

# U3A Sapphire Coast August Newsletter

*U3A provides affordable learning opportunities for older people, using the skills and abilities of the members themselves.*



## Welcome

New Members:

Sue Graeber  
Kim Jones  
Carol Doorty  
Bryan Hunter  
Vivian Haig

Hello everyone

I would like to thank you for your confidence in appointing me as your Temporary President, until the next Annual General Meeting.

We are living through unprecedented times. I would like to commend the committee, complying with Covid 19 regulations and still holding limited classes.

I feel if we commit and support one another we will come out of the pandemic a stronger organisation. I am fully committed to make sure this happens.

Please feel free to approach me at any time with your thoughts and concerns.

Stay safe.

Regards Sue Fowler



### Walking the Camino Trails – One-Off.

Join Wal and Sylvie as they share their experience of walking a variety of Camino trails, some together and some solo. Wal walked his first Camino in 2008 with a Spanish colleague, Joe Vega, and together they started the Canberra Friends of the Camino where Wal was a coordinator and founder until moving to Merimbula.

Course Leaders: Wal and Sylvie Wolzak  
Inquiries to Wal - Mobile: 0419 918 329  
Email: wal.wolzak@gmail.com

The presentation will cover the following topics:

- . The history
- . The Various Camino routes
- . What to pack and what to leave behind (We have all the equipment to show)
- . A general section about the pilgrimage in Spain and France, food, customs, accommodation, etc
- . The best season to walk.
- . A photo session(s), reading material, etc

When: Friday, 28th August 1.30 pm – 3.00 pm

Where: U3a Tura Beach Centre

Cost: \$4.00 (includes afternoon tea)

Enrol online to secure your place!

*The one-off is dependent upon restrictions being lifted, currently limited to 10 members only.*

## *Profile on one of our much loved Course Leaders—Neil Curry*



I have been associated with the U3A for about 6 years and I am the facilitator of Taboo Topics Tathra.

I grew up in suburban Melbourne in the time of The White Australia Policy. My family like most around us, worked hard and there was no discussion about what was happening in the world. The government made the decisions about what happens in people's lives and the church looked after our morals and spiritual life.

I thought there must be more to life and started asking questions.

I was conscripted into the army to fight what I thought was a morally dubious war in Vietnam. It soon became obvious that the sons of more privileged families were not beside me. This led to an interest in what other decisions governments and the other leaders were making on our behalf.

I began to realise that there was a big gap between what was being said and what appeared to be happening. With a pack on my back, and an interest in history, geography and social sciences, I headed overseas to see what was going on in the rest of the world.

65 countries later I concluded that people are basically kind and generous and there were many different ways of living a good life. I also learned that Australia was as good a place as any to settle down in.

My interest is in how people think and why, so Taboo Topics is an ideal fit. In retirement I believe that the mantra of "use it or lose it" applies to the brain as well as the body.

We sit around a table and discuss 2 topics each week some philosophical, (what is the meaning of life), some political (what part do our genes play in the way we vote - modern Economic Theory) and others about what is happening around us. If we have 15 people we have many different ways of looking at the subject. We come away each week with a broader and deeper understanding. We also learn about each other and how to disagree without getting personal.

We have an enthusiastic group but are open to new people and new ideas joining us.

As we get older we have the opportunity to slow down and observe life more deeply. It is possible to see how privileged we are and how amazing life actually is.

Neil

### *TECH TIP for Windows 10!*



#### **30 ultimate tips & tricks for Outlook 2020.**

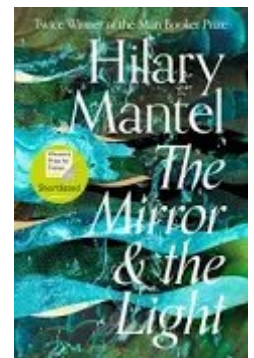
Reminder: save the link to your video folder and you can watch it in increments. Learn only what suits you.

<https://www.youtube.com/watch?v=ijPIG6tloNo>

### *Book recommendation*

#### **Hilary Mantel: The Mirror and the Light**

We've been waiting for eight years for the final novel in Mantel's Cromwell trilogy and I believe it was well worth the wait. Once more we are immersed in the murky 16<sup>th</sup> century world of Henry VIII and the novel starts with an execution (Anne Boleyn) and ends with one (Thomas Cromwell). This book is the completion of Cromwell's work, life and downfall and, though in the third person, you feel you are sitting on Cromwell's shoulder through a time that changed England's way of life and worship with an amazing cast of the king's chancellors, advisors and friends. Though Cromwell achieved great status, I felt there was always a sense of the boy he had been with no status, as well as the man still mourning his wife and daughters' deaths looming large in his thoughts. Mantel writes with a lightness of touch - dense writing but with colour and light mirroring her reflection on these times. The novel made the long list for the Man Booker prize 2020.



Jacqui Goodman, 4<sup>th</sup> Wednesday Book Group

## Group experiences in the time of COVID

We have been fortunate having ways to continue some of our group meetings during the time the Tura Beach Centre and other venues have been closed. Even as restrictions are lifted videoconferencing via Zoom is still a choice groups are using in a variety of ways. Check for updates from Linda McMorrow, our Program leader, as groups make changes in these restricted times.

### Line Dancing

My gorgeous line dancing divas found a way to stay connected and to have fun as they always do. Wednesday morning line dancing at Ford Park has been a hit, not just for the line dancers but also for the general public audience! Though I was unable to attend most of them, some wonderful dancers gathered for coffee (social distancing of course) and then some dancing. Zoom has been more of a hit or miss at times, however, when we do get going, we enjoy it.

I can't wait to get back to see my wonderful divas dancing together again. I am so proud of them and love them all. Friends for life!

Julie Walker Course leader, Line dancing



### Moving on Warts and All (MOWA)

We have been running MOWA on Zoom for several weeks now with about 10 participants and it has helped us stay connected. I have been missing in action some of the time and I have been helped enormously by Jan Griffin, Barb Perry and Linda McMorrow who ran the Zoom sessions in my absence.

We email the same notes to the rest of the MOWA group, some of whom didn't want to participate on Zoom but who will return when we meet face to face again. Though initially I, too, was reluctant to use Zoom, it has worked because the group is committed to the project and want it to succeed. When there is a problem and there have been a few hiccups, we use email and phone. We had planned to meet up every second session over a coffee or lunch at a café where we could safely socially separate but when covid19 emerged in Merimbula, we decided to play it safe and not to meet up though we may reconsider that later.

Margotdeepa Slater-Oliphant, Course leader, Moving on warts and all



### Wine Explorers Group

The Wine Explorers group was formed early this year and began as a small group which, when we were overtaken by Covid19, was to our advantage. We had one meeting before restrictions forced us to try Zoom with each participant presenting a favourite wine to the assembled group. Though this worked, it was not too long before 10 people were allowed to gather and we were able to meet in a home with a large, open plan lounge room so we could practise social distancing but still enjoy each other's company.

Since then we have explored a different type of wine at each meeting, so far tasting pinot noir, cabernet and shiraz from different Australian wine regions. An important part of our explorations has been to pair food with the wines under consideration. Food can determine which wine is best or wine can determine the menu. We have been particularly impressed with the wines coming from the Margaret River area of Western Australia. It is now one of the largest wine producing areas in Australia, known for excellent chardonnay (tuna or salmon), sauvignon blanc (shellfish) and cabernet (rare beef) and though often pricey, specials from WA can be found at local wine shops.

Judy Rorden, Course leader, Wine Explorers group



## Slow Food U3ASC, Update

Since our last slow food update we have been marking time for social gatherings to become more accessible and acceptable. While saying this, the focus, enthusiasm and thinking has not stopped.

Our inaugural meeting has now been set for Wednesday, 9 December commencing 4pm Let's hope Covid restrictions permit a 'go ahead'.

Paul West of River Cottage Australia fame is our guest speaker. You are probably aware that Paul is a 'local', with significant culinary experience and enthusiasm for slow food from paddock to plate, and, therefore, a very appropriate person to launch our group. Our thought is to have the first gathering in a local produce tapas format, with the ability for guests to purchase matching wines on the day.

While we have a date, guest speaker and concept, we have yet to confirm a venue or menu.

To enable us to continue our planning we would appreciate you advising your general interest to determine viability / likely numbers for such an event through [u3ascevents@gmail.com](mailto:u3ascevents@gmail.com).



Newsletter Team Monthly Zoom Meeting – Michele, Fleur, Trish, Marg and Elizabeth.

**New Smart TV.** Rotary Merimbula has donated a new LG Smart TV (and heavy duty bracket) for U3ASC Tura Beach Centre. We are grateful to Rotary for this wonderful upgrade to our technology and also for installing the TV which connects directly to our internet. Course leaders can now access Youtube, SBS on Demand, Iview and many others. Thanks, also, to Cherie Glanville for setting up the TV ready for classes, and her ongoing support.



Fleur Dwyer



**U3ASC Member, Lee Daynes** has done an amazing painting for the U3ASC Office. Here Lee presents the painting to our new President, Sue Fowler, with Team Office Members Marg and Kerrie looking on. NB Social distancing well maintained.

## Library Link Delivery Service

Library Link is a trial home or hub delivery service to make sure people in our community can still access books, audiobooks, magazines and dvds from the library. We know it's hard for those who are self-isolating, who live alone or for people trying to get back on their feet after the bushfires. Library Link might fill a gap! Here's how you can let us know you're interested in using Library Link:



Phone: 6499 2127

Email: [librarylink@begavalley.nsw.gov.au](mailto:librarylink@begavalley.nsw.gov.au)

Web: <https://library.begavalley.nsw.gov.au>

## News Flash!!



Meet **David Nicholls**, who will shortly present an **Astronomy Course** by Zoom for U3ASC. If you are interested in participating, please contact U3ASC Secretary, Carolyn Smith ASAP on 0414 519 344.

Dr David Nicholls is an astronomer who works at Mt Stromlo Observatory near Canberra, part of the Australian National University (ANU). As well as being a professional research scientist, David is an experienced amateur astronomer with a detailed knowledge of the sky we see at night. He taught adult education classes in astronomy for several years at a Canberra community college. He has a broad knowledge of many aspects of astronomy. David has a PhD degree in astronomy/astrophysics, a masters degree in upper atmosphere physics, and an honours bachelor degree majoring in physics and mathematics. His major research interest is the physics of the glowing nebulae where stars are born, both in the Milky Way and nearby galaxies, and way back to near the beginning of the Universe. He lives in Tura Beach, commuting via broadband internet to run complex theoretical models on the computers at ANU. This means he gets to see the wonderfully dark skies we have here, away from the light pollution of big cities!



### Mirjam Aigner - The Artist

Let me introduce you to Mirjam Aigner (see her website for details: <http://www.mirjamaigner.com/bio.html>) a local artist who is planning to give a One-Off for U3ASC in October, all things being equal with COVID 19, on *The History of Textiles*. Mirjam is also participating in an arts program in the region.

Mirjam is one of Australia's leading proponents of contemporary textile art and produces uniquely designed artwork for individuals, corporate consignments and community projects.

Like a solo adventurer, Mirjam is highly focused and engaged in her work, and has the curiosity and courage to explore accepted boundaries to find different ways of expressing and connecting her artwork and vision to us. Mirjam brings to the outside world what she feels in layers of emotions, perceptions and consciousness.

Her art-textiles are a multi-dimensional experience that draw you into a deeper, intense and captivating world. As you explore more and more of this world, you experience yourself and the world, in a richer way. Mirjam is an alchemist who integrates emotions, perceptions and consciousness in an ever-expanding vision that unfolds as you are drawn further and further into her work.

The source material for Mirjam's inspiration is in nature as well as in the history and story-telling of human-kind. The light, the colours, the seasons, the way nature expresses and affects us differently depending on its own state of being. And of course, the way it constantly evolves and connects everything to itself.



**Bega Valley Regional Gallery**

Bega Valley Regional Gallery presents "Art Month Sapphire Coast", featuring Artists, Crafters, Makers, Authors, Dancers, Musicians and Performers from across the Bega Valley Shire. For details and access to Live Online Events go to

[https://gallery.begavalley.nsw.gov.au/cp\\_themes/default/page.asp?p=DOC-MEA-33-27-08](https://gallery.begavalley.nsw.gov.au/cp_themes/default/page.asp?p=DOC-MEA-33-27-08)



**Contributions & Feedback** to the Newsletter can be sent to the Newsletter Team by the 1st week of every month send by email to either:  
Patricia: [u3ascoffice8@gmail.com](mailto:u3ascoffice8@gmail.com) or  
Elizabeth: [eastacey@bigpond.net.au](mailto:eastacey@bigpond.net.au)



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