

University of The Third Age, Hobart Inc.



Website <http://u3a-hobart.tassie.org>

P.O. Box 71, Sandy Bay. 7006

Newsletter No. 98

August 2010

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Course enquiries to

Leone Scrivener – 6225 2230

Third term dates

20th Sept. to 25th November.

20th Anniversary Lecture

Copies of Saul Eslake's **entire** lecture, which was given in April, are available for the cost of \$40. This money is to cover the cost of the printing.

(Please ask a Committee Member if you would like a copy)

From the President.

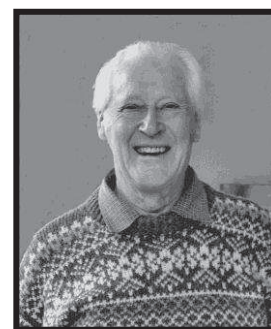
An approaching Spring is giving us the earliest glimpses of the pinks, yellows and whites that will become the new

season's blossoms. That's just the time for a bright new set of lectures organised by Program Co-ordinator Leone Scrivener and presented by our willing tutors for the coming term. Our thanks to them all.

Thank you also to Property Officer John Adams for organising the installation of the fine garden seat at the Philip Smith entrance. This can be used when waiting for a taxi or your friend's car. That came from a member suggestion. Plenty of other sensible suggestions came from those of you who completed the recent Member Survey forms. Many of these ideas can be acted upon and the committee appreciates your help.

We were all saddened by the recent deaths of four of our members - Alistair Rattray, Clare Steenberg, Ted Weekley and Kath Cockburn. They had all been members for many years, "part of the club", and we shall miss them. We have expressed our sympathy to Mary Rattray, Vin Cockburn and the relatives of Clare and Ted.

Next month several members of our committee will attend at Glenorchy U3A for a joint meeting of all the local U3A



committees to discuss ideas, and on the 7th July, Hilary and Alan Wallace represented us at a lunch at Kingborough U3A for the launch of a book "A Record of the First Decade", written by former Kingborough U3A President Sheila Given. This was to mark Kingborough's ten years of achievement. Hilary happily won a copy of the book and has kindly donated it to us. Thank you Hilary and thank you Alan.


Talking of books, you may well have attended the very recent launch at Philip Smith of the small volume "Different Lives". These biographical sketches by U3A tutors were first presented as talks at a U3A course in 2005. Leone Scrivener has collected and edited the talks and compiled the book as something else to mark our twentieth anniversary year. Copies of the book are available at the Philip Smith Centre for \$10.00 each. Thank you to all concerned in this production.

Best wishes to you all.
Graeme Thompson

"Different Lives"

Copies are available for \$10.

Please see a Committee Member if you would like to purchase a copy of this book.



New Members

Please acquaint yourselves with the exits from the Philip Smith Building.
If an alarm does sound, everyone must leave the building immediately and assemble in the rose garden where you will find your class secretary. Let him/her know that you are safely out of the building.

Mental Health Week



The Hobart Clinic will be running an event at the lower section of the **Botanical Gardens on Friday 15th October from 10 am to 2 pm.** The theme will be **"Caring for the Mental Health and Well-Being of Older People"**

There will be stalls manned by service providers for older people, and some musical entertainment. It is hoped that our U3A choir will be performing at the event.

For further information ring
Amanda Quealy on 6247 9960

A Request.

Dear U3A members,

Frankston (Vic) Teachers College Students from the years 1960 and 1961 are planning a reunion at Frankston, now Monash University, on Saturday, 6th November, 2010.

We have managed to locate about half of our original 130 students, but are having difficulties with the rest because of changes in names and locations. We are thrilled to have four of our lecturers planning to attend as well.

For further information contact Sandra@parkershous.net and she will send you the newsletter and details.

Many thanks for your consideration,
Sincerely
Sandra Parker
Member of Palmerston NT U3A

Morning Teas, Coffee/Milo

And chocolate biscuits are available at 9.30 and 11.00 am in the Common Room. **Cost 50 cents.**

Please rinse your used mugs and leave them on the draining board.

All used mugs must be washed in the dishwasher.



Parking Arrangements



Please do not park in the driveway of the Philip Smith Building.

There is 2, 3 and four hour parking in the surrounding streets. Also there is 3 hour parking in the swimming pool car park which is a public car park. *Parking officers do patrol the area.*

Cushions

A number of striped cushions have been purchased to improve your comfort while at lectures. Look out for them.

Toilets

There are ladies toilets in the basement of the Philip Smith building.

On the ground floor there are unisex toilets on the verandah, as well as unisex toilets on the first floor.

NPS Medicines List.

Use an NPS Medicines List to keep an up-to-date record of all your medicines. Keep it with you at all times for emergencies, and take it whenever you go to a doctor pharmacist, health centre or hospital. Order a copy free of charge from the NPS website

www.nps.org.au/consumers.

Article from "Medicines Talk".

LANGUAGE EXCHANGE

A reminder to members that the U3A groups in Hobart, Clarence, Kingborough and Glenorchy have arranged an exchange for language classes.

Members from the other U3As are invited to join Indonesian at U3A Hobart.

Reciprocally our members are invited to join:

Spanish at Glenorchy with Elena Vito (at Cosgrove High School)

Spanish for Beginners: 10.30 - 11.30

Spanish for people with some knowledge of the language: 12.15 - 1.15pm

(Class limit: 10)

Esperanto at Clarence (at the Rosny Library)

Wednesday 12 to 1pm

Welsh at Kingborough (at the Adult Ed Centre)

Monday 1.30-3.30pm

Enquiries and enrolments: ph Leone Scrivener 6225 2230

20th Anniversary Mugs



To help celebrate this important U3A anniversary, all present members shall receive a free mug bearing the U3A logo.

These mugs will be distributed to members at the Philip Smith Centre during third term.

Program Co-ordinator's Notes

The program for third term has, I hope, something for everyone, including courses in science and religion, art and music, as well as the ever popular humanities subjects. We welcome a new tutor, **Associate Professor John Todd**, who will give a ten-week course on air pollution and environmental management. Formerly Coordinator of Environmental Studies at the University of Tasmania, and currently environmental consultant as Director of Eco-Energy Options, John maintains his research in air pollution, renewable energy, and environmental management.

I'm happy to say we shall have a music course again, led by **Hilary and Alan Wallace**, and **Jan Peacock** has offered a five-week course led by art guides at the TMAG, with a maximum of 20 attending. These talks are (in a way) physically more demanding than courses at the Philip Smith Centre – standing or using stools for the one-hour talks – so best not to enrol if you don't think you can last the distance. (Alas I fear I can't).

Then we have something quite new: **Malcolm Tyler** has offered ten sessions in the Active Cognitive Enhancement program – again with a class limit of 20. This 'Gym for the Mind' incorporates a variety of mental exercises and offers lifestyle information on how to maximize 'brain health', a subject much in the news these days. Apparently we stimulate the brain by participating in those courses which involve active engagement: the language classes, the writing workshops, play reading, poetry reading, watercolour painting, and the choir. In the last week of term the choir will enjoy a morning of song at the South Hobart Primary School. Adults and children will sing to one another, and then join together in singing an Abba medley. U3A certainly provides many happy ways of sharing our interests.

Leone Scrivener

Enrolment Procedures

The closing date for enrolments is **Friday, 3rd September, 2010**

- 1. Enrol** for all classes you wish to attend, including continuing classes e.g. Writing Workshop or languages.
- 2. Use a separate enrolment form** for each person. (Two forms are attached to the Newsletter)
- 3. Enrol early.** Some class numbers are limited.

If you have missed out on a class you will be contacted before the start of term. If you are not contacted you may assume you have been enrolled in the classes of your choice.

If, after enrolment, you find you are unable to attend a course or wish to join another, please contact

Leone Scrivener: ph. 6225 2230.

Upclose with Native

Orchids

Tasmania has more than 220 native orchids - join fellow U3A members in a 'hunt' for native orchids.

Where: Peter Murrell Reserve, Burwood Drive, Blackmans Bay, Tasmania 7052

When: 1.30 - 3.30pm. Wednesday 3rd November 2010

The maximum number of participants is 12 so register early to join the walk.

Email pfehre@bigpond.com

Full details of the meeting venue will be posted on the notice board in the Philip Smith Centre in mid-October.