



From the President

Dear members and friends of the Port Sorell U3A,
Hoping this brief message finds you all enjoying the benefits of U3A. To be able to look at a long list of activities and then choose to participate, learn, contribute, teach, meet new friends, have fun and become more alive is a great privilege and an even greater pleasure. Our U3A give us a very affordable richness and diversity of choice in activities and creativity in living these our ‘golden’ years.

Whatever the class or activity, whether its something we have always found interesting or just the opportunity to do something we have never been able to do before, participating makes a great contribution to a healthy and active retirement.



The wealth of talent, knowledge, experience and ingenuity so available to those of us who are members is a great asset at the

time of life when we (supposedly) have more time on our hands to choose new options.

We say thank you to the tutors, leaders, teachers, volunteers all, the committee and any others involved in this excellent organization, and to those who saw the possibilities, harnessed the energy and talents to build a U3A in Port Sorell from the ground up in such a relatively short time.

As President, I look forward to the rest of 2017 and to working with committee to continue to build our U3A to serve our senior citizens.

**Barrie Porch
President
U3A Port Sorell**

Sharing Knowledge

One of the core principles behind our U3A (in fact all U3As) is that in every community there is a wealth of knowledge and experience, that doesn't retire just because we have, and remains valuable, especially where it can be shared with others. Another is that everything is on a voluntary basis.

David Jones embodies both principles to the considerable benefit of our U3A community. A retired maritime chief engineer, David is also an amateur historian (his definition). Those that have attended any of David's fascinating talks for U3A will know that "amateur" is too self deprecating and what we see is an enthusiastic, well read, well researched presenter of a wide range of historical subjects. Of major importance however is his willingness to share his knowledge and passion for history.

David is not a U3A member but has contributed widely to U3A and other community groups. For U3A his talks have included:

- Natural and man-made disasters
- A series of 3 talks on the Titanic disaster
- The Battle for Fromelles
- Waterloo
- Gallipoli

We thank David for his contribution to U3A. If you know someone like David Jones with knowledge, expertise and passion for any area, please alert Di Kelly (our Programs Leader) or any member of the committee. We will follow up to hopefully bring even more interesting events and programs to U3A.



David Jones and "Titanic Disaster" participants

Geography – Planet Earth

After a brilliant class on Australian Politics and Law in Term 1, Michael O'Reilly is taking a program called Geography – Planet Earth in Terms 2 & 3.

Michael (he is a former teacher and a past-President of U3A Meander Valley) travels from Golden Valley each week to provide his class and we asked him for a tutor's perspective on our U3A. Michael's comments follow.

"Firstly the simple truth that I am thoroughly enjoying my time with the interaction and enthusiasm that takes place in our 'group therapy' sessions. Everyone will be pleased to know that we are treading much more lightly, and with understanding, on our fragile earth - it's just learning how to cut back on the takeaways!"

I find U3A at Port Sorrell to be a place of sharing, learning and support. I can only encourage anyone with learned experience to pass on their knowledge, in whatever field, as a tutor/mentor with this truly energized community. You will have a ball!"



Michael O'Reilly and some of the Geographers

"What more could a girl need" – Jean McGrath's reflections on our Term 2 class Geography – Planet Earth

"Well, who would have thought that Geography could be so thought provoking?! Having experienced Michael's style in last terms Australian Politics class I felt sure that Geography would be just as interesting and it certainly has proved to be just that.

During the last few weeks we have learnt about the sun, moon and earth and the importance of relationship to each other, in the weather, the seasons and

climatic changes. We have learnt words like "VIBGYOR" referencing the colours of the spectrum, violet, indigo, blue, green, yellow, orange, red not some Greek Philosopher.

Map reading, has become so much more enlightening and the Atlas has received heightened respect as a Book of Reference, with such information to be gleaned. Throw in temperature, (Kelvin, Celsius and Fahrenheit) and I ask, "what more does a girl need?" But wait, there's more, Atmospheres, too many to mention other than the one we exist in; Troposphere says it all... then of course there is Air Pressure, where water boils at lower temperature the higher up the mountain we climb and breathing becomes more difficult...

Leading onto climate, well what can I say?... PLENTY, but if you want to hear it then I strongly suggest you consider Michael's class as a way of stimulating your desire to learn. It has certainly made me realise how everything in this world is connected and of course how lucky we are that there were Renaissance men and women who started connecting the dots and through invention, inquiry and perseverance have brought us to the present day, now all we have to do is protect for future generations.

Needless to say, I am enjoying a stimulating and thought provoking class with my fellow participants in learning so much more about this earth."

U3A Choir to support Suicide Prevention

On 10th September 2017 the U3A Port Sorell Choir will join with Devonport based Resonance Choir and Take Note in a concert to raise money for CORES to assist in the prevention of suicide.

Guest compere/soloist is Eric Mobbs

The concert will be in the Latrobe Senior Citizens Hall in Hamilton St, Latrobe.

It starts at 2.00pm but after last year's "standing room only" concert for flood relief you might want to come a bit earlier.

Cost is \$20 (concession \$15)

Includes afternoon tea and prizes. Put it in your diary now.

CORES Community Response to Eliminating Suicide — began in Sheffield in 2003 as a community response to a cluster of suicides in the area

Playing with plants—Jenny Connors

This term we have had a very interesting 5 week program. In one session we were addressed by Perter Stronach from Landcare Tasmania who outlined the great environmental work being undertaken within the Rubicon Catchment.

We also were entertained by George Burgess, a qualified food scientist, who has established a GIN (whisky & liqueurs) distillery in Devonport at 17 Fenton Way. George's passion for premium products created using 'pure water' and 'local fresh produce' was infectious. Several of our members will be visiting Southern Wild Distillery very soon.

Another expedition saw us visiting Mount Roland Organic & Bio dynamic Hazelnut Farm at West Kentish. Our hosts Greg & Elisabeth were very generous and kind, we were served coffee and fresh roasted hazelnuts in chocolate – "very nice". We had an opportunity to purchase fresh nuts and milled hazel flour. The following week Wendy Milsom-Achane made a delicious hazelnut loaf that was shared at morning tea with our guest speakers. Thanks Wendy.

This group have enjoyed their expeditions so much that we will be extending the program next term to be 5 action packed excursions exploring horticultural pursuits on the North West Coast. All costs of travel and entrance fees are to be covered by the participants. Some may be as far away as Wynyard. Car pooling will be encouraged where practical and possible especially for those who aren't comfortable driving any distance.

Barista Course

When too much caffeine is barely enough!

Following the successful Barista Course recently run for U3A by Brian Wilson at Crowded Lounge, Latrobe there has been a sharp increase in technical discussion about beans, roasting, grinding, crema, texturing and temperature in elements of the U3A community.

Over two nights Brian took participants through the science and techniques of good coffee making, with plenty of hands on practice on the café's big espresso machine. Participants made (and sampled) long blacks, short blacks, ristretto, doppio and every version of black coffee. There may be some truth in the rumour that enthusiastic sampling of all the various coffees by some may have resulted in some delayed shut-eye later.

In the second week we learned about texturing (not

frothing) milk and worked our way through the white coffee menu including cappuccino, latte, flat whites and piccolo. Again there was plenty of opportunity for individual hands on practice.

The course was heaps of fun and Brian, our host, a very obliging and knowledgeable tutor.

Brian is running a short course at the Crowded Lounge during Senior's Week in October, providing a further opportunity for anyone serious about their caffeine – watch for details.



Baristas Ellie-May Clancy and Cheryl Williams

Circle Dance

A lovely group of ladies have enjoyed several sessions of circle dance. Many thanks to Sue Caffin for all her artistic floral centre pieces. An idea has been brewing that we run a special invitation session for men. It would be nice to have men in our group. The group has also started to develop several favourite dances like Harvest Moon by Neil Young, Lotus Dance and Katoomba (ska music). We have a fabulous hall with plenty of room for more dancers.

Amanda McKenna



Circle Dancing at Banksia Centre

Crafternoons

Every Wednesday (2-4 pm) about 15 people meet to share craft ideas at Tranquilles B & B. Margaret & Gary make us very welcome in a warm friendly environment.

There are some very talented crafts people in the group who willing to share their skills with others. Some people bring their knitting or crochet in order to be able to talk with others whilst they complete some work. Others are tackling new skills.

Occasionally we invite outside crafts people to bring along their work to show/demonstrate to the group. We have had Vanessa (Apple Patch in the Village) demonstrate English quilting, Marlene King (an award winning creative quilter), Amanda (member of the group) show how to felt, and Rasa (spinner & weaver) demonstrate her skills as well as teach us how to knit on our fingers & arms.



Vickie, Jan, Amanda, Sue, Ann, Thea,
Sandra & Joy (L-R).

Important Dates - Term 3, 2017

Term 2 closes on Friday 11th August.

Term 3 Classes announced 11th August

Enrolments open Monday 14th August.

Information Morning Tea is on Friday 18th August at 10am (Banksia Centre).

Enrolments close on Friday 25th August.

Term 3 classes start the week commencing Monday 4th September and run to Friday 24th November.

Astronomy Day – this Saturday 15th July

**Registrations close Friday 14th
July at 12noon**

Those who attended last year’s fantastic Astronomy Day with Dr Alan Wright will be delighted that he is back at the Banksia Centre to present an entirely new program

Alan has been a professional research astronomer for over 50 years, much of that time as the Chief Astronomer & Head of Operations at the world-famous Parkes Observatory in NSW.



Recently retired, Alan continues his passion for astronomy through talks on cruise ships to hundreds of non-scientific “ordinary” people, demonstrating his outstanding ability to make “tricky” scientific subjects understandable.

Alan will present 4 new talks over the day - – check the website or contact the office for full details of the talks.

Morning Program (9.30am to 12.15pm)

“From Here To Infinity”

“Impact: Our World in Peril”

Afternoon Program (1.30pm to 4.00pm)

“Time: that Strangest Thing”

“Great Controversies in Astronomy”.

This special event is also open to non-members – you can bring a friend

Cost: \$10 (payable on the day **but it is necessary to pre-register**) - contact the U3A office.