

U3A Batemans Bay Newsletter

Semester 2 2023

Term 3 - 17 Jul 2023 to 22 Sep 2023

Term 4 - 9 Oct 2023 to 8 Dec 2023

Online edition



THE UNIVERSITY OF THE THIRD AGE

**Stimulating Activities
for those over 50**

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Serving the Eurobodalla



A Message from the President

I would like to welcome our new Newsletter Editor, John Allen, and thank everybody who has submitted articles and photos for this edition. John has a special interest in all types of security, including avoiding scams, so I invited him to write an article on this topic which you will find elsewhere in this newsletter.

► In this issue

Membership	3
Celebrations & Events	4
From your Tutors	7
UMAS Revisited	20
Members contributions	22
Avoiding Scams	23
Your committee	27
Course details	28

My interest in this topic was heightened when Course Co-ordinator Chris Sweeney and I recently attended the U3A Network NSW Conference in Deniliquin and one of the Key Note speakers was a member of a special Police Task Force working on Scams.

U-MAS, our new Membership Administration System which was introduced at the end of 2022 has proven to be very successful with most of our members managing their own profiles and enrolments. On the second Thursday of each month, we hold a Shopfront at the Batemans Bay library where help on the system is available. Members can also email info@u3abatemansbay.org.au with system related enquiries.

In my message last semester, I lamented that we had not made much progress with our search for our own premises, and sadly this is still the situation. Ross Thomas, who chairs our Premises Subcommittee, regularly reminds Council of U3A's needs and they assure him that they have not forgotten us. Our next step is to approach the new General Manager whom we hope will be sympathetic to our cause, given that the last two councils he worked for both supplied their local U3A with very reasonably priced premises.

We have recently formed a new partnership with Eurobodalla Health and Fitness who are pleased to offer their Chronic Pain Management course to our members, dates to be advised. Our partnership with the Batemans Bay Bridge Club continues this term with a new series of Beginners Classes on offer.

Sadly EuroSCUG, our local seniors computer users group with which we had close ties, has closed its doors due to lack of member numbers. Batemans Bay U3A is pleased to be the recipient of all remaining EuroSCUG funds and we thank them sincerely for this. In return they would like us to establish a phone and tablet group which we plan on doing when one of the prospective tutors returns from overseas. I am now taking Expressions of Interest in both joining this group and assisting with it.

There are currently eight new courses of various lengths on offer during Semester 2. We are always looking for new courses to supplement our annual courses. Courses can be any length and can be scheduled at a time and venue to suit you. If you have a skill or interest you would like to share, or know of somebody who does, please contact Chris Sweeney at chrisgra52@gmail.com to discuss possibilities.

I wish you all a happy and productive Semester.

Regards

Dianne Grigson, President

From the Editor

Hello members, I am your new newsletter coordinator.

A bit about my newsletter history.... I produced the monthly Eurobodalla Seniors Computer Users Group (EuroSCUG) newsletter for the last 9 years, focussing a lot on privacy and avoiding scams. (*EuroSCUG has been voluntarily closed down as of 9 June 2023.*)

Way back in 1998, I produced the Canberra Organic Growers Society quarterly magazine, initially called "COGS Quarterly" then changed to "Canberra Organic"; and their original website. Then in the early 2000s, I built and managed the web site, online newsletter, and call-to-action email communications for The Charcoalition, a local community group who successfully fought off the proposed charcoal plant at Mogo.

I was asked to write an article on avoiding scams for this newsletter. There's a lot to wade through!

Thanks to the U3A Committee members, Tutors and others, for helping me find my way in U3A, and for providing all the interesting articles. And thanks to Jennie Haggood, Margaret Allen, Marie Ward and Dianne Grigson, who volunteered to be the editorial team.

John Allen

newsletter.u3a.bbay@gmail.com



U3A Shopfront

Venue: Committee Meeting Room, Batemans Bay Library

Time: 10.30-12.00

Dates: 2nd Thursday of each month (2023):

13th July, 10th August, 14th September, 12th October,
9th November, 7th and 14th December

Please enter through the library.

You can join or renew your membership, make enquiries about classes, collect your badges.

You can also learn more about how to use our online U-MAS system to look after you own membership details, register for a course, report absences, etc. Or just have a chat!

Our friendly Membership Coordinator, Joe, and other volunteers will be there to help; come along and make yourself known to us. If you have any enquiries, please contact Joe Gillman:

email: memberreg.u3a.bbay@gmail.com or call Joe on **0411 327 700**



Our constitution mandates a minimum of eight members on our committee, our five Office Bearers and three committee members.

Each committee member takes on a particular area of responsibility. The more of us there are, the less work each of us has to do

We currently have vacancies for an IT Coordinator, a Communications Coordinator, and the newly created position of Venue Coordinator.

Job descriptions and general committee information can be found in the Committee Handbook which is on our website www.u3abatemansbay.org.au under the *About Us* Tab.

We also need someone to do a one-off task of updating all our promotional materials, as we now have a new website and the committee members all have new email addresses.

Please contact me if you are able to offer assistance with any of this.

Dianne Grigson, President

president.u3a.bbay@gmail.com

From your Membership Coordinator, Joe Gillman

Hello All

I just have a few things that should be mentioned.

Firstly, about collecting new badges. It is important that Members wear badges when they attend U3A courses or other U3A functions. I still have some uncollected badges, so if you need a badge, or even just need to collect your badge, please give me a call on 0411 327 700.



Once you become a member, you may wish to register for one or more of our very popular courses. This can easily be done by going to our U3A website, which is <https://u3abatemansbay.org.au/> All courses are free to financial U3A members, although there may be small charges for some groups.

Once you are logged in, the main page will direct you to many of the U3A sections. To register for a course just click on the 'Courses' button on the left column and you will find all the available courses.

Something we all must do is pay our membership fees.

The quickest and easiest way is to log in to your U3A membership and click on *Pay Membership* in the menu, and just follow the instructions. You can pay using your PayPal account or by a credit card as a PayPal Guest.

You can also pay at the IMB Bank in Batemans Bay or in Moruya, or transfer from your bank account either at your branch office, or online. The information you will need is:

A/C Name: U3A Batemans Bay **BSB:** 641800 **A/C Number:** 200652862

Please make sure you put your surname or badge number on the bank form so that we know who has paid their fee.

The only other way to pay is to attend a U3A Shopfront in person with cash or a Credit Card. We are unable to accept cheques. Also, at Shopfront you can have any questions answered about most U3A matters.

Please remember that you can call **the U3A phone number 8250 5262** and leave a message. This can be for any U3A matters and one of our team will call you back. Please make sure you include your name and contact phone number in the message.

««« »»»

Your contact details

We often have problems contacting some of our members.

The next time you log in to **U-MAS** please take a moment to check your contact details on the *My Membership* page. If these are incorrect, or a mobile number is missing, please **update your contact details** to make any necessary changes.

If you make any changes, don't forget to click/tap the Save button on the bottom of the page.

Alternatively, you can call into our Shopfront, or contact **Joe Gillman** ...

email: memberreg.u3a.bbay@gmail.com or call Joe on **0411 327 700** and give him the information.



U3A Membership application

The easiest way to join U3A is to use our online form at:

<https://u3abatemansbay.org.au/members/join>

Or, if you prefer to apply in person, please visit our Shopfront.

Celebrations & Events

Life Membership



Dianne presenting Ross Thomas
with Life membership

Ross Thomas was completely taken by surprise when Dianne Grigson told the AGM on 17 March that he had been awarded life membership of Batemans Bay U3A. His award, she said, was the unanimous opinion of the Management Committee, in recognition of all the work Ross had done for many years. Chris Sweeney then gave members an account of the service Ross had provided in that time.

In short, soon after Ross joined our U3A in 2014, his partner Deborah Hamilton suggested to Jim Clark – then our President - that he should ask Ross if he would become the Saturday Talks Coordinator. Ross duly agreed, and stayed on in that role until 2022. During that time, he also served as Vice President from

2016 to 2017, and then as President from 2018 to 2021. Along the way he had even been the Acting Secretary for part of that time!

The Covid years created an unavoidable hiatus in U3A's program of activities. Ross did, however, obtain the agreement of his fellows on the Committee to immediately take the opportunity to review and update our organisation's key documents – our Constitution, Rules, Committee Handbook, Tutor Handbook, and Risk Management document. That work was done and our organisation is the better for it.

Ross feels deeply touched by the honour the Committee has bestowed on him. Years ago, he had been awarded the Public Service Medal in the Queen's Birthday Honours list, and while very proud to have been given that award, he felt it ironic that he had just been paid to do his job properly in order to receive it. To be granted Life Membership of U3A Batemans Bay after working as a volunteer for our organisation made him even more proud. He thanks everyone involved, from the bottom of his heart.

Our own Antiques Roadshow in Eurobodalla!

U3A member Gillian Hall, supported by her husband Brian, offered to do an Antique Discovery Day on 25th March. When the date was chosen nobody knew that it was Election Day and Triathlon Day, but a considerable number of members battled through the crowds and traffic to get there.

Gillian had an Antique Shop in Batehaven years ago, and is quite an authority on antiques. She also owns a broad selection of reference material, which Brian used on the rare occasion that she was stumped.

A wide array of antiques arrived, ranging through paintings, china and silver, to ancient tools.

Some members were delighted to find out how precious their items were, especially John Baker with his uncle's watch chain and a fascinating story to go with it. Others were sorry to hear that Granny leaving Pop's dinner in the oven had devalued the beautiful china it was placed on.

President Dianne had brought along a genuine antique porcelain Fire Dog and learned that the gold marks would have been painted on by small children. Chris was concerned to find that her painting needed restoration and was awfully fragile.

Melinda had photos of her Victorian chaise lounge and grandmother chair, and found that fashion had declared them much devalued in price. Let's hope fashion changes again. I learned that my sideboard was mahogany, 1870s and well worth the \$50 I paid for it in 1964.

Ron brought along some tools which had belonged to his grandfather, who was a builder. One was still in its original box.

To finish the day, Gillian showed us some mysterious silver pieces, one of which was an orange peeler. It would have been a tedious job.

Everyone agreed that it had been a delightful experience, worthy of making it an annual event.

Kay Killick

Some of the eager attendees at the Antiques Roadshow



Grape Expectations Wine Appreciation Group opens a bottle of champagne!

Grape Expectations meets monthly at a group member's home to taste and learn about different wines and enjoy a meal, usually designed to complement the wines, and, of course to enjoy the company of like-minded members. You all know the saying – good company, good food and good wine – enjoy, which we do.

Our March meeting was a special one as we celebrated a milestone birthday for member Kay Killick. The members attending provided a scrumptious seafood feast and we enjoyed learning about the history of champagne making and, of course, tasting it. Kay took us on a tour of the champagne making areas of France and showed us some photos of a trip she had there some years ago.

She then spoilt us by having a proper French champagne followed by its Australian cousin from Yarra Valley (which must be called Sparkling Wine or bubbly in Australia now), and a not so well known one. All were enjoyed and Kay was left with empty bottles, which is always a good sign that the wines were enjoyed.

Once the tasting was completed, the food arrived on the table and everyone enjoyed the feast provided, avec more bubbles of course.



Kay Killick celebrating a milestone birthday with the Grape Expectations WAG

Welcome Afternoon Tea for New Members

During Term 1 this year we had 69 people join our U3A, far too many for us to hope to meet informally during the term, so we decided to hold a Welcome Afternoon Tea.

This was held on Wednesday 3 May at the Hanging Rock Function Centre. Available new members were joined by the Committee and a number of Tutors for a very enjoyable afternoon getting to know each other. Special thanks go to Course Co-ordinator Chris Sweeney for providing her delicious scones.

New members had the opportunity to chat with Committee Members and Tutors and learn about their courses and, indeed, several enrolled in courses on the spot.

This is an event we definitely plan on repeating.



A tutor with some of our new members



Our Membership Coordinator with one of our new members

From your Tutors

Sleep, Relax and be Happy

Wouldn't life be great if we could just sleep well most nights, feel refreshed and relaxed during the day, and just be happy.

Great goals, not always possible. Unfortunately, in these uncertain times, all three are becoming increasingly difficult to achieve, particularly as we age.

The first hurdle is getting a good night's sleep. A pattern of poor sleep often leads to a more stressful life, and with more stress it is much harder to be happy. Nice little vicious cycle.

Science tells us that older people are more likely to have problems getting to sleep, staying asleep (yes, those mid night toilet breaks!), and getting enough sleep.

Poor sleep can be caused by health problems (e.g. sleep apnoea, diabetes, chronic pain etc), and/or a cause of health problems (lethargy, mood problems etc). Either way, very stressful.

We need a good night's sleep most nights. Anyone can cope with the occasional bad night, but when going to bed is done with dread, a poor sleep pattern can quickly become a serious health hazard.

Maybe if we could just relax. Surely that would help us get to sleep. Unfortunately, it is not as simple as that.

Difficulty relaxing might or might not be part of a sleep problem. Sleep problems can be complex and are often caused by a range of habits, not just an inability to relax.

We need to be able to relax any time during the day, not just during the night. Like sleep, relaxing can be difficult, particularly when you are not sure where to start to break the pattern.

And if you struggle to sleep well, and have difficulty relaxing, it becomes difficult to be happy with life.

Fortunately, there is much we can do to change all three. Learning to relax is a skill. It does not come naturally. Stress is automatic, relaxation must be learned, and anyone can learn this important life skill.

Similarly, a pattern of poor sleep can be changed. But we need to know where to start, and many of the important sleep skills are often overlooked.

Psychologist and U3A tutor Bill Radley has been helping people with these sorts of life problems for more than 40 years, and now runs a number of self-development courses in U3A.

In term 2, Bill is offering the 4-session 'Learn to Relax' course, in term 3 the 6 session 'Sleep Better' course, and later this year (or early in 2024) will be offering a course called 'The Art and Science of Happiness' a program based on the new science of Positive Psychology which focuses on the skills we can build to a happier and healthier life, especially in our senior years.

Interested? Members are encouraged to enrol in Bill's 'Learn to Relax' and 'Sleep Better' courses early as they are popular and enrolments usually fill quickly.

His 'Happiness' course is not yet available, but will be offered later this year (or maybe early in 2024). Keep an eye on the website for announcement of dates for this course.

For more information on any of his courses, Bill is always happy to take enquiries, and can be contacted by phone (0419 612 401) or by email at billrad1949@gmail.com.



***Sleep Better &
The Art & Science of Happiness***
UNI of Wollongong
Tutor: Bill Radley

Gourmet Gardeners

There were 8 enthusiastic members of Gourmet Gardeners who enjoyed the tour, talk and shared lunch on the 15th March with Joyce Wilkie the manager of Stepping Stones Farm, which is 8 kms from Moruya.

Joyce is a full-time mentor/manager with many years' experience growing vegetables and teaching aspiring farmers. The produce is available at a weekly stall at the Tuesday SAGE Farmers Market in Moruya.

Stepping Stones farm is looking very productive. Some of the Gourmet Gardeners group purchased beautiful organic produce straight from the gardens.

We saw the use of black plastic to cover the ground to smother weeds. This surprised me, as I had always thought that the heat produced from the plastic would also kill the microorganisms and worms, but according to Joyce, this is not so. The plastic remains in place for approximately six months, is then lifted and the ground is rotary hoed. Mushroom compost, that has been allowed to sit and mulch down, is then added to the gardens along with produce from the worm farms, and then some lime. The ground is now ready to plant the seedlings that are grown on site in tunnels. Dipel is used to deter the white cabbage moth caterpillar. Dipel is toxic to caterpillars, but completely harmless to humans, birds, and beneficial insects such as ladybugs and bees.

Micro greens were grown in a caged boxed area, using mesh and a fly screen door as the lid, to deter the rats and other pests. Some of us saw the damage that rats did to Brick Colley's Worm farm garden. They can climb, are voracious eaters and destroy our produce.

Garlic was to be planted mid-March, along with the Brassicas. March - April is the time to plant these crops as the white cabbage moth is not as prolific. You might still have to spray, but not for too long hopefully.

Joyce also showed how she extended the life of the tomato plants by dropping some of the stem onto the soil so that roots will form and the plant will keep producing.

It was a warm day, but perfect for walking around the garden beds. As a thank you, we gave Joyce a card and box of chocolates.

Article by Margaret Allen

Gourmet Gardeners have places available; the next event will be at member Chris Littlejohn's to look at his home vegie garden on 20th June.



Freshly picked from a member's home garden



Gourmet Gardeners at Stepping Stones farm

Gourmet Gardeners
Various meeting places
Tutors: Winsome Willow &
Margaret Allen

Boost Your Cultural Intelligence (CQ)

- ✓ Would you like to develop better cultural 'intelligence' (sensitivity/insight/skills)?
- ✓ Have you ever travelled (or lived) amongst people from different cultures and felt a bit lost, confused or just scratching your head a lot?
- ✓ Are you planning to travel to a country with a different culture?
- ✓ Would you like to learn how to more easily show intercultural respect and understanding?
- ✓ Do you have family or a friendship group that includes people from different cultures? Would you like to understand more about how their background might affect how they think, react or behave?
- ✓ Have you ever cringed at an instance of cultural insensitivity? Would you like to better understand what happened and how we might avoid 'faux pas'?



This course will help you learn to apply some powerful intercultural ideas to your own experiences. You will be able to hear and share stories and anecdotes, actively reflect on them through a CQ lens and boost your knowledge and intercultural skills.

The sessions will be interactive (vs lecturing), using a range of stimuli and activities. While there is core content- a logical sequence and structure- you will be invited to help focus sessions around your own interest areas.

Boost your Cultural Intelligence
 UNI of Wollongong
 Tutor: Nick Stone

Flirting with Flowers



Love flowers? Got a bit of creative flare that sometimes needs to be let loose? Would you love to create all sorts of wonderful ideas with flowers?

As with all things creative, some ideas work, others less so. But each in its own way is so much fun.

The U3A course called "Flirting with Flowers" started with a small group about 6 years ago and has steadily grown ever since. Trained as a florist but working for more than 40 years as a nurse Linda Gorman wanted a bit more adventure in

retirement, so she began flirting with flowers, and now runs two wonderful programs – one for beginners (*Flirting with Flowers*), and another for the more adventurous (*More Flirting*)



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'Flirting' is run once a month, and each month the group is introduced to a different floristry technique and begins to experiment with their creative floral ideas. Group members learn how to use different tools and equipment. They pool and bounce ideas as they learn and create some personal floral masterpieces. At the end of the month each group member shows their work and discusses the challenges and victories that shone through.

'More Flirting' is 3 separate classes during the year and is more suited to those with some skill or who want to take the creative adventure a bit further.

Personal triumphs and disasters are all part of the journey. Some of the disasters can seem hilarious, but become a great learning experience. Imagine creating a beautiful coffin floral blanket, but only realising at the end that it is made with the wrong flowers – it was a large floral display with well-balanced

colour, truly a great display, but as the snapdragons settled into the display, they all turned skyward. Just as well it was a practice piece - or we could pretend it was made for the coffin of the inventor of Viagra, causing quite a bit of mirth in class, but lesson learned.

And who could have known that, unlike many other flowers, orchids don't freeze. Let's hope there is a Plan B.

Playing and trying new ideas can be fun, frustrating, hilarious, joyful and exciting. Whatever the feeling there is learning and added life experiences. A sense of humour is valuable.

So . . . can anything be a vase? Almost certainly yes. Linda has seen soup ladles, thimbles, soft drink cans, balls of wool, cabbages, chairs, dolls, barbed wire, bras, chocolate bars. All used successfully in floral design.

She has also used fruit and vegetables, gumboots, stiletto high heel shoes, tin cans, hats, gloves, liquorice allsorts, brown paper, picture frames, books and fans. Just naming some of the fascinating and everyday items that become part of a novel and creative floral display.

There are several hundred different vases. You never know what will work.

Linda had a burglary at her home about 3 years ago. Can you imagine the intruder going through the cupboards and only finding dozens and dozens of vases. Can't really imagine why they haven't been back!

The photos are of the wonderful pieces the flirting class have made. Enjoy, play and wonder.

Linda Gorman



Flirting with Flowers & More Flirting with Flowers
Tutor's home
Tutor: Linda Gorman



U3A SINGERS

It is a well-known fact that singing, especially in a group, gives many health benefits for mind and body. The above group does this in spades, and is our major entertainment each week.

Ably run by Des and his wife Pauline, it is very well-organised and friendly.

Knowledgeable choir leader Lyn really draws the best from us, going over new and old songs lightly and patiently till we get the best sound, and joining bass, tenors, altos, and sopranos to obtain a delightful harmony of a wide variety of fun and serious songs.

Julie is our remarkably professional pianist, and is so patient with changes made to improve singability of any song.

There is usually a section where someone gives the interesting background to one of the songs, and another of a joke before afternoon tea.

The friendship of the group has grown with the laughter involved, and we all look forward to each session. There are no big egos. As all would agree, newcomers are welcome, the more the merrier.

U3A Singers
Salvation Army Hall
Tutors: Lyn Brown, Des Hill

The following photos were taken on the day of a special musical session, singing and instruments playing.



Three musos



Altos and basses



Sopranos, Tenors and a few basses



Taking Care of Bonsai

Taking care of Bonsai is a half day workshop that is running once in each term this year.

The workshop is designed to teach how to keep Bonsai alive and healthy which seems to be the scary part of the art. People assume that Bonsai need lots of care and attention and that it is complicated and difficult. This really isn't the case and only requires some basic horticultural techniques, very similar to those used on any other pot plants.

The workshop covers soils and pots, feeding, watering, repotting and siting of trees (more Bonsai die because they are kept indoors than from any other cause).

The workshop is very hands on. Attendees are encouraged to bring along their own trees, if they have any, for us to work on. Although the workshop is mainly about the horticultural aspects, we inevitably stray into the more artistic areas of styling when we work on the trees.

If you are interested in Bonsai but always thought that it was too difficult, please come along and let me try to de-mystify it for you.

Ernie Moules
Tutor, Taking Care of Bonsai



Taking Care of Bonsai
Tutor's home
Tutor: Ernie Moules

Philosophy, Friendship and Fun

A sincere thankyou to my wonderful class of Philosophers - Diane, Marisa, Gail, Linda, Karen, David, Val, Liz and Jasmine - who shared their thoughts, wisdom and knowledge with open minds, respect, and emotional intelligence and mindfulness. The photos below display the creativity and curiosity of our foray into mask-making.

Sadly two members were away the day of the photo shoot (Liz and Jasmine), and Val had to miss the mask-making day. Looking forward to our next 'journey' into the ponderings of the mind when we resume in Term 3.

Boundless love and care, Matti.B.

Philosophy, Friendship and Fun
Tutor's home
Tutor: Matthilda Brown

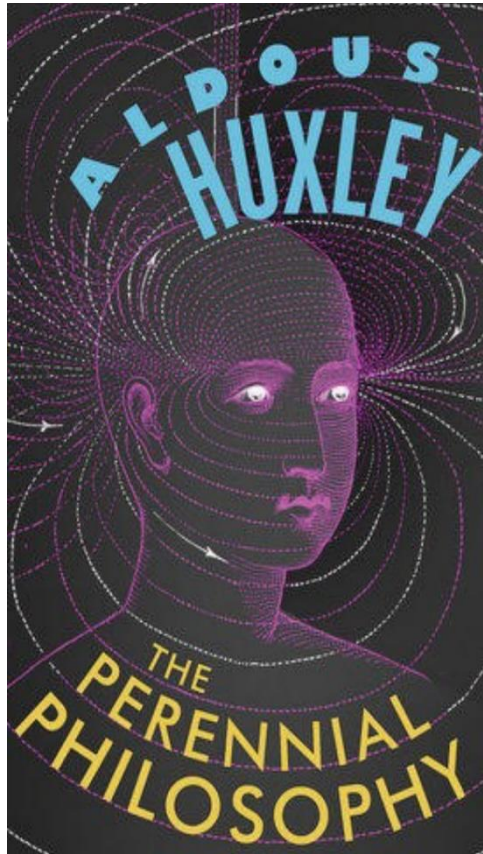


The Quest for Perennial Wisdom:

Tutor: Merv Bendle

THEME 1:

The notion that there has been, since ancient times, one unifying 'Perennial Philosophy', which underlies the world's great religions, but which has been largely forgotten or suppressed over the millennia.



*"Can you walk on water?
You have done no better
than a straw. Can you fly in
the air? You have done no
better than a bluebottle.
Conquer your heart; then
you may become
somebody."
– Ansari of Herat*



Roger Livesey

THEME 2:

We will explore how this idea has manifested itself over the centuries, mainly from the Renaissance on, in art, literature, philosophy, and other aspects of culture. Some examples include William Blake and other Romantics, the American Transcendentalists, the pioneering Abstractionists, Wassily Kandinsky & Hilma af Klint (and also some Australian women artists) who were all fascinated by Theosophy and its theories of colour, etc;). W B Yeats was also committed to the idea and was a member of the esoteric Golden Dawn secret spiritualist society.

ALL MEMBERS CAN ENROL ONLINE FOR THIS COURSE

The Quest for Perennial Wisdom
UNI of Wollongong
Tutor: Merv Bendle

The History Forum is having a well-earned break!

The History Forum will be in recess during the second and third terms this year. Having completed 8 years of continuous programming (with the exception of bushfires and pandemics) the History Forum team led by Penny Bonnell, is having a rest for the next two terms. It is anticipated its program will recommence in October with four sessions in the pipeline for the last term this year.



Pierre Poivre statue in the Botanic Gardens Mauritius
From Penny Bonnell's talk on the Birthplace of Conservation

The Forum commenced in the second term of 2015 with Dianne Grigson at the helm. The program began with a planning session as the idea was for the participants in the Forum to make a contribution to the content.

The idea stemmed from the departure of Diane Melville who, for several years, had led an intensive course in Russian History. Once she had left, her students realised that there was no other history in the U3A's program at that time and were determined to fill this gap. They decided to use the technique introduced in the Russian History course, of each student researching a topic and making a presentation to the rest of the class. Dianne was to present the first topic

on the Dictation Test used by the Federal Immigration Department to vet new immigrants to Australia. This was the topic she knew well, as it was the subject of her academic thesis. For many years it had been thought that no copies of the test survived. However, Dianne was able to locate a file in the Australian Archives which contained copies of a number of these tests. The Dictation Test was a controversial feature of the so called "White Australia Policy".

Having got off to a gripping start, the History Forum went from strength to strength over the years. The topics were rich and various. Local history was well represented with visiting speakers from local museums and historical societies, as well as visits to museums and local sites.

Elders from our local Aboriginal communities have given us very valuable insights into stories about Country and their experience of recent life here on the south coast.

Family history has also been a major focus for the Forum with members sharing their own family trees and their personal journeys in undertaking their fascinating research. Topics on genealogical and other research techniques have been shared.

Of course, Australia's history has also been prominent in the program, as have other topics such as medicine and health.



U3A members visiting the Historic Aircraft Restoration Museum

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Sessions on art and artists, and other art forms such as pottery and dance, as well as architecture, have also been a feature.

The History Forum program has been extremely wide ranging with presentations focussing on great historic figures, events and eras from around the world. The Forum has also organised quite a number of day trips to exhibitions, performances and museums with attendees being treated to lectures and /or written material in advance of each trip.

One memorable event was the launch of the book “Bushfire Stories – 2019 -2020” featuring personal stories by U3A members.

So where do all these speakers come from?

The vast majority are U3A members themselves with the rest being friends, family, local enthusiasts or invited experts. Anyone may make a presentation – they don’t have to be enrolled students of the history forum.

We are very grateful to all those who have made their contribution to the history program, whether it be large or small.

Special thanks need to go to Gwen and John Wharton, both of whom have made a major contribution since the Forum began 8 years ago.

Thanks must also go to Banksia Retirement Village which provides the ideal venue for the Forum.

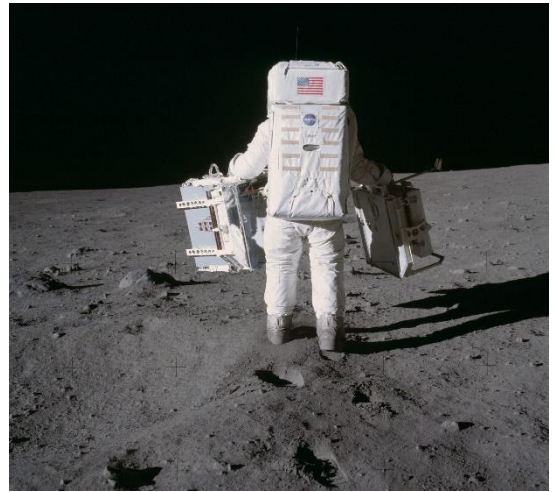
Penny Bonnell, who took over as Tutor back in 2015, says “The Forum needs to be reinvigorated. We need new members to come forward to offer to give a talk”.

Members can choose their own topic, the length may vary, and assistance can be given in developing the audio-visual presentation”.

Members can also contact Penny with names of people who can be invited as guest speakers. So do contact her to discuss your ideas:

email pbonnell@bigpond.com or phone: 0458 253 073

The History Forum usually meets fortnightly 2-4pm on Tuesdays at the Banksia Retirement Village, Broulee.



NASA-Apollo Moon Landing
talk by Bill Perrin



A talk on the Suez Crisis

Book Group: Second Tuesday

Our Second Tuesday Book Group is discussing TOMORROW AND TOMORROW AND TOMORROW by Gabrielle Zevin, whose main characters design video games. Knowing nothing about games, I asked the Batemans Bay nbn Community Hub to give us a session playing games. What fun we had!

I have often been there to get free help with my mobile phone and laptop computer. There are also classes such as Scams Awareness, and the program may be obtained and bookings made by contacting the Hub by emailing BatemansBayHub@nbnc.com.au, or in person at their premises at 3 Clyde Street, in the "pelican courtyard" adjacent to Woolies carpark.



Cameron explaining to our group how to play games



A member using the console



A member playing the virtual reality game

Book Group: Second Tuesday
Tutor's home
Tutor: Ainslie Morris



The game on the television screen



Cameron showing the console which can be operated by a flat hand or foot

U3A Wine Appreciation Groups (WAGs)

It has been a U3A success story, starting in the late 1990s, when the idea for a specialised wine education course under the U3A umbrella was imported from cosmopolitan Melbourne. A small group of U3A members met in Long Beach and worked up guidelines including: no more than 4 bottles tasted on any occasion to ensure driving safely, tastings separated by apple and cheese, groups no bigger than 8-10 members so that preparation would not be overwhelming, an organization of about 30 people willing to travel to each other's homes, and a consolidated meeting once or just a few times a year to discuss progress.

It was so popular that ten years later there were 100 participants and some ten groups.

They focused on wine education, helped by tasting kits provided by UOW and the growing knowledge of individual members. Groups worked in different ways, with specialized meetings like matching wines and chocolates.

Some groups organized visits to wine regions. The annual group meetings numbered over 100 people and became more structured "Jazz in the Vines" emerged, as did wine themed evenings linked to European cycling classics. All was very successful but the idea was getting too big: groups were becoming self-sustaining and didn't need U3A. And then COVID emerged.

By 2022 many of the old groups had disintegrated or just met outside U3A as old friends. But some of us felt the need to reinvigorate an excellent idea tightly focused around wine appreciation with social overtones.

We will need a small but focused new membership, and already have ten who have expressed interest. You are welcome to join us to learn something about wine tasting among a like-minded social group. Prior knowledge or skill is not required!!



The Surf and Vines Group tasting Gewürztraminers from Mudgee and Alsace in the 2023 Autumn sunshine!

Go with the Flow

As we grow older gracefully it is important to maintain our flexibility and balance, mental happiness and physical strength. Participating in GO WITH THE FLOW does all these and more.

With the class based on yoga, we explore various asanas or poses for your balance, flexibility and using your body for your physical strength, as well as the cardiovascular benefits it offers.

This is YOUR practice.

Our session commences with breath work, either standing or lying on your mat, connecting with the breath, before starting with warm up poses on the floor.

We then move to poses in a standing position involving balance, stretching and posture. We even occasionally use hula hoops and tennis balls in our class.

Finally, we transition to the floor, with cool down poses before a short quiet time or meditation with music, to end our session.

At the end of session, everyone is invited to participate in a social cuppa and chat, so we adjourn outside with participants bringing along their thermos etc.



Go with the Flow
Hanging Rock
Tutor: Virginia Pascoe

“Feed” back from the Dinner Group

The Dinner group meets at the end of the month for a meal in a social gathering. We try to cover a range of venues, cuisines and price ranges to accommodate members’ preferences. We also vary the days depending on the requirements of any given venue and to ensure the availability of members.

This year we have dined under the stars at the Steampacket Hotel on a balmy night in February, and enjoyed a sumptuous repast at Se7en Cafe in April. Our final get-together for the term is the May lunch at Sawatdee Thai Restaurant.



There will be no dine out in June as U3A has the BBQ scheduled for Sunday 4 June and to avoid the school holidays. However, we are in the process of planning a lunch for Sunday 30 July. Further information will be forthcoming when the arrangements have been finalised.

If the idea of a meal out and meeting new people appeals to you, the Dinner Group now has the capacity to include quite a few additional members. There is no obligation or expectation to attend every month although we really need a core group of around 20 to make it worthwhile for the restaurants.

U3A Dinner Group
Various restaurants
Tutors: Diana Cody & Margot Christopher

*Diana Cody and Margot Christopher
Coordinators Dinner Group*

The pictures are of our April dinner at the Se7en Café.



U-MAS *re-visited*

By John Allen

Foreword

It's good to see that most members are using the new U3A Membership Administration Software (U-MAS).

For other members who don't have access to any computer devices, or just don't want use the Internet, U3A has the Shopfront and a phone number, where membership, course registration etc. can happily be done for you. Our printed Newsletter can be posted to you.

For members who haven't yet used U-MAS, but who own or have access to a computer, smart phone, iPad or "Tablet", and know how to access a web site; then this article may encourage you to "have a go". I have available a U-MAS "playtime" exercise that you can request to be sent to you by email (see the link at the end of the article), you may find it helpful.

So, let's revisit U-MAS

U3A membership is around 500, so it is simply not possible to operate with pencil and paper. Technology is unavoidable to ensure the smooth scheduling of courses, enrolments, and safe and accurate handling of member records.

History (provided by Committee members)

Between 2016 and 2022, U3A Batemans Bay used to operate with a computer system called **myU3A**. The problems with **myU3A** were that it was fast becoming unsupported, at the Network and at our local level. It had significant data security issues, and limited reporting facilities. U3A Batemans Bay, like a number of other U3As in NSW, decided that it was too risky to stay with **myU3A**.

Under the old **myU3A**, most of the member updates and course enrolments were performed by tutors, course coordinators, and the system administrator, so there was little direct involvement required by members because the system was difficult to use. As member numbers grew, the pressure on the system administrator, course coordinators and tutors increased to an unsustainable level.

In early 2022, the Management Committee really had no choice but to look for a more member-friendly membership system that could support our activities. Like many other U3As, the search led to U-MAS, the transition to which was a unanimous committee decision.

U-MAS stands for **U3A Membership Administration Software**, which was developed for U3A groups in Victoria and is now used widely in Victoria and by a number of U3As in other states.

U-MAS is integrated with the U3A Batemans Bay website (u3abatemansbay.org.au). U-MAS enables people to join U3A, and then allows registered members to perform the online tasks of renewing membership, updating personal details, enrolling in courses, notifying absences, and making payments.

It is used by our Management Committee, tutors and administrative volunteers to plan, design and schedule courses; manage and book venues; provide financial reports for our treasurer; monitor enrolments; print class lists and attendance sheets; and send emails to members, course leaders, course enrollees and others.

Members who use U-MAS to manage their own membership records, course registrations, absences and payments, are taking a significant workload off your hard-working committee and helpers. It means they don't have to spend time manually entering data from forms or telephone calls, and following up queries.

U-MAS is well designed. But as with any computer system, you have to dive-in and try it out – you will soon learn what it can do and how to navigate around it. Mistakes can easily be fixed!

If you know how to use a web browser, you will find U-MAS easy to use.

Continued next page

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Why do you need to “log in” to U-MAS?

The system holds personal details about you, so it is important to protect your information.

Your membership number is used to log you in. You also need to choose a unique **password** to use as well, that you keep private. You can change this password, or reset it whenever you like - no one else, not even system administrators, can see it. If you forget your password, it is quite easy to ask U-MAS for your password to be reset, then enter a new one. If you can't do that, an administrator can reset your password for you, giving you a temporary new password that you should change as soon as you login with it.

U-MAS requires that your password be 8-20 characters long, must contain a mix of uppercase and lowercase letters and may contain special characters but not <>\&

Unfortunately, you can't use your older *myU3A* password, as these are no longer secure. U-MAS uses a more secure login system and it requires you to get a new password.

*Getting a new password is easy: you just enter your member number on the U-MAS login for members screen and click or tap **Reset password**, then await an email showing you what to do.*

What if you don't have a computer device?

U-MAS works well on any “device” (i.e. a computer, smart-phone, iPad or “Tablet”). If you don't own an Internet-connected device, you can use a computer in one of the Eurobodalla Shire's libraries, or a friend's or family device. *However, if you use a device that is not yours, make sure that you log out of your session when finished, otherwise other users may be able to see your details. Logout is an item on the main U-MAS menu. Or simply close the browser (which will also log you out of the website).*

Members can use U-MAS if you have access to a “device”, know how to view a website in your browser, and have an operational email address.

What is the first thing to do when you have successfully logged in to U-MAS

Click/tap on *My Membership*, and check that all your details are correct. For your personal safety while attending U3A activities and events, make sure that your emergency contact details are correct.

Make any changes yourself, then, to apply all the changes, don't forget to click/tap the



Save button on the bottom of that page so that your changes are kept.

Getting help with U-MAS, or getting someone to do it for you

▶ Have a go yourself!

I have compiled a guide designed to lead you easily into U-MAS. With it you can log in and practise “playing” with the system and get to know it. If you would like to have a copy of this guide emailed to you, contact me at newsletter.u3a.bbay@gmail.com

▶ Get our detailed manual of instructions

[Click/tap here to view our detailed manual on how to use U-MAS](#)

The manual is divided into two sections: the first section is for current and renewing members; the second section is for new and prospective members. It tells you precisely what you need to do. The manual is a PDF, so you can download it to your device and even print it out (it is about 30 pages).

▶ General help page

[Click/tap here for general help page, Q&A's etc.](#)

▶ If you need assistance accessing the system

Visit our Shopfront at the Batemans Bay Library (see Page 2).

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▶ **Do you need help learning how to use your device?** [Sourced from a Town Crier article by Chris Sweeney]

Many of our members are using the nbn Hub in Batemans Bay to help them learn how to use their phone, iPad or computer more effectively. Phil, Cameron and Rachel run the Hub, which is the only facility of its kind in the whole of Australia. It has been designed as a way to help everyone learn what they want to know in order to use their own technology.

They are very patient, and very willing to spend as long as it takes to help anyone who comes in for help. Please note that the Hub does not have a phone number (they are not a call centre) and they don't do repairs.

To access this amazing service you need to:

1. Make an appointment. This can be done by emailing: BatemansBayHub@nbnc.com.au, or by going into 3 Clyde Street and making it personally.
2. There is no cost.
3. You can use your own technology and can come with a relative or friend. Phil and his team are happy to work one-on-one.
4. You can have as many appointments as you need to meet your requirements.
5. You set the pace and your own goals for what you want to master.

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Members' contributions

Reflective Perspective: from Linda Westra

I am now in my decades of reflection, meeting new people, undertaking new learning, new experiences.

A light shines on those who are influencing my journey.

I do wish others to experience the likes of Rae, Matti, Margaret, Virginia, Bill, many more, et al.

Our Volunteer Tutors - mentors, leaders, knowledge sharers, coaches, organisers, supporters, experts in their field.

They are all inspirational.

How nice it would have been to have these people influence my growth and development in previous decades.

In this 3rd Age, however, it becomes a privilege.

When asked to nominate who inspires me, in younger years, I had no ready answer.

Now, I have many, many answers.

Thank you!

Suggestion: Personalise official messages with a photo of the author

Heather Powell has suggested that to enhance the personal connection between members and the committee, an accompanying photo of the person issuing a message might introduce a more personal aspect to official messages. "One picture speaks a thousand words". [Edited]



Avoiding Scams

Introduction

By John Allen

Our President, Dianne, asked me if I could write this article.

Avoiding scams, and privacy, were my focus in the recently closed Eurobodalla Seniors Computer Users Group (EuroSCUG), I wrote articles on it, captured and demonstrated live scams to members, and showed how easy it was to be led into bad pastures.

It's a quite a confronting, broad and complex topic, and impossible to cover completely in this article. Read it and just soak it up, don't try to understand everything. Hopefully it may trigger an alarm bell in the future.

I don't have the space in this article to include how to do some of the procedures mentioned, but you can look up details in your search engine.

DISCLAIMER:

The information provided below is for general information only and does not constitute professional advice. The reader assumes complete risk as to the accuracy and subsequent use of its contents.

It is great that we can all enjoy what the internet provides. It's part of our way of life now, but *we all need to protect our personal data, pause and think, be careful, vigilant and alert.*

To stay safe online, you have to be aware of the possible dangers, and be prepared to spend more time housekeeping your devices, passwords and accounts. Find the right balance of ease-of-use vs security that you feel comfortable with.

When driving a car, you can't safely just drive and do nothing else; you have to be constantly careful, alert and vigilant about road conditions, pedestrians, weather, potholes, other vehicles, dogs, trees and kangaroos. Even then there is still a risk! A similar mind-set is required for online activities.



Whether you like it or not, you could be affected by Internet issues, *even if you don't use the Internet.*

Companies, Governments, and other organisations store sensitive personal data about you, whether you use the Internet or not. This data can get into the criminal world and be misused.

Criminal activities have moved to the cyber world – the Internet and our mobile networks. They try to scam you to steal your personal data, your identity, and money.

The recent Optus, Medibank and Latitude cyber security breaches stole personal data of millions of Australians. This data will be illegally marketed and over time it will be used to target individuals with clever scams and identity fraud.



Our scam antenna needs to be always extended and switched on.

Multi factor authentication (MFA)

MFA is where you use two or more different types of actions to verify your identity. Referred to as Two (2)-Factor or Two (2) Phase verification. See this [Australian Cyber Security Centre document](#). Think about using it, for example, for financial accounts, social media accounts, Google/Apple/Microsoft accounts and Service NSW/MyGov accounts.

Social Media

Look at social media - what an incredible amount of personal data is there, ripe for the pickings by hackers and scammers. Social media accounts can be hacked and your data and pictures stolen. One of your “friends” might be hacked, leaving all their “friends” vulnerable.

For example, some Facebook accounts allow viewing by anyone in the world because *privacy and security settings are loose*. Take the time to check all your settings in any social media accounts.

Think before you post anything, check: are you revealing any critical personal information about you or anyone else that could be used by scammers in the future and possibly affect someone’s relationship, employment, insurance, bank loan approvals, life?

Photo location data

Photos taken with your phone or other GPS enabled cameras most probably contain **GPS coordinates of the location**.

This data is embedded in the photo image in text form, called *Exchangeable Image File (Exif) data*. (This also includes other data including camera model, and date and time the photo was taken.). Facebook and Google extract the Exif data and store it in your account data.

You can stop this by **changing your camera settings so that location is not recorded**:

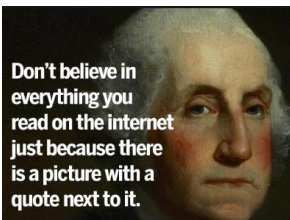
- iOS – Settings > Privacy > Location services – set Camera to *Never*
- Android – in the camera settings, turn OFF *Location tags*.

Windows *File Explorer* and some iOS and Android apps allow you to view and delete Exif data from photos.

GPS

Latitude	38: 44: 3.58999999999639...
Longitude	77: 30: 49.54999999999884
Altitude	63.981260647359456

Scam example: say there are a lot of posts about your earlier life. A scammer contacts you, saying they went to the same preschool as you, and wants to make contact? After a few weeks of communication, you think that you have a new friend here because he (or she) knows so much about you. With a little psychological prowess, he has the data to easily work out what questions to ask you to try to form a “friendship”. Then, oh no! your “friend” suddenly has to go into hospital and needs a bit of financial help....



Social media is rife with scam apps and false advertisements, for example, outright fraudulent investment scams that appear to be endorsed by some celebrity; fake pet sales; and fake antivirus apps.

Be wary about anything you read and double check it elsewhere.

The fact-checking site Snopes is a good resource: <https://www.snopes.com/>

Emails & messages

When you email someone (unless you have subscribed to an encrypted end-to-end email service), your email passes through a few servers, all with possible prying eyes.

An email is a bit like an unsealed postcard. Think about what you write – does it reveal any passwords or sensitive personal data about you or anyone else? *If you must send a password, use different media so there is no link - for example, send an account name by email and the password by text message.*

Phone calls

If you get an unplanned phone call, for example, saying:

- Your computer/phone or internet has a problem; or
- That you have some problem with any financial institution, ANY transaction anywhere, or some investment opportunity; or
- You have some issue with a government organisation (Centrelink, Taxation, Medicare etc), or Police or a legal entity, or a parcel delivery; or
- That they need to access your financial or any other online account; or
- That they need any of your PINs/passwords, driver's license, Medicare details, etc ...

Don't speak to a scammer

If you speak to a scammer, your voice can be recorded, fed to some artificial intelligence software which allows your voice to be synthesised to say anything.

SAY NOTHING, HANG UP IMMEDIATELY and IGNORE any requests to phone anyone. AND, don't let anyone have remote access to your computer or phone. If you are concerned, see the section "*Checking your accounts*" below.

A recent example. A scam call apparently from a person's bank – they need remote access to the computer to "fix" an account, which was allowed. They need the password which was divulged. The scammer now had access to the bank account. And the scammer also had a period of total control of the computer, during which time they installed some malware on it, and could have easily extracted more passwords (for example, from browsers).

Links to websites and attachments

Let's say you receive an email or SMS which warns you about an issue with an online account, such as the account has been frozen or cancelled, a transaction was suspect, problem with parcel delivery, etc. The message may contain a **link** to "verify" your account, or whatever.

Don't access your bank or other online accounts; or give any account or personal information by clicking/tapping on a link in any email or message, even if it appears to be from the correct phone number or email address. The same warning applies to links in social media, or in an unfamiliar website.

Also, a reminder, don't call any phone number in the message.

A **link** in a text message or email can indicate that you are going to some website, but the code underneath the text may actually cause you to be taken to a different web site that you didn't expect; or a fake copy.

A simple example - click on the following link (yes- it is safe!)

[Click to see your Coles specials now](#)

Do you go to the Coles website? No, you go to Woolies!

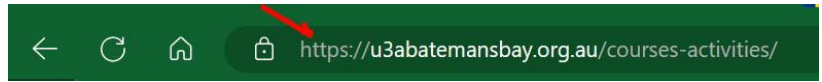
Even if the link in a scam message or Facebook ad says www.coles.com.au, the underlying address could be some scam website in Romania that is a realistic fraudulent copy of Coles which seeks your personal details so you can supposedly get 3 months free groceries.

Spoofing

The sender's email address that you see, or the phone number sending an SMS message can be "spoofed" so it *looks* like it is from someone you know but it is actually from somewhere else.

You can see the underlying link, for example on a PC, hover the mouse over it. This gets a bit tricky in links in emails and search engine results, because some links go via a "stopover" site which records activity information about you before directing you to the proper site.

Here is a simple useful check you can get into the habit of doing. At the top of your browser is the **address bar**. Whenever you display a website, check that the address displayed there looks like where you think you should be.



A friend sends you an email that says, simply, “Look at these pictures”, with a link. What if that friend had their email account hacked and their contacts stolen, and a scammer sent a “spoofed” message to you that may lead you to a scam or malware site, or a link to a fake website. **If you are unsure, check with your friend by phone before clicking a link, or opening an attachment.**

You get a “Dear Mum” scam where your “daughter/son” messages you saying their phone was lost and they borrowed someone else’s phone to contact you to send them money - it is most likely a scam. *If it could possibly be real, **start off by contacting your offspring using their normal contact details.***

Tax and MyGov “refund” scams are rampant. Ignore them. If you are concerned, see the section “**Checking your accounts**” below.

Never open an attachment to an email or SMS unless you trust who sent it, and you expect it. Be particularly wary of any attachment whose “file extension” is .zip, .scr, .exe, .htm, or .html, which may contain malware and/or lead to a scam.

Checking your accounts

An organisation contacts you via phone, text message or email. You think it may be a scam but you actually DO have an account with them, and you decide to check whether you have a real issue. (Again, don't check using a phone number or link in the message):

- Preferably visit their office/branch, or
- Check your account using the organisations official phone number, or
- Use their official app on your device, or
- Type their official web address directly in your browser address bar (or use a favourite or bookmark in your browser that you know is correct).

Then check your account to see if everything looks OK, or if there are any unusual messages for you.

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This article continues with many other warnings and precautions you can take, such as:

- Keeping your operating system up to date
- Comparison websites
- Surveys, medical studies
- 3rd party antivirus apps
- Travel & accommodation
- “Internet of things”
- Passwords and privacy settings
- VPNs.

And it includes links for further information and assistance.

[Click here to view the complete *Avoiding Scams* article on the U3A Batemans Bay website](#)

Your Committee March 2023

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	Talks Facilitator	Andrew Elek	0499 517 234	
	WAGs Coordinator	Vacant		
Dinner Group Coordinator	Margot Christopher	02 4472 9787 0439 758 070		

Course details - semester 2, 2023

(online edition)

For course details and enrolling, please refer to the *Courses* page of our website

<https://u3abatemansbay.org.au/courses-activities/>

(You don't need to Login to view the course details)

We also have a course booklet file available - *Semester-2-2023-program.pdf* - which you can view, download to your device, or print. [Click/tap here to access the PDF.](#)

For members unfamiliar with our online enrolment procedures, please refer to the article *U-MAS re-visited* on page 20 of this newsletter.

**STOP
PRESS**

Unfortunately, the proposed *Everyday French Conversation* class will not be going ahead.

Member etiquette

Please assist by observing these simple rules

When attending a class or any U3A Batemans Bay function:

- always wear your name badge;
- sign on to the class attendance sheet – this is essential for insurance purposes;
- ensure that your phone is switched off or set to silent – if urgent, excuse yourself away from the class;
- comply with all safety instructions given by the tutor.



Let your tutor or course coordinator know:

- if you need to miss one or more sessions of a course;
- of any health issues that might affect your ability to engage in class activities;
- if the activity is not what you expected and/or not as described in the newsletter;
- if you are 'dropping out' – for whatever reason.

Lend a hand:

- with setting up and cleaning up;
- by volunteering for tasks such as being class secretary, collecting money or organising refreshments.

Our appreciation and thanks to the following organisations for providing venues and sponsorship



BANKSIA VILLAGES



THE SALVATION ARMY



TOMAKIN SPORTS & SOCIAL CLUB



CAPITAL CHEMIST



THE MANOR RETIREMENT VILLAGE



MORUYA GOLF CLUB



BATEMANS BAY SOLDIERS CLUB

U3A Batemans Bay website: <https://u3abatemansbay.org.au/>

Message service: 8250 5262 Mail: U3A Batemans Bay Inc. PO Box 1304 Batemans Bay NSW 2536

Email: info@u3abatemansbay.org.au or contact a Committee member