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DIARY DATES

2019 Term Dates

Term 3: Monday 22 July to Friday 13 September

Term 4: Monday 14 October to Friday 6 December

Social functions

Tentative dates. Details will be emailed nearer the time.

Seniors' Week Celebration: Tuesday 8 October

Members' Christmas Lunch: Tuesday 10th December

FROM THE PRESIDENT

Meander Valley U3A (MVU3A) is thriving; with now over two hundred members, enjoying learning, being active, or participating socially through a range of activities. Thank you to all the leaders for the quality classes on offer.

At this stage of the year, there are limited vacancies in classes, but for anyone thinking about joining U3A, enrolling in a course you might not previously have considered, could lead to discovering a new interest.

We are working on the challenge to keep members without email addresses, informed about what is happening. We would like members' help to develop a buddy system; if you know someone without email you can adopt, by delivering notices or making a phone call, please talk to them, and then let us know so we can tick them of our list. meandervalleyu3a@gmail.com .

A reminder to those who have chosen to pay their membership in instalments; the second instalment of thirty dollars is now due. Beryl

CLASS PROGRAM TERM 3, 2019

You must be a member of MVU3A to enrol in classes. Applications for membership are available on our website, <https://www.mvu3a.org/application-for-membership/>, from the course leader, or by emailing meandervalleyu3a@gmail.com

For all new enrolments contact the person listed prior to the lesson to check for vacancies and enrol in classes.

Running/continuation of classes depends on viable numbers. The U3A term is 8 weeks.

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.

PLACES AVAILABLE IN TERM 3 IN THE FOLLOWING CLASSES

MONDAY

USE IT OR LOSE IT – 1-2pm, Westbury Sports Centre. Nanette Steers 0419 107 104, philandnanette@bigpond.com

Movement, fun and games to keep your mind and body active. Learn the basic principles of safe stretching, lifting and exercise in a fun, encouraging environment. Improve your balance, hand-eye coordination and overall fitness to help maintain a healthy lifestyle.

LET'S TALK BOOKS - CARRICK 1.30 pm, third week of the month all year, Sheila's place in Carrick. Sheila Stevenson 0428 576 795/63937111, stevos.bjs@bigpond.com
There are spaces available in this group which discusses books around various themes or topics.

TUESDAY

SOCIAL TENNIS – 9.30-11.30am, weekly all year, Westbury Recreation Ground. Wendy Hays, 0477 807 518

Make new friends and enjoy tennis in a non-competitive way. Weekly, continuous through year depending on weather.

CROCHET Tuesday 10 -11am, Nita's place, Carrick. Nita Clarke on 6393 7268 or ameliaclarke66@gmail.com

Nita will help you to learn to crochet or refine your skills in this craft.

TAI CHI – 2-3pm, Carrick Hall. Jenni Bailey, 63623260
Gentle exercise for all, improves health and assists relaxation.

WEDNESDAY

GUITAR 101 – 12 – 1pm Bev's Place at Westbury. Bev Stevenson, 0418 741 162 or 6393 1621, bj.stevenson@bigpond.com

Learn to play guitar by strumming chords. Some experience necessary as well as lots of enthusiasm. Own instrument, resource fee of \$5 per term for photocopying.

YOGA – 4.15-5.30pm – Deloraine Day Centre. Kristina Nicklason, 63678241, kristinakm@bordnet.com.au

Simple postures, healthy breathing techniques and guided relaxation suitable for everyone. Participants are asked to bring their own yoga mats if they have them.

TRIVIA FUN – 2 – 3.30pm on 24 July, 7 August, 21 August, and 4 September, Rainbow Room, Westbury Community Health Centre. Geoff Mooney, 0408 941 189, cfl@dodo.com.au

If you want to have fun, test your memory and learn many insignificant facts, join our fun group. Teams of at least two compete for absolutely nothing but the kudos!

THURSDAY

CARRICK CROQUET CAPERS – 10am Dawne's at Carrick. Dawne Walker, 6393 6361, ashburn160@bigpond.com

We are a fun-loving group and although not competitive, Dawne's unique scoring system gives everyone the chance of scoring a hoop and even if not first through, can still top score at the end of the game. We usually play about 3 rounds per session. A donation of \$5 would be appreciated for wear and tear on equipment, provision and tea/coffee supplies. New members certainly welcome. Continuous throughout year.

CROQUET – 1.30-3.30pm Westbury Village Green. Geoff Gard, 6393 1237, geoffgard@dodo.com.au

Enjoy the fun and companionship of playing on the Village Green every week, weather permitting.

FRIDAY

LET'S TALK BOOKS – WESTBURY – 10.30am on the first Friday of each month, Green Door Café. Marg Leedham, 0409 892 462, marg.leedham@bigpond.com
Book discussion and yummy morning tea.

Friday program continued next page

BENDIGO BANK MOVIE CLUB: LEARNING FROM CINEMA: 1:30pm 2nd and 4th Fridays of the month, Deloraine Performing Arts Centre. Paul Kilroy, 0414 891 793, paulkilroy51@yahoo.com.au

Learn from our film buffs or share. Program emailed separately. 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.



POP-UP ACTIVITY

HACKERS AND WACKERS GOLF: in recess for daylight saving but intend to organise one-off hits, not necessarily Tuesdays and maybe at close courses other than Deloraine. Paul Kilroy 0414 891 793, paulkilroy51@yahoo.com.au
Green Fees, own golf clubs.

HELP AVAILABLE

BEGINNERS' BASIC EMAIL AND INTERNET ASSISTANCE: Individual assistance to open email attachments and/or using your cell phone? Westbury Library staff, Lyn and Janette, Enquiries: Westbury Library, 33 William Street, 6701 2189 or westbury.library@education.gov.au

Assistance is also available at: Deloraine Community Online Access Centre, 10am -4pm daily. Phone 6362 3537 or deloraine.oac@education.tas.gov.au

Mole Creek Online Access Centre, 10am-4pm Mon, Thurs, Fri and Sat, Wed 1-4pm and Tues 10am-2pm. molecreek.oac@education.tas.gov.au

Westbury Community Health Centre, 89 Meander Valley Road, Westbury. By appointment, phone 6701 2150

SEWING TROUBLESHOOTING AND MORE: Wendy Hays, personal textiles tutor on an individual and flexible basis, for any members who need assistance with sewing, dressmaking, interior soft furnishing or textiles craft project. Her home or yours by negotiation. Absolute beginners, or anyone wishing to refine their skills or who simply needs help hemming a dress or trousers.

Contact Wendy Hays on 2477 87 518 or wendygardener33@gmail.com

NO VACANCIES IN THE FOLLOWING CONTINUING CLASSES

Walking for Pleasure, Improving Beginner Ukulele, Uke 3A Strummers and Drummers, Guitar 201, Acrylic Painting, Bike riding, Mosaics, Let's do Lunch, Watercolours – Face the Bully

NEWS FROM THE CLASSES

Art classes

It was an offer too good to refuse when the Meander Valley Council offered display space in the foyer of the Council Chambers for exhibitions by MVU3A artists: the first, commencing this month, will be an exhibition of mosaics, and in October, work by water colour artists.

2019 MOSAIC ART EXHIBITION

PERSONALITY PLUS

Showcasing mosaic artworks created by Meander Valley U3A artists.

Venue: Meander Valley Council building, Lyall street, Westbury

Viewing: open Mondays to Fridays 8.30 a.m. to 5 p.m. from 1 July to 30 August 2019



Several MVU3A artists have work in the current "Overload" exhibition (see page 10). Congratulations to Marilyn Nicholls who has been accepted into the University of Tasmania, Fine Arts degree program.

Bendigo Bank Movie Club – Learning from cinema



The movie club team organized another interesting selection of films and presenters. Everyone enjoyed the films and introductions to films by members. Slots in the roster to introduce films and share information in term three are already filled.

Walking

April walk; a beautiful time of the year to visit the Arboretum at Eugenana with



spectacular autumn colour, a clear, blue sky and little breeze. Many of the trees were at their most majestic with varying shades of yellow, brown, orange and red. We looked for platypus in the lakes and streams but unlike other visitors, failed to spot any. The birdlife was prolific and some interesting and beautiful fungi spotted. Eleven of us enjoyed a pleasant stroll around the 47-hectare site before lunch and coffee in the rotunda before returning home. Wendy

Hackers & Whackers

Up to twelve U3A golfers have hacked and whacked their way around Deloraine and other golf courses in the region. Hackers & Whackers has been a wonderful, fun experience and there has even been some great golf played, particularly by Sheila Reynier and Tony Bennett. The highlight of the Term was the sight of Tony's ball being stolen by a magpie on the Par 3 fifth hole on one occasion. Not to be distracted, Tony calmly played a new ball and went on the "par" the hole. More recently Tony Bennett scored a record low 43.



David Clark had a ball stolen by a crow on the 5th hole. The score is now "Crow 2 - Hackers & Whackers 0". Paul

(left)Tim Stevenson striking a long putt, which went in!

Late news from Hackers and Whackers: -- Tony Bennett took another stroke off the best score, with a 42, and another ball picked up by a crow.

Music groups - Uke3A Strummers and Drummers

Readers of the Meander Valley Gazette are likely to have seen the photo of the Strummers and Drummers when they entertained at the afternoon tea, hosted by the Meander Valley Council, to thank volunteers. Instrument groups have enjoyed visiting local aged care homes and day centres where residents have joined in the singing and requested return visits. Performances at the monthly Westbury Market have continued



Use it or lose it

It's a fitness class with a difference! A new member commented, "...I didn't expect it to be anything like this." Nanette and Paul continue to find new fun activities to increase or maintain members' fitness levels.



Italian from scratch

Classes were both challenging and fun. We marked the end of the course, in fine style, with a shared Italian lunch, complete with a brief piano and vocal recital of Italian music. Thankyou Jill, for your thorough planning, patience and good humour.

From all the class



Tai chi



Kane the cattle dog, securely strapped in ready for travelling home after tai chi



Bike riding



There's more to cycling than exercise!

SOCIAL

Coffee and chat:

A small and friendly gathering at the Empire Hotel, saw Marg Leedham presented with life membership of MVU3A. Andrew Puccetti told a happy story of his Italian parents and their 8 children emigrating from California to South Australia. In recent years, Andrew and all but one of his siblings and his father have gradually moved to various parts of Tasmania which they now regard as home. Andrew and his wife Susanne run the antique business at Carrick Mill.



Members winter lunch

(Photo page 1)

Fifty-seven members enjoyed a tasty winter lunch, an informative presentation by Julia Edmunds and refreshments. Julia's presentation included multiple choice questions on road rules, which members answered on mini electronic devices. Responses were instantly displayed as bar graphs on the overhead screen.

Bendigo Bank Movie club members were pleased to know that crossing the continuous white line to park in the Deloraine Performing Arts Centre car park, is legal.

*An un-named member had previously shared their experience of having gone to the police station, next door to the Performing Arts Centre, to ask if it were possible to enter said car park without first going over the bridge and around the round-about. The policeman didn't seem to have been asked that question before!

Single continuous lines are replacing double broken lines. You can cross a single continuous dividing line when it's safe to [you can] Turn from or into another road [or]...Turn from or into an area like a driveway or carpark. You can't cross it: to overtake another vehicle, to do a U-turn. to do a three point turn (unless you are fully leaving the road way).

Tasmanian Road Rules <https://www.transport.tas.gov.au/>



[https://www.transport.tas.gov.au/data/assets/pdf_file/0019/161704/Tasmanian Road Rules 2018 Final for web.pdf](https://www.transport.tas.gov.au/data/assets/pdf_file/0019/161704/Tasmanian_Road_Rules_2018_Final_for_web.pdf)

FOR BOOK WORMS

Fiction: The novel “**All the Light We Cannot See**”, by Anthony Doerr, won a Pulitzer Prize in 2014 and now Netflix has acquired the rights to make a TV series this year. Set in WWII France, it recounts the parallel stories of blind six-year-old French girl, Marie-Laure, who escapes with her master-locksmith father from Paris' Natural History Museum, to a French seaside town where later the Nazis arrived. At the same time, German orphan boy Werner finds an old radio and becomes such an expert he is enlisted by Hitler Youth to use his skills against the French Resistance. Their paths collide as they both try to survive the war. Penny

Fiction: I would highly recommend Gail Honeyman’s debut novel, “**Eleanor Oliphant is Completely Fine**”. It is perceptive, compassionate, happy, sad, uplifting, and a little quirky. Since reading it, I have read that Reese Witherspoon is teaming with MGM to produce a movie version of the book. I hope it will be as good as the book. Book lover

MEMBER CONTRIBUTION

10 signs you're doing well in life

- 1.) You have a roof over your head.
- 2.) You ate today.
- 3.) You have a good heart.
- 4.) You wish good for others.
- 5.) You have clean water.
- 6.) Someone cares for you.
- 7.) You strive to be better.
- 8.) You have clean clothes.
- 9.) You have a dream.
- 10.) You're breathing.



Be thankful for the little things,
for they are the most important.

From Be Happy, facebook.

BITS & PIECES

Dementia research: an opportunity to be involved

Tasmania has relatively high rates of many dementia risk factors. Realistic reductions in the rates of modifiable risk factors would have positive health impacts across the entire state.

In 2018 there were an estimated 436,000 Australians living with the dementia: The University of Tasmania in association with the Wicking Dementia and Education Centre is conducting “The Island Project, described as “the largest dementia study in the world”.

Approximately 1/3 of dementia cases may be effectively preventable by tackling specific modifiable risk factors.

For more information and to register, see <https://islandproject.utas.edu.au/>

Nepali Night, Rotary Function Centre, Alveston Drive, Deloraine. 7:00 pm, Saturday 27 July, Cost \$25per person. Motivational speaker, John Zeckendorf, first Tasmanian to climb Mt Everest, will talk about his experience and insights into the lives of Sherpas. John’s talk will be followed by a buffet supper (Nepali food-curries etc, bar facilities), and a fun Dutch auction. Allocated seating at long tables. Proceeds towards building a Youth Training Centre in Kathmandu. Bookings essential. If you would like to join a MVU3A group, contact Ruth Krahenbuhl by Monday 8th July, 0427 678 583, or ruthek@ipstarmail.com.au.

The ultimate music trivia quiz: fundraising for the Westbury Primary School grade 5/6 camp to Canberra. Trivia from the 70s, 80s, 90s, Saturday August 3rd, 6:30pm Westbury RSL, \$10 per person, tables of 6. Bookings essential. Phone 63931313 or, email westburysrl@gmail.com

Hot soup while you work, when you volunteer at the Deloraine Community Garden, Putney Street Deloraine, 10am - 2pm Wednesdays. PS. Please BYO mug or bowl. Enquiries: Deloraine House.

Days for Girls Workshop: Every second Friday, the Meander Valley Days for Girls Team meet at the Rotary Pavilion, Deloraine, at 10.00 until 4.00pm to participate in a life changing program. Contact: Lois Beckwith, 6369 5393.

Deloraine Art Exhibition, “Blood is Life”, publicising Haemochromatosis, Deloraine Hospital Gallery. finishes 9 November.

Meander Valley Diabetes Support Group meets 1:30pm, first Tues of the month, Westbury Community Health Centre. Sheila Stevenson, 0428 576 795 or stevosbjs@bigpond.com

Update to the Nepalese nappy project

Lois reports that: *They were a huge success, every group of women I showed them to, were so excited, and all the mums wanted then now ... So we left sample 6 with Uma a Rotarian who has a baby and who organizes about 16 women in sewing groups. She will give us more feedback in a few weeks. All in all a great first step. We will definitely look into making them for sale at our new sewing centre in Nepal.* Lois

MVU3A COMMITTEE

President: Beryl Pearn, 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.

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NEXT NEWSLETTER

Term 4 2019 newsletter: Week beginning 30 September. Send contributions, **headed 'Newsletter'**, to either MVU3A Postal or gmail address, or to Beryl Pearn at beryl.pearn@bigpond.com.

Keep up to date with the latest news, events, and photos on facebook,
<https://www.facebook.com/mvu3a/>

CONTACT DETAILS

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