

U3A Cygnet Term 2 2026

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, and a tea-break for socialising.
When	10.00 – 12.15 Wednesdays, weekly
Where	Enjoy.Church , 8 Mary St, next to the Port Hole Cafe (carpark at rear)
Leader	Bill Leonard
Note	Please book online or use the form at the back of this program if you are likely to attend <i>any</i> sessions - it helps with our administration and communications. You don't need to attend every week, and you don't need to tell us in advance before coming to any session.
10 June	<p>Affordable adventure travelling – John Diment</p> <p>Share in John's experience in enjoying affordable, adventurous travels around the world. Using a range of tools and resources like Airbnb and online flight booking websites, we will find ways to get to unusual places cost-effectively, with interesting stopovers as part of the journey. Mobile phone apps translate to and from English, making ordering food and organising transport easier. Banking is easier and international eSIMs give you affordable phone calls. We'll hear about some of John's visits to interesting places around the world.</p>
17 June	<p>Botany design in fabric - Deborah Wace</p> <p>Deborah is a fabric designer, ecological activist, plant advocate, professional printmaker, and sometime singer, now living in Cygnet. Her highly detailed and intimate artwork creates a window into the botany of Tasmanian wild plant communities. She will show images and speak about her advocacy work to protect threatened species. As part of her presentation, we are invited to walk to her studio at Lymington Road to see more of her work and where she conducts classes and workshops in a range of printing techniques.</p>
24 June	<p>Self-Awareness without ideology – Greg Jemsek</p> <p>Can we become better human beings without embracing an ideology? Ideologies exist within philosophies, religions, or self-help approaches and often promise personal growth, mental clarity and spiritual fulfilment. This session explores how following an ideology can impact our awareness and growth. Does it accelerate it? Deter it?</p>
1 July	<p>Natural darkness – Sharolyn Anderson</p> <p>Light pollution is increasingly recognised as a threat to human health, wellbeing, and ecosystem functioning. Night skies (natural darkness) are the natural resource impacted by light pollution. Effective stewardship of night skies is a challenging problem at the nexus of science, policy, communication, coalition building, monitoring and enforcement. We will look at the importance of night skies and define light pollution, then discuss its impacts on human health, wildlife, and ecosystems. We'll finish with mitigation strategies at different scales and practical actions you can take to reduce light pollution.</p>
<i>Smorgasbord continues on the next page</i>	

8 July	<p>Research that makes a difference – Kathy Buttigieg</p> <p>Kathy is research coordinator at the Menzies Centre. She will look at how research evidence moves beyond academic publications to influence clinical practice, public health programs and the lives of participants and communities. Clinical trials do more than test new ideas — they can change everyday health behaviours and improve real-world outcomes. The Menzies Institute for Medical Research conducts community-focused health research and we will explore how two completed clinical trials were planned, coordinated and delivered in real settings. And how this led to meaningful changes in health behaviour and real improvements in outcomes.</p>
15 July	<p>Is science its own worst enemy? – Glenn Sanders</p> <p>We will look at scientific methodology, how our understanding of it has changed dramatically over the last century, and how its very language is a threat. The approach is not helped by issues around replication, publishing, funding, spectacular frauds, and well organised attacks by industry and governments.</p>
22 July	<p>Protest songs - music as a force for justice – June Cunningham</p> <p>Can music bring about social change? From its roots in early working songs and spirituals, we will look at the development of what we think of as protest music today, and its role in opposing war and fighting for social justice and peace. How effective was the protest movement of the 1960s and is there an equivalent today? There will be lots of good music in this presentation, some humour, and lots to ponder.</p>
29 July	<p>Hadrian's Wall – Bill Leonard</p> <p>This talk will focus on why the Romans began building this barrier almost 2000 years ago, the materials and building methods and the daily life of the inhabitants living close to the wall. The talk will also cover walking along the wall, which usually takes five to eight days.</p>
5 August	<p>Tracing property history to enhance your family history – Malcolm Ward</p> <p>As well as discussing family history research, this session will be one for local history buffs and even curious neighbours. Using websites and databases, we will look into the history of homes and properties and their ownership, using examples to decode information and give us valuable details about fences, roads, buildings and sometimes even sketches of a historic property. What is a deposited deed? What might I find in Tas Archives? All these resources contribute to a fuller picture of personal stories and local history.</p>
12 August	<p>My Home Town</p> <p>Two of our members will tell us about the town where they grew up.</p>