

U3A Sapphire Coast November 2020 Newsletter



Welcome New Members

Jenny Rowlands

Gail Stephenson

Katherine West

Robert Smallwood



PRESIDENT'S MESSAGE

Term 4 is here, it's been a long year.

What an exciting term with courses starting to return to some form of normality. We have opted for various venues to hold courses this term. The Wine Appreciation Group and two of our Book Clubs are meeting outdoors while some courses are being held at church halls, at Tura Beach Centre, at restaurants and at local clubs. Some activities are being held in private homes while others are opting to conduct their courses via Zoom. The Program Team is doing an amazing job supporting members with such a variety of courses.

In 2021 we are endeavouring to provide more new courses such as Floral Art, Basic Cake Decorating and First Aid, with a one-off seminar on Strata Living. We are seeking course leaders for the Floral Art, Cake Decorating and First Aid courses. If you can help or know someone that would be able to help please contact Linda McMorrow or members of the Programs Team. Without leaders these courses will not be able to proceed, so please help the committee.

Stay safe and enjoy the warmer weather

Gourmet Traveller Update

U3ASC Gourmet Traveller members enjoyed luncheon at Pambula Commercial Hotel on Friday 23rd October. This was a very happy outing for members who, despite many lingering covid restrictions which they correctly followed, embraced friendship, fellowship and the freedom to again partake of fine food and wine at leisure. After a long winter of discontent and number restrictions, interest in resuming Gourmet Traveller lunches was so high in October that two groups a week apart were formed. The photo shows group two as group one lunched a week earlier at Pambula Toast Restaurant which was enjoyed by all.

Course Leader, Margaret Evans, has discovered the delightful Kianinny Cabins Bush Cottages Resort on Evans Hill near Tathra for the Gourmet Traveller Christmas Party, where Santa Claus might even drop in for a visit.

If you would like to join Gourmet Traveller and find out if the jolly man drops into the Bush Christmas lunch, please contact Course Leader Margaret Evans on [0488951172](tel:0488951172) or email margaretevans22@bigpond.com Lunches are held monthly on the third Friday and the November outing will be in Merimbula.

Margaret Evans

Course Leader Gourmet Traveller



Profile on one of our much loved Course Leaders—Michael Quinlan



" Philosophy and Ethics " is a U3A course led by me, Michael Quinlan.

My background is that I was a court lawyer for forty years - appearing as Barrister in about 10,000 cases of crime, family law and disputes. I studied Philosophy, Jurisprudence and Ethics at Melb Uni Law School and Arts Faculty.

After retiring to Pambula Beach, I went to U3A classes in Western Philosophy - led by the wonderful Bruce Cameron , and when Bruce bowed out at 90, I began Philosophy and Ethics.

This course has 32 seminars a year, with class discussion and socialisation encouraged, but not compulsory. Seminars are on Friday mornings, and each is self-contained - so that students can be absent for periods conveniently. The aim is to make knowledge clearly accessible and stimulating - with the motto, " Thinking is a social activity ". The last class in 2020 is on Dec 7.

..Cheers..Michael Quinlan.

CRITIQUING CINEMA'S 2020

There are currently 21 people enrolled in Critiquing Cinema. The temporary closure of The Picture Show Man Cinema in Merimbula due to Covid meant that we saw only one film in February (Term 1) and nothing in Term 2. When Molly Lehane resigned at the end of August, I took over as Course Leader, and we saw a film in September (Term 3). We have two screening dates in the last weeks of October and November for Term 4.



I was happy to take over the group, as I have always loved watching and discussing films. In fact, my first job was at Columbia Pictures in Sydney, followed by Australasian Film Hire and then Roadshow, before I went to live and work in the UK for two years. I've continued to enjoy films over many years. Last December, my partner and I went on a Travelling Film Festival at Sea Cruise, where we saw one or two films a day from the Sydney Film Festival, then discussed them as a group in the afternoon. Just recently, I was approached to become one of a panel of three people on 97.5 Sapphire FM Community Radio, reviewing two films a month screening at The Picture Show Man. This is a lot of fun, and also gives me the opportunity to talk about the Critiquing Cinema group and U3A in general.

Covid-19 has impacted on the cinema industry a great deal, and recently the owner of The Picture Show Man made the economic decision to close on Tuesdays (except in school holidays), in addition to their normal closure on Mondays. This is because of low numbers of movie goers and far fewer films being released and distributed. This has meant that we can no longer have our screening day on Tuesdays, and I have advised everyone of our change to the fourth Thursday of each month.

I know that Covid has impacted us all greatly this year, however I believe we can all feel confident attending The Picture Show Man Cinema and the Sapphire Club (where we meet for our post movie discussions) as their Covid safety measures regarding sanitising, social distancing and contact tracing are very stringent.

We are hoping for a terrific year of movies in 2021, and look forward to welcoming some new members to our group.

Lorraine Young
Course leader Critiquing Cinema

TURA BEACH TABOO TOPICS

Tura Taboo Topics group has recommenced meeting face to face at the Tura Beach Centre with social and sanitising restrictions applying and restricted to twelve participants which includes the leader. The group participants are very happy to be back meeting face to face as they had all felt they were missing out by not meeting. I have tried to make the topics a little lighter and included more of them because I feel so many difficulties are occurring around us at the moment.

I have also introduced having a meal together once a month at another venue. I can see from the response to the weekly meeting that it was being missed and we have all commented that there were so many negative aspects to social isolation that our behaviours were beginning to change. Many of us even started to like not having to interact with our fellow humans! However, we missed the social conversation we enjoy at U3A, and we particularly appreciate the intellectual stimulus of our discussions.

The group felt Zoom wasn't for them as face to face meeting is important in communicating the type of issues we discuss. We will consider outside meetings if it ever stops raining and warms up a bit as many members have not yet come back being nervous about the spread of Covid though saying that they may return next year. I am concerned about the long term effect for U3A as numbers may drop if more of us become hermits.

Chris Bannerman
Course Leader Tura Beach Taboo Topics



Film Afternoon - Walking the Camino Trails.

Continuing in the Camino film afternoon tradition, Wal Wolzak and Sylvie Dubrulle will be presenting the film "Within The Way Without". This time the pilgrims include a Dutch social worker, a famous Japanese poet, and a Brazilian girl, who all reflect upon their respective experiences on the Camino to Santiago de Compostela. These three different stories are intertwined simultaneously like three different colours in a thread and are set in three contrasting seasons.

The pilgrimage is also a journey into themselves, sharing physical and spiritual space with millions of others who have made their way since the Middle Ages. When recalling their pilgrimages, they confront themselves again with the questions which struggle to make sense of not only their own lives but also the larger world in which they are led. "Where am I going ... From whence have I come?"

Presenters: Wal Wolzak and Sylvie Dubrulle: Mobile: 0419 918 329

Email: wal.wolzak@gmail.com

When: Friday, 13th November 2020 at 12.30 pm

Where: U3ASC Tura Beach Centre.

Cost: \$3.00 (as the kitchen is closed please feel free to bring your own refreshments).

Enrol online to secure your place.

Program Team Contact: kayeseeparovic@gmail.com

U3ASC MEMBERSHIP RENEWALS

It is now time to renew your U3ASC Membership for 2021. The renewal will be current to 31 December 2021.

You can do this **on-line** on the home page of the U3ASC Website – www.sapphirecoastu3a.org You can either go straight to the 'Member Log-in' button, or if you need instructions you will find them if you go to the 'Join Now or Renew' button.

Another way to renew your membership is by visiting the U3ASC Office **in person** at the Tura Beach Centre on Friday afternoons, between 1:30 and 3:30 pm. Just bring along your \$30 subscription and a volunteer member of Team Office will renew your membership. If you prefer to pay by PayPal, the volunteer may be able to assist you to renew your membership on-line, although you will need your log-in password.

At this time it is not possible to enrol in courses for next year. However, this facility should be available towards the end of the year. We will advise you in both the Newsletter and on the U3ASC Website when this is available. Again, you will be able to do this either on-line (with instructions for this available on the Website as above), or in person at the Tura Beach Centre Office.

Slow Food Group

The Slow Food Group gathering is locked in for Wednesday, 9 December 2020. It will be held at **Wheelers Restaurant**, commencing at 3 pm. A tasting menu containing 6 scrumptious tasting canapes of local, regional, and seasonal produce will be served based on dietary options. Wheelers is also offering small tastings of wine matched to the dishes for purchase on the day. At this first event, you will gain an understanding of Slow Food along with how you can contribute ideas for the future direction of our group. Paul West of River Cottage Australia fame will be our guest speaker.

Cost: \$38pp U3ASC members - \$42pp non-members (excludes drinks) plus ticket fee.

Bookings: Through Try Booking:

<https://www.trybooking.com/BMBTX>

Bookings are limited to 48 people and once you have booked, you will be contacted to ascertain your menu selection and dietary options.

Jon Webb, Slow Food Group Leader -

Email: slowfoodsapphirecoast@gmail.com

Visit the U3ASC homepage: <https://www.sapphirecoastu3a.org/> for more details.

WHEELERS

Slow Food Gathering

Cold-smoked kingfish (gf, df)

house-smoked kingfish, fresh paw paw salad, mango & chilli salsa
Vegetarian option: Stuffed zucchini flowers (v, vv)
zucchini flower, fresh paw paw salad, mango & chilli salsa

Prawn gazpacho

Merimbulla Lake grilled prawn with chilled green pea gazpacho shot
Vegetarian option: Gazpacho (v)
chilled green pea gazpacho shot

Beef skewers (gf, df)

Bombala black basalt beef skewer with local vegetables
Vegetarian option: Local char-grilled vegetable skewers (v, vv)
locally sourced vegetables

Mushroom arancini (gf, df, v)

panko-crumbed mushroom, napolitana sauce

Pork belly popcorn (gf)

served with vanilla carrot puree
Vegetarian option: Watermelon & feta cheese (v)
compressed watermelon, marinated feta & baby spinach

Grilled Tilba haloumi (gf, v)

smoked baba ganoush, basil tomatoes, sweet potato crisps,
Milingandi chilli jam

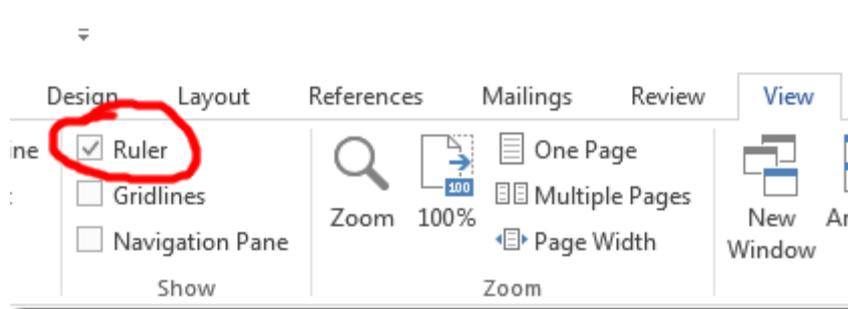
gf - gluten free / df = dairy free / v = vegetarian / vv = vegan

TECH TIP

by Judith Reid

All about Rulers (on docs, spreadsheets, etc).

To display the ruler if you can't already see it, go to the View tab and make sure that Ruler is checked (in the Show group).



Similarly, you can hide the ruler in order to make more room for your document by unchecking the checkbox.

You can use the ruler to change the layout by clicking on the grey section and moving it up or down, although setting the size of the area is best done in 'Layout'

Note the following items on the **Ruler**:

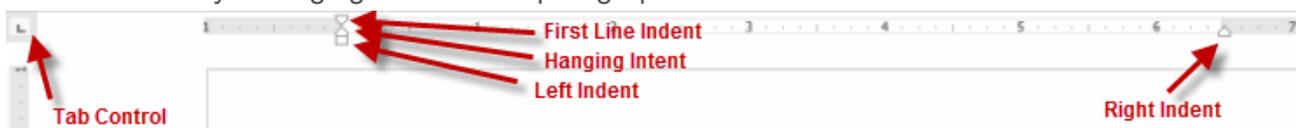
First Line Indent. Used to indent the first line of a paragraph.

Hanging Indent. Used to indent the second and subsequent lines of a paragraph.

Left Indent. Sets the left margin for the paragraph, as opposed to for the whole document.

Right Indent. Sets the right margin for the paragraph, as opposed to for the whole document.

Tab Control. Used to add various tabs to the **Ruler** for indenting, centering, and otherwise consistently managing text within a paragraph or document.



5 NOVEMBER 2020 - JEFF HAYNE'S TATHRA WALK



U3A Adventure Walking Group thoroughly enjoyed our November walk at Tathra. We started our circuit walk at Tathra Beach and followed the pathways to the historic Tathra Wharf where we joined the new elevated boardwalk (made from some reclaimed wharf timbers) to the Memorial Gardens and elevated viewing platform. We enjoyed the most stunning coastal views both north and south and the ocean water was crystal clear!

We then followed a bush track along the coast to Kianinny Bay where we stopped for our

morning tea treats. Then a steep climb to Laurence Park and a street walk to more bushland tracks and back to the beach.

The company was great and the cooler weather and recent rainfalls made it a perfect day for the walking group. Thank you for an interesting walk Jeff and thank you to Helen our walk co-ordinator.

Kerrie Dean

EFFECTS OF CLIMATE CHANGE ON OUR LOCAL MARINE ENVIRONMENT.

In early October, on the Adventure Walk along Pambula River, Peter Wynn provided us with a commentary about the importance of the 3,000 year old aboriginal middens or shell mounds we passed which provide evidence of how long this area had been a rich source of rock oysters. However, he also described the potential effects of ocean warming and the changes that may affect the marine life in the river and the bay.



Of major concern has been the future of the oyster industry in our pristine Pambula inlet. The normal pH or acidity of the ocean is usually around 8.1, but this has become more acidic approaching a pH value of around 7.5 in our inlet with the water drainage of nitrates and sulphates from the surrounding farmland. Under these conditions these filter feeders have to work harder to maintain the growth of their shells with a resultant decrease in the size of the oysters we can harvest for sale. Fortunately, our university and government researchers have identified oysters that are resistant to this acidification and once these are introduced, the quality of our Sydney rock oysters will be preserved for future generations. The quality of water draining into the river is improved by the preservation of the national park surrounding this quiet backwater.

Further information is available at

<https://www.sydney.edu.au/news-opinion/news/2019/09/27/sydney-rock-oysters-adapt-to-climate-change.html>

Peter Winn



CHRISTMAS PARTY

After much deliberation we have decided, due to COVID 19 restrictions not to hold our Christmas party this year. The COVID Safe Plan inhibits the number of people who could attend, and the way we would conduct the event. It was felt this would be unfair on some members.

What we are suggesting is that each individual course hold its own get together. We, as a committee, have not taken this step lightly, and feel very disappointed that we could not organise this celebration to end a challenging year

Sue Fowler - President.

LEARNING TO LIVE WITH VIRUSES



Why is Covid-19 so dangerous? Viruses were among the first living cells to evolve in the marine environment. They cannot divide and multiply. They need to find a host with a cell structure that can provide this environment. Bacteria, human cells or the cells of other animal or plant life provide these environments. To begin the invasion, viruses need to anchor themselves to the membrane of a cell while coaxing it to let them enter. They can then live happily with an obliging host who has learned how to prevent them from multiplying, or hijack the cell's structure to multiply before the host cell

dies. The human immune system has dealt with viruses since homo sapiens evolved.

Over the last century the corona viruses have learned how to beat the human immune system's defences.

We need to learn those strategies to work with Nature, collaborate and intelligently use the knowledge to protect the planet's ecosystems. Cosmic environments are constantly undergoing change and our planet is a part of the resonances of its energy. The human brain continues to evolve. The resonances of energy, together with human emotions and intelligence, hold the keys to living collaboratively with the natural world.

Mathematics and music provide tools embedded in the arts and sciences. They are coded in the patterns of internal resonance that impact on the human brain via emotions and cognitive experiences.

The pandemic forced humans to pause and reflect. We have the intelligence, curiosity and creativity to work with nature and its viruses. (The journal Nature explores these topics via daily newspapers published on the internet.)

Take time to pause and reflect on a daily basis. The keys to the future lie within our brain.

Nanette Kennedy.

And while we are looking at viruses, you may find the following link interesting.

<https://theconversation.com/un-report-says-up-to-850-000-animal-viruses-could-be-caught-by-humans-unless-we-protect-nature-148911>



TechBlogCorner.com

COURSERA is now a leading online learning platform for higher education, where 71 million learners from around the world come to learn skills of the future. More than 200 of the world's top universities and industry educators partner with **Coursera** to offer courses, specialisations, certificates, and degree programs. Many of the courses offered are free. During the month of December they are offering a series of free courses concerned with aspects of pandemic response. Courses are offered by both Australian and overseas universities. Course providers are easy to contact directly. For further information click on the following link: <https://www.coursera.org>



Contributions & Feedback to the Newsletter can be sent to the Newsletter Team by the 1st week of every month send by email to either:
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