have any of the following, please bring them along (although if you don't, we will be supplying them anyway): acrylic paints, basic brushes, pencils, and plastic palettes as well as old jars to hold water to thin paint and rinse brushes.

### Bird Field Trips

**When:** Dates to be announced to participants in mid to late spring

**Where:**

1. French's Reserve for bush birds
2. East Inlet, Stanley, for shore birds
3. Tiabunna, Somerset for water and bush birds

**Presenter:** Col Meyers

These interactive field trips are designed for past participants in Col's courses or reasonably experienced ornithologists.

### E-bikes: A wonderful way to see the world

**When:** Thursday Nov. 17, (1 session), 10:00 – 12:00

**Where:** Anglican Church Hall, Dodgin Street

**Presenter:** Michael Harries

Electrically assisted bicycles are taking Europe and America by storm and are perfect for those who no longer have the oomph to pedal up steep hills. Michael will talk about the various types of bikes and you will have the chance to ride some different models. This is definitely the green and easy way to travel. **And so much fun!**



## **An Introduction to Family History Research**

**When:** Thursday November 17 (1 session), 2:00 – 4:00  
**Where:** Family History Society, 58 Bass Highway, Cooee  
**Presenters:** Peter and Judy Cocker, Family History Society

This interactive workshop will introduce participants to the addictive hobby of Family History. Covered will be the 10 golden rules of Genealogy, including how to get started the right way, where to find records and how to avoid the pitfalls.

This presentation will include practical demonstrations and some information to take home.

## **German**

**When:** Monday Oct. 24, 31, Nov. 7, 14, 21, 28 (6 sessions), 10:00 – 11:00  
**Where:** ArtsCape, 45 Jackson Street, Wynyard  
**Presenter:** Alwyn Friedersdorff

Beginning German again. Reinforce what you think you don't know! And have fun doing it.

## **History of Mythology**

**When:** Thursday October 27, November 3 (2 sessions), 10.00 – 12.00  
**Where:** Anglican Church Hall, Dodgin Street  
**Presenter:** Ian McFarlane

This lecture course will give a brief overview of the study of mythology with a focus on European traditions, historical perspectives and contemporary uses and abuses.

## **Knitting Socks**

**When:** Wednesday Sept. 21, 28, Oct. 5 (3 sessions), 2.00 – 4.00 pm  
**Where:** Uniting Church Hall, Dodgin Street, Wynyard  
**Presenters:** Gill Vowles

These hands-on classes will introduce participants to knitting socks in the round. Content will include sock anatomy, casting on, turning a heel and finishing the toe. Plenty of support will be provided but participants do need to know how to knit.

## **Introduction to Line Dancing**

**When:** Thursday September 8, 15, 22 (3 sessions), 10:00 – 12:00  
**Where:** Anglican Church Hall, Dodgin Street  
**Presenter:** Nikki Tamassey

Learn the basic steps and a few easy dances for Line Dancing - a popular, low impact activity which is so much fun, you do not realise you are exercising. Whilst done in a group, you are dancing on your own, which means you dance at your own level of fitness and rest if you need to. Level of agility required is equivalent to medium pace walking. A welcome sheet and basic guidelines will be emailed out to participants before the first session.

## **Money, Debt, Deficits and Other Myths: The challenges for economic orthodoxy**

**When:** Thursday 15, 22, 29 September (3 sessions), 2.00 – 4:00 pm  
**Where:** Anglican Church Hall, Dodgin Street, Wynyard  
**Presenter:** John Lawrence

It has been eight years since the advent of the Global Financial Crisis and the world is still struggling to find its way. Everyone senses something is wrong with the current belief system. Has economics failed us? Are the suggested solutions from the economic commentariat and political leaders based on assumptions that are still valid in current circumstances? The brief course will look at some of the economic and accounting assumptions underpinning the current economic policy debate, criticisms and alternatives.

### **Over the Rainbow: A love story**

**When:** Wednesday October 19 (1 session), 2:00 – 4:00  
**Where:** Uniting Church Hall, Dodgin Street  
**Presenter:** Sabena Lund

Meet a lesbian couple and hear stories of coming out, love, commitment and relationship. Take the chance to ask questions about sexual orientation, and discuss issues around marriage equality.

### **Science Series: Anatomy and Physiology**

**When:** Monday Sept. 5, 12, 19 (3 sessions), 2.00 – 4:00  
**Where:** Artscape, 45 Jackson St., Wynyard  
**Presenter:** Frank Croucher

Session 1: An introduction to the amazing machine we call the human body. Levels of organisation and an overview of the 11 organ systems of the body.

Sessions 2, 3: A detailed analysis of the digestive system including its structures and functions. This vital and often misunderstood body system is of prime importance in the overall performance of the human organism.

### **Science Series: Rock Words**

**When:** Monday Sept. 26, Oct. 3 (2 sessions), 2.00 – 4:00  
**Where:** ArtsCape, 45 Jackson Street  
**Presenter:** Jo Crothers

Rocks are the words written in the Earth's manuscript. In a second series of interactive presentations, Rock Words will be examined to illuminate both global and local geological history.

### **Science Series: The Universe Is So Big and I Am So Small**

**When:** Monday October 10, (1 session) 2:00 – 4:00  
**Where:** ArtsCape, 45 Jackson Street  
**Presenter:** Mervyn Mitchell

Following the successful chemistry course in Term 1, we will look at the place of humans in the universe (somewhere between the very large and the very small), the origins of life and the possibility of it existing elsewhere. We'll highlight a few wonders of the natural world (eg. vision – how we acquired it and whether carrots improve it). No prior knowledge of chemistry is required – just a sense of awe and curiosity.

### **Science Series: Factory Tour of Tasmanian Advanced Minerals**

**When:** Monday October 17, (1 session), 2.00 – 3:00  
**Where:** Tasmanian Advanced Minerals, 19 Stennings Road, Wynyard

Tasmanian Advanced Minerals extracts raw materials from three open-cut mines in the region. They produce high-purity silica flour and export it to Asia for the manufacture of LCD glass.

Take this rare opportunity to visit the TAM factory to learn about the mining of silica-rich sand and its processing at the Wynyard site.

The maximum number of participants is 16.

For the factory tour: There are many stairs in our factory. Covered shoes or preferably safety shoes should be worn. Helmets, glasses & safety vests are also required and will be provided.

## Serendipity

*A Pleasant Surprise or Happy Accident.* According to a Persian fairy tale, the three Princes of Serendip were "always making discoveries, by accidents and sagacity, of things which they were not in quest of." (Horace Walpole)

This is an eclectic and random collection of informal talks or discussions on intriguing topics. Pick the ones that pique your interest. To avoid disappointment, you should enrol as for other courses. (Some sessions have a maximum).

**Where:** Uniting Church Hall, Dodgin Street (unless otherwise stated)

**Wed. Oct. 26**      **10:00 – 12:00**      **Fiery Words**      **Jo Crothers**

Why does the Earth produce so much molten rock and why are volcanoes located in well-defined areas? The Fiery Words examined in this class will reveal some hot insights into the Earth's sizzling processes.

**Wed. Nov. 2**      **10:00 – 14:00**      **Cheesemaking at Home**      **Grant Vowles**

**Where:** 134 Elphinstones Road, Calder (12 km up Calder Road, turn right, 1.34km along dirt road on right hand side)

Watch cheese being made from raw unpasteurized milk in a home kitchen. Equipment needed, useful techniques, hints on sterilization, cultures, maturation and storage can be discussed. Taste a few cheeses made on site and possibly some other home produce. This session may run later, depending on the variety of cheese being made.

**Class maximum:** 6 attendees

**Wed. Nov. 9**      **10:00 – 12:00**      **What the Rocks at Fossil Bluff Tell Us About Climate Change?**  
**Paul O'Halloran**

**Where:** Meet at 10:00 am at the Fossil Bluff car park.

Tasmania is one of the most geologically diverse places on earth. The NW coast in particular has extraordinary geological sites - Don Heads; Cradle Mt; Goat Island; Burnie basalt columns and waterfalls; Fossil Bluff; the Nut; and the Tarkine to name just a few.

Participants will use scientific inquiry to investigate the evidence in the rocks showing that climate has changed dramatically through geological time at this location. We will also investigate how the aboriginal people lived in the area.

Meet at the Fossil Bluff car park at 10 am and bring along warm clothes, a notebook and lunch. A camera too might be good. Lunch at 11.30 on site, or at Gutteridge Gardens if the weather is inclement, where there are toilets and shelter.

**Wed. Nov. 16**      **10:00 – 12:00**      **One Picture - a Thousand Words: Maps, past and present**  
**Mervyn Mitchell**

Man has been mapping since the stone age. We will look at the history of maps over 3500 years: How they are made and what they show – both on the earth's surface and deep beneath it, and sometimes how they can become works of art.

**Wed. Nov. 23**      **10:00 – 12:00**      **Two Cultures: Art and Science**      **Rees Campbell, Con Rhee,  
Bev McNamara, Merv Mitchell**

Has a cultural fault line opened between the "two cultures" of modern society – the sciences and the humanities? If so, what has caused it? Does it even matter? Can a common language be found to bridge the divide?

This open discussion will be led by a panel of four, who include among their talents and interests: painting, writing, photography and science. Please come along – whoever you are – to listen and participate in what should be a thought-provoking presentation that could go in any direction.

**Wed. Nov. 30**      **10:00 – 12:00**      **The Ship, The Pinhole and The Prism**      **Alex Nicholas.**

An exploration of drawing and painting in Western art. What makes Western art unique from other cultures?

We look at the role science has had in these two forms of the arts and how it has influenced the way we interpret what we see.

## Introduction to Scottish Dancing

**When:** Thursday September 29, October 6, 13 (3 sessions), 10:00 – 12:00  
**Where:** Anglican Church Hall, Dodgin Street  
**Presenter:** Nikki Tamassey

Scottish Country Dancing is a wonderful way to keep active both physically and mentally, whilst socialising with others and is an excellent recipe for healthy ageing. Dances, which have their origins in the traditional folk dances of 17<sup>th</sup> century Europe, are done in groups of 4 to 10 people and involve reels, jigs, circles and other figures. Whilst reasonable agility is a prerequisite, the steps akin to light skipping are low to the ground and in no way like Highland Dancing.

## Sudoku for Beginners

**When:** Wednesday October 12 (1 session), 2.00 – 4:00  
**Where:** Uniting Church Hall, Dodgin Street  
**Presenters:** Hilary Hazeldene

Keep that brain active. Sudoku is not as hard as it looks. Come and have a go.

## Tools and Trailers

A short course of practical skills for people who want to fix things themselves, to be more useful around the house, or simply try to make something. To avoid disappointment, please enrol early in those sessions that pique your interest. In general, they are designed for the beginner, though people with practical skills may learn something as well.

**Thurs. October 27**                      **2:00 - 4:00**                      **Blade Sharpening**                      **Ron Williams**  
**Where:**                                      Venue to be announced later

It's no use having blunt tools. They just don't work! To start, you must know how to sharpen them. Ron will show you how to sharpen a wide range of household and workshop tools: Bring a blunt one and challenge him.

**Thurs. November 3**                      **2:00 - 4:00**                      **Basic Tools**                                      **Geoff Wickham**  
**Where:**                                      Venue to be announced later

Now you have them sharp, Geoff Wickam will show how to use some different tools safely and effectively. A wide range of household, garden, and workshop tools will be covered.

**Thurs. November 10**                      **2:00 - 4:00**                      **Let's Make Something**                      **Brian Randall & Darryl Dick**  
**Where:**                                      Venue to be announced later

Now let's put our tools to use. We will be shown the more advanced use of tools, how to undertake simple tasks, and maybe even start to make something.

**Thurs. November 24**                      **2:00 - 4:00**                      **Trailer Reversing**                                      **Mick Burn**  
**Where:**                                      Venue to be announced later

Do you have trouble with trailers? Would you like to get better? Mick Burn will give you some useful tips. You may be able to try for yourself. A vehicle and trailer will be provided.

## Upwords

**When:** Wednesday September 7, 14 (2 sessions), 2.00 – 4:00 pm  
**Where:** Uniting Church Hall, Dodgin Street, Wynyard  
**Presenter:** Anne Hamilton

Upwords is a word game similar to Scrabble, but words build up on the board as well as across it. The board and tiles for the game will be supplied. Beginners will be taught the rules of the game. Experienced players are welcome come along too.

## Ukulele for Beginners

**When:** Wednesday November 9, 16, 23, 30 (4 sessions), 2.00 – 4:00  
**Where:** ArtsCape, 45 Jackson Street  
**Presenters:** Amanda Webster, Peter Sutcliffe

In this course you will learn the basics of playing the ukulele. We will teach you enough easy chords to play literally hundreds of songs! A ukulele is a very easy instrument to play and you need no background in music to enjoy our class.

Bring along your own ukulele if you have one. They can be bought very inexpensively at Fosters Music in Burnie. Alternatively, let us know at the time of registration if you would like to borrow a ukulele.

Also, please bring a folder for music handouts and a music stand, if you own one.

## Writing

**When:** Monday Oct. 24, 31, Nov. 7, 14, 21, 28 (6 sessions), 2.00 – 4.00  
**Where:** ArtsCape, 45 Jackson Street, Wynyard

6 interactive workshops on creative writing in various genres and how to self-publish. Expert writers will present individual sessions. All writers are welcome and no previous experience is necessary.

- |    |                                  |               |
|----|----------------------------------|---------------|
| 1. | Introduction to Creative Writing | Rees Campbell |
| 2. | Creative Writing                 | Rees Campbell |
| 3. | Poetry 1                         | Mary Kille    |
| 4. | Poetry 2                         | Mary Kille    |
| 5. | Journalism                       | Gill Vowles   |
| 6. | Self-Publishing                  | Rees Campbell |

## End of Year Celebration

### Picnic at Hanging Bluff

**When:** Wednesday December 7, 12:00 – 2:00  
**Where:** Fossil Bluff Beach – meet at the car park  
**Presenters:** Col Meyers, Rees Campbell, Jo Crothers

Open to all U3A members and any prospective ones.



Celebrate the end of the U3A year with an exploration and picnic at Fossil Bluff, a treasure in our midst. Something for all interests - Jo Crothers will lead those interested in the geology; Rees Campbell will explore the beach and rock pool finds; and Col Meyers will identify local birds and their habitat.

After the guided walks, we'll have a casual picnic on the grass. Informally share your experiences of U3A Wynyard 2016.

All are welcome. Bring a friend - bring lots of friends!

Also please bring a plate of food and drink to share; utensils as required, a picnic mat and/or chairs.





P.O. Box 29, Wynyard, TAS 7325  
 Email: [u3awynyard@gmail.com](mailto:u3awynyard@gmail.com)  
 Website: [wynyard.u3anet.org.au](http://wynyard.u3anet.org.au)

**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: \_\_\_\_\_

HOW 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

Fees may be paid by EFT, or cheque. Cash will be accepted by arrangement. Please send cheques to P.O. Box 29, Wynyard, Tas. 7325 or bring them to our office at ArtsCape, 45 Jackson Street during office hours as described on page 2 of the Term 2 Newsletter. Or you can make an EFT payment, as follows:

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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