

# U3A Sapphire Coast September Newsletter

## ***A Principle that is followed by the Association:***

*The programs will be designed to realise the potential of older adults and to increase awareness of the fact that older people retain capacity to acquire, absorb and use new information and knowledge.*

Hello everyone,

Spring is here, let's try and put the troublesome winter behind us.

Let's embrace the warmer weather and thoughts of better times.

At U3ASC we are encouraging course leaders and members to reconnect with classes where possible. We are presently holding classes at the Tura Beach Centre such as Yoga, Art, Writing and Mindfulness.

The Management Team is aiming for more classes and members to participate and they have worked extremely hard in putting together a Covid 19 safe plan.

- Numbers at any one time are limited to 11 persons (plus course leader).
- On entering the centre you are required to:
  - use the hand sanitiser provided and
  - register on the Covid 19 register.
- Social distancing of 1.5m is required.
- After each class held at TBC all furniture and equipment is thoroughly cleaned.
- Some members choose to wear masks though under the current regulations this is not mandatory.

We, the Management Team, are trying to encourage some normality back to the lives of our members, whilst keeping safe.

Enjoy spring everyone

Regards Sue Fowler



## Welcome

**New Member**

Michele Winn

On behalf of all members of U3ASC I would like to thank Margotdepa Slater-Oliphant, Michael Quinlan, Trish Goodwin, Anita Paget and Molly Lehane for their dedication and tireless work over the past years. Margot, Michael, Trish, Anita and Molly have decided to retire from their positions as course leaders. Once again thank you and possibly after a break you might choose to come back. We wish you all the best.

Regards Sue Fowler



## ***The Work and Philosophy of Rudolf Steiner***

Why not join Steiner scholar Christine Kaine in exploring the work of Rudolf Steiner who was an Austrian philosopher, social reformer, architect, esotericist, and claimed clairvoyant. You will learn how Steiner gained initial recognition at the end of the nineteenth century as a literary critic and how he published philosophical works including the Philosophy of Freedom. Later, he also founded an esoteric spiritual movement, Anthroposophy, with roots in German idealist philosophy and theosophy;

other influences include Goethean science and Rosicrucianism. Read more on Wikipedia -

[https://en.wikipedia.org/wiki/Rudolf\\_Steiner](https://en.wikipedia.org/wiki/Rudolf_Steiner)

If you are interested in joining a discussion group with Christine, you may contact her at -

[christine@christinekainecivilcelebrant.com.au](mailto:christine@christinekainecivilcelebrant.com.au) with the idea of initiating ongoing classes.

## ***Walking the Camino Trails with Wal Wolzak and Sylvie Dubrulle***

If you missed Wal and Sylvie's marvelous presentation on Walking the Camino Trails, a PowerPoint copy of the presentation and a Purchasing Gear and Packing List will be available on the U3ASC website's homepage. Wal and Sylvie are only too happy to answer any questions you may have about preparing for, and walking the trails in Summer and in Winter and you can contact Wal by email at:

[wal.wolzak@gmail.com](mailto:wal.wolzak@gmail.com)



## Profile on one of our much loved Course Leaders

### Elizabeth Stacey

1. *How did you acquire your passion for the 4th Wednesday Book Group?* I have always loved reading recreationally and studied literature in my undergraduate degree and even taught High School English along the way. However, I have moved a great deal in my adult life and I was introduced to book groups in California and found it a wonderful way to meet people and make friends in each new place I lived. Discussing books often leads to such interesting conversations both about the chosen books and the life experiences and thoughts of group members and is a great basis for getting to know people. The U3A book groups were full when I joined U3A and I eventually was fortunate to meet Jennifer Dessens, also new to the area, and we established a new book group starting in 2015.

2. *What is it about course leading which continues to encourage/challenge you?* After teaching in schools for the first part of my career I researched and taught adults in my career as a university teacher and found an important factor in adult learning was drawing on the capacities and experiences of adults to manage and collaborate in their own learning. U3A draws on this so well. As a group we decide on the books we will read and we all contribute to discussions. Initially I would research the book and facilitate the discussion but quickly that role became less necessary and we all contribute and lead as needed.

3. *What motivates you as a Course Leader?* I've researched a lot about group dynamics, taught a lot of adult groups and I enjoy facilitating groups. Being part of a group of keen readers sharing book recommendations ensures I challenge my own reading choices and I enjoy sharing ideas and opinions with our well read group.

4. *How long have you been associated with U3A Sapphire Coast?* Since 2010 before we lived here more permanently. I've been part of a former program team and I've given several one-off sessions about teaching adults and delivering presentations as well as running the Critiquing Cinema Group for a couple of years. I've also enjoyed providing some individual mentoring to members wanting to establish groups and discuss methods for running them.

### Astronomy Class

Thank you to all of you who have expressed an interest in joining an astronomy class with David Nicholls. This class will commence on Tuesday 13 October and will move between the U3ASC Tura Centre and an outdoor area - it will be limited to 11 participants.

The class will run for about an hour each session for 8 sessions - Covid regulations allowing. Now that we have established interest - please enrol online as for all U3ASC classes.

Thank you  
Carolyn Smith Mob: 0414519344 "

### About Team Office

At Team Office (TO) we coordinate and train members who would like to become TO volunteers. Our group now has 10 volunteers whose prime responsibility is the registration and renewal of memberships. Member information is recorded into the MyU3A database. TO works closely with U3ASCs President Sue Flower and Chris Bembrick our Treasurer. Team Office is also responsible for the organisation of U3ASC admin and has close liaison with Programs Team and Management Team.



Four of the Office Team Kerrie, Marg, Trish and Anne  
Photo taken pre Covid-19.



This beautiful 'Sea Scape with the Iconic Sea Eagle' hangs proudly in Team Office.

Painted and donated by Lee Daynes. Thank you Lee.

Our volunteer Anne has resigned from TO due to personal reasons. Anne, Team Office thanks you for all the input you have given TO for the last years and wish you all the best for your future. If you would like to volunteer to work for TO please email me on the email below, we would love to hear from you.

Team Office is up and running again and is open every **Friday from 1.30 to 3.30pm** at the **U3ASC Tura Beach Centre**. If you have any queries contact:

**Margaret on [u3ascoffice4@gmail.com](mailto:u3ascoffice4@gmail.com)**



## U3ASC ADVENTURE WALK – PAMBULA GOLDFIELDS

In perfect weather on the morning of Thursday 6 August, a group of nineteen U3ASC members gathered at Summerhill Road south of Pambula to explore part of the Pambula Goldfields. It was the first time that the group had been able to get together for a long time, and it was good to catch up with everyone again.

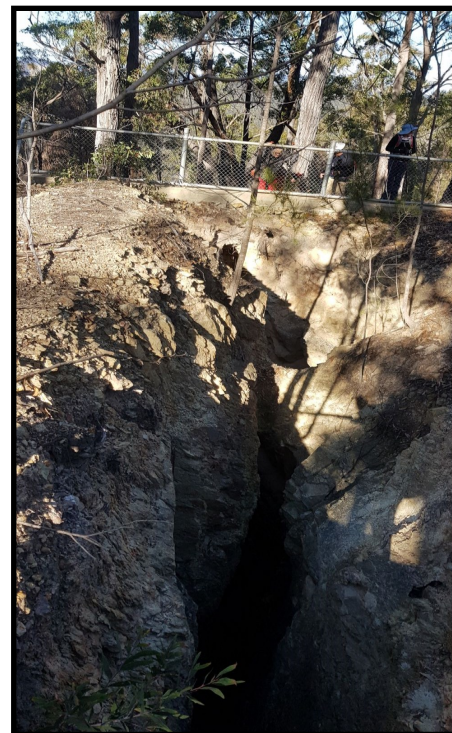
The walk on the Pambula Mines Trail was led by Mike Warren, who has done considerable research about the geology and history of this area.

On the way we saw some very deep fenced mine shafts (even walking out over one on a well-constructed walkway), as well as stone remains of dwellings, and old bottle glass at one of the many hotel sites. Mike was also able to point out the site of the local school, and filled us in on some of the historical details of gold mining in the area, such as:

- In 1888 gold was discovered on Mount Gahan in what is now part of the Nullica State Forest. A rush to peg the area resulted.
- Tenement names included Killarney mine, Falkner's, Black and Berry's, Diorite Co. and Brassnocker mine.
- Settlements included Yowaka village and Pipeclay Creek village.
- In November 1890, the Sydney Morning Herald reported "when the machinery has been put up there will be employment for 500 to 600 men" and "it is a difficult thing to get accommodation at the three hotels in that once quiet little farming township (of Pambula), bare boards in the verandah being now a sort of luxury. There are several hastily run-up accommodation houses on the diggings, and several hotels are in course of erection, keeping the local sawmills pretty busy".
- In 1890 the Bega Standard newspaper reported that "several mining experts have visited the field during last week, and they all express wonder at the peculiar formation in which the gold is found, as also of the evident richness of the deposits".
- A report to NSW government in 1896 stated "one of the leading shareholders in the Falkner Mine, states that 555 tons of stone from that mine, sold on assay, yielded 6,534oz of gold, [11.77 oz per ton = 366 g/t!!!] which realized £23,040. A local bank manager reported that production from the field from 1890 to 1895 produced 17.24 million oz of gold.

- Most of the mines ceased working at the time of World War I.
- The area is unusual in that it contains many diverse mining remains in a relatively compact area.

The walk took about 2 hours, and we all enjoyed it so much that we can't wait for the next one!



Helen Stevenson, Mike Warren, Nikki Faulkner and Michele Patten.



### Tech Tips with Judith Reid

#### How to copy and paste text on android tablet.

1. Find the text you want to copy and paste.
2. Tap and hold on the text.
3. Tap and drag the highlight handles to highlight all the text you want to copy and paste.
4. Tap Copy in the menu that appears.
5. Tap and hold in the space where you'd like to paste the text.
6. Tap Paste in the menu that appears.

### Tuesday's Writing Group

At the weekly writing group we review each other's writing, do writing exercises in class and undertake a simple homework task. The group is diverse with memoir writers, fiction, poetry and crime. Because what we write says a lot about who we are, we develop strong connections with each other. We also insist on confidentiality unless given permission to share. Recently, we have lost a couple of members who have moved away and would love to invite new members to the group. You can try us out for a day without commitment. Tuesdays, 1-3pm Tura Beach  
Sue Middlewood Course Leader 0417 685894

## More group experiences in the time of COVID19

Over terms 2 and 3 and as NSW restrictions have eased many of our U3A groups have continued to meet in varying ways. Zoom is still a useful means of communication for some groups while others are beginning to meet face to (safely distanced) face in various locations including the Tura Beach Centre.

### Painting for Pleasure

When lockdown started I reactivated our group's Facebook page so we could stay in touch and keep up to date with interesting gallery information, etc. When we could meet up in groups of up to 10 people outdoors we began plein air painting, going to a different location every week. We were lucky with some lovely sunny early winter days, and even those not very keen about painting in all weathers are now almost addicted!! But maybe that is because we could plan a lunch together afterwards which we all enjoyed in our isolation. Luckily the U3A Tura room was available at the end of July and we have been happy to be back indoors when it has been cold. Our numbers are unpredictable due to self quarantining etc. but we have been happy to continue painting together during these weird times.



**Beverley Smith Course leader**

### The Writing Group



We used Zoom for one term and managed well but really there is no comparison to meeting in person. The writing group is now happy to be meeting at the Tura Beach rooms. We all help with the cleaning, we don't use the kitchen and the fear of having to clean the toilet has us all crossing our legs! We bring thermoses of hot water and own cups and all works pretty well. I'm sure we would all re-think if a cluster of cases did occur in the Bega Valley. Meanwhile we shall enjoy each other's company and especially their stories. As one of our group is unable to join us due to health

issues we keep him involved by emailing homework and pieces to review and members of the group send him comments. When it was his place for review we used Zoom for that week which was coincidentally the week I had been mixing with people from Melbourne at a funeral and chose not to be around people until I could be tested.

**Sue Middlewood Course leader**

### Australian Novel Bookclub

Since the beginning of Covid19 lockdown restrictions our bookclub has been meeting monthly via the U3A Zoom. Two months ago, as restrictions eased, the group elected to continue meeting this way as it was considered our discussions had become more focused on reviewing the content, context and the ways in which the author has contributed or not to our Australian consciousness. Novels we have discussed this year are from a range of authors including: Favel Parrett; Christos Tsiolkas; Peter Goldsworthy; Leah Purcell; Patrick White; Heather Rose; Elliot Perlman; A.S. Patric.

**Karen Gillespie Course Leader**

### Missed out on enrolling in Italian? Here's a second chance ...

Teresa Hamer's Beginner Italian classes have been filled as soon as they're advertised. But if you've missed out before, two places have opened up in her Gruppo 2 class, which is held via Zoom on Mondays at 12.20.

The course is for beginners, but the group will have made some progress by the time you join it, so even a tiny bit of prior knowledge of Italian would help you to fit in more seamlessly.

But don't let that put you off. If you are a total beginner, or feel unsure about fitting in, just ring Teresa and have a chat about it. She's on 0408827794.







## *Hanging up their boots!*

Sadly, this month we announce the stepping down of five of our dedicated Course Leaders who have decided to discontinue in their various leadership roles with U3A Sapphire Coast.

**Margotdeepa Slater-Oliphant** who has led *Moving on – Warts and All* for many years to her passionate group of members.

**Michael Quinlan** who has led *Philosophy and Ethics* with a group of keen U3ASC philosophers.

**Trish Goodwin** and **Anita Paget** who together, have steadfastly led the *Monday Mah Jong* group.

**Molly Lehane** who has presided over the *Critiquing Cinema* group held at our local theatre in Merimbula, followed by an informative discussion.

The challenging and unusual times of social distancing and the many other COVID 19 protocols this year have definitely had a part to play in these timely decisions. Some courses simply cannot operate at all, and for others Zoom or any other video conferencing platform, just hasn't been suitable for a class.

We would like to thank you all for your enthusiasm and the remarkable effort you have put into the preparation and delivery of your classes to our many members, who will no doubt be disappointed to learn of your decision. If any member is interested in assuming the role of Course Leader for any of the above courses, please do not hesitate to contact the Programs Team Leader, Linda McMorrow at:

[programs.u3asc1@gmail.com](mailto:programs.u3asc1@gmail.com)

## *Thank you!*

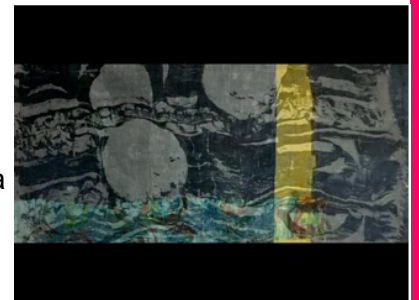
***Critiquing cinema*** Sue O'Loughlin, Program Team Person for  
***Molly Lehane's Movie Critique Course***



After many years of leading the Cinema Critique group, Molly Lehane is retiring from the role of course leader. What a stimulating and interesting leader she has been! The good news is that Lorraine Young will take over from Molly and continue Cinema Critique as scheduled in the program for the remainder of the year. Yeah Lorraine!

### ***Open Studio Event - A date for your diaries!***

Come and meet local artist Mirjam Aigner over the long weekend in October in her Pambula Studio, 132 Toalla Street, Pambula. Hours: 10 am to 5 pm each day. Her textile art in progress and some completed artwork will be on display. Mirjam's work has featured around the world but currently, she has a great passion to share and display her work in her studio. The long weekend of 3rd, 4th and 5th October presents an opportunity for members and the general public to view Mirjam's work in progress. Here is an example of Mirjam's work entitled 'The Moon Over the Ocean' currently on display at the Black Daisy in Pambula. Please note: Please be mindful of the current COVID 19 restrictions and be patient and kind to each other, as crowding is not permitted in an enclosed space. She looks forward to seeing you there!



### ***Slow Food Group***

Firstly, a thank you to those who have previously expressed interest in the inaugural Slow Food Group gathering, we will be in touch with you shortly. Our first event is still planned for Wednesday, 9th December commencing at 4.00 pm and we are looking for additional expressions of interest to assist with the finalisation of numbers. At this first event, you will gain an understanding of the Slow Food Movement along with how you can contribute ideas for the future direction of our group. We'd love to see you there! Paul West of River Cottage Australia fame will be our guest speaker. Please email Jon and Tracy at [slowfoodsapphirecoast@gmail.com](mailto:slowfoodsapphirecoast@gmail.com) to register your interest and we'll forward details as they develop.



### **During the Covid -19 Pandemic**

Family life became somewhat congested for many families. Understanding what's going on in the mind of toddlers is helpful in improving everything from education and parenting to pre-school entertainment. New research sheds light on how these young kids react to a feeling we've all had at some point: uncertainty.

In tests with a total of 160 toddlers aged between 25 and 32 months, they were shown to handle uncertainty in a variety of ways that matched what older children and adults do, even if toddlers can't actually articulate what's going through their minds.

The team ran experiments where the children were shown pairs of animals or common objects, with each image almost completely obscured by a grey square. The participants were then asked to find a particular animal or object. Using an array of new technologies associated with touch screens, they were able to gain more insight into how the toddlers were deciding on their choices. Children take longer to deliberate over decisions that are more difficult. In the tests the kids ultimately got wrong, they looked back-and-forth between images more often, deliberating longer. When the two objects were similar, the toddlers took longer to gather their 'evidence' but less of that evidence to reach a decision.

These responses showed toddlers starting to become aware of their own uncertainty, and matching behaviors also seen in more developed children as well as in adult decision making. Overall, we showed that, while deliberating, toddlers exhibit a repertoire of behaviors that reflect gathering and assessment of evidence and decision-making processes,

I once watched a toddler undertaking this activity while his very young mother talked with me one day. He noticed she had taken off her shoes at the door. He removed his own shoe and tried to fit it on her foot, and was clearly puzzling over the dilemma! I then discussed it with her. She wanted to attend more sessions but could not because she was being transferred to another regional town. A little bit of guidance goes such a long way for new parents.

Nan Kennedy



**St Paul leading Ukulele at  
St Clements, Merimbula**

### **Phone support for our isolated members.**



There are a number of our members who have been isolated from attending group settings and social activities due to Covid 19, for a significant amount of time. Maintaining our mental health has become a point of increasing focus for health authorities as the pandemic continues.

It has been suggested that we could offer a phone support service for these members. If you would be interested in coordinating or being part of a Phone Support Team, please let me know.

Alternatively, if you are in need of or know someone who would benefit from this type of social support, please let me know.

Carolyn Smith

email: [u3ascsec@gmail.com](mailto:u3ascsec@gmail.com) or mobile: 0414519344

## **Newsletter**

**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)

## **U3A Sapphire Coast**

ABN 85641263291

PO Box 798  
Merimbula  
NSW, 2548

**U3A Sapphire Coast**  
**P O Box 798, Merimbula NSW 2548**  
**0491 099 570**  
**ABN 85641263291**  
**Find us on the Web:**  
**[www.sapphirecoastu3a.org](http://www.sapphirecoastu3a.org)**