



Kingborough Inc.

Newsletter

No 25

Jan 2006

P.O. Box 479 Kingston 7051
Mobile Tel. 0405 327 071

President:

Bernard Pettifer
6239 6436
rebern@bigpond.com

Vice President:

Marcus Higgs 6267 1632
mhi20298@bigpond.net.au
Venie Phillips 6229 1320
venie.phillips@gmail.com

Secretaries:

Maureen Shegog
6229 3648
&
Margaret Murray
6227 1912

Treasurer:

Diane Melville
6229 4932
melville@keypoint.com.au

Programmers:

Bronwen Parr
6267 1632
mhi20298@bigpond.net.au
&
Joan Perrett
6229 9306

Course Enrolments:

Venie Phillips
6229 1320
venie.phillips@gmail.com
&
Brenda White
6229 6035

Social Secretary:

Dulcie Taylor
6227 1965

Committee members:

Edith Adler
6229 7963

Woodbridge:

Jean Lea
6267 4868

Editor:

Marian Jellyman 6229 9071
marianj@email4life.com.au

FROM YOUR PRESIDENT

Kingborough University of the Third Age starts its seventh year of existence when Term 1 of the year 2006 commences. It is amazing that so many years have passed since that first tentative meeting at which we all wondered if "it was a good idea, really!!" Well, it certainly has been a good idea and we have seen our organisation grow from a handful of people to well over three hundred members. Feedback is virtually always positive and your committee feel that they have provided what is wanted by the members.

Details of the Annual General Meeting are in this newsletter and I again am going to ask you to attend and consider standing for committee positions. We have a number of stalwart committee personnel who have come to the end of their three year stints and will have to be replaced to keep the organisation running.

The programmers have again organised a wonderful program of varied courses for Term 1. The variety of course contents never ceases to amaze me. I wonder if you could lead a course? Usually they are for an hour each week over the period of ten weeks but a lot of our courses now consist of 10 speakers for an hour on an allied subject. If you could do either, please contact one of the programmers as listed in this publication.

I come to the end of my time as President at the AGM. I have thoroughly enjoyed the three years as Vice-President and three years as President. I should like to thank all of those people during those six years who have helped in so many ways in such a friendly manner. I shall miss the administrative side of U3A Kingborough - but, of course, I shall be attending as a course member.

Best wishes to you all.

Bernard PETTIFER

Dates – 2006

TERM I

6th March – 19th May

TERM II

19th June – 25th Aug.

TERM III

25th Sept – 1st Dec.

VOLUNTEERS – THANK YOU!

**All U3As rely entirely on volunteers to function.
Tutors give freely of their time and expertise, as do committee members.**

In our last Newsletter the committee appealed for more help and many volunteered. Thank you.

**Now we need more volunteers to act as Course Representatives for Term 1.
So if you know you are going to attend a course, please consider being the Course Representative. A member of the committee will contact you.**

Please detach and send with enrolment form.



YES I CAN HELP

Name _____

Tel. _____

Email _____

I would like to volunteer as Course Representative for

U3A Kingborough Inc.

PROGRAMME FOR TERM 1, 2006

Monday 6th March – Friday 19th May

Courses held at **Adult Education Building Kingston (K)**, **Westwinds Woodbridge (W)**
and **Kingston Online Access Centre (KOAC)**

Programme at a glance

Easter break – 14th – 21st April inclusive.

KINGSTON CLASSES

MONDAYS	10:00-12.00	Art with Ink – Dip and Draw	KA2	Helen Quilty
Start on 6th March	11:30	Religions and Philosophies	KA1	Joan Perrett- Conv
9 weeks	1:30	German	KA1	Adrian Harmsen
No classes 13 th March, 17 th April	1.30-3.30	Writing Workshop – Starts 13th March	KA2	Marian Jellyman
TUESDAYS	9.30-11.30	U3A Strolling Seniors	Field	Pam Adams- Conv.
Start on 7th March	10.00	Wildlife Biodiversity and Conservation	KA3	Bronwen Parr – Conv.
9 weeks	11:30	Play Reading	KA1	Bernard Pettifer
No classes 18 th , 25 th April	11.30	Overseas Travels	KA3	Bronwen Parr – Conv.
	1:30	Positive Living through Meditation	KA1	Gordon Dobbs
THURSDAYS	10:00	History of Indonesia – Starts 23rd March.	KA1	Greg Thé
Start on 9th March	10:00	Lighthouses	KA3	Noela Foxcroft
10 weeks	11:30	Learn to play the Keyboard	KA2	Jan Mills
No classes 20 th April	11:30	Have your Say	KA1	Joy Tunney
	11.30	The Story of the Pre-Raphaelites	KA3	Shirley Hodgson
	1:30 - 3:30	U3A Choir	KA3	Margot Lampkin
FRIDAYS	9:00-10:30	Coping with computers	KOAC	Venie Phillips
Start on 10th March				
9 weeks				
No class 21 st April				

WOODBIDGE CLASSES AT A GLANCE **No classes 14th -21st April inclusive and on other public holidays.** Classes to be held at the **West Winds Centre, Woodbridge.**

MONDAYS	1:15-3:15	Writing at Woodbridge	W	Peter Laud
TUESDAYS	10:00	Theosophy - Philosophy of Wisdom	W	June Buchanan
	1:00-3:00	Art with Sue.	W	Sue Miller
WEDNESDAYS	10:00-12:00	Achieving Life, Family and Business Goals	W	Pat Lowe & Moira Dobson

U3A Hobart - Indonesian Language course is open to Kingborough members:

Wednesdays 11:30-12:30, Phillip Smith Centre Tutor Greg Thé.

For further details contact Leonie Scrivener 6225 2230.

U3A Clarence - Have organised a **male a capella group** for **Monday 12.05 - 1.05** and would welcome any U3A Kingborough members who would be interested to join in as guests.
Enrolments to U3A Clarence. PO Box 774 Rosny Park 7018

COURSE DETAILS – All U3A Kingborough members can enroll in any course in any venue – often the only restriction is the classroom size.

Monday 10:00-12.00 ART WITH INK; DIP AND DRAW

**Helen Quilty
Room KA2**

9 Sessions from March 6 to May 15.

Lines give life and hues give harmony. Explore, express, and enjoy your drawing and painting.

Helen Quilty has taught art in schools, universities and TAFE and also is an illustrator. She exhibits her watercolour and drawings in galleries in Tasmania, interstate and overseas.

No levy required as students should bring their own pencils and paper etc. **Class limit 20.**

Monday 11:30 RELIGIONS AND PHILOSOPHIES

**Convenor: Joan Perrett
KA1**

Joan has organised for us a very interesting group of speakers.

6 th March	Vicky Jay	Christian scientist
20 th March	Murshid Ali Elsenossi	Islam
27 th March	Dr. David Wright	The Essentials of Christian belief
3 rd April	June Buchanan	The Wisdom of Theosophy
10 th April	Fay Tatnell	Aboriginal Belief & Philosophy
24 th April	Pastor Kevin Amos	7 th Day Adventist
1 st May	Anne Gay	Spiritualist Faith
8 th May	Edith Adler	Yi Jing Philosophy
15 th May	Gordon Dobbs	Kabalah

Monday 1:30 GERMAN

Adrian Harmsen

KA1

9 Sessions from March 6 to May 15.

Term Levy \$2

New and continuing students with knowledge equivalent to at least one term of high school studies are welcome to join the class. Emphasis will be on grammar, pronunciation, vocabulary and simple conversation. Aspects of German culture will be part of the course and varied, active participation will be encouraged. CDs of German songs will be used to assist in pronunciation.

Adrian was Senior Master of modern languages at Taroona HS and Hobart Matriculation College. Later was supervisor of modern languages with the Education Dept. He spent 3 years in Greece and Germany with the UN Organisation establishing English classes for intending migrants. **Minimum of 7 students required.**

Monday 1.30-3.30 LIFE WRITING WORKSHOP

Marian Jellyman Room K A2

8 sessions from 13th March - NOTE starts 2nd week of term.

Marian has been leading this course in Kingston for several years. This is a weekly workshop where members share their writing of the previous week – usually from their own life story. ‘In a way we are living our lives twice – living again the joys, adventures, achievements, the grief and confusion. We all have a unique story, which only we can tell’. **Class limit 10.**

Tuesday 9:30-11:30 U3A STROLLING SENIORS Pam Adams Field

9 Sessions from 7th March to 16th May

Term Levy \$2

Join us for some short walks for about 2 hours around the local area, just long enough to stretch the legs and whet the appetite for a welcome cuppa. You don't need any special equipment as the walks are generally on paths or side roads with no rock scrambling or bog trotting! Just bring a raincoat, a drink bottle, walking shoes or strong sneakers, sunscreen and a hat and basic first aid stuff. Also, bring a stick if you like to walk with one.

The walks will include a cliff top stroll through casuarinas near Kettering, a walk on Harts Hill with an amazing outlook, a beach and rivulet track near Snug, and some hidden gems in the Margate area. Participants will get a booklet showing the routes, detailing start and end points and contact numbers. There will be a small levy to cover the cost of this booklet. **Class limit 10.**

Tuesday 10:00 WILDLIFE BIODIVERSITY & CONSERVATION Convenor- Bronwen Parr

9 sessions from 7th March to 16th May

KA3

Bronwen is presenting a very interesting series of nine speakers covering a variety of natural science topics.

7 th March	Iona Mitchell DPIWE	Wildlife Biodiversity
14 th March	Iona Mitchell DPIWE	Land of Wildlife
21 st March	Barry Bruce CSIRO	Sharks
28 th March	Fred Stein CSIRO	Great Barrier Reef
4 th April	Peter Nichols CSIRO	Omega 3 & other Marine Oils
11 th April	David Ritz UTAS	Plankton
2 nd May	George Cresswell CSIRO	Satellites & Oceanography
9 th May	Mark Green CSIRO	The Handfish
16 th May	Bill Brown DPIWE	Birds of Prey

Tuesday 11:30 PLAY READING Bernard Pettifer Room KA1

9 sessions from 7th March to 16th May

Participants will all have the opportunity to read parts of our mostly light plays – if they so desire. We are usually able to read three to five plays during a term and the object of the course is to entertain as well as give participants experience of acting. **Class limit 15** – prefer good balance of men and women.

Bernard is the current President of U3A Kingborough and is a retired School Principal. He enjoys play reading and is a great believer in 'having fun' through the play readings.

Tuesday 11:30 OVERSEAS TRAVELS Convenor- Bronwen Parr KA3**9 sessions from 7th March to 16th May**

Bronwen is presenting a very interesting series of nine speakers to take us around the world in comfort.

7 th March	Gifford Causon	China
14 th March	Sheila Given	Round the world on "Canberra"
21 st March	Russell Morton	Northern Thailand
28 th March	Bill Chestnut	Social Ethos reflected in French & UK Gardens
4 th April	Thad Sasser	Walking in the Andes
11 th April	Chris Hussey	Burma
2 nd May	Pat Quilty	Antarctic Transport
9 th May	Pat Quilty	My first trip South to Antarctica
16 th May	Chris Hussey	Sri Lanka & its tsunami

Tuesday 1:30 POSITIVE LIVING THROUGH MEDITATION Gordon Dobbs KA1**9 sessions from 7th March to 16th May**

This course is a series of talks on Life Skills, based on the philosophy and techniques of meditation.

Gordon has been for many years a facilitator of meditation and self help groups. He was a Chief Executive in Westpac and holds an MBA.

Thursday 10:00 HISTORY OF INDONESIA Greg Thé KA1**8 sessions, Commencing 23rd March to 18th May**

The course is a continuation from last Term (not a pre-requisite) and it will cover interesting developments of Indonesia from the Colonial Age; Emergence of Nationalism; Japanese occupation 1942-45; Revolution and Dutch Intermezzo 1945-49; Democratic experiment 1950-57; Guided democracy 1957-65; the New Order 1965-90; Crisis and Collapse of the New Order; Habibi/Wahid/Megawati Period; Modern democracy.

Levy \$2.

Greg was born in Indonesia in 1933, moved to Australia in 1955 to study Engineering. He is a retired academic staff member of the Electrical Engineering Department, University of Tasmania.

Thursday 10:00 LIGHTHOUSES Noela Foxcroft KA3**10 sessions from 9th March to 18th May**

The interesting and unusual course starts with a look at the history of lighthouses from early beacons to the fully automated lights of the present day. Following this we will look at the Tasmanian lighthouses.

Noela taught Maths and Science in High Schools for 30 years and now enjoys teaching at U3A. Her other passions are literature, art and music.

Thursday 11:30 LEARN TO PLAY THE KEYBOARD Jan Mills KA2**10 sessions from 9th March to 18th May**

No need to bring your own 48 or 61 keyboard to this class, but you do need to have access to one during the week to practice. Have fun learning to play in 10 easy steps or brush up your skills on the keyboard. You will need a copy of 'Beginnings for Keyboard Book A' (from McCanns cost \$16.95 code 100320). Bring the keyboard book to each lesson.

Class limit 5, but don't worry if you miss out as the course will be repeated next term.

Jan is a music teacher and player of the Wurlitzer organ. Also she has her own choir.

Thursday 11:30 THE STORY OF THE PRE-RAPHAELITES Shirley Hodgson KA3

10 sessions from 9th March to 18th May

The Pre-Raphaelite Brotherhood dates from ca 1830-1889. We will look at the Poets, Writers, and Painters of this period, their stories and their influences.

Shirley was an early childhood and special education teacher and following this with adults at TAFE and U3A. She has a great love of poets and authors and researches their lives, times, and influences as well as their works.

Thursday 11:30 HAVE YOUR SAY Joy Tunney KA1

10 sessions from 9th March to 18th May

This course is for people interested in discussing local, national and global events – expressing their views and listening to others in a small group. An aim of this course is to provide opportunities for discussion that are mentally stimulating and thought provoking. **Class limit 15.**

Joy was a physiotherapist in a previous life and now is very involved in stimulating community participation in public affairs.

Thursday 1:30 KINGSTON U3A CHOIR Margot Lampkin KA3

10 sessions from 9th March to 18th May

Levy - occasionally \$4 per singer for new music.

The course “The Joy of Singing” has proven to be so popular that the class has formed into “Our Kingston U3A choir”. Margot is continuing the course this term and new members are welcome but they will need to commit to attend the full course.

Margot is very active in music. She is Director of the Kingston Singers and Lincoln Singers.

FRIDAY 9:00-10:30 COPING WITH COMPUTERS Venie Phillips Online Centre

9 sessions from March 10th to 19th May \$4 Levy for notes plus \$4 per week to KOAC for computer use.

Maximum class number - 10

This is not a course for absolute beginners. To enrol, you should have your own computer and have the basic skills to use it for at least a couple of purposes.

The course will show you how to manage the documents (and other files) that you create; how to manage your emails and use the internet, and how to handle some of the unexpected things that happen when you use a computer. It will also attempt to answer your questions regarding computers.

Venie is a semi-retired teacher who keeps her ‘teaching hand’ in by instructing adult learners in computer skills.

WOODBIDGE COURSES

Monday 1:15-3:15 WRITING AT WOODBRIDGE Peter Laud W
9 Sessions from March 6 to May 15.

This year's course will focus on all forms of writing - fiction and non-fiction, prose and poetry - in fact anything the participants want including work of an autobiographical nature. Those taking part are encouraged to read their own work and join in the discussion on the work of others in a relaxed and friendly atmosphere. Advice will also be offered on beating writer's block and how to defeat the tyranny of the blank page.

Peter has worked for many years as a feature writer for News Ltd in Perth before moving to Tasmania.

Tuesdays, 10:00 THEOSOPHY - PHILOSOPHY OF WISDOM June Buchanan W
9 Sessions from 7th March to 16th May

June will talk to us about philosophy with topics consciousness, the ultimate source of life, journey and destiny of consciousness, levels of human consciousness, life after death & reincarnation, the law of karma, the power of thought, and the spiritual path.

June was a President of the Theosophical Society and spent 3 months in India at the International Headquarters School of Wisdom.

Tuesdays, 1:00-3:00 ART WITH SUE Sue Miller W
9 Sessions from 7th March to 16th May

Sue loves drawings and drawing - but doesn't get time to do it! Join her as she explores the works and techniques of some of her favourite artists and then just have fun drawing.

Equipment will be provided for the first session and participants should not buy any materials until after they have started the course.

Sue is a practising artist, she has a variety of styles and likes experimenting with different media. She holds a Masters Degree of Fine Art, is an experienced teacher and has exhibited in many joint and solo exhibitions.

Wednesdays, 10:00 ACHIEVING LIFE, FAMILY & BUSINESS GOALS Pat Lowe W
10 Sessions from 8th March to 17th May & Moira Dobson

The course will cover the developmental stages of life with particular emphasis/focus on our present ages. It will be shaped by the group and will address its identified needs. Topics covered could include: Care of children, grandchildren or elderly parents; Management of your money; Share market; Superannuation funds; Changing homes; Home based nursing care; Beginning again alone; Organising your health; Chronic illness/dementia; Is there anything else?

Pat and Moira are mature aged professional women. One was a psychologist and long term educator. The other is a successful businesswoman skilled in helping others achieve their life and business goals.

Kingborough U3A AGM
10.00am Friday 17th March 2006
Adult Education Building, Kingston

*All positions (see over) become vacant on this date.
Nominations and proposals from members are therefore called for
all positions on the Committee of U3A Kingborough Inc.*



Inominate
for the position of:
President Vice President, Correspondence Secretary, Minutes Secretary,
Treasurer, Publicity Officer, Programmer, Editor, Membership Secretary,
Social Secretary, and/or General Committee Member
(Please indicate by circling a specific position)

Signature of the Proposer.....

Name & Signature of Seconder

Signature of the person so nominated

Date.....



Inominate
for the position of:
President Vice President, Correspondence Secretary, Minutes Secretary,
Treasurer, Publicity Officer, Programmer, Editor, Membership Secretary,
Social Secretary, and/or General Committee Member
(Please indicate by circling a specific position)

Signature of the Proposer.....

Name & Signature of Seconder

Signature of the person so nominated

Date.....

*Please print a copy of the form & forward a.s.a.p. to:
"Nominations", U3A Kingborough Inc. P.O. Box 479 Kingston 7051
(before 25th February 2006)*

U3A Kingborough Inc

COMMITTEE

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

PRESIDENT

VICE PRESIDENTS (2)

SECRETARY **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

!!

ENROLMENT FORM FOR TERM 1 2006

Copy page and email to venie.phillips@gmail.com OR
 Print a copy & post to "Course Enrolments' U3A Kingborough Inc.,
 P.O. Box 479, Kingston 7051

SURNAMETitle.....

GIVEN NAME (For Badge)

Tel.Email

We will only contact you if you do NOT get into a course. X to enrol

X to enrol

MONDAYS	10:00-12.00	Art with Ink – Dip and Draw	KA2	
Start on 6th March 9 weeks No classes 13 th March, 17 th April	11:30	Religions and Philosophies	KA1	
	1:30	German	KA1	
	1.30-3.30	Writing Workshop – Starts 20 th March	KA2	
TUESDAYS	9.30-11.30	U3A Strolling Seniors	Field	
Start on 7th March 9 weeks No classes 18 th , 25 th April	10.00	Wildlife Biodiversity and Conservation	KA3	
	11:30	Play Reading	KA1	
	11.30	Overseas Travels	KA3	
	1:30	Positive Living through Meditation	KA1	
THURSDAYS	10:00	History of Indonesia – Starts 23 rd March.	KA1	
Start on 9th March 10 weeks No classes 20 th April	10:00	Lighthouses	KA3	
	11:30	Learn to play the Keyboard	KA2	
	11:30	Have your Say	KA1	
	11.30	The Story of the Pre-Raphaelites	KA3	
	1:30 - 3:30	U3A Choir	KA3	
FRIDAYS	9:00-10:30	Coping with computers	KOAC	
Start on 10th March				

WOODBIDGE CLASSES No classes 14th -21st April inclusive and on other public holidays.
 Classes to be held at the West Winds Centre, Woodbridge.

MONDAYS	1:15-3:15	Writing at Woodbridge	W	
TUESDAYS	10:00	Theosophy - Philosophy of Wisdom	W	
	1:00-3:00	Art with Sue.	W	
WEDNESDAYS	10:00-12:00	Achieving Life, Family and Business	W	
		Goals		

WANTED – Volunteers as Course Representatives Term 1 2006

Please consider volunteering to be a Kingborough U3A Course Representative for any class you will be attending. The duties are not arduous (see below) but we really do need your help. Your volunteering in advance of the courses has made our organisation so much easier.

If you can help please complete the form on the inside of the front cover.

All Course Representatives are invited to the “Tutors’ Morning Tea”, - 24th February at 10.00am. Adult Ed. Kingston. They can then meet their Tutors and receive their course enrolment/attendance lists.

Course Representatives Duties - U3A Kingborough Inc.

At the beginning of the term, your tasks are:

- Give your phone number to the Tutor and course members.
- Put your name & phone number on the Course Rep’s list on the U3A notice board (A Block).
- Collect any levy money and record on the Course Roll. Give the levy money to the Tutor.

Each Week:

- Please come 20 minutes early to assist with equipment, room setting etc and at the end of class make sure the room is tidied.
- Mark the Roll and add any Tutor(s), and visitors, names involved on the day.
- In the case of a Fire in the building, on evacuation make sure to take the Roll with you to the Car Park.
- In the case of any Accident, report it to the Adult Ed Office (B Block) and also phone Joan Perrett on 6229 9306.
- If a course session is cancelled, notify the participants.
- If your course has a waiting list and vacancies arise, contact members in order on the list.
- In classes with restricted numbers and also a waiting list, make contact with those who do not turn up to the 1st class, to find out their intention to continue.
- At the end of class, check that the lights and heaters are off and [if yours is the last class] the outer door is locked.

At the end of the Course:

- Two weeks prior to the last session, collect anonymous donations for a gift for the Tutor.
- Either you or a committee member buy a gift and present it to the Tutor on behalf of the Class. The Committee will supply you with suitable gift cards. (Note: Contact the Committee if the donation needs to be topped up to \$25).
- After the last session, put the completed Course Roll in the box provided in the A Block foyer.

LET'S DO IT TOGETHER

SUNDAY LUNCHESES - 1st 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.

FEBRUARY – Sunday 5th – Lunch 1.00pm
“The Red Velvet Lounge” Cygnet

MARCH – Sunday 6th – Lunch 1.00pm
“Blue Skies”, Hobart
(Phone Kate on 6229 6962 this month)

APRIL – Sunday 2nd – Lunch 1.00pm
“Fleurtys”, Birches Bay

MAY – Sunday 7th – 1.00pm
“Citrus Moon”, Kingston Beach

“TASTE OF SUMMER IN KINGBOROUGH”

Summer activities for Seniors – full program at Kingston Library.
Continuing on through February and with the Grand Finale
on March 3rd when the ‘Silverliners’ perform at the Senior Citizens Club at 1.45pm (\$3.00
donation). Afternoon Tea provided.
This is a project of the Kingborough Seniors Action Group that was formed after the U3A
Adult Learners Week Forum last Sept. Contacts:-
1/1 Pearsal Ave, Blackmans Bay 7052, Tel: (03) 6227 2551,
Email: seniorsactiongroup@email4life.com.au
Web site: <http://home.keypoint.com.au/~ksag>

Use the web site to keep Seniors informed.

THANK YOU

Margaret Murray would like to thank all those members of U3A who phoned
and sent cards of sympathy to her following the sudden death of her dear
daughter Karen just before Christmas 2005.
She wrote, “Your kind wishes have been a great comfort to me. Thank you all,
Margaret”.

The New Alphabet

A is for Apple, and B is for Boat.
That used to be right, but now it won't float!
Age before Beauty is what we once said,
But let's be a bit more realistic instead.

Now A's for arthritis;
B's the bad back,
C is the chest pains, perhaps car-d-iac?
D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissures and fluid retention,
G is for gas which I'd rather not mention.
H is high blood pressure--I'd rather it low;
I for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend.
L for libido, what happened to sex?
M is for memory, I forget what comes next
N is neuralgia, in nerves way down low;
O is for osteo, the bones that don't grow!
P for prescription's, I have quite a few, just
give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R for reflux, one meal turns to two.
S for sleepless nights, counting my fears,
T for Tinnitus; there's bells in my ears!
U is for urinary; big troubles with flow;
V is for vertigo, that's "dizzy," you know.
W is for worry, NOW what's going 'round?
X is for X ray, and what might be found.
Y is another year I'm left here behind,
Z is for zest that I still have-- in my mind.

I've survived all the symptoms; my body's deployed,
And I've kept twenty-six 'doctors' fully employed!!!
Author unknown (from Linking Tasmanian Seniors Newsletter)

.....

GRANT FOR MICROPHONE AND AMPLIFIER

U3A Kingborough has applied for and received a grant from the Tasmanian Community Fund of \$898 to purchase a microphone and amplifier – it is hoped to have this available by 1st Term.

The Tasmanian Community Fund was established in 1999 as part of the sale of the Trust Bank to make grants for worthwhile community purposes. The Tasmanian Community Fund receives an annual appropriation from the State Budget equal to one half of the interest savings that flow from debt retired following the sale of the Trust Bank.

MEMBERSHIP SUBSCRIPTION FORM – 2006

NOTE: If this newsletter was sent to you, you have probably already paid this year's subscription – please check your own records as some members have paid twice.

Your subscription entitles you to Membership of U3A Kingborough.

Once you are a financial member you may enrol for any number of courses – all free - throughout the calendar year (subject to the number of places available).

NOTE: If you do not enrol for any 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

Enclosed is my cheque/money order for \$ _____

(Please include name and address on back of cheques and money orders)

Full Name: _____ Title _____

Preferred name for badge: _____

Tel. No. _____

Address _____

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

Please print CLEARLY as the address must be legible.
