



University of the Third Age

# Newsletter

## January 2017

45 Jackson Street, 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

### Attend the U3A Programme Launch for Term 1 2017

Wednesday 15<sup>th</sup> February 2:00 pm  
Uniting Church Hall, Dodgin Street

Everyone interested in U3A is welcome. We  
will launch the 2017 programme, with many  
tutors speaking about their offered classes.

You can join U3A, renew an  
existing membership and enrol  
in courses.

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



Birds, geology and rock pools - then singing along  
with the ukulele group



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!).

## How to join U3A and enrol in courses:

Full details will be found on our website at [wynyard.u3anet.org.au](http://wynyard.u3anet.org.au). All enrolments will commence available from 1<sup>st</sup> February.

1. On-line on the website
2. At ArtsCape, 45 Jackson Street, on 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, or 24<sup>th</sup> February from 10 - 12.
3. At the library (LINC), Thursday 9<sup>th</sup> and 16<sup>th</sup> february 10 - 12 pm
4. At the 2017 programme launch Wednesday 15<sup>th</sup> February at 2 pm



**W**ynyard

## Timetable for Term 1, 2017

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

**Factory Tour of Tasmanian Advanced Minerals** Participants will be informed of the date and time

<b>Monday</b>	Time	Dates	Duration (weeks)
Anatomy and Physiology	2:00-4:00	Feb. 27, March 6, 13, 20	4
Art En Plein Air	10.00 - 12.00	Feb. 27, Mar. 6, 13, 20, 27, April 3	6
Art - Mixed Media Mayhem	10:00 - 12:00	April 24, May 1, 8, 15, 22, 29	6
Book Group	4:30 - 6:30	March 6, April 3, May 1, June 5 (continuing through year)	
Economics	2:00 - 4:00	May 8, 15, 22	3
Recycling	2:00 - 4:00	March 27, April 3	2

<b>Wednesday</b>	Time	Dates	Duration (weeks)
Clogging	2:00 - 4:00	March 29, April 5, 12	3
French Conversation	2:00 - 4:00	April 26, May 3, 10, 17, 24, 31	6
Mahjongg (Japanese Rules)	2:00 - 4:00	March 1, 8, 15, 22	4

## Serendipity

10:00 – 12:00

Black and Shiny Words	March 1	1
There's A Hole In My Tent!	March 8	1
Where Do Numbers Come From?	March 15	1
Sex, Death and Geological Triumph	March 22	1
Politics	March 29	1
The once and future elements	April 5	1
Complementary and Alternative Medicines and Treatments: Are they supported by research or just an expensive and profitable means of marketing the placebo effect?	April 12	1
The Good Oil on Fats	April 26	1
Pilbara Rock Art	May 3	1
Plant Names and Their Meanings: An Introduction to Plant Nomenclature	May 10	1
How Do Mineral Deposits Form?	May 17	1
Tulips - where in the world do they go?	May 24	1
On Splintered Rails	May 31	1
From Rocky Cape to the Rocky Mountains: Geological		

**Serendipity and Open Forum (public are welcome to attend)** From Rocky Cape to the Rocky Mountains: Geological Connections between Tasmania and the Western United States

	June 7	1	
Ukulele	12:30 - 1:30	March 8, 22, April 5	3

## Thursday

	Time	Dates	Duration (weeks)
Amigarumi	2:00 - 4:00	May 25, June 1, 8	3
Health: Alexander History	10:00 - 12:00	April 27	1
Health: The Alexander Technique	10:00 - 12:00	May 4, 11, 18	3
Health: Mindfulness - What's It All About?	10:00 - 12:00	May 25, June 1	2
Health: Chi Ball	10:00 - 12:00	April 6, 13	2
Basic Kayaking	2:00 - 4:00	March 2, 9, 16	3
Sock Knitting - More Advanced	2.00 - 4.00	April 27, May 4, 11, 18	4
Singing: Let's Sing Out Loud!	10:00 - 12:00	March 9, 16, 23, 30	4
Something in the Air	2:00 - 4:00	March 23, 30, April 6	3

## Courses Listed Alphabetically

### Anatomy and Physiology

**When:** Monday February 27, March 6, 13, 20 (4 sessions), 2:00 – 4:00

**Where:** ArtsCape, 45 Jackson Street

**Presenter:** Frank Croucher

Classes 1 and 2: **The Heart of the Matter** An examination of our body's pump and what can affect its performance.

Classes 3 and 4: **A Breath of Fresh Air** An overview of the respiratory system and factors affecting its functions.

**Class size:** 4-20

## Amigarumi

**When:** Thursday May 25, June 1, 8 (3 sessions), 2.00 – 4:00  
**Where:** ArtsCape, 45 Jackson Street, Wynyard  
**Presenter:** Gill Vowles

Amigarumi is the art of creating tightly crocheted toys. In this class participants will learn the simple crochet stitches used in amigarumi, how to read a pattern and will make their own “ami” cat. No previous experience in crochet is required.

Participants require: yarn, crochet hook

**Class Size:** 1 - 6



## Art En Plein Air

**When:** Monday February 27, March 6, 13, 20, 27, April 3 (6 sessions), 10.00 – 12.00  
**Where:** Various outdoor venues (see below)  
**Presenter:** Sherry Norcott

We will be painting mainly outdoors to capture landscapes in varying contexts such as water, trees and city views, focussing on mood, movement and understanding the advantages of different painting media.

1. At the bridge to Table Cape: River, water, trees
2. Gutteridge Gardens: River, people, trees
3. Splash Café: Beach setting, sand, sea
4. Two Oaks Café: Garden setting
5. Marina Wynyard: Busy marina scene
6. Either the Lighthouse of Tulip Farm for large landscape setting.

**Bring** Easel, chair, brushes, paints, paper, water and a phone or camera to record unfinished scenes.



## Art - Mixed Media Mayhem

**When:** April 24, May 1, 8, 15, 22, 29 (6 sessions), 10:00 – 12:00  
**Where:** ArtsCape, 45 Jackson Street  
**Presenter:** Sally Sadler

Do you have a fantastic collection of interesting photos, drawings, unfinished paintings and found objects? Do you want to use these to create a work of art but are not sure where to start? Come along and learn about incorporating collage elements into painted surfaces, exploring colour and design and transforming your found materials into works of rich texture and surprising beauty. Be prepared for some sticky, messy fun!

Please wear protective clothing and bring along your collection of found objects, scissors, acrylic paints (if you have any), brushes, a plastic plate to mix paints on and a jar/yoghurt tub for water. Glue and paper will be supplied.

## Book Group

**When:** Monday March 6, April 3, May 1, June 5 (continuing through year), 4:30 – 6:30  
**Where:** ArtsCape for March meeting, then venue TBA  
**Presenter:** Anne Hamilton

The Book Group will meet monthly throughout the year and be an opportunity to share ideas about selected Tasmanian novels, short stories or authors.

**Class Size:** Maximum 12

## Clogging

**When:** Wednesday March 29, April 5, 12 (3 sessions), 2:00 – 4:00  
**Where:** Uniting Church Hall, Dodgin Street  
**Presenter:** Jan Collins

Clogging is a tap-style dance from the Appalachian Mountain regions of the USA - a hybrid of various folk dances of the European migrants. This course will give you some background, the basic movements, teach some basic steps and have you dancing in no time. In clogging, all the steps are cued and no partner is required. Cloggers wear special jingle taps on their shoes but for this introduction, no taps are required.

**Bring:** Comfortable shoes – ideally flat with smooth soles.

**Class size:** 4-20

## Economics

**When:** Monday May 8, 15, 22 (3 sessions), 2:00 – 4:00  
**Where:** ArtsCape, 45 Jackson Street  
**Presenter:** John Lawrence

Topics to be discussed from an economics and macro accounting viewpoint and to be selected from free trade vs protectionism, budgetary problems and the Federal Budget, private and public debt.

**Class Size:** 10+

## Factory Tour of Tasmanian Advanced Minerals

**When:** Participants will be informed of the date and time  
**Where:** Tasmanian Advanced Minerals, 19 Stennings Road, Wynyard

Tasmanian Advanced Minerals extracts raw materials from three open-cut mines in our region to 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 the factory and covered shoes or, preferably, safety shoes are required. Helmets, glasses and safety vests are also needed and will be provided.



## French Conversation

**When:** Wednesday April 26, May 3, 10, 17, 24, 31 (6 sessions), 2:00 – 4:00

**Where:** ArtsCape, 45 Jackson Street, Wynyard

**Presenter:** Mike Buky

For those who have some knowledge of French, who would enjoy improving their accent and vocabulary through conversation. We will start from basics and progress with grammar and sentence construction. After several weeks, participants will be encouraged to give a short presentation in French. Some home study will be required.

Some knowledge of basic French is required – not for beginners

## Health: Alexander History

**When:** Thursday April 27 (1 session), 10:00 – 12:00

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

**Presenter:** Derek Smith

An overview of the family history of the Wynyard Alexanders and especially of F M Alexander who developed the famous Alexander technique.

## Health: The Alexander Technique

**When:** Thursday May 4, 11, 18 (3 sessions), 10:00 – 12:00

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

**Presenter:** Derek Smith

The Alexander Technique attempts to develop the ability to realign posture and to avoid unnecessary muscular and mental tension, especially when standing or sitting with body weight unevenly distributed, holding one's head incorrectly, walking or running inefficiently, and responding to stressful stimuli in an exaggerated way.

Alexander developed this technique in the 1890s to alleviate breathing problems and hoarseness during public speaking. He credited his method with allowing him to pursue his passion for acting in Shakespearean theatre.

There is evidence this technique is helpful for long-term back pain, neck pain, and may help people cope with Parkinson's disease.

## Health: Chi Ball

**When:** Thursday April 6, 13 (2 sessions), 10:00 – 12:00

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

**Presenter:** De Salpietro

Developed by Monica Lindford in the 90's, this method of exercise uses a small squishy ball as a focus.

This system, exercises the heart/lung system with an emphasis on breathing, posture, coordination and mobility.

## Health: Mindfulness – What's It All About?

## Health: Mindfulness – What’s It All About?

**When:** Thursday May 25, June 1 (2 sessions), 10:00 – 12:00

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

**Presenter:** Ron Blume

The Dalai Lama says our minds are like a tree full of monkeys.

That din of chattering monkeys is based on our brain's input via all of our senses, mixed up with our past life experiences and our future life expectations and all of the emotions associated with all of that and in no particular order. This din of chatter can and often does impact on our day to day thought processes and feeling states.

Neuroscientists have identified that we have what they call a quick and dirty route of thinking and a slow and clean route of thinking, each using predominantly different sections of our brains. Dirty implying more emotionally incontinent based thinking, clean implying more emotionally measured thinking.

Mindfulness practice helps us slow the quick and dirty route and speed up the slow and clean route. This puts us into the driver's seat of our thinking where we are much less influenced by the trees full of monkeys.

## Basic Kayaking

**When:** Thursday March 2, 9, 16 (3 sessions), 2:00 – 4:00

**Where:** First class at ArtsCape, 45 Jackson Street. Later classes at agreed upon venue.

**Presenter:** Geoff Wickham

**Class size:** 5-10

Covers choice of kayak, paddle, clothing, personal flotation device and accessories. Also covers basic paddle strokes, entering and exiting a kayak and gear stowage.

Participants must be able to swim. We have 5 kayaks, paddles and PFDs to loan but bring your own if you have them.

## Mahjongg (Japanese Rules)

**When:** Wednesday March 1, 8, 15, 22 (4 sessions), 2:00 – 4:00

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

**Presenter:** Betty Hite

Set up in tables of 4 persons. Bring your own Mah-jongg set (if you have one!) plus the money sticks. You will need a book and pen for scoring your game and to note tips and tricks.

Rules will be available for each person at the table.

**Class Size:** 8-12

## Recycling

**When:** Monday March 27, April 3, (2 sessions), 2:00 – 4:00

**Where:** ArtsCape, 45 Jackson Street

**Presenter:** Nettie Schrammeyer

What we can recycle, what is done with it at recycling centres, and what is the future potential for recycling in Tasmania.

**Class Size:** 3 - 12

## 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 early, as for other courses, since some sessions have a maximum.

**When:** 10:00 – 12:00

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

**Wed. March 1 Black and Shiny Words Jo Crothers**

With a bit of a squeeze, carbon assumes a number of different identities and plate tectonic theory helps us to understand why.

**Wed. March 8 There's A Hole In My Tent! Alex Nicholas**

An illustrated journey of how discoveries in Optics and the development of the Camera influenced the course of the Visual Arts in Western Civilization.

**Wed. March 15 Where Do Numbers Come From? Barry Gardiner**

Counting is a very familiar activity; everybody does it, and it is hard to imagine how we could manage without it. But suppose you were asked to explain it to an intelligent being who was unfamiliar with it. How would you go about it? How, for instance, would you explain what "five" means? While no-one really knows the details of how people arrived at the concepts of "number" and "counting", on the basis of the logical connections between them we can put together a kind of "creation myth" which accounts for them and is probably not too different from what happened in at least some societies. This presentation will tell this story and go on to discuss how numbers, once established, became different things to different people, served other functions besides utility and formed the subject of abstract studies which in turn led to a more sophisticated utility.

**Wed. March 22 Sex, Death and Geological Triumph Mary Kille/Jo Crothers**

The story of how Fossil Bluff, a sexual revolutionary and a divine waltz helped to solve the Gondwanaland puzzle.

**Wed. March 29 Politics Mike Buky**

Do you buy bread? White? Wholemeal? Organic? Non-organic? Woolies? IGA? Independent? Your choice is not only a matter of taste but also political. This will introduce some of the basic political concepts, how they affect our lives and our relation to them. Participant interaction and a lively debate are encouraged. Please read a national newspaper before attending as we will be discussing national and international issues

**Wed. April 5 The once and future elements David Wookey**

Each of the 118 chemical elements has a fascinating tale to tell. This narrative describes the science and human interest stories behind a set of elements used to protect teeth, a synthetic metal for nuclear medicine, a colourant with the potential to destroy life on planet Earth, the detector in the search for dark matter, the home planet of a superhero is named after this element, a beautiful precious metal created by one of the most energetic events in the universe and the fuel with the potential to power the ships to transport humans to the stars.





## OPEN FORUM – General Public Is Welcome to Attend

### From Rocky Cape to the Rocky Mountains: Geological Connections between Tasmania and the Western United States

**Wed. June 7**

**Jacob Mulder**

Given the extraordinary local interest we expect this talk to generate, it will be opened to the public at large. Jacob Mulder, who has just returned from research in the USA, will be remembered by many for his talk on the geology of Rocky Cape that appeared on ABC Catalyst in 2015.

The oldest rocks in Tasmania occur throughout the western parts of the state and form the heart of the island's famous landscapes, from the rugged coastline of Rocky Cape National Park to the wild peaks of the southwest wilderness. When these rocks formed, some 1.5 billion years ago, the landmass we now call Tasmania was far removed from Australia and was instead a part of the North American continent. Our recent research has discovered that the same package of rocks that are now superbly exposed in northwest Tasmania also occur throughout the western United States and just like their Tasmanian counterparts, form some truly iconic landscapes, from the bottom of Grand Canyon, Arizona to the snowy peaks of the Rockies in Glacier National Park, Montana. This talk will focus on understanding the earliest history of Tasmania by unlocking the secrets of the ancient rocks exposed in northwest Tasmania and in the United States to explore what the earth may have looked like 1.5 billion years ago, the origin of the Tasmanian landmass, and how it got to where it is now.

### Singing: Let's Sing Out Loud!

**When:** Thursday March 9, 16, 23, 30 (4 sessions), 10:00 – 12:00

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

**Presenter:** Judy Charles

This is for everyone who sings in the shower, who has sung in the past but doesn't get the chance to sing in group or for anyone who just wants to sing out loud. It's not going to be a choir but a bunch of people who just want the great feeling that you get adding your voice to others and producing a song. I will also include a few ideas for those (like me) who don't have a large vocal range and who need to find a different note other than what's written and songs grow from these harmonies. Because of my background in Music Hall the songs will probably all be from material we have used for sing alongs over the years.

### Sock Knitting – More Advanced

**When:** Thursday April 27, May 4, 11, 18 (4 sessions), 2.00 – 4.00

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

**Presenters:** Gill Vowles

Participants will knit a pair of lace socks with a slip stitch heel and star toe. Although the class is designed as a continuation of last term's introduction to sock knitting, beginners with basic knitting skills are always welcome.

**Class Size:** 1 - 6

## Something in the Air

**When:** Thursday March 23, 30, April 6 (3 sessions), 2:00 – 4:00  
**Where:** ArtsCape, 45 Jackson Street  
**Presenter:** Derek Smith

This is an introduction to the basics of juggling using scarves (provided).

**Requirements:** Enthusiasm and willingness to try something new and fun!

## Ukulele

**When:** Wednesday March 8, 22, April 5, 26, May 10,24 (6 sessions) 12:30 – 1:30  
**Where:** Uniting Church Hall, Dodgin Street  
**Presenters:** Amanda Webster, Peter Sutcliffe

These are aimed at those who already have the basics. A fortnightly informal fun practice session. Bring your ukulele,

## Walking Wynyard

**When:** Monday April 24 (1 session), 2:00 – 4:00, then others to be decided  
**Where:** ArtsCape, 45 Jackson St  
**Presenter:** Janet Sell

An opportunity to be involved in developing a Guided Walk around Wynyard for tourists or newcomers. It will involve researching points of interest, both historical and quirky, preparing a talk to be delivered by volunteer guides, doing

**DO YOU HAVE A SKILL YOU COULD SHARE?**

**DO YOU HAVE AN INTEREST, AND WANT TO LEARN MORE?**

**Can you tutor calligraphy? Basic computing? How to get the most out of your smart phone?**

**Contact any of the U3A Wynyard committee, or email [U3AWynyard@gmail.com](mailto:U3AWynyard@gmail.com)**