

U3A Sapphire Coast

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 /U3ASapphireCoast/

October 2023 Newsletter



PRESIDENT'S COLUMN

One-on-one learning

I have to tell you the Management Team is excited by the latest idea to emanate from our innovative Program Team.

I'm referring to their idea for a one-on-one learning option to complement our existing course offerings, which are aimed at groups. Sue O'Loughlin's column below provides the details. The idea is not just to offer ongoing, or one-off, courses or events for groups; but also to provide a one-on-one learning option.

As Sue suggests, imagine that you'd like to join a card group but don't know how to play. Under one-on-one learning, you could put a two-line classified ad in our newsletter asking if anyone would be free to show you the basics. Or, you'd like to learn how to prune your fruit trees, or use your computer or new phone, or how to join Facebook.

There's a fair chance someone in our 400 strong band might have the knowledge.

Whether they can spare the time to share their knowledge we're not so sure about. But, as Sue says, we won't know unless we give it a try.

The next newsletter is open for business.

NSW U3A

The Management team recently met with our new regional representative on the NSW U3A body, which helps coordinate NSW U3As. (For example, they negotiate public liability insurance for everyone.) A closer relationship should also allow us to keep tabs on any innovative developments in other U3As, and for them to keep abreast of our ideas—like one-on-one learning.

U3ASC Christmas party

It's on again this year folks: a Christmas party on December 6 at Club Sapphire. Tickets are available from November 1 till November 30 for a subsidised \$20 per member for two courses or \$35 for non-members (it might be worth becoming a member!).

Term 4 One-Offs

Term 4 is full of fascinating one-offs and a new short course in Cribbage, as well as our ongoing packed program of courses. We hope you find something in there to tempt you. It was disappointing to have to cancel a number of one-offs in terms 2 and 3 because of lack of enrolments. But, hopefully, you're all back from your winter travels, or emerging from your winter hibernation, and eager to jump in and learn something new and exciting.

Paul Strutynski



Welcome New Members:

Heather Percival

Linda Hudson

Deb Morgan

ONE OFF

Nomadic Continents - Friday, October 27
Merimbula Marine Rescue base visit - Tuesday October 31
All the Kaiser's Men in Australia - Friday November 3
Paint and sip - Make your Mark - Friday November 10
Artificial Intelligence Presentation - Friday, November 17

To enrol in a one-off course go to Member Login on our website:

<https://www.sapphirecoastu3a.org/>

NOMADIC CONTINENTS

ONE-OFF EVENT: FRIDAY OCTOBER 27

This was the crazy idea that explained the planet. The thought that continents were adrift was ridiculed for a long time, until science delivered the evidence. It has shown, for example, that Australia is drifting northwards at 70km per million years (so no need to hang on to your hats :). What had previously been unexplainable - volcanos, earthquakes, mountain ranges, distant species affinities - were shown to have a simple explanation.



Presenter: Bruce Leaver

Where and When: Tura Beach Centre Fri October 27 1:30 – 3:30

Cost: \$5 (includes a contribution towards Bruce's petrol costs as he comes down from Bermagui)

Program Team Contact: Sue O'Loughlin programs.u3asc1@gmail.com or 0439809237

MERIMBULA MARINE RESCUE BASE VISIT

ONE-OFF EVENT: TUESDAY OCTOBER 31



Ever wanted to see and hear first-hand how Merimbula Marine Rescue operates? Here's your chance!

Marine Rescue NSW is the State's volunteer marine rescue organisation. Marine Rescue NSW saves lives on the water and assists the boating community in coastal and inland waters by providing a rapid response rescue service, 24/7 marine radio safety service, and offering boating safety and education training to the boating public.

Come along to the Merimbula Marine Rescue base in Spencer Park.

An informative power point presentation will be followed by morning tea.

Also, a guided tour of the radio room and rescue vessels is planned but is subject to there being no emergency underway.

WHEN: 10:00am to noon Tuesday October 31

WHERE: Merimbula Marine Rescue base located in Spencer Park, Main Street, MERIMBULA

BOOKINGS are a must; numbers are limited to 15

Book online or contact 0416228211 Sandy Coates Program Team

U3ASC SLOW FOOD APPRECIATORS' GROUP

***NEW* EVENT: WEDNESDAY NOVEMBER 8**

Next Slow Food happening is at Bianchini Gelati, Pambula.

Join the owner, wonderfully creative chef Dana, as she explains how she crafts her gelato with local ingredients using traditional Italian techniques. Then taste test her delicious flavours of the day.

You'll need to book for this event which will take place at Bianchini, Pambula on Wednesday, November 8 @ 12:00 noon.

Let Fleur know: dwyerfleur@gmail.com



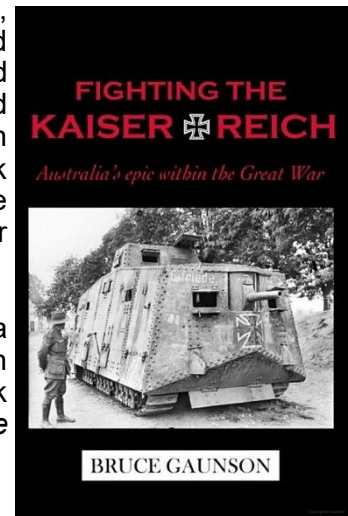
ALL THE KAISER'S MEN IN AUSTRALIA 1900-1914 – A network of German naval spies operating prior to World War 1.

ONE-OFF EVENT: FRIDAY NOVEMBER 3 1.30-3.30pm at the Tura Beach Centre

As Australia joined the British Empire's fight against the Germans in 1914, Germany had already established a strong navy and a wide band of island colonies from the Pacific to the Coral Sea, north-east New Guinea and Rabaul with a wartime plan to attack Australian warships, naval facilities and sea lanes. Though our security officers were aware that information on targets may be being sought through espionage, the existence of a network of German spies and their professional work was never detected. This is the historical mystery that Dr Bruce Gaunson will discuss in detail at our November One-off event.

Bruce is a renowned and well published historian who retired to our area after a distinguished and varied career. His knowledge of the Australian WW1 involvement and this period of history is reflected in his last book published in 2018 during the centenary of World War 1, *Fighting the Kaiserreich: Australia's epic within the Great War*.

Enquiries to Elizabeth Stacey, Program Team
eastacey@bigpond.net.au Mobile: 0412162497
Cost \$3 entrance and afternoon tea



PAINT'N SIP – MAKE YOUR MARK

ONE-OFF EVENT: FRIDAY NOVEMBER 10

For all you creatives out there – or even just those of you who like a glass of wine before you splash some paint around – look out in the Program for this One Off.

It will be at the Tura Beach Centre on November 10 at 1.30 pm.

Course Leaders, Sue O'Loughlin and Helen Stevenson, will show you a range of techniques for applying paint to pre-printed canvasses (so no drawing skills required) to create your own, unique piece of art. Then, with some wine under your belt, you can work at your own pace, using some of those techniques, or not. Whatever suits. The aim is mainly to discover that painting is fun!

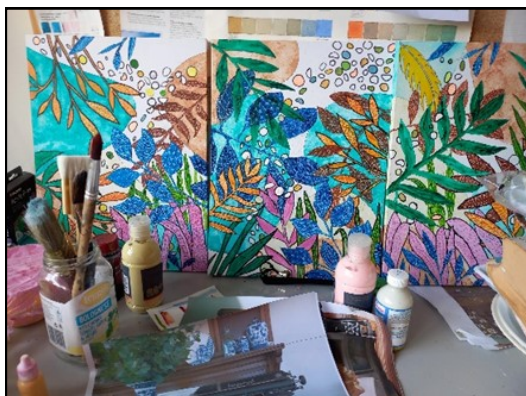
Canvasses will be supplied at cost (no more than \$10). Paints, brushes and other stuff you can use to make marks will also be provided (we just ask for a small, voluntary contribution toward the cost of what you use).

Venue use and wine/nibbles \$5.

Numbers are limited to ten, so, if you're interested, get in and enrol early.

Sue O'Loughlin
Program Team.

Examples of the PAINT'N SIP technique:



ARTIFICIAL INTELLIGENCE

ONE-OFF EVENT: FRIDAY NOVEMBER 17



This interactive session with George Stone, from Bermagui U3A, will explore the benefits of Artificial Intelligence (AI) throughout its history.

George will also delve into the current concerns including ethical considerations and the need for responsible regulation to ensure fairness, transparency and accountability. The session aims to provide a practical understanding of current AI tools, empowering participants to leverage AI effectively in their own endeavours and initiatives.

Course Leader: George Stone

When and Where: Tura Beach Centre, Friday November 17

1:00 - 3:00 pm

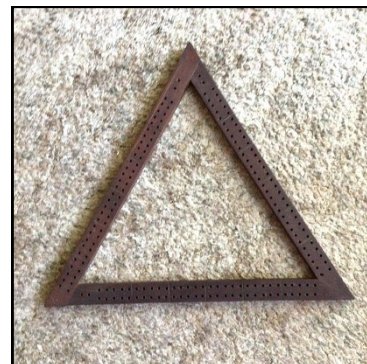
Cost: \$5 (includes an extra amount to contribute to George's petrol costs)

Program Team contact: Sue O'Loughlin programs.u3asc1@gmail or 0439809237

***NEW* SHORT COURSE**

Come along and learn to play CRIBBAGE

A cribbage board can come in many shapes and sizes. It may look complicated and a puzzling thing to have as part of a card game. But, in fact, it's just a quick way of scoring the game. Points won in cribbage are often small - 1 or 2 points - and it would be annoying to have to write them down each time a score is made. So, the points are scored using pegs on the board that are moved forward in the holes when a score is made. Of course, I particularly like my own cribbage board which was made by a friend with a drill who was also a cribbage enthusiast.



I first learned cribbage from my father as a child. We usually played it on holiday as a family, so it has an affectionate place in my heart. It conjures up a vision of hot summer days and a Christmas tree which was often in the corner of the room we played cribbage in.

It differs from most card games in that it doesn't consist of playing tricks in which the highest card wins as in 500 or whist. Instead, it mostly consists of making the sum of 15 from the face value of the cards during play, and in scoring the cards in your hand at the end of play. It is called cribbage because there is a separate hand of cards, called the crib, that the dealer gets to score as their own. As each player deals they get to score a crib as their own.

It may sound complicated but it is easy to learn in one sitting and fun to play. So come along and join us. You may even want to acquire a cribbage board of your own!

Belinda Jermyn – new Course Leader CRIBBAGE

When: Friday November 24, and December 1 & 8.

Time: 2pm to 4pm

Where: U3ASC Tura Beach Centre

Cost: \$3 per session

Enquiries to - Belinda Jermyn message mobile 0417947166 or email belindaj626@gmail.com

Enrol online or call 0416228211 Sandy Coates Program Team

ITALIAN FOR BEGINNERS

***NEW* COURSE 2024**



I will be commencing another Italian beginners class next year for members who have no (or very little) grasp of Italian. Class size will be restricted to 10 and will be held on a Thursday morning. Looking forward to introducing this beautiful language to those who would like to learn it.

Teresa Hamer, Course Leader

ONE-ON-ONE LEARNING: IT'S WORTH A TRY

Is there some smallish thing you'd really like to learn but you don't know who to ask to help you with it?

Why not try putting a call out to our 400+ skilled, experienced, knowledgeable members? Most of them don't want to run courses or commit to ongoing calls on their time. But, just maybe, they can find an hour or two to give you a private tutorial to help get you going. It's a chance for them to participate in our community of volunteers and to discover the pleasures of helping others to learn, without making a major commitment.

So ... want to learn to knit? Or crochet? Got a tricky pattern you need help to interpret? Want to learn some other craft I can't think of right now?

Need someone to show you how to get the most out of your phone or computer? Or, as I did for nearly a year, need help to work out why you can't open your documents so you can fix the problem?

Want to learn how to fix a leaky tap so you can do it yourself next time? Need to learn basic car or house maintenance skills now that you're on your own?

Want to learn how to grow better fruit or vegetables? Or want to know how to deal with a particular pest, or soil problem?

Want advice about the best art supplies to buy for what you want to do with your art? Or want some basic drawing or painting techniques to get you started?

Been wanting to join one of our games' groups but would feel better if you knew more about how to play the game first?

My imagination is limited, but the options aren't. As long as you're learning how to do something yourself, and not just asking someone else to do it for you. We're in the learning business, not the business business.

If there's something you'd love to learn, write a few lines about what it is that you want and send it to our newsletter editors, Kaye Separovic (kayeseparovic@gmail.com) or Trish Dive (u3asoffice8@gmail.com).

And if you're the person who reads the request in the newsletter and thinks, yes, I can help with that, then contact me, Sue O'Loughlin at programs.u3sc1@gmail.com and I'll arrange to get the two of you linked up in a way that preserves your privacy.

It may work. It may not. But it's worth a try.

CRYPTIC CROSSWORDS FOR ALL.

We have had requests for a resumption of Cryptic Crossword classes, but haven't been able to find a leader. But maybe we now have a solution.

Barry Lynch, a U3A member from Queensland, has taught Cryptic Crosswords to Beginners and Advanced Students up there. He's had to retire from doing that, but has left a legacy in the form of YouTube videos based on his classes. They are currently being used by his replacement course leader, who starts each session with a video, and follows it with exercises.

Are you a cryptic crossworder who would love to share this engrossing and beneficial activity with others, but maybe didn't have the confidence to take on running a course on your own? How would you feel about partnering with Barry's videos so it's not all down to you? Or, are you someone who has always wanted to do cryptics but didn't know where to start and can watch Barry's videos in your own time?

Or, if you don't want to actually teach, but would like the social interaction of watching the videos in a group, maybe you could volunteer to coordinate the group?

Either way, check them out at:

https://www.youtube.com/channel/UC2whB5l_IHbNSLeW6BfDvngt

If you're interested in pursuing any of these options, please contact me on 0439 809 237, or by email: programs.u3asc1@gmail.com

Sue O'Loughlin
Program Team.



VALE NAN ANDERSON/KENNEDY



Nan Anderson/Kennedy, a very active member of our U3A, very sadly, and suddenly, died on Wednesday 20 September, 2023.

I worked with Nan on the Management Team for a time and was always impressed by her absolute passion for caring for the well-being of our members, and not just their learning needs. She had a lot to say on the subject, and put a lot of her thoughts into a regular column in our newsletter at the time. But she also put her care into practice, treating some of us for free with her special anti-inflammatory tens-type massaging machine. She was the soul of compassion, and of generosity with her time, and her knowledge.

Other U3A members have provided their own tributes to Nan, below. First, from Barb Seaton:

"It gives me a great sense of privilege to pay tribute to Nan Anderson/Kennedy for her contributions to our community. We thank her for lead teamwork in U3A, assorted useful roles in the Sapphire Coast Music setup, an integrative approach to life matters and climate healing, her championing of innovative black boxes for human and animal health eg the ENART massager.

Nan loved ideas, the more complicated the better. She was firmly in favour of lifelong learning and ecological nests for all things. Always a snappy dresser, Nan liked to step it out with colour and flair. For pleasure she would run on deep Tura Beach sand and do strenuous glides on the rower at the gym. In the busyness of her life, she always had space for a cat.

We will miss her tolerance and care."

And, from some members who wish to remain anonymous, but who were good friends with Nan:

"We are very sad to report the death of Nan Anderson (Kennedy). Nan was an active, long-term member of the Sapphire Coast U3A. She attended courses; led courses in subjects as diverse as Social Ecology, Resilience, and Mesopotamian and European culture; was a valued Committee Member; and also held a Welfare position, offering professional assistance to any member requiring support.

Her life included teaching, mentoring, public service, studying and practising Social Psychology, marriage, motherhood and entrepreneurship.

During the last couple of years, she spent time writing 'The Watershed', in which she examined the two decades either side of the millennium in order to contrast significant paradigm changes on everyday issues that affect our survival.

Nan was generous, kind, and innovative. She will be greatly missed."

Members of U3ASC are invited to celebrate Nan's life at a commemoration at the Tura Beach Country Club on Thursday 12th October @ 11.00 am.

To assist with catering, please RSVP Nan's daughter, Mardi on her mobile: 0409 394 525 ASAP.

Sue O'Loughlin, Program Team.

I Confess

I stalked her

in the grocery store: her crown
of snowy braids held in place by a great silver clip,
her erect bearing, radiating tenderness,
the way she placed yogurt and avocados in her basket,
beaming peace like the North Star.

I wanted to ask, "What aisle did you find
your serenity in, do you know
how to be married for fifty years, or how to live alone,
excuse me for interrupting, but you seem to possess
some knowledge that makes the earth burn and turn on its axis-"
But we don't request such things from strangers
nowadays. So I said, "I love your hair."

-Alison Luterman

Poem submitted by Bridget O'Hanlon, Poetry for Pleasure

ART GROUP ON THURSDAYS

The perfect Spring weather tempted several of the Thursday Painting Group to venture from the U3A Tura Beach room and paint outdoors at Tathra Wharf on September 28. Despite the extensive repair work being done, this was a great spot for painting, watching the holiday makers and keen young fishers, and enjoying coffee, chatting and lunch.

Course Leader: Beverley Smith
Waiting List Enquiries: 0475 506 156



THE WRITING GROUP



Amateur writers often think they need the muse to be upon them to write anything. Professional writers flex their writing muscle every day when they go to their writing space to get the next nth thousand words written. It's their profession, it's how they earn their living but for amateur writers we often need some sort of structure and that's where the writing group comes into its own.

We provide the environment for working that muscle in a friendly, encouraging setting. Prose, poetry, long pieces, short pieces, books for children, books for adults whatever writing you want to work on.

Next term we are starting a new project that will allow us to pursue a longer piece of writing than we normally tackle in the meeting times or for our homework. If you have a partially started book that you have put to the "back" of the computer then this may well be for you.

We provide the structure and positive feedback, you provide the words. As with everything we do, this is not compulsory, we want our writers to write whatever they like – it all adds to the fun. Come along on Tuesdays to the Tura Beach Centre at 1pm and see if we fit.

Barb Simmons, Course Leader

ADVENTURE WALKING

Fearless 5 Feast on The Beauty of our Wallagoot-Bournda Hinterland

Jeff, Lyn, Mike, Cathie and Peter were greeted with a superb spring day to take in the wildlife and superlative scenery we are all so lucky to live so close to. Following from Wallagoot Lake shoreline we headed south onto Bournda beach on which Jeff had strategically organised a low tide along with the appearance of the U3A dolphin who put on a great surfing display for us. Following a seated morning tea at Bournda Lake we returned via the unique freshwater Bondi Lake while taking note of the remnant dams and fences from the glorious farming era of years gone by along with their current rather dozy marsupial custodians. Following an inspection of the rustic Scott's hut (well worth a visit), a quiet sandwich and cuppa was enjoyed by all as we attempted to solve the world's problems: not surprisingly we failed! Thanks, Jeff, for a great morning.



Peter Wynn, Course Member.

CRAFTWORKERS' GROUP

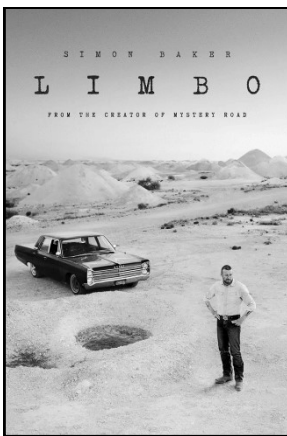


Recently our Craft Group was visited by a delightful group of treasures which help our members practise skills and techniques which would otherwise be forgotten. From the intricate dress of European Katya to the silk crocheting on the babies and the whimsical expression on the face of Piglet, each piece is treasured by their owners and families.

We often have an informal "show and tell" so that we can learn from each other. You are welcome to join us at the Tura Beach Country Club on Fridays at 10:00 am. You don't have to be clever you just have to enjoy what you do.

Contact: Course Leader Monica Eddleston
Mobile: 0408 794 252

FILM REVIEW – LIMBO.



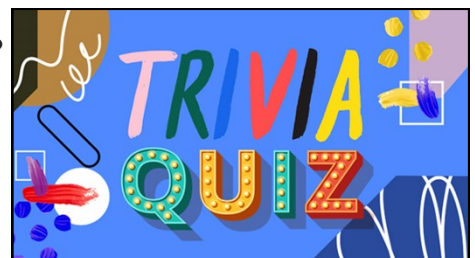
The critics raved about this film by Indigenous director Ivan Sen, best known for directing the Mystery Road movies. The black and white film is currently available on ABC iView <https://iview.abc.net.au/show/limbo>

Uncannily, the use of black and white cinematography also reflects the nature of the subject matter in this disturbing film as it delves into the long-standing prejudice between white and indigenous Australians. The landscape is as scant and brutal as the inadequate police investigation twenty years earlier into the murder of an Indigenous girl, Charlotte Hayes. The film is set in the opal mining town of Coober Pedy with its bleak, barren and bizarre landscape of underground housing and intense heat. Detective Travis Hurley, played by Simon Baker, arrives looking for answers to the unsolved case. Justice is, more or less, served, but unexpectedly. I enjoyed this slow-moving film with its quietly layered story and stark reality.

Kaye Separovic, U3ASC Member.

TRIVIA QUIZ BY BRIDGET O'HANLON

1. What is the largest island on the Pacific coast of North America ?
2. What is a morwong?
3. Which country won the first FIFA men's World Cup?
4. In mainland China they mostly speak Mandarin, what do they speak in Hong Kong?
5. Do you practise 'caveat emptor' when on a shopping spree? If so, what does it mean?
6. Name the new governor of the Reserve Bank of Australia
7. What musical instrument did Sherlock Holmes play for relaxation?
8. What flavour is Devil's Food Cake?
9. In which state or territory would you find Lake Pedder?
10. What is the largest artery in the human body?





Review of **ONE-OFF EVENT: FARM ON THE GREEN**

A big thank you to Rob Geary, the Farm Manager at the Farm on the Green located at Club Sapphire, Merimbula. A small group of us was shown around the farm which was created from an old bowling green no longer in use. It has been transformed into a market garden and is run and maintained entirely by volunteers.

The amazing farm cultivates an enormous range of vegetables and has even begun to grow citrus trees along the side as well. They share and obtain seeds from the Bega Seed Savers and grow so many vegetables that they hold a sale once a week at the Sapphire Club on a Sunday 9.30 to 11am (for anyone who may be interested).

Volunteers maintain their own compost heaps to organically fertilise the crops as much as possible, and even run a worm farm to help improve the soil and compost. The volunteers are able to keep produce which has been picked on the day, which is a huge incentive to volunteer there, as the quality of the vegetables is very high.

This wonderful morning concluded with an impromptu coffee with those green-fingered volunteers.

Rhonda Wrenn, U3ASC member

TEAM OFFICE IS LOOKING FOR VOLUNTEERS.



We need members who would like to do office work, using the Team Office Windows-based laptop, or your own laptop/tablet. General administrative duties and socialising are among the many things we do. Greeting members and potential new members, talking with them about U3A Sapphire Coast, the Courses and activities that U3ASC offers, are very important aspects of our work.

Training is provided by an experienced mentor who is always rostered on with you. Training includes office procedures, use of the U3ASC laptop and Square EFTPOS terminal.

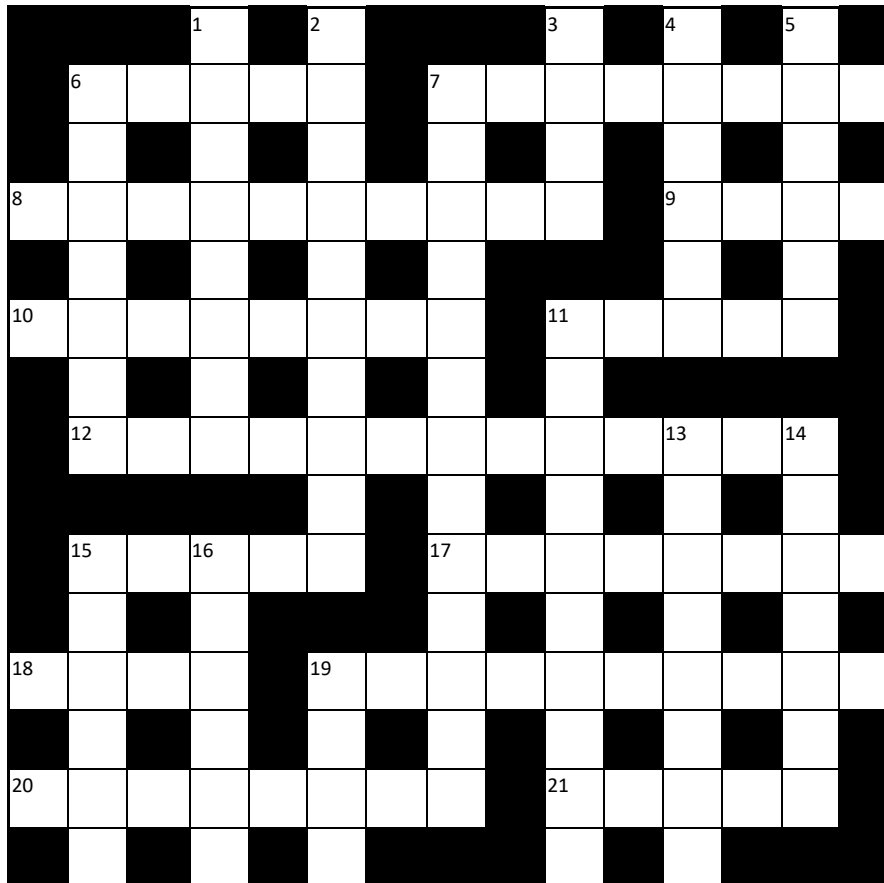
A comprehensive, step-by-step Office Procedures Manual is available, both in hard copy and on the dedicated Team Office webpage on the U3ASC website.

We work on a roster system, with volunteers working at the Tura Beach Centre one Friday afternoon a month from 1:30pm to 3:30pm.

This is a great way to get involved in your organisation and get to know other members. If you are interested or would like to know more about the role, please contact:

Michele Patten at u3asoffice1@gmail.com; Phone: 0428 947 179

CRYPTIC CROSSWORD 2033 by JOHN SCRIVENER



CROSSWORD 2033 CLUES

ACROSS

- 6. Spoken gaze step (5)
- 7. Celebration is English book (8)
- 8. Doctor punt lane as not nice (10)
- 9. Top mark chaps so be it (4)
- 10. Supposes paper includes highway without beginning (8)
- 11. Cloth fold and soft milk (5)
- 12. Analogous zero weight for a distorted rectangle (13)
- 15. Degree of sibling's fundamental principle (5)
- 17. Diminishes Department of Education lands (8)
- 18. German River smelly perhaps (4)
- 19. Marinator? Watch over the last part of 6 Across (10)
- 20. Penetrate ladies hair-do and corrode first element (8)
- 21. Mites destroy things (5)

DOWN

- 1. Bald rose? He does not take defeat well (3,5)
- 2. Square to study former English actor doing monotonous tasks (10)
- 3. Deed from bad destiny! (4)
- 4. Street rodent at start of layers (6)
- 5. Fool began entry agreement (6)
- 6. Star part back captures the warmth (7)
- 7. Scan recent den? Experience beyond normal (13)
- 11. Golf experts' proposition of additional body part (10)
- 13. Grasps actual in basis estimated! (8)
- 14. Cares for insects including hesitation (7)
- 15. Did Abbott obtain moneyed estimate? (6)
- 16. Crustacean caught from Royal Mail boat (6)
- 19. Maybe dead duck! (4)

Check out next month's Newsletter for the answers to this Crossword

Newsletter

Chief Editor: Michele Patten - u3ascoffice1@gmail.com
Sub-Editor: Elizabeth Stacey - eastacey@bigpond.net.au

Contributions & Feedback
to the Newsletter can be sent to the Newsletter Team by the 1st Friday of every month. Send by email to:
Trish: u3ascoffice8@gmail.com AND
Kaye: kayeseparovic@gmail.com

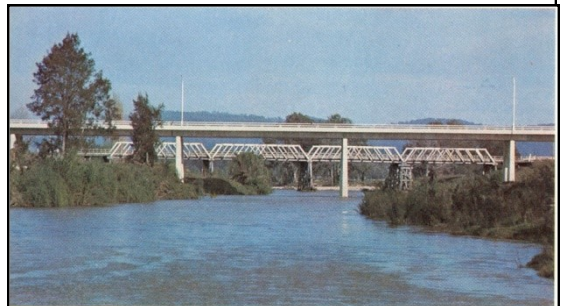
Review of **ONE-OFF: Step back in time at BEGA PIONEERS MUSEUM**

A small group of U3A-ers was welcomed by Peter Roger at the Bega Pioneer's Museum last month.

A committed group of people has arranged a very informative history of the Bega district at the museum. This includes walls filled with photos of people who lived there long ago, many of which were, in fact, rescued from the rubbish tip.

We sat down to a delicious morning tea in the 1900 hotel kitchen and listened to Peter Lacey speak about the books he has produced while he was President of the South Coast History Society. Recording our past is very valuable work for the future.

Peter discovered that information about the old trestle bridge over Bega River has been incorrectly recorded. It stated that this was originally built to carry a train line, but an engineer disproved this, as this trestle bridge could never have supported the weight of a train.



Christine Kaine & Sandy Coates

SEPT CROSSWORD 2032 ANSWERS

ACROSS

1. Red sky at night 10. Replicate 11. Fiver 12. Glottal
13. Tantrum 14. Neighing 16. Binary 19. Senile
20. Spreader 23. Pranced 25. Encamps 27. Rodeo
28. Salt mines 29. Transparently

DOWN

2. Explosion 3. Shirt 4. Yearling 5. Treaty 6. Infantile
7. Hover 8. Dragon 9. Crummy 15. Half-crown
17. Abdominal 18. Appealer 19. Superb 21. Resist
22. Adds up 24. Adder 26. Cumin

TRIVIA QUIZ ANSWERS

1. Vancouver Island
2. A fish
3. Uruguay 1930
4. Cantonese
5. Buyer beware
6. Michelle Bullock
7. The violin
8. Chocolate
9. Tasmania
10. The aorta

MANAGEMENT COMMITTEE

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Member	Roger Harris	rogercharris@bigpond.com