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### DIARY DATES 2020

**Term 1 classes:** Monday 10 February to Friday 3 April

**Speaker coffee and chat:** Wednesday, 22 January, 2:00pm

**Membership and enrolment:** Tuesday 28th January, 10am – 12 noon

**Classes commence:** Week beginning Monday 10 February

**Annual General Meeting:** Monday 17 February 2020 1.30 pm

**Term 2 classes:** Monday 27 April – Friday 19 June

### FROM THE PRESIDENT

Twenty-twenty should be another good year for Meander Valley U3A (MVU3A). The line-up of classes includes three new ones, with others on the horizon for later in the year. Thanks to continuing sponsorship by Deloraine & Districts Community Bank® Branch of Bendigo Bank, Bendigo Bank movie club will continue again this year. The

sponsorship also contributed to a projected balanced budget last year. Last year's membership reached two hundred and twenty-eight, prompting some changes.

This year, our Membership and Enrolment membership, will move to the more spacious and, we anticipate, less noisy Westbury RSL Club. It is just down the street from the Meander Valley Council Chambers, which we used in previous years. Payment by cash (please have correct money) or cheque will be accepted. Please note that postal and emailed membership applications and payments will be processed after those submitted at membership and enrolment day.

The membership fee remains fifty dollars, but an additional levy has been introduced for some more expensive-to-run classes (details in Class Program). Last year, an increase in the number of classes necessitated hiring more venues and did not, as we hoped, lead to an economy of scale. Some form of user pays was thought to be the most equitable way of keeping MVU3A both sustainable, and affordable, to all.

Dependent on availability of volunteers, there could be other changes. Our website was set up and efficiently managed by Wolfgang Gruter. After seven years, of wonderful service, Wolfgang is retiring. If we are to continue with a website, we need to find a volunteer webmaster with the skills to organise the change and then manage the website. The expiration of our agreement with the current provider is imminent. In recent years, stalwart Marg Leedham has edited the MVU3A Facebook site. Marg is moving from Westbury so we would like to hear from any member interested in taking on this role. Good wishes and thankyou to Wolfgang and Marg.

MVU3A is based on sharing; all our team are volunteers. There are lots of ways members can help. If you would like to contribute and believe you have suitable skills, ideas and enthusiasm or a willingness to learn, please contact the Committee.

Let's all work to make it another successful MVU3A year.

Beryl

## SOME OF THE PRINCIPLES OF U3A

*The University of the Third Age is a world-wide organisation facilitating the sharing of learning among people in retirement or semi-retirement who wish to keep active minds.  
\*It offers affordable learning opportunities for older people, using the skills and abilities of the members themselves.*

*\*Those joining a U3A shall pay for its upkeep.*

*\*It is to be at all times non-political and non-sectarian in approach.*

## CLASS PROGRAM TERM 1, 2020

Term 1 commences week beginning Monday 10<sup>th</sup> February. The U3A term is 8 weeks.

You must become a financial member of MVU3A before you can enrol in classes.

The **first opportunity to join MVU3A and enrol in 2020 classes**, will be at Membership and Enrolment Day on Tuesday, 28 January, 10am – 12 noon.

**If you are unable to attend 28<sup>th</sup> January session:** either give your form top section completed and signed, and payment, to a friend to submit on the day, or send it by post, or email. Postal and email memberships will be processed after those received at the Tuesday session.

**After enrolment day:** Either, **post** fully completed form and payment to **MVU3A Treasurer, PO Box 51, Westbury 7303**, or, **email** a hand-completed form with payment details to [meandervalleyu3a@gmail.com](mailto:meandervalleyu3a@gmail.com).

Payment can be made by direct debit to Bendigo Bank, **BSB No 633-000, A/c No 14616221**. Please use your full name as reference. Memberships will not be processed until both the completed Application for Membership form and the payment have been received.

### **After the term commences:**

New enrolments: prior to the lesson, contact the leader to check for vacancies and enrol in classes. Email or post your membership application and payment as above.

**Membership badges** will be distributed by class leaders early in the term.

Please try to make a habit of wearing your name badge to U3A classes. This helps members to get to know each other. We encourage you to write emergency contact details on the back of your badge

***Viable numbers are needed to run/continue classes.***

## MONDAY

**UKULELE 2:** 9-10am, Westbury Bowls Club. Bev Stevenson 0418 741 162

[bj.stevenson@bigpond.com](mailto:bj.stevenson@bigpond.com); Barbara Stubbings 0406 597 639 [barbstubbings@gmail.com](mailto:barbstubbings@gmail.com)

Ukulele for the “improving” (not beginner).

**Cost:** \$2 per term for photocopying. Payable to leader.

**UKULELE 1 (Advanced):** 10:30-12pm, Westbury Bowls Club. Bev Stevenson 0418 741 162 [bj.stevenson@bigpond.com](mailto:bj.stevenson@bigpond.com); Johanna Harvey 0429 312 288 [gjharvey4@bigpond.com](mailto:gjharvey4@bigpond.com)  
Ukulele for the “reasonably proficient”.

**Cost:** \$2 per term for photocopying. Payable to leader.

**GUITAR:** 3.15-4.45pm, Westbury RSL. Bev Stevenson 0418 741 162 [bj.stevenson@bigpond.com](mailto:bj.stevenson@bigpond.com); Paul Kilroy 0414 891 793 [paulkilroy51@yahoo.com.au](mailto:paulkilroy51@yahoo.com.au) . This class is not for beginners. Participants must have basic proficiency.

**LET’S TALK BOOKS, CARRICK:** 1.30pm, third week of the month all year. Sheila Stevenson 0428 576 795/63937111, [stevos.bjs@bigpond.com](mailto:stevos.bjs@bigpond.com)

There are limited spaces available in this group which discusses books around various themes or topics.

**WALKING FOR PLEASURE:** 9am - 2.30pm (occasionally longer), walking in various locations of interest. Carmel Taylor 0437 103 221, [carmel130751@hotmail.com](mailto:carmel130751@hotmail.com) ; Wendy Hays 0400 080 535 [wendygardener33@gmail.com](mailto:wendygardener33@gmail.com) . Suitable for people with average levels of fitness who are capable of walking at least 5kms, uphill included. Car-pooling from Westbury Sports Centre.

**Cost:** Contribution of \$5 to drivers.

## TUESDAY

**SOCIAL TENNIS:** 9.30-11.30am, weekly all year, Westbury Recreation Ground. Wendy Hays, 0400 080 535. Make new friends and enjoy tennis in a non-competitive way. Weekly, continuous through year depending on weather.



**KAKILAMBE RHYTHM” DRUM CIRCLE:** 9.30-10.30am, Baptist Church Hall, opposite the Train Park at Deloraine. Maximum 12 places. Learn the basics of African drumming. Drums provided for classes on a “loan” basis. Marjan Spencer 6393 1829.

**Cost:** Minimal extra fee for photocopying. Payable to leader.

Participants may need to purchase their own drum eventually.

**INTRODUCTION TO CROCHET:** 10 -11am, Nita’s place, Carrick. Nita Clarke 6393 7268 or [ameliaclarke66@gmail.com](mailto:ameliaclarke66@gmail.com). Nita will help you to learn to crochet or refine your skills in this craft. Limited places.

**NEEDLE FELTING - MAKE A CREATURE:** 1-4pm. Bev Ashdown 0401 841 971 [bev.ash47@gmail.com](mailto:bev.ash47@gmail.com) A workshop at Deloraine where you can let your imagination run wild and create something special using wool and a barbed needle.

**Cost:** check with leader



**GEOGRAPHY, PLANET EARTH:** 10.30-12:00, Westbury Community Health Centre.

Michael O'Reilly, 0458 200 819, michaelor1941@gmail.com. Participants will develop an understanding of our Earth, both in space, with its various 'spheres', together with the resultant ecosystems involving plants and animals. The effects of human interaction with these ecosystems will also be a feature of this course. There will be practical activities each week.

**“WATERCOLOURS, GIVE IT A GO”:** 1-4pm, Deloraine Creative Studios. Watercolours for beginners and others. Minimum tuition, maximum encouragement and participant involvement. No stress, no fails, no mistakes; just enjoyment and personal satisfaction. Paul Baker, 0458 786 797, pbakerda@hotmail.com.

**Cost:** Personal art materials can be purchased from a list available at enrolment.

A one-off fee of \$5 will apply for tea, coffee and general supplies. Pay to leader.

This programme will also attract a one-off levy of \$20 to contribute to venue hire. Pay when paying membership.

**TAI CHI:** 2-3pm, Carrick Hall. Jenni Bailey, 63623260

Gentle exercise for all, improves health and assists relaxation.

**HACKERS AND WACKERS GOLF:** 5:00pm, Deloraine Golf course, Arrangements

sometimes vary. Green Fees, own golf clubs. Paul Kilroy 0414 891 793,

[paulkilroy51@yahoo.com.au](mailto:paulkilroy51@yahoo.com.au). What can be more pleasant than 9 holes of late afternoon

golf with a group of other 'occasional' golfers at the picturesque Deloraine golf course?

All you need is your own clubs and a sense of humour.

**Cost:** \$10 for 9 holes.

### WEDNESDAY

**BIKE RIDING IN WESTBURY:** Meet at 9am at the War Memorial on Westbury Village

Green for a leisurely ride around Westbury and surrounds for about an hour. The ride is generally 12 to 15 kms at a leisurely pace. Suitable for riders just above “beginner” level.

Russell Witcombe, 0408 596 593, russwitcombe@gmail.com

**ACRYLIC PAINTING:** 10am-2pm, Deloraine Baptist Church Hall, opposite the Train Park.

Provision of a space for U3A artists from previous years, to continue creating art in a comfortable environment with some tutor support. New members are very welcome but will be asked to undertake a 5-week “introduction/re-awakening” course. Linda Ireland, 0487 663 180, [1248irelni@gmail.com](mailto:1248irelni@gmail.com).

**Cost:** A one-off \$15 materials cost, payable to leader. **Plus** a one-off levy of \$20 to contribute to venue hire, pay when paying membership.



**“TURNING UP THE HEAT”:** 1.30-4.00pm at Deloraine House, Emu Bay Road.

Terms 1 & 2. Dr Helen Hutchinson, 0438 233 576 [helenhutchinson8@bigpond.com](mailto:helenhutchinson8@bigpond.com).

Features a series of films and discussion on global warming. The films trace the history of climate action and reaction.

**FUN AND GAMES:** Fortnightly, 2.00 – 3.30 pm, alternate Wednesdays (12th February, 26th February, 11th March, 25th March). Westbury Community Health Centre. Bev Stevenson, 0418 741 162, [bj.stevenson@bigpond.com](mailto:bj.stevenson@bigpond.com), or Barbara Stubbings, 0406 597 639, [barbstubbings@gmail.com](mailto:barbstubbings@gmail.com)

Three or four tables will be set up with a different game on each table. Your choice as to what you play. Members are welcome to bring their own large or small board game or card game e.g. UNO or Skip-bo.

**TRIVIA FUN:** Fortnightly, 2.00 - 3.30pm, alternate Wednesdays (19th February, 4th March, 18th March, 1st April). Westbury Community Health Centre. Geoff Mooney, 0408 941 189, [cfl@dodo.com](mailto:cfl@dodo.com) . Come along and challenge your ignorance on subjects that just don't matter. Trivia Master Geoff always keeps you guessing with his unique approach.

**YOGA:** 4.15-5.30pm, Deloraine Day Centre. Kristina Nicklason, 6367 8241, [kristinakm@bordnet.com.au](mailto:kristinakm@bordnet.com.au). Simple postures, healthy breathing techniques and guided relaxation suitable for everyone. Participants are asked to bring their own yoga mats. Please note: This programme will run in Terms 1, 2 & 4; not available in Term 3.

#### THURSDAY

**CARRICK CROQUET CAPERS:** 10am, Dawne's place at Carrick. Dawne Walker, 6393 6361, [ashburn160@bigpond.com](mailto:ashburn160@bigpond.com). A fun-loving and non-competitive group. Dawne's unique scoring system gives everyone the chance of scoring a hoop. We usually play about 3 rounds per session. New members certainly welcome.

**Cost:** \$5 per term levy towards wear and tear on equipment and provision and tea/coffee supplies. Payable to leader at first session

**MOSAICS GROUP:** 10am-2pm, Deloraine Baptist Church Hall, opposite the Train Park. Linda Ireland, 0487 663 180, [1248irelni@gmail.com](mailto:1248irelni@gmail.com). Provision of a space for U3A artists from previous years, to continue creating art in a comfortable environment with peer inspiration and some tutor support. New members are very welcome and a short introductory course is provided (one-off \$15 charge to cover info sheets and materials for first exercises).

**Cost:** A one-off \$15 materials cost payable to leader, **plus** a one-off levy of \$20 to contribute to venue hire, pay when paying membership

**WESTBURY CROQUET:** 1.30-3.30pm, Westbury Village Green. Geoff Gard, 6393 1237, [geoffgard@dodo.com.au](mailto:geoffgard@dodo.com.au)

Enjoy the fun and companionship of playing on the Village Green weekly, continuous throughout year weather permitting.

### FRIDAY

**LET'S TALK BOOKS - WESTBURY:** 10.30am on the first Friday of each month, Green Door Café. Carmel Taylor 0437 103 221 [carmel130751@hotmail.com](mailto:carmel130751@hotmail.com) .General book discussion on a theme or book read by the group over morning tea.

**LET'S DO LUNCH:** Third Friday of each month. A great opportunity to experience the joys of food - sourcing, cooking, eating, sharing and socialising. Locations will vary between participants' homes and other locations.. Sheila Stevenson, 6393 7111/0428 576 795, [stevos.bjs@bigpond.com](mailto:stevos.bjs@bigpond.com).

**BENDIGO BANK MOVIE CLUB: LEARNING ABOUT CINEMA:** 1:30pm, alternate Fridays (14th February, 28th February, 13th March, 27th March).

Deloraine Performing Arts Centre. Paul Kilroy, 0414 891 793, [paulkilroy51@yahoo.com.au](mailto:paulkilroy51@yahoo.com.au)

Enjoy a variety of films introduced by members. Due to copyright restrictions, only MVU3A financial members may attend. There is no charge. Generously sponsored by Deloraine & Districts Community Bank® Branch of Bendigo Bank.



## NEW LEADERS

### Marjan Spencer: “Kakilambe Rhythm” drum circle



I was born in Amsterdam, the Netherlands, and came to Tasmania with my parents, four sisters and a brother. We grew up in a musical family, always singing and playing instruments around the piano. My grandfather on my mum's side was a violinist in the Amsterdam Orchestra.

I am married to Norman and have a daughter and a son, and two grandchildren. I do lots of crafts, but my main hobby nowadays is organic gardening and permaculture which I have done since 1978. We are pretty well self-sufficient in both fruit and vegetables.

## Helen Hutchinson:



I have been lucky enough to live near Deloraine for the past 9 years and love the countryside and the fresh air. Where we live, at Western Creek, I have a very large vegie garden, many fruit trees and some pasture for our small flock of sheep - mainly cross breeds. We harvest and freeze the surplus from our crops so that we can then have a bit of leisure time when the weather is sunny and make preserves when it is not so hot. Before I retired, I was a research sociologist, which tends to make me interested in all sorts of things. Sociology is the study of the patterns of interaction created by different cultures, and the rules and regulations that make us different. You only have to think about different education or health systems in various countries to see that there are various ways of approaching the same issues. My own research focussed on different aspects of health and illness. Some of the areas I studied included homeopathy, the needs of carers, and the settlement of African refugee women in Tasmania. Climate change has been a personal research interest, but not an academic one, for the past 12-15 years since scientists became alarmed at the trajectory of change.

## SOCIAL FUNCTION

### SPEAKER, COFFEE AND CHAT

**Speaker:** MVU3A member Nanette Steers will speak about her experiences in the Australian Army Reserve

**When:** 2:00pm Wednesday, 22 January 2020

**Where:** Empire Hotel, 19 Emu Bay Rd, Deloraine

**Haven't been before?** When you arrive, just order and pay at Cycles restaurant, then proceed along the corridor to the piano bar. Staff will deliver your order. Friends welcome. Members, please wear your name badge.

## LOOKING BACK, TERM 4 CLASSES, 2019

### Art

A visit to internationally renowned, local artist Tony Smibert's, gallery was a highlight of the year for the watercolour class. See photo page 1.

*We had a very enjoyable, informative and inspirational visit, a fantastic way to finish the term. With thanks to Tony and Carmel as brilliant artists and hosts. Paul Baker*

### Aspects of garden design

A visit to the colourful garden Old Wesleydale garden on a sunny day in late November was a fitting conclusion to a very comprehensive course.



### Music

**Ukulele** In October last year, at the invitation of Ulverstone group, Many Ukes Gather Socially (MUGS), twenty Meander Valley UKE 3A players, along with groups from Launceston, Sheffield, and Wynyard, travelled to the Gnomes Pavillion at Ulverstone wharf precinct, for a fun day of performing in an inaugural ukulele jam session, "A Heard of Ukes".

Groups each performed their own songs and then joined with everyone else. It was interesting to hear the other uke players, but I think we performed admirably after excellent tuition from our teacher Bev. There is a possibility that Meander Valley UKE 3A will host a similar event at Westbury this year.



We performed at many venues in 2019 but the highlight will have to be when the Meander Valley U3A Strummers and Drummers are on stage at the Australia Day Awards, to be held at the Country Club casino.

Who would have thought two years ago when learning our first chords on the uke that we would score a gig such as this!!! 2019 was busy but also very enjoyable. I am sure I can speak for everyone that we are all looking forward to 2020. Joan French

The instrumental groups (Ukulele and Guitar) maintained a busy schedule in term 4, having also entertained at Westbury Day Centre, Hadspen Day Centre, Westbury and Deloraine Saturday Markets, Meander Valley Volunteer Week celebrations, Giant Steps and the Ukulele Land evening at Chudleigh.

### Medieval Matriarchs: women of substance

Richard's history was popular and the good news from Richard: *Over the next few years I propose to offer (health & enthusiasm permitting!) a series of short courses (1x 8 weeks) under the general theme of "Politics, Religion and Conflict in Europe". The 2020 course is planned for Term 3. Please email [dickmack42@gmail.com](mailto:dickmack42@gmail.com) or phone 0411 244 103 if you wish to be kept informed about these courses.*

### Use it or lose it

2019 saw the final class of use it or lose it. A great range of fun activities were offered to promote fitness for participants with a range of fitness levels. Thankyou Nanette and Paul for a job well done.

If anyone is interested in offering some form of fitness class, please contact the Committee.

## FOR BOOK WORMS

*The Tea Chest* by Josephine Moon

While recently in Noosa I discovered the local author Josephine Moon. I found her simple but witty style of writing relaxing to read while on holidays.

There are several interesting plots in this book, the main one being Kate following her dream to start up a specialised tea shop. Two other girls join her team as the enchanting venture grows and expands to London. They take risks but their strong support of each other rewards them in so many unexpected ways.

I recommend her writing and have since enjoyed two of her other books.

Ros Badcock

## SOCIAL

### Members' Christmas lunch

It was a good ending to a successful year. Fifty eight members enjoyed the opportunity to get to know fellow members



over a tasty meal. The Carrick Inn staff did a great job in delivering the meals to the tables in a very timely manner.



Photo - Carrick Inn

### Thankyou morning tea for leaders

In appreciation of their wonderful contribution to MVV3A, the Committee invited leaders to a morning tea at the Deloraine Trade Training Centre. Leaders enjoyed the opportunity to net-work and the delicious morning tea. Many of our leaders had not been to the trade Training Centre. after having not used their facility for several years and were with We had not used the



## Meander Valley U3A Inc Notice of ANNUAL GENERAL MEETING

to be held on Monday 17 February 2020 1.30 pm at Town Hall Supper Room, Lyall Street, Westbury

### AGENDA

1. Minutes of 2019 AGM
2. President's Report
3. Treasurer's Report
4. Election of officers: President, Vice-President, Treasurer, Secretary, Committee members (at least three).
5. Appointment of Auditor
6. Appointment of Public Officer
7. Comments or questions from the floor

You must be a financial member to vote. Memberships for 2020 will be accepted prior to the AGM from 1.00 pm. Refreshments will be provided after the proceedings. Nomination forms are available from [meandervalleyu3a@gmail.com](mailto:meandervalleyu3a@gmail.com)

### BITS & PIECES

**Thinking about buying an Android computer or I-pad:** Westbury library, as part of the Be Connected program, has trained mentors who can demonstrate to interested people the two devices to help you make your own choice as to what to buy. Call in to the library to arrange a session.

**Days for Girls Workshop:** Contact: Lois Beckwith, 6369 5393

### MVU3A COMMITTEE

President: Beryl Pearn 63973169, Vice President. Paul Kilroy. Treasurer: Paul Baker, Secretary: Jo FitzGerald. Committee members: Barbara Stubbings, Carmel Taylor, Geoff Gard, Merrilyn Johnson, Nanette Steers, Nita Clarke, Ruth Krahenbuhl. Public Officer: Dr Peter Talbot.

**Aaron Youd**  
accounting + tax + advisory

0408 508 170  
youdaaron@gmail.com

PO Box 368  
Deloraine TAS 7304

**NEXT NEWSLETTER** week beginning 13 April: Deadline for contributions, 30 March, subject heading, 'Newsletter', to MVU3A postal or gmail address, or to Beryl Pearn at [beryl.pearn@bigpond.com](mailto:beryl.pearn@bigpond.com).

### CONTACT DETAILS

#### Meander Valley U3A

**Postal address:** Meander Valley U3A, PO Box 51, Westbury, TAS, 7303.

**Email:** [meandervalleyu3a@gmail.com](mailto:meandervalleyu3a@gmail.com)

<https://www.facebook.com/mvu3a/>



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