



**Kingborough Inc.**

# Newsletter

No 24

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## FROM YOUR PRESIDENT

I should like to take this opportunity and thank the members of your committee. We are a team and each one of us has a particular task to perform\*. Together they allow us to run such a successful organisation as U3A Kingborough.

Unfortunately a number of positions will become vacant at the Annual General Meeting to be held in March next year. One of the items in our Constitution states that no-one can hold the same office for more than three consecutive years. Many of us will be in this position, including yours truly!

At our most recent committee meeting it was decided that I ask each and every-one of you to consider standing next year for positions on the committee. There are going to be vacancies and if they are not filled there would be a strong possibility that U3A Kingborough would have to fold. Please think about that and what it would mean to you if that happened.

Remember that we have a celebration lunch coming soon at the Pear Ridge restaurant, details in this newsletter and on the notice board.

This is the final newsletter for 2005 and so I wish you all a Happy Christmas and prosperous New Year.

Bernard PETTIFER,

\* see page 11

## **The History of University of the Third Age**

The first University of the Third Age was set up in France in 1972 to improve the quality of life of older people. Research has demonstrated that keeping minds and bodies active has a beneficial and measurable impact on the mental and physical health and wellbeing of older people.

U3As were introduced into England in 1981 and to Australia soon after. They adopted the idea of a self-help or mutual aid university, in which there would be no distinction between teachers and those taught. This is the medieval idea of a university, that is, a community of scholars where learning is an end in itself.

There are now 180 established U3As around Australia with a total membership of nearly 60,000 (as at Sept. 2005) as well as U3A Online for those housebound or isolated. They are all autonomous, voluntary self-help organisations; teaching, learning, planning and administration are all done by U3A members.

There are at present six U3As in southern Tasmania with a total membership in the thousands. They all share the aim of encouraging Lifelong Learning but vary in the courses, times, days and activities.

U3A Kingborough Inc. started in 2000 and has run for six very successful years. Courses are in three 10-week terms beginning in March each year. The courses vary from term to term. The membership has now reached almost 300. Membership costs are kept to a bare minimum - the main expenses being insurance, rent and postage of newsletters. Most courses are held in the Adult Education Block A, Hutchins St. Kingston or at Westwinds, Woodbridge.

U3A Kingborough members receive Course Enrolment Forms with their Newsletter before each term. Members may enrol in as many courses as they wish (room size permitting). Visitors are welcome to attend courses providing there is space.

Courses are held on weekdays and most last for one hour (some two hours). The term program is based on members' interests and the availability of tutors. Some past courses have included:

- literature - play reading, writing, poets & writers
- history - ancient and modern
- languages - French, German, Latin
- science - geology, anthropology, ecology, biology
- music – history and appreciation
- computers – basic use and research
- mathematics, philosophy & travel

# 2006 Term 1 Program

6<sup>th</sup> March – 17<sup>th</sup> May 2006

Our course planners are very busy finalising courses for 2006.

There will be a range of courses including –

Literature, Play Reading and Writing

Sciences, CSIRO & Wildlife

Languages – French, German, Indonesian\*

Art, Meditation

Music including the Choir and Learning the Keyboard

Computing, Walking Group, Discussion Groups.

And others as tutors become available.

Our hard working program committee is always pleased to hear of interesting speakers and any suggestions for topics.

Are you able to offer either a single session (1 hour) talk as part of a course given by a number of presenters or a 10 week course on your subject? Please contact the programmers (contact details on page 1)

Remember - to get the full details of Term 1 you need to renew your membership of U3A Kingborough.

Full details of Term 1 for Kingborough U3A will be in the Newsletter - late January 2006

\*Hobart U3A invites members of Kingborough to join them as guests in 1<sup>st</sup> Term for Indonesian Language Tuesdays 10.00 – 11.00am with Greg The – more details later.

TERM DATES FOR REST OF 2006

Term 2 – 19<sup>th</sup> June to 23<sup>rd</sup> August

Term 3 – 25<sup>th</sup> September to 29<sup>th</sup> November

# SUMMER PROGRAMME HOBART U3A

Mon 9<sup>th</sup> Jan – Wed 15<sup>th</sup> Feb 2006

Programme co-ordinated by U3A Hobart

## ALL WELCOME

(This includes friends and family)

### VENUE:

University of Tasmania – in the Life Sciences Theatre No. 1  
(On the upper side of Churchill Avenue).

Bus: Churchill Avenue Stop 14, use the overpass and turn left to the Life Sciences Building. The Theatre is just inside the door. (See below for parking).

### ENROLMENTS:

Enrolments are unnecessary. Bring your friends – all are welcome. The theatre holds 160 and a capacity audience is the best compliment to our speakers.

### ADMISSION:

\$1.00

### TIME:

10.00AM SHARP – Finish about 11.15am (including question time)

### MORNING TEA:

Held in the foyer after each talk.

### PARKING:

**PLEASE BE VERY CAREFUL WHERE YOU PARK.**

**Parking restrictions are strictly enforced.**

Permits are required for many areas.

FREE PARKING – mostly in College Road and French Street.

VOUCHER PARKING – Various locations including Dobson Road and Grosvenor Crescent. If you are unfamiliar with the area, why not make a preliminary reconnaissance?

**DO NOT SPOIL YOUR DAY BY INCURRING A FINE.**

## SUMMER PROGRAMME – Hobart U3A

**10.00am sharp**

**Monday 9 January – Wednesday 15 February 2006**

**Arranged by Astra Palkovs and George Cresswell**

- Mon 9 Jan**      **Australian Frogs – Why are they croaking?**      **Margaret Davies**
- We have received numerous requests to repeat this popular lecture from the last Summer Program – so here it is!
- Wed 11 Jan**      **Australia in black and white – Cartoons, the most public art**      **Craig Judd**
- Craig Judd is the curator of art at the Tasmanian Museum and Art Gallery.
- Mon 16 Jan**      **A UFO captain’s reports on reconnaissance missions over London, one in 1600 and the other in 1900**      **Tony Denholm**
- Associate Professor Tony Denholm, whom you will recall from the last summer lecture as the ‘Captain’ navigating the English canal system, will entertain us again as the “Captain” of a different craft, life and times.
- Wed 18 Jan**      **Taking more control over your life**      **Dr Harry Stanton**
- Dr Stanton will discuss what he believes to be the main problem preventing us from living our lives in the most enjoyable and productive manner. He will outline an effective strategy for taking more control over our thoughts to see negative material in a more positive way.
- Mon 23 Jan**      **Connecting the past to the future: architecture and public places**      **Helen Norrie**
- Helen Norrie is an academic who writes for a range of architecture and art journals. As part of her PhD research she has studied the design of the British Museum, Museum of Scotland and Jewish Museum in Berlin and how the extensions to these buildings have altered the public perception of museums from ‘temples of culture’ to ‘forums’. This provides some interesting ideas to consider in light of the future development of Sullivan’s Cove.
- Mon 30 Jan**      **Chasing the American Dream**      **John Honey**
- The interesting story behind the success of a small Tasmanian film company that moved to the USA and over the course of a decade built up a world-wide audience for their series of documentaries on the development of aviation, in which it became a world leader. An American dream – or was it? This is John’s personal account of what he describes as a ‘roller-coaster ride’.
- Wed 1 Feb**      **Is the personal political and how does the politics affect the person?**      **Margaret Reynolds**
- In this paper Margaret Reynolds will summarise key political milestones and public policy debates which she has experienced personally during her career as teacher, lecturer, councillor, senator, minister and long term activist for human rights and social justice.
- Mon 6 Feb**      **Maureen And Roy Davies Memorial Lecture**      **Sir Guy Green**
- Wed 8 Feb**      **Subject to be announced**      **Henry Reynolds**
- Henry Reynolds is a Senior Research Fellow, Australian Research Council; Research Professor University of Tasmania; freelance writer and human rights activist.
- Wed 15 Feb**      **With French colleagues on an Antarctic tractor journey**      **Graeme Elphinstone**
- An illustrated talk by Graeme, head of Elphinstone Engineering at Triabunna, suppliers of heavy ice-travelling equipment to the French in Adelieland.

# LET'S DO IT TOGETHER

SUNDAY LUNCHESES - 1<sup>st</sup> Sunday each month @ 1.00pm  
**Please phone (6229 9071) at least 3 days in advance**  
so that tables can be booked. Transport arranged if required.

DECEMBER – Sunday 4<sup>th</sup> – Lunch 1.00pm  
“The Beach” Blackmans Bay

JANUARY - Sunday 1st – Lunch 1.00pm  
Botanical Gardens Restaurant

FEBRUARY – Sunday 5<sup>th</sup> – Lunch 1.00pm  
“The Red Velvet Lounge” Cygnet

MARCH – Sunday 6<sup>th</sup> – Lunch 1.00pm  
“Fleurty’s”, Birches Bay

## “TASTE OF SUMMER IN KINGBOROUGH”

Summer activities for Seniors – transport might be arranged\*.

Watch the Notice Board in Block A for details of a Summer Program in  
Kingborough coordinated by the Kingborough Seniors  
Action Group

Many clubs and organisations continue on during the Summer and, before U3A  
closes, we hope to have a calendar detailing these and other  
‘one off’ events.

Some of the activities on offer are:

A Laughter Workshop, Crafts, Crosswords, Card and Board Games, Discussion  
Group, Exercise program, Line Dancing, Mah Jong, Wine  
Making & Pluck and Tuck, Civic Centre Tour, Computing,  
Crib, Garden visits, Keyboard instruction, Entertainment  
and more!

\*For more information contact:  
[seniorsactiongroup@email4life.com.au](mailto:seniorsactiongroup@email4life.com.au)

Or [marianj@email4life.com.au](mailto:marianj@email4life.com.au)

Or phone: Martyn on 6227 2551



## **'I Hope You Dance '** (The last line says it all).

Dear Friend,

I'm reading more and dusting less. I'm sitting in the yard and admiring the view without fussing about the weeds in the garden. I'm spending more time with my family and friends and less time working.

Whenever possible, life should be a pattern of experiences to savour, not to endure. I'm trying to recognize these moments now and cherish them. I'm not "saving" anything. We use our good china and crystal for every special event such as losing a kilo, getting the sink unclogged, or the first blossom. I wear my good blazer to the market. My theory is if I look prosperous, I can shell out \$28.49 for one small bag of groceries. I'm not saving my good perfume for special parties, but wearing it for assistants in the hardware store and tellers at the bank.

"Someday" and "one of these days" are losing their grip on my vocabulary. If it's worth seeing or hearing or doing, I want to see and hear and do it now.

I'm not sure what others would've done had they known they wouldn't be here for the tomorrow that we all take for granted. I think they would have called family members and a few close friends. They might have called a few former friends to apologise and mend fences for past squabbles. I like to think they would have gone out for a Chinese dinner or for whatever their favourite food was. I'm guessing; I'll never know. It's those little things left undone that would make me angry if I knew my hours were limited. Angry because I hadn't written certain letters that I intended to write one of these days. Angry and sorry that I didn't tell my husband and children often enough how much I truly love them. I'm trying very hard not to put off, hold back, or save anything that would add laughter and lustre to our lives. And every morning when I open my eyes, tell myself that it is special.

People say true friends must always hold hands, but true friends don't need to hold hands because they know the other hand will always be there.

Life may not be the party we hoped for, but while we are here we might as well dance

(An 83-year-old woman's letter to her friend.)

# **SUBSCRIPTION FORM – 2006**

## **ALL SUBSCRIPTIONS NOW DUE**

**Your subscription entitles you to Membership of U3A Kingborough.**

Once you are a member you may enrol for any number of courses FREE throughout the calendar year (subject to the number of places available).

If you do not attend courses, the subscription is not refundable.

**Subscription per person for 2006                      \$35.00                      [     ]**  
**Includes Newsletter**

**Newsletter-only subscription for 2006    \$5.00                      [     ]**  
**Just want to keep in touch in 2006?**  
**Not sure if you'll want to attend any courses? Then this may suit you.**  
**If you decide later to attend course/s the \$5 can be deducted**  
**from the full subscription.**

**Post this form to – 'Membership 2006', U3A Kingborough Inc.,**  
**P.O. Box 479, Kingston 7051**

(Receipts not posted unless requested)

or pay by Direct Debit:

A/c Name: U3A Kingborough

**Bank: Westpac BSB: 037015**

**A/c No: 12 98 26**

**If paying by Direct Debit - Please ensure you put your name**  
*in the 'description' box so that your payment can be identified.*  
*Then notify us by email with 'Membership 2006' in the subject line.*  
*Please include your name, tel. number, and address in the message to*  
[venie.phillips@gmail.com](mailto:venie.phillips@gmail.com)

Enclosed is my cheque/money order for \$ \_\_\_\_\_

Full Name: \_\_\_\_\_ Title \_\_\_\_\_

Preferred name for badge: \_\_\_\_\_

Tel. No. \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
Email Address (if you are willing to have the newsletter by email)

\_\_\_\_\_

We do not stop playing  
because  
we grow old.

We grow old  
because we stop playing!

# **U3A Kingborough Inc**

## **COMMITTEE**

Many of the following positions, which are held by committee members, will become vacant at the AGM in March 2006.

**PRESIDENT**

**VICE PRESIDENTS (2)**

**SECRETARY (2)**

Correspondence & Minutes.  
(Ideally with computer skills)

**TREASURER**

**PROGRAMMERS**

(Ideally with computer skills)

**EDITOR**

(Needs computer skills)

**COURSE ENROLMENTS**

(Ideally with computer skills)

**MEMBERSHIP**

(Needs computer skills)

**SOCIAL SECRETARY**

**PUBLIC OFFICER**

**PROPERTY OFFICER**

Committee members also carry out other tasks, such as:

**ASSISTING THE TREASURER**

**PHOTO COPYING**

**PREPARING NEWSLETTERS FOR POSTING**

Interested to help? Why not phone the person in the position at present and talk to them? Phone numbers are on page 1.

**VOLUNTEERS ARE NEEDED TO CONTINUE WITH THESE TASKS!!**