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# U3A Program

## Term 2, 2023

Term 2	Tuesday 13 June - Friday 18 August
Term 3	Monday 18 Sept - Friday 24 November

### Register for term 2 by Wednesday 31 May

Registration and Booking forms on last pages

**If you are unable to post payment, you can register/book in person on 31 May at the [Enjoy.Church](#), 8 Mary St from 10 am – 12 noon**  
(when hard copies of the current program may, if necessary, also be collected).

U3A Cygnet acknowledges the traditional owners of the land on which we meet, the Melukerdee. We pay our respects to elders past and present.

U3A Cygnet thanks Nic Street, MHA for Franklin, for his generous support in printing this Program.

**University of the Third Age, Cygnet**

PO Box 216 Cygnet Tasmania 7112

[www.u3acygnet.au](http://www.u3acygnet.au)

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Registration and Booking form on last pages

***Please note these changes to our program since term 1 2023***

- Some of the venues we use or visit have their own **Covid restriction procedures** – please arrive early to allow time for these. All our activities comply with current Covid restrictions. [We monitor this closely on the government website](#) and will let you know of any changes.
- In the breaks between terms, we now have **Ladies who Lunch**, and a weekly drop in meeting and casual discussion at the Health Centre – more details in the program.
- **Garden & Gourmet** is in recess until term3 – come along to Smorgasbord instead!

**Classes are held at:**

- [Community Health Centre, 1 Frederick Street Cygnet](#)
  - [Enjoy.Church, 8 Mary Street Cygnet](#)

(These links go to Google Maps)

## Program at a Glance

<b>A Smorgasbord of Talks</b>	Wednesdays	10.00 – 12.15	<a href="#">Enjoy.Church</a> , weekly
<b>Art Group *</b>	Wednesdays	2.00 – 4.00	<a href="#">Health Centre</a> , room 4, weekly
<b>Book Club (themes) *</b>	Last Monday of the month	1.30 - 4.00	<a href="#">Health Centre</a> , room 4, Jan-Nov
<b>Book Reading Group (specific books) *</b>	Second last Monday of the month	1.30 – 4.00	<a href="#">Health Centre</a> , room 4, Jan-Nov
<b>Creative Writing for All (two groups) *</b>	Tuesdays	10.00 – 12.00	<a href="#">Health Centre</a> , room 4, weekly
	Last Friday of each month	10.00 - 12.30	<a href="#">Enjoy.Church</a> , monthly
<b>Drawing (Beginners) *</b>	Thursdays	1.30 - 4.00	<a href="#">Health Centre</a> , room 4
<b>Family History *</b>	First Monday of the month	1.30 – 4.00	<a href="#">Health Centre</a> , Room 4, <i>or as advised</i> , Feb - Dec
<b>Holiday Drop-in</b>	Tuesdays during term breaks	Anytime 2.00 till 4.00	<a href="#">Health Centre</a> , room 4
<b>Ladies Who Lunch*</b>	Meet during Term breaks, venues vary. Coordinator contacts those who have registered interest		
<b>Men's Forum *</b>	2 <sup>nd</sup> Sunday of the month except Christmas break	2.00 – 4-ish	David Fletcher's house, Garden Island Creek
<b>Play Reading *</b>	Tuesdays	1.30 – 4.00	<a href="#">Health Centre</a> , room 4, weekly

\*Booking essential for these groups

## Committee

Name	Position	Phone	Email
Elaine Reeves	Chairperson; Garden & Gourmet	0427 172 179	<a href="mailto:elaine.reeves@antmail.com.au">elaine.reeves@antmail.com.au</a>
Glenn Sanders	Secretary; Technology	0428 444 812	<a href="mailto:sandersinfo@gmail.com">sandersinfo@gmail.com</a>
June Cunningham	Treasurer; Public Officer	0407 187 300	<a href="mailto:junecunningham@gmail.com">junecunningham@gmail.com</a>
Suzanne Brown	Publicity	0421 931 902	<a href="mailto:suzannebrown39@gmail.com">suzannebrown39@gmail.com</a>
Catriona Fletcher	Catering	6297 8240	<a href="mailto:celfletcher48@gmail.com">celfletcher48@gmail.com</a>
Mary-Kate Pickett	Programs	0408 160 700	<a href="mailto:marycate59@me.com">marycate59@me.com</a>
David Sands	Accommodation	6295 0518	<a href="mailto:dsa12295@bigpond.net.au">dsa12295@bigpond.net.au</a>
Louise Stewart	Membership	0474 078 641	<a href="mailto:louisest@inet.net.au">louisest@inet.net.au</a>

# 1. Introduction

Welcome to our program for term 2, 2023.

## Our principles

U3A Cygnet is a co-operative learning community for retired and semi-retired people, run by volunteers on a non-profit basis. We aim to encourage the informal pursuit of learning and the opportunity to acquire new skills and experiences in a relaxed and friendly atmosphere. **There are no entry qualifications, assessments or awards.**

## Communications

This Program is the main way we tell people what's in our educational and social program for the coming months. We publish it three times a year. Download it from our [website](#), where you can also download our constitution, registration forms and other membership information. If necessary we can provide hardcopy of any of these items.

We also publish an occasional email newsletter to keep members up to date with news, items of interest, and forthcoming events, plus any last-minute changes to the Program.

## New members

If you'd like to join U3A Cygnet, please fill out the registration form at the end of this Program, or if you wish to come to a few sessions as a guest while you sound us out, contact our Membership Secretary (details on page 3 of this Program, or on our [website](#)).

## Questions, suggestions, comments

Whether you are a member or not, we'd love to hear from you! Feel free to use any of the contact details on page 3 of this Program, or on our [website](#).

**Do I need to book my place? [Course booking system - please read carefully!](#)**

**Art, Writers' Groups, Play Reading, Book Club, Reading Group, Drawing, Family History, Men's Forum** - these courses have limited numbers.

- **Do you wish to attend for the first time? You will need to book (see booking form at end).** If the class is full, we will let you know and put you on a waiting list. Otherwise, assume you have been accepted.
- **Already attending and wish to continue? Unless you have confirmed your continued place with your convenor,** please fill out the form.
- **Attended last term but won't attend this term?** Please let us know by contacting your convenor or the membership coordinator (Louise, 0474 078 641)
- **Smorgasbord, Garden & Gourmet:** Numbers are not limited, so you do not need to book - any member is welcome to attend, and you don't need to attend every session.

**Please return your forms by 31 May – earlier helps us!**

**If you are unable to post payment, you can register in person on Wednesday 31 May at [Enjoy.Church](#), 8 Mary St from 10 am -12 noon**

## 2. A Smorgasbord of Talks

What	A series of interesting, stimulating talks on a wide variety of topics, with plenty of opportunity to discuss and ask questions
When	10.00 – 12.15 Wednesdays, weekly
Where	<a href="#">Enjoy.Church</a> , 8 Mary St, next to the Port Hole Cafe (carpark at rear)
Convener	Mary-Kate Pickett 0408 160 700
Note	No need to book!

14 June	<p><b>Who do we think you are? – members</b></p> <p>Cygnets has attracted many retirees in the past decade or so, many of whom find their way to U3A. Some give talks and we find out about all sorts of interesting backgrounds – among our members are a former daffodil breeder, commander of a tank corps and a wildlife park operator. In this session we will find out more of the backgrounds, interests and hobbies of some of our members.</p>
21 June	<p><b>Antarctic adventure - Wendy Barker</b></p> <p>In November 2022 Wendy and David Barker flew to Ushuaia, South America (the southernmost city in the world) to join just 200 other passengers on the cruise ship Scenic Eclipse. They stopped at the Falkland Islands, South Georgia and the Antarctic Peninsula, then back to Ushuaia. Amazing birdlife, penguins, seals, huge icebergs, wind gusts up to 60 knots at times, plus coping with Covid, all contributed to their Antarctic adventure.</p>
28 June	<p><b>The battle over the Voice - Henry Reynolds</b></p> <p>Historian Professor Henry Reynolds's books have focused on frontier wars between colonists and Aboriginal peoples. His most recent book (with Nicholas Clements) is about guerrilla leader Tongerlongeter in the Black Wars in Tasmania. In this talk he addresses the battle over a Voice to Parliament, upon which we all will have to make a choice later this year.</p>
5 July	<p><b>Grumpy old grammarians – Elaine Reeves</b></p> <p>A Facebook posting asking for examples of language that annoyed people, quickly garnered thousands of examples. The language where a slim chance and a fat chance are the same, but a wise man and a wise guy are opposites, is full of pitfalls of grammar, spelling, conveying meaning and misquoting. Elaine has examples from years as a sub-editor, but come armed with <i>your</i> examples of the quirks and mistakes of English language that upset your gruntles.</p>
Smorgasbord continues on the next page . . .	

12 July	<p><b>Birds in your garden – Susan Jones</b></p> <p>How can we create gardens that are attractive to our native birds? To answer this question, we need to understand that different species of birds have different ecological needs. We shall discuss how bird species utilise their habitat in the wild, and how some simple garden design choices can encourage birds into your garden. We will then look at the Tasmanian birds that are most likely to visit gardens.</p>
19 July	<p>[To be advised]</p>
26 July	<p><b>Jazz of the brothers Marsalis – David Sands</b></p> <p>Branford Marsalis, 62, American saxophonist, composer and band leader, is the elder brother of Wynton (trumpet), Delfeayo (trombonist), and Jason (drummer). He leads the Branford Marsalis Quartet, and performs frequently as a soloist with classical ensembles. The first half will be devoted to him, and the second to Wynton Marsalis, 61, who is also a composer, teacher, and artistic director of Jazz at Lincoln Center. The program will be as varied as is possible from an almost overwhelming discography.</p>
2 August	<p><b>Anxiety and Depression – John Riley</b></p> <p>John is a GP with a special interest in mental health. He will give a quick rundown of the strengths and weaknesses of the DSM (Diagnostic and Statistical Manual of Mental Disorders) and then talk about identifying and treating the two most common ailments, anxiety and depression.</p>
9 August	<p><b>The Knights Hospitaller – Bill Leonard</b></p> <p>Did you know that the present day St John’s Ambulance Brigade had its origins in the Order of St John and the Knights Hospitaller? Established by Crusader Knights to defend the Holy Land and to offer hospital care for pilgrims, the order was based in Jerusalem until the conquest by Islamic forces. It was briefly based in Cyprus and then for over 200 years each time, on Rhodes and Malta. In both locations the Knights left a rich history.</p>
16 August	<p><b>My home town – members</b></p> <p>Our members come from far and wide. In this session some will talk about their home town. We have some starters, and we invite everyone to put their hand up for a turn. (There will be more sessions like this.) The maximum time per person is 20 minutes, but if you want to talk for five minutes that’s okay. Can be illustrated or not. The town might be where you were born, where you spent most of your childhood, or just the one that stays in your memory. Please speak to Elaine Reeves or Mary-Kate Pickett to book a space.</p>

Places at most of our smaller courses are limited. Some are already full, but **please** do book anyway. We keep waiting lists, and will contact you should a vacancy arise.

### 3. Art Group

What	This group is not restricted to any type of art but includes painting mediums such as watercolours, acrylics and pastel. It is an opportunity to socialize, learn and share experiences with other potential artists in an informal setting . Pauline will give guidance, particularly to beginners.  <b>See also our Drawing Beginners group</b>
When	Wednesdays, weekly, 2.00 – 4.00pm
Where	Normally at the <a href="#">Community Health Centre</a> , 1 Frederick Street, room 4. During any Covid events this may be varied by agreement with participants.
Convenor	Pauline Rix
<b>Note:</b>	<b>Places are limited: please book using the form at the back of this program</b>

### 4. Book Groups

We have two separate groups involved in books: the Book Club, which discusses themes, and the Reading Group, which discusses specific books.	
<b>Book Club (Themes)</b>	
What	2023 offers another great range of themes for our members to select interesting books to discuss and share. This year’s themes include Food, Adventure, Animals, A Book in your house that you have not read, an Ian Irvine book, Escapism or simply Free Range.
When	1.30 – 4.00pm on the last Monday of every month (no stopping for term breaks)
Where	<a href="#">Community Health Centre</a> , 1 Frederick Street, room 4
Convener	Lyn Glover, 0477 550 171
<b>Note:</b>	<b>Places are limited: please book using the form at the back of this program</b>
<b>Reading Group (Specific books)</b>	
What	This group reads books chosen by Libraries Tasmania Book Groups, so it is a bit of a lucky dip. However, our discussions are always robust and humorous. We also discuss what we have been reading in our own time and offer recommendations.
When	1.30 – 4.00pm on the second last Monday of each month (no stopping for term breaks)
Where	<a href="#">Community Health Centre</a> , 1 Frederick Street, room 4
Convener	Lyn Glover, 0477 550 171
<b>Note:</b>	<b>Places are limited: please book using the form at the back of this program</b>

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## 5. Creative Writing for All

What	<p><b>There are two Creative Writing groups:</b></p> <p><b>Weekly on Tuesday Morning:</b> Have you always dreamed of writing the perfect short story? Would you like to write memoirs to add to your family tree for your descendants to read? Do you believe there's a best-selling novel in you just waiting to emerge? Or do you just want to write to kick start your creative processes? If you can identify with any or all, or you'd just like to have a go, in a friendly, supportive, and informative session, join this weekly session for two hours to share writing techniques and tips; you may even overcome writer's block! <i>Everyone is a beginner so don't hold back.</i></p> <p><b>Last Friday Morning of the Month:</b> Held on the last Friday of each month, this session is open to all members so that aspirant writers can exchange written work and receive constructive, encouraging critiques from fellow members.</p>
When	<p><b>Weekly:</b> 10.00 -12.00 on Tuesdays</p> <p><b>Monthly:</b> 10.00 -12.30 on the last Friday of each month (starting on Friday 31 March)</p>
Where	<p><b>Weekly:</b> <a href="#">Community Health Centre</a>, 1 Frederick Street, room 4.</p> <p><b>Monthly:</b> <a href="#">Enjoy.Church</a>, 8 Mary St, next to the Port Cygnet Grocer (carpark at rear)</p>
Conveners	David Sands (0408 640 363), assisted by Paddy Riley
Note:	<b>Please book using the form at the back of this program</b>

## 6. Drawing for Absolute Beginners

What	<p>Everyone can draw, it's just a matter of having the right tools in place to do so. These classes, tutored by local artist Leanne Devereaux, will cover the five foundation blocks of drawing, and are designed for those who have little or no experience. These skills form the tools you will need to help you build confidence, knowledge and technical expertise in developing your own practice. You will be introduced to the importance of the materials used in drawing, the meaning behind the symbols/letters/numbers you see on pencils and paper and how the choice of materials can influence the outcome of the image you draw. (Materials will be supplied for the first session)</p>
When	Thursday afternoons, 1.30 - 4.00
Where	<a href="#">Community Health Centre</a> , 1 Frederick Street, room 4.
Tutor	Leanne Devereaux <a href="mailto:lmdevereaux@gmail.com">lmdevereaux@gmail.com</a>
Note:	<p><b>This term, the Term 1 participants will continue.</b></p> <p><b>We hope to offer a new beginners' course in term 3</b></p>

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## 7. Family History

What	A small group of genealogy tragnics meet to share experiences, discuss techniques and generally learn from each other. This is an interest group, not a course, and is intended for more experienced genealogists, using computer technology. If you are new to the field, we will try to provide pointers on how best to start.
When	First Monday of each month. 1.30 - 4.00pm
Where	Normally at the <a href="#">Community Health Centre</a> , 1 Frederick Street, room 4, <b>or other locations as advised (contact June)</b>
Convener	June Cunningham 0407 187 300
<b>Note:</b>	<b>Places are limited: please book using the form at the back of this program</b>

## 8. Holiday Drop-in

What	Looking for something to do during the term breaks? Why not take a breather with other U3A members of like mind, and put the world to rights over a cup of coffee, a biscuit and company. During the holiday breaks we will be "at home" for members at the Cygnet Health Centre on Tuesday afternoons. Come and meet U3A friends and make new ones in an unstructured setting.
When	Tuesday afternoons <b>during term breaks</b> , any time between 2.00pm and 4.00pm
Where	<a href="#">Community Health Centre</a> , 1 Frederick Street, room 4
Convener	Catriona Fletcher 6297 8240
<b>Note:</b>	No need to book!

## 9. Ladies Who Lunch

What	Ladies Who Lunch is an opportunity for social gatherings <b>during the Term breaks</b> . Meetings are held at interesting venues in our region, sources of good food and convivial surroundings. If you register your interest, you'll be contacted whenever we plan an event.
When	In term breaks. Convener will contact those who have registered interest
Where	Venues vary.
Convener	Lyn Glover - <a href="mailto:zumaglover136@gmail.com">zumaglover136@gmail.com</a> or ring/text 0477 550 171.
<b>Note:</b>	<b>Pay your own way. Places for any one event are limited: please express your interest using the form at the back of this program.</b>

## 10. Men's Forum

What	The Men's forum meets to socialize and discuss topics of interest, relevance or concern.
When	2.00 – 4.00pm, second Sunday of each month except during the Christmas break
Where	David Fletcher's house, Garden Island Creek
Convener	David Fletcher, 6297 8240
Note:	<b>Places are limited: please book using the form at the back of this program</b>

## 11. Play Reading

What	Drama, Comedy, Mystery, Crime – we do it all! Come to the U3A Cygnet Play Reading group and spend a couple of hours experiencing the joys and sorrows of other lives, lived in other places and at other times. You don't have to have great acting skills – just be able to read, enjoy being entertained and love laughing. Beginners welcome.
When	Tuesdays, 1.30 - 4.00pm, weekly
Where	<a href="#">Community Health Centre</a> , 1 Frederick Street, room 4.
Convener	Catriona Fletcher 6297 8240
Note:	<b>Places are limited: please book using the form at the back of this program</b>

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