

# Newsletter

No 35  
August 2008



**Kingborough Inc.**

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**President** Marcus Higgs  
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**Treasurer:** Marian Jellyman

**Editor** Venie Phillips  
[venie.phillips@gmail.com](mailto:venie.phillips@gmail.com)

**Woodbridge Rep:** Jean Lea

**Committee members** Bronwen Parr, Dorothy Mitsakis, Lyn Schofield, Neil Hore, Chris Noonan

## ***The President's Pen***

Our Term 3 programme is quite comprehensive with probably a record number of courses from which to choose.

It is satisfying to see the courses Playreading, Key-board, Games for the Mind, Bookclub, Strolling Seniors, U3A Ramblers, Writing, Shakespeare, Vivid Verse, Computing, Debating and My Music being led or managed by our own members.

We encourage members to teach, lead groups, or volunteer in administration. Hearty congratulations are due to them and to our programming sub-committee.

Woodbridge is offering three lectures by Greg Thé in the Aug/Sep break and we suggest members car-pool from Kingston to attend.

Our Treasurer, Marian Jellyman, is attending the national U3A conference being held this year in Darwin. Our Committee has paid

her registration fee and we look forward to her report.

The U3A magazine collection has proved popular with members and just recently we've received a donation of books. So we hope having a book collection on the same basis proves to be equally popular. Do continue to donate/read/return items to our library.

I invite you and your friends & contacts to use our website -'[www.u3akingborough.org](http://www.u3akingborough.org)' - to discover the course programme, newsletters, membership forms, etc. that are there.

A reminder: If you decide that you would like to enrol in additional courses after the term begins, you are welcome to join during the term. Come along and contact the class rep.

**Marcus Higgs, President**

# **U3A Kingborough Calendar**

## **Events**

### ***POT LUCK LUNCH***

*12 Noon, Friday 22nd August*

*(the last day of Term 2)*

*Room KA2.*

*Bring hot or cold food ready to share.*

*Bring your own drinks and eating utensils.*

*Catch up with friends - there never seems enough time during classes!*

*Enrol for Term 3 courses at the same time if you wish!*

### ***INTO THE 21ST CENTURY WITH THIRD AGE LEARNING***

***(An Adult Learners Week Activity)***

*Friday 5th September from 10 AM to 12 Noon*

*Venues: A Block, Adult Ed building*

*& Kingston Online Access Centre*

*Meet members of the U3A Committee*

*Join U3A Kingborough Inc.*

*Enrol in any of the Term 3 Courses*

*Join us for tea.*

### ***TERM 3 ENROLMENT DAY***

*Friday 22nd August between 11am and 2pm*

*If you would like to lodge your enrolment form in person, we will be open for enrolment in A Block*

### ***END OF YEAR LUNCH***

*Friday 28th November*

*Pear Ridge Restaurant, Margate (\$25 per head)*

## **Term Dates**

***Term 3: Monday 22 September - Friday 28 November***

## U3A Kingborough Inc.

### PROGRAMME FOR TERM 3, 2008

**Monday 22<sup>nd</sup> September    Friday 28<sup>th</sup> November**

Courses held at Adult Education Building, Kingston (K)  
and Westwinds, Woodbridge (W)

### TERM 3 AT A GLANCE

#### KINGSTON COURSES

<b>MONDAYS</b>	9:30-12.30	Art - 'After Turner .... Your Turn'	KA2	Helen Quilty
10 weeks	10:00	The Youth3A Bookclub	KA1	Conv. Bronwen Parr
	10:00	Australian Science in the South	KA3	Conv. Marcus Higgs
	11:30	Have Your Say	KA1	Joy Tunney
	11:30	How to get the best from your Digital Camera	KA3	Paul Dalton
	11:30	Small Engines – Know How & Maintenance	Home	Roger Hall
	1:30	Great Discoveries	KA3	David Leaman
	1:30-3:30	The Writers Group	KA2	Marian Jellyman
<b>TUESDAYS</b>	10:00-	U3A Ramblers	Field	Claire Morgan
10 weeks	10:00-12:00	U3A Strolling Seniors	Field	Judy Sprent
	9:30-11:00	Self Fulfilment – through Applied Meditation	KA1	Gordon Dobbs
	10:00	The Russian Great Patriotic War (WW2)	KA3	Fred Thornett
	11:30	All about Wellness	KA3	N Clarke & P McKendrick
	11:30	Vivid Verse – Pleasurable Poetry	KA2	Glenn Pullen
	11:30	Play Reading	KA1	Bernard Pettifer
	1:30	Debating. Meet your Match	KA1	Jennie Clarke
	1:30 – 3:00	My Music	KA3	Self Managed
<b>THURSDAYS</b> 9 weeks	From 9am-12:45pm	Keyboard Classes (continuing)	KA2	Jan Mills
(No class on Show Day – Oct 23 <sup>rd</sup> )	10:00	Spanish	KA1	Bob Magnus
	10:00	Brush up your Maths	KA3	Noela Foxcroft
	11:30	Games for the Mind	KA3	Conv. Neil Hore
	11:30	Shakespeare	KA1	Roz Heinz
	1:30	Potpourri – 9 Fascinating Stories	KA1	Conv. Bronwen Parr
<b>FRIDAYS</b> 10 weeks	9:00 – 11:00	Coping with Computers	KOAC	Venie Phillips

#### WOODBIDGE COURSES (includes 3 special talks in the August – September break)

Tuesday Aug 26th	10:30	'Suharto, Saviour or Villain?'	W	Greg Thé
Tuesday Sept 2nd	10:30	'Nuclear Energy?'	W	Greg Thé
Tuesday Sept 9th	10:30	'Electronics in Medical Diagnosis?'	W	Greg Thé
<b>MONDAYS</b> 10 wks	1:30-3:30	Writing at Woodbridge	W	Peter Laud
<b>TUESDAYS</b>	10:30-12:00	Religions and their History – Judaism & Islam	W	Tony O'Brien
10 weeks	1:00-3:00	Art with Sue.	W	Sue Miller

**Monday 9:30-12:30**

***Art- After Turner & . Your Turn***

**Class Limit 24**

Use the Principles of luminosity discovered by William Turner introduced last term. Be inspired by his visions of mystical translucency. Practise your skills, dowse with water, variegate and granulate washes, illuminate with brilliant colour. New members are welcome.

**Helen** facilitates and instructs both individuals and the group of artists. She has taught Art for many years and hopes this term to take a new look at enlivening the colour creating vibrant art a new adventure in colour theory.

**KA2**

***Helen Quilty***

**Monday 10:00**

***The Youth3A Bookclub***

This term we are going to begin with Katherine Mansfield's short stories so that becomes prior reading in our break! We aim to share in reading some of her stories and this will hopefully lead on to reading other short story authors. As well as the initial focus on short stories, the opportunity will be provided for members to introduce their selected book, and provide insight into the author, characters and setting as a basis for instigating discussion of issues raised by the book. It is hoped that this may stimulate other members to read the authors.. One or more books may be discussed each week.

**KA1**

***Convenor Bronwen Parr***

**Monday 10:00**

***Australian Science in the South***

This course will present a varied and interesting series of talks by scientists working at the CSIRO, UTAS, or the State Government Departments. The range of topics this term include: benefits made possible by ocean buoy measuring stations; roles of oceans, waves and currents; climate futures in Australia; marine protected areas; stripey trumpeter; Aurora Australia; Southern surveyor and Astrolabe based work; and pest eradication work on Macquarie Island. The schedule is to be finalised, depending upon availability.

**KA3**

***Convenor Marcus Higgs***

**Monday 11:30**

***Have Your Say***

**Class Limit 15**

This course will be an opportunity to share your views on local, national and international current events. The ground rules are simple - own your own opinion and respect other people's opinion. The aim of the class is to stimulate, energize and raise awareness through discussion.

**Joy** was by profession a physiotherapist. Health and community developments are her special interests.

**KA1**

***Joy Tunney***

**Monday 11:30**

***How to get the best from your digital camera*** ***Paul Dalton***

This course will introduce digital photography and the use of digital cameras to members assuming limited or minimal knowledge of the subject. At the end of the course participants should have a full understanding of their camera and how to get the best from it. The summary of subjects to be covered is VERY flexible, depending on members existing knowledge and class feedback.

**KA3**

<b>Date</b>	<b>Subjects covered</b>
22 <sup>nd</sup> Sept	Q&A session (What do students want to know) and camera fundamentals.
29 <sup>th</sup> Sept	Camera fundamentals 2
6 <sup>th</sup> October	How digital differs from film
13 <sup>th</sup> October	Which camera to buy and which is best for you?
20 <sup>th</sup> October	Camera Functions Hints and Tips
27 <sup>th</sup> October	Flash photography
3 <sup>rd</sup> November	What you can do on the computer
10 <sup>th</sup> Nov	Walkabout photo excursion
17 <sup>th</sup> Nov	Discussion on the pics taken during the walkabout
24 <sup>th</sup> Nov	Review any areas required by students.

**Paul**, now retired, has spent most of his working life in sales and marketing including three years doing market research throughout Western Europe. He has also been the state wholesale manager for two major office equipment companies and spent the last 10 years of his working life as a business analyst for a major telecommunications company. He has been interested in photography since age 10 and was the president of his school's photographic society; at the same age, he also won first prize in a local newspaper photographic competition.

**Monday 11:30**

**5 Grevillea Way**

***Small Engines Know How & Maintenance Roger Hall***

**Class limit 5**

We all have motor mowers (and maybe brush-cutters or chainsaws) and occasionally pay to have them serviced. This course is suitable for both men and women and will teach you about 2 and 4 cycle engines and their essential maintenance. A detailed set of notes will be provided. The course will include the opportunity for practical hands on maintenance training (at Roger's home workshop) with students' own machines.

**Roger** is an ex TAFE lecturer and examiner and ran his own business. His wide experience makes him an excellent teacher.

**Monday 1:30**

**KA3**

***Great Discoveries***

***David Leaman.***

Come and consider 10 eclectic and off the wall great discoveries. As always I examine the people involved, their attitudes and how things have panned out for us today. How important were they are they? A truly mixed bag.

**David** is well known to U3A as a geologist, geophysicist and ground water specialist. His many other interests include railways, history and music. He has written several books.

**Monday 1:30-3:30**

**KA2**

***The Writers Group***

***Marian Jellyman***

**Class limit 15**

Now in its 6<sup>th</sup> year this is a course where you can meet an eclectic group of U3A members with a variety of lifestyles and backgrounds. Each week, if they wish, members do writing homework and then share it with the group.

This is a course to blow the mind with a roomful of laughter, wisdom, provoking thoughts, quirky humour and many memories.

**Tuesday 10:00-12:00**

**Field**

***U3A Strolling Seniors***

***Judy Sprent***

**Class limit 12**

**On 23<sup>rd</sup> September, the first outing will start with a meeting in the U3A Kitchen at 9.30am to discuss and decide the walks for the term and complete indemnity forms.**

Join us for an invigorating, healthy and social activity ending in a welcome cuppa. We will walk for about 1 to 1½ hours along beaches, river-banks, back roads, paths and reserves. Car pooling is facilitated. Just bring a raincoat, a drink bottle, walking shoes or strong sneakers, sunscreen, a hat and basic first aid items.

Participants will get information showing the routes, detailing start and end points and contact numbers.

**Judy** is a friendly and keen walker and very knowledgeable about some of our areas and has expertise in our natural environment.

**Tuesday 10:00-onwards**

**Field**

***U3A Ramblers***

***Claire Morgan***

**Class limit 12**

**On 23<sup>rd</sup> September, the first outing will start with a meeting in the U3A Kitchen at 9.30am to discuss and decide the walks for the term and complete indemnity forms.**

This walking group will tackle walks which could take up to 3-4 hours duration and be of moderate difficulty. Walkers are to bring lunch and be prepared on some trips to travel outside Kingborough municipality. Car pooling is facilitated. Participants will get information showing the routes, detailing start and end points and contact numbers.

**Claire** loves the passion of the outdoors and sees walking as a way to maintain fitness and enjoy the environment. She has organised interesting walks for the Ramblers during the year.

**Tuesday 9:30 - 11:00**

**KA1**

***Self Fulfilment through Applied Meditation Gordon Dobbs***

Within each of us there is an ideal or perfect self wanting desperately to express itself.

Through Applied Meditation, ancient wisdom and modern science we open the doors for fuller self-expression, creativity, health and happiness.

In this course we are shown how to meditate sitting in the comfort of a chair so that we can apply the techniques in everyday situations.

**Gordon** has taken meditation and self help groups over many years, enabling each person to discover their real strengths and individuality.

**Tuesday 10.00**

**KA3**

***The Russian Red Army Soldier in WW2 Fred Thornett***

The Red Army did most of the fighting against Nazi Germany in WW2. The USSR suffered most of the Allied casualties. Hitler's surprise invasion almost succeeded, but the Soviet people united to fight the Great Patriotic War. How the Russians with Allied help achieved this is a great, but little known saga.

**Fred** has traveled extensively in Russia and worked there for 18 months. He is very interested in and knowledgeable about Russian history.

**Tuesday 11:30**

**KA3**

***All about Wellness***

***Nadine Clarke & Pip McKendrick***

This course is a ten-week series outlining strategies for physical, emotional, and mental wellbeing. Or, expressed in another way, how to get the most out of our life in the golden years. This term will cover sustainable eating, local and seasonal foods, GMO and organic food sources, and the doctrine of signatures.

**Nadine** has been a registered nurse for 20 years specialising in oncology. She is a practising naturopath.

**Pip** is a naturopath and massage therapist and works in aged and disability care.

**Tuesday 11:30**

**KA2**

***Vivid Verse Pleasurable Poetry***

***Glenn Pullen***

**Class Limit 12**

A relaxed group sharing and reading favourite short poems arranged in themes. The first session will be Glenn's choices and, from then on, participants will share their knowledge and favourite examples of verse.

**Glenn** is a former high school teacher and literary administrator. His passion for English and words is legendary.

**Tuesday 11:30**

**KA1**

***Play Reading***

***Bernard Pettifer***

To have fun!! This course mainly consists of light and humorous play-reading by a happy and enthusiastic membership.

**Bernard** is, in his words, 'Getting older by the term', and is a retired School Principal who has run this popular course for several years. He enjoys play reading and is a great believer in having fun through the play readings. It's a great opportunity to take on different characters and share in the camaraderie of the group.

**Tuesday 1:30**

**KA1**

***Debating. Meet your Match***

***Jennie Clarke***

Is the world being drowned in Coca Cola? What do you think? Come and share in debating, regardless of your experience. This informal course will offer a range of topics. It will comprise teams and a panel with subjects, which initially will have an easy theme. Participants can present a light-hearted approach to the opposition. Notes will be provided and the format will change with each session. So sharpen your wits, come and join in for a rewarding hour.

**Jennie** has a background as a communication adviser / counsellor. Whilst never having co-ordinated a debating forum, her special interests are challenging discussions, writing and art. She has written one book and is currently publishing her first novel.

**Tuesday 1:30 - 3:00**

**KA3**

***My Music***

***Self managed***

Bring your favourite music (e.g. choral, classical, country, folk, jazz, rock or soul) on tape or CD to share with the group. The idea is for participants to introduce their particular choice of music and inform the others about interesting aspects of the composer, artists and history. This could stimulate questions and discussion. On the first day, as well as listening to some music, a schedule will be organised for the term.

Thursday 9am 12:45pm

KA2

**Keyboard Classes**

**Jan Mills**

5 continuing classes have been scheduled on Thursday and the enrolments have been completed. **There will be no new enrolments this term.**

Thursday 10:00

KA1

**Spanish**

**Bob Magnus**

**Class Limit 10**

Latin America so impossibly complex - is a fascinating and confronting travel destination. This course will give participants basic Spanish language and Latin American cultural survival skills.

**Robert** and his wife have visited countries in Latin America every year since 1996 following their interests in plants and textiles from El Paso, New Mexico, to southern Chile. Each time it leaves them more astounded and bewildered but always enriched and hoping this time isn't the last!

Thursday 10:00

KA3

**Brush up your Maths**

**Noela Foxcroft**

Would you like to help your grand-children with their maths homework? Do you think you might have forgotten everything you learned in maths classes at school? This is an informal and fun approach to basic and high school maths, with a dash of history. Please bring an exercise book, a ruler, and a simple calculator.

**Noela** has taught for many years and is a popular tutor for U3A in a variety of subjects.

Thursday 11:30

KA3

**Games for the Mind**

**Convenor Neil Hore**

This course has proved a popular and an enjoyable way to spend an hour or two. It will an opportunity to participate with friends in playing scrabble, chess, crosswords or whatever mind games you choose; please bring your own sets to share. This will be a self-help group and we encourage beginners and more advanced level players to join. This will be a fun time.

**Neil** has been active in the self-management of the group since its inception and believes there is plenty of room for new members and challenges.

Thursday 11:30

KA1

**Exploring Shakespeare**

**Roz Heinz / Helen Potgeiter**

This will be a class for those who wish to discover or rediscover two of Shakespeare's plays. We will watch a video of each play, read and discuss them within the context of their historical period, and contrast and compare them with other Shakespearean plays.

**Measure for Measure** and **Hamlet** will be our two plays so do your reading homework over the holidays, decide which characters you may like to read, and bring along any interesting information to add to the discussions.

Thursday 1:30

**Potpourri 9 Fascinating Stories**

KA1

**Convenor Bronwen Parr**

<b>Date</b>	<b>Topic</b>	<b>Speaker</b>
25 <sup>th</sup> Sep	<b>Byjingo</b> syacht cruise: getting started, a pattern of islands and foggy Japan.	David and Maree Hoyle
2 <sup>nd</sup> Oct	Setting up a Communal Garden	David Stephen
9 <sup>th</sup> Oct	The fun of researching Family Histories	Thea Clayton
16 <sup>th</sup> Oct	Japan s Creation Myth & the Emperors Connection	Bob Gradwell
23 <sup>rd</sup> Oct	Show Day No Class	
30 <sup>th</sup> Oct	Selling Real Estate tips for the home-owner	Jack Sikkema
6 <sup>th</sup> Nov	<b>Byjingo's</b> cruise: Alaskan wilderness, wildlife and ice, coming home.	David & Maree Hoyle
13 <sup>th</sup> Nov	Clinical Nurse Educating at UTAS.	John Cooper
20 <sup>th</sup> Nov	Being a Field Assistant on a remote seabird island (NZ) and with marsupial lawns (TAS)	Roz Heinz
27 <sup>th</sup> Nov	Travel Tales with Julie arts & crafts in China	Julie Gardam

Friday 9-11 AM

**Coping with Computers**

Class limit 10

Levy for cost of access to KOAC computers: \$20

Kingston Online Access Centre

**Venie Phillips**

This is not a course for absolute beginners. (A beginners course will be run in Term 1, 2009). You should have access to a computer and have the basic skills to use it for at least a couple of purposes. It will also be an advantage if you have access to the Internet.

The course will show you how to manage the documents (and other files) that you create, how to manage your emails and take advantage of what the Internet offers, and how to handle some of the unexpected things that can happen when you use a computer.

**Venie** is an experienced teacher who has given computer courses for U3A for several years.

### **INDONESIAN LANGUAGE CLASS AT U3A HOBART**

U3A Hobart extends an invitation to members of U3A Kingborough to join us as our guests for the Indonesian class, which is held at the Philip Smith Centre on Tuesdays from 11.30am to 12.30pm. The course begins on Tuesday 23<sup>rd</sup> September.

For enquiries and enrolment details contact our secretary Bryan Pearce on 6227 8190, email [pbpearce@netspace.net.au](mailto:pbpearce@netspace.net.au) or Leone Scrivener, ph 6225 2230.

## WOODBIDGE COURSES

**Monday 1:30-3:30**

**W**

### ***Writing at Woodbridge***

***Peter Laud***

Write about anything – prose, poetry, fiction, non-fiction, autobiography, birthday wish-lists, letters to MPs, - anything goes!

**Peter** is a former newspaper journalist and a happy small scale farmer turned licensee of a very small post office.

**Tuesday 10:30 12:00**

**W**

### ***Religions and their History Judaism & Islam***

***Tony O'Brien***

This course will be an historical study of the rise of Islam and Judaism. It will be a stimulating course offering a great blend of ancient history, significant people and places, language and culture.

**Tony** has an Arts Degree from Melbourne and has been a secondary and tertiary teacher of English and Russian Language and Literature. He has, for the last 18 years, taught Religious Studies. His lectures in U3A are very informative and popular.

**Tuesday 1:00-3:00**

**W**

### ***Art with Sue***

***Sue Miller***

This class explores the works and techniques of some of Sue's favourite artists and then members 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 practicing artist, 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.



## **COURSE REPRESENTATIVES**

We again need volunteers to act as Course Representatives for Term 3. If you know that you are going to attend a course, please consider being the Course Representative. Contact a member of the committee if you want to know exactly what this involves.

If you can help, please detach the slip below and send it with your course enrolment form. A member of the committee will contact you to confirm the position.



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**YES, I WOULD LIKE TO HELP**

Name \_\_\_\_\_ Tel. \_\_\_\_\_

Email \_\_\_\_\_ (please print clearly)

I wish to volunteer as Course Representative for:

\_\_\_\_\_



## SOCIAL EVENTS

### **Pot Luck Lunch - Don't Forget!**

*On the last day of Term 2, Friday 22<sup>nd</sup> August at 12 Noon, in Room KA2.*

Bring hot or cold food ready to share; bring your own drinks and eating utensils. Enjoy the opportunity to catch up with your friends, as there never seems enough time during the classes! At the same time you will be able to enrol for Term 3.

### **Lunch with Friends 2008**

All at 1.00pm on the 1<sup>st</sup> Sunday of each month.

(All venues are subject to change join the email list for prior notice).

Bookings are required at least 3 days beforehand phone 6229 9071 or  
Email: [marianj@email4life.com.au](mailto:marianj@email4life.com.au)

Sept 7<sup>th</sup> - Riverview Inn, 795 Sandy Bay Rd, Tarooma.

Oct 5<sup>th</sup> - Mermaid Café, Ferry Road, Kettering.

Nov 2<sup>nd</sup> - Peppermint Bay, Woodbridge.

Dec 7<sup>th</sup> - The Fish Bar, 50 King Street, Sandy Bay.

## **Early Reminder - U3A Kingborough End Of Year Lunch**

**\*\* MOUTH WATERING MENU AT PEAR RIDGE, MARGATE!\*\***

Our members U3A End of Year Lunch will be held at Pear Ridge Restaurant, Margate, on Friday 28<sup>th</sup> November. (\$25 per person includes tea and coffee)  
Make a note in your diary more information in our October Newsletter.



2007 End of Year Lunch

## Members Contributions

In each edition of the newsletter we like to include one or two pieces of writing from our members. Articles, stories and opinion pieces are all welcome. If you would like to contribute, please forward your writing to the editor, preferably in electronic form.

### FROM WA TO ULUHURU

*This article is an edited version of a letter written by a NZ couple who made the 1200km journey from Leonara in WA to Uluhuru in NT. I found it interesting as I covered the same route but by air in July this year. Editor.*

The first section of 124 km to Laverton was a sealed road. From Laverton, the road would be all gravel or sand for the next 1,100 km as we passed through the beautiful, wide open spaces of the Great Victoria Desert, followed by the Gibson Desert with their red dunes and sand ridges covered in light vegetation, such as mulga and Spinifex.

When we arrived at that night's stop at the Tjukayirla Roadhouse, we looked back over what we'd seen during the day. One was the incredible number of wrecked cars along the 300 km hard to estimate, but certainly more than 100. The second point of interest was the hundreds of empty wine casks strewn along the road. We have no doubt the two are connected!

It was at this roadhouse camp that we met three people in their late 60s/early 70s, (one was a Kiwi), who were cycling 5,800 km across the full width of Australia, mostly via back roads or tracks. At the same time they're raising money for the Royal Flying Doctor Service and had, so far, raised over \$15,000. Good on them.

Our next stop was the Warburton Roadhouse and, as there was little to stop for along the way, we decided to count the abandoned cars (usually wrecked, burnt and upside down). A total of 62 that we could actually see, or 1 for every 4 km. Less than yesterday, with an equally diminishing number of empty wine casks. Not much to see or do in Warburton other than visit a nearby, very good, aboriginal art gallery.

The fourth day's travel was solely over the Gibson Desert, where the sparse vegetation was relieved in one area by a huge grove of splendid desert oaks. We arrived at the small community of Warakurna in time to drive the short distance to the Giles Meteorological Station for the afternoon's weather balloon launch. Giles was established during the atomic testing years after WWII, and is Australia's most remote mainland weather station.

It was still relatively early so we made the decision to push on to Docker River. This was probably the most attractive area so far, with the deep reds and purples of the Petermann and Schwerin Mural Crescent Ranges rising several hundred metres above the plains. The Docker River campsite was set amongst an attractive grove of Desert Oaks a lovely, peaceful place where we could relax with a cup of coffee and mull over the day's statistics: 333 kms; 89 abandoned, or wrecked cars; 12 vehicles passed us (in either direction); 27 camels; 1 kangaroo

We were now on the "home stretch" of the dirt road before meeting the seal at The Olgas, but what a stretch it was. It was mostly sand the whole way, often deeply rutted and with large corrugations that made driving rather like riding massive sea swells. We were only too delighted to reach the seal as we approached The Olgas and even more delighted to note that, viewed from the Great Central Road, they are at their most awesome steep, rugged and dominating.

Ron and Sara

### WEBSITES OF INTEREST

## **Age Well Kingborough** <http://www.agewellkingborough.com/joomla/>

One of the best sites I've seen for people 60 years and older - and all the information is relevant to those who live in or near the Kingborough municipality.

The site is new and is being expanded. Two new pages have been added recently:

1. Exercise: A page dedicated to senior exercise groups in Kingborough
2. What's New?: A page dedicated to informing the Kingborough community on what new projects, activities or events are coming up.

Definitely worth checking out - you'll probably want to Bookmark it for easy, future reference.

## **Association of Australian Decorative & Fine Arts Societies**

<http://www.adfas.org.au/>

I heard of this organisation from friends in Cairns who are enthusiastic members of their local chapter. There are chapters in many Australia cities, including Hobart.

ADFAS Hobart provides for its members a yearly programme of illustrated lectures given by overseas and Australian lecturers chosen for their communication skills and expert knowledge in their fields. Occasional study days are also held when topics can be examined in more detail.

There is an annual fee but visitors can be taken to the lectures by members. To see the programme for the rest of 2008, go to their website.

## **Brainwork and dementia**

<http://www.abc.net.au/health/healthyliving/stories/2007/10/23/1899714.htm>

An article by Cathy Johnson reinforces the value of our Mind Games sessions. She states that research has shown that keeping your mind active can almost halve your risk of getting dementia.

*Losing your marbles as you get older is something we all dread. It's called dementia and the most common form is Alzheimer's disease. But here's something you can do to help ward it off. It really is a case of use it or lose it.*

*We all experience some decline in brainpower as we age. But people whose lives have involved lots of complex mental activity lose only about five per cent. In contrast, the loss in those who've virtually never exercised their brains, is 20 per cent four times higher.*

*The effect even shows up in brain scans. The brain area that deals with memory, the hippocampus, appears shrunken in people who've had a mentally inactive life.*

*Seek out activities that stimulate your brain, and over your lifetime, you can almost halve your risk of developing dementia. &*

*Even if you're already well past middle age, the good news is it's not too late to start giving your mind a work out. Research on people over 65 suggests just five weeks of memory training exercises is enough to start making a difference.*

Interested? Then read the full article by using the web-address shown above (or send a self-addressed envelope to the editor through the U3A postal address to receive a copy of the article)

Venie Phillips

**U3A Kingborough wishes to thank** our local Member of Parliament, Paula Wriedt, for her generous support in the production of this newsletter.

# KINGBOROUGH U3A

## MEMBERSHIP SUBSCRIPTION – New Members Only

### \$13 PER PERSON

*REMINDER* membership is on a calendar year basis, so if you paid earlier this year, you are a financial member for **all** of 2008 and do not need to pay.

Your subscription entitles you to Membership for the remainder of 2008.

Once you are a financial member, you may enrol for any number of courses in term three, subject to a place being available.

If you are a new member, you will be issued with a name-tag showing your Membership Number; this will assist when you renew your membership in future years.

*NOTE: If you do not enrol for any courses, the subscription is **not** refundable.*

## Payment Options

**1. Attend the Enrolment Day, Friday 22 August, 11 AM-2PM** – bring the completed membership subscription form to speed the process and enrol for the courses of your choice at the same time, if you wish.

**2. Post this form and your payment to:**

Membership', U3A Kingborough Inc., P.O. Box 479, Kingston 7051

**3. Pay by Direct Debit (internet only – not at a bank) and send us your details:**

A/c Name: U3A Kingborough

Bank: Westpac BSB: 037015

A/c No: 12 98 26

- Put your name in the 'description' box so that your payment can be identified AND
- Notify us by email at [u3akingborough@email4life.com.au](mailto:u3akingborough@email4life.com.au) with 'Membership' in the subject line. Please include your name, tel. number, and address in the message – this information is needed for our records.

**Or** post this form to 'Membership' U3A Kingborough Inc, PO Box 479, Kingston 7051 marking it 'paid by direct debit'.

.....  
Enclosed is my cheque/money order for \$ \_\_\_\_\_ Please write name & address on the back of cheque or money order.

Please tick **if true:**  I have never been a member of U3A Kingborough  
If you have been a member in the past, please indicate if your contact details have changed.

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

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

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

Address \_\_\_\_\_

Postcode \_\_\_\_\_

If you are happy to download your copies of U3A Kingborough newsletters from the web-site: [www.u3akingborough.org](http://www.u3akingborough.org), please provide your email address.

**PLEASE PRINT CLEARLY**

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