

U3A Batemans Bay Newsletter

Semester 1 2024

Term 1 – 5th Feb to 12th Apr 2024
Term 2 – 29th Apr to 5th Jul 2024

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

This will be my last message to you as President. It has certainly been a privilege and a pleasure for me to serve as your President for the last three years, and I would like to thank the hardworking Committee as well as the general membership who have provided me with so much support.

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One of the main tasks when I took over was building up again after Covid. Fortunately, this was not difficult as we were one of the few U3As which managed to keep going whenever possible. Membership, of course, dropped away. At the time of writing, we are back to 540 members.

The way our membership works is that no memberships roll over, so we begin the new year with zero members. As you will be unable to enrol in any classes until you have renewed your membership, please make sure that you do it before Registration Day on 24 January. Details of how to do this have already been circulated and can also be found on P4.

Course enrolments open at 10.30am on 24 January either at the Soldiers Club or online from your home. You can also enrol the following day, 25 January, at either Banksia Village - visitors welcome - from 9.30 – 10.30 am; or at the Moruya Library from 11.30 – 12.30 pm.

Our Course Coordination Team has been hard at work on the new program. We are offering over 40 courses in Semester I including a number of very interesting new courses. Details of these can be found on the website u3abatemansbay.org.au, under the Courses tab.

At the beginning of last year, I highlighted the introduction of our U3A Membership Administration Software (UMAS) as one of our successes; and the need to find suitable premises as one of our ongoing challenges. UMAS continues to go well but unfortunately our premises situation has not changed. By the time you read this, Ross Thomas, who chairs our Premises sub-Committee, and I, will have had a meeting with the ESC General Manager to put our case to him. Hopefully we will have some good news to report.

Venue costs have risen steeply this year, as everybody is feeling cost of living pressures, so we have reluctantly had to increase our membership fees. However, we were able to keep this increase to a modest five dollars. We are one of the few U3As in NSW that doesn't charge for classes. Many U3As charge a flat class fee, and, in Canberra, if you attend a paid venue, the class members pay for it. So, we are still well-off indeed.

As usual at this time of year we are looking for new Committee members and people to join our Off-Committee Support Team. Please see the article *We need you* on P6, for details of vacant positions. In the meantime, we are very pleased to welcome two new Course Coordinators who join Lyn Farrant in the role. Please read Lyn's article on P6 for details of how this is going to work.

As well as Committee Members we are also always looking for new tutors. Each year it becomes harder and harder to find new courses to supplement our popular annual courses. Courses can be any length and can be scheduled at a time and venue to suit you. Full support in all aspects of being a tutor is provided.

If you have a skill or interest you would like to share, or know of somebody who does, please contact Diana Boyle on coordinator3.u3a.bbay@gmail.com to discuss possibilities.

I wish you all a happy and productive U3A year in 2024.

Regards

Dianne Grigson, President

From the Editor



Thank you all for all the interesting articles and photos, and for getting them submitted on time – this means I was able to spend Christmas Day playing with my toys!

What a wonderful, diverse range of topics U3A has!

And we even have a crossword for you to do!

It was good to see the Batemans Bay nbn Hub pick up on scams and run a course on *Practical advice on protecting your online information*. I hope some members attended.

I welcome feedback on the newsletter. Send comments to the email address below, indicate if you want your comments published.

Thank you to Marie Ward, Jennie Hapgood, Margaret Allen and Penny Young for editing the newsletter, picking up errors and suggesting enhancements.

John Allen newsletter.u3a.bbay@gmail.com

What you need to know for 2024

Course registration

- Registration Day 2024 will be held on **Wednesday 24 January**, at the Batemans Bay Soldiers Club, from 10.30am - 12.30pm. This is an opportunity to meet the tutors and enrol in classes for Semester 1.

~ You may also enrol in classes online from home from 10.30 am if you wish. ~

- On Thursday 25 January a team will attend Banksia Village from 9.30 – 10.30 am, and the Moruya Library from 11.30 – 12.30pm. They will be accepting cash payments as well as enrolling people.
- All enrolments will be through UMAS. At the Soldiers Club there will be a team of helpers available to either enrol you in courses, or assist you to enrol on your own device. If you do bring your own device you will need to know how to access our website u3abatemansbay.org.au.
- Please note that membership renewals **will not** be processed at Registration Day. All membership renewals must be paid by Friday 19th January. You cannot enrol in a class until you have paid. See the article *Paying your 2024 Membership fees* on P4.

2024 Annual General Meeting

This will be held on Friday 15 March, 10.30 am at the Poppy Room, Soldiers Club.

Celebrations & Events

U3A at Eurobodalla Health and Community Expo

What a great display we put together for the Expo, run by the Southern NSW Local Health District on Saturday 28 October, at the Batemans Bay Soldiers Club! It was an excellent demonstration of the scope and range of courses and activities that our members enjoy.



Nellie Oldham, Tutor of Drawing and Doodles; behind desk, Julie Ballard, Tutor of Grape Expectations; and Margaret Allen, Tutor of Gourmet Gardeners; explaining U3A to a member of the public.



Nellie Oldham; Penny Temple, Volunteer; Julie Ballard and Margaret Allen, behind the U3A desk.

We borrowed items from members and tutors to create an extensive and attractive display and one that celebrated their achievements. Fabrics and Yarns provided some beautiful quilts, children's clothes, knitted and crocheted items; the Drawing and Doodles class brought in drawings and paintings, and the Gourmet Gardeners provided plants and herbs. Lyn Farrant, our Course Coordinator, showed the versatile skills she had mastered at the Flirting with Flowers classes, and produced a beautiful display using native flowering plants.



Gillian Hall, Tutor Malua Bay Book group and Antique Day; Lyn Farrant, Course Coordinator with her flower display; and Margaret Allen.



U3A Tutor Nellie Oldman and Marie Ward (Secretary of U3A Management Committee Batemans Bay)

Source: [John Longhurst/Moruya Mail \(P10 3rd Nov\)](#)

The weekly Moruya Mail is free to subscribe to.

The exhibits attracted people to our tables and gave us an opportunity to chat to them about our activities and give them our new flyers and cards, recently prepared by our Publicity Group. Our PowerPoint presentation was running in the background. This was put together by Bill Radley and Margaret Turner and was having its first outing in the outside world!

We had one very special visit by our local Member of Parliament, Hon Fiona Phillips, MP for Gilmore, who was very taken by a cute, knitted wombat when she stopped to find out about us.

A lot of work but well worth it. Grateful thanks to the people who helped:

Heather Powell, Joe Gillman, Robyn Gillman, Lyn Farrant, Margaret Allen, John Allen, Nellie Oldham, Penny Temple, Virginia Pascoe and Julie Ballard. Margaret Turner and Penny Bonnell also assisted but were unfortunately unable to be there on the day.

Marie Ward
Secretary



Joe Gillman - Membership Coordinator, Hon Fiona Phillips MP - Member for Gilmore, Virginia Pascoe - Go with the Flow Tutor, Lyn Farrant and Margaret Allen.

«««« »»»»

Paying your 2024 Membership fees

2024 Fees

Fees for 2024 have been set at \$50 with a \$10 Joining Fee for new members. Your committee was very reluctant to raise fees but unfortunately our costs for venues have risen steeply so we had no choice.

The final day for all payments is Friday 19th January. This is to allow time for processing.

Renewal Instructions

How to renew instructions are on the website at:

u3abatemansbay.org.au/wp-content/uploads/2023/11/Online-Renewal.pdf or,
[Step-by-step guide to renewing online for 2024](#)

Payments: Batemans Bay U3A Inc. BSB 641 800 Acc 200 652 862

Payments can be made into this account in the following ways:

1. From our website – with your Paypal account, or credit card using the PayPal link.
2. By EFT *
3. In person at IMB Bank Batemans Bay and Moruya*
4. At Shopfronts on 14th December, 18th January by cash or credit card (see P7)

Registration Day Enquiries: Dianne: president.u3a.bbay@gmail.com

All Payment Enquiries: Margaret: treasurer.u3a.bbay@gmail.com

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

U3A Tutor Gatherings

At U3A Batemans Bay, we are very lucky to have a wonderful group of tutors who gain satisfaction from donating their time and expertise to provide us all with stimulating and enjoyable courses.

However, these wonderful people don't get this enjoyment for nothing! Each year the committee asks them to participate in both a Tutor Forum and at least one Tutor Chat.

The Tutor Forums are formal, organised meetings with pre-advertised agendas. Their aim is to provide tutors and the committee with an opportunity to network with others; share information; draw from their experience to provide valuable input for our future direction and to gain support for any difficulties that they are experiencing.

The 2023 Tutor Forum

Our Forum, held at The Soldiers Club, covered a wide range of topics. We began with an information session to advise our tutors of changes or progress that affects them.

Next, we held discussion groups with feedback on the following topics:

- How we can best promote U3A;
- Ideas for acquiring a building for U3A use;
- How tutors are managing UMAS, our new software system;
- How else can we improve our Batemans Bay U3A?

Many excellent ideas were presented, several of which have already been implemented. One very positive outcome was the formation of a Publicity Committee led by Bill Radley. This group has already made great progress for our U3A promotion!

We also took a close look at our Accident / Incident Policy to ensure that the information contained is relevant and easily followed. Then a Trivia session covered the roles of the committee members and where tutors could go for assistance when needed.

After that hard work, we all adjourned for an enjoyable lunch.

Tutor Chats

Another highlight in our committee's and tutors' diaries is our Tutor Chats.

The aim of the Chats is to give an opportunity for Committee members and tutors to discuss informally any ideas about what is working well and the things that need to be thought about or changed (and did someone say "To meet for enjoyment"?).

In 2023 we held two of these gatherings. Kept as informal as possible, these provided the opportunity to catch up and to meet new tutors. They also allowed us to discuss what is happening in our U3A and to make decisions regarding how best to support both tutors and their students.

In 2023 the lives of more than five hundred people in our shire were enriched by the hard work and dedication of our tutors. I'm sure these people would agree that we have an amazing group, allowing us all to 'Learn Laugh Live', which is our NSW U3A motto.

Lyn Farrant Continuing Courses Coordinator



Photos: Tutors and committee members hard at work at one of our Tutor Chats



Our New Course Coordinators

A few months ago, I sent out a Town Crier asking for people to take over the New Activities Coordinator role, vacated by Chris Sweeney. The role encompasses both the organisation of our venues and the setting up of new courses (and often new tutors) for U3A. We are most fortunate that three of our members put their hands up to take on these necessary tasks.

U3A Batemans Bay now has three Course Coordinator roles! They are:

- **Venues Coordinator:** Amanda Annabel has taken on this role, as well as joining our committee. Amanda is a very experienced Toastmaster and is currently running a U3A course on Public Speaking. She is a whiz at computer skills and organisation!
- **New Courses Coordinator:** Diana Boyle has taken on this role. She joined our U3A in 2023 and has been enjoying her writing course with Rae Luckie. Diana is a qualified yoga instructor, enjoys the theatre, live music and reading autobiographies of famous people. Diana decided this year (just in time to read my request) that she would like to take on some voluntary work. She is enjoying liaising with tutors to develop future courses and hopes that she will meet many more members next year.
- **Continuing Courses Coordinator:** I will be continuing in this role. I joined U3A in 2021 after retiring from Sydney, travelling for almost three years and then settling in this beautiful part of the world. I decided to volunteer for a committee position as I knew that it would help me to make contacts (potentially new friends), give back to my community, and keep my brain active. This role has given me all three of these goals.



Our new Course Coordinators:
Amanda, Diana, and Lyn

All three would like to thank Chris Sweeney for her invaluable assistance in sharing her knowledge and expertise of the New Courses / Venues roles.

Many thanks, also, to Cathy Hales, our U3A Webmaster, for developing and implementing a UMAS course for new Coordinators.

We'd also like to thank Penny Temple for her assistance in different tasks.

Lyn Farrant, Continuing Courses Coordinator



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 a vacancy for **Vice President**.

Position details, job descriptions and general committee information can be found in our [Committee Handbook](#) which is on our website www.u3abatemansbay.org.au under the *About Us* Tab.

We also have a group of *off-committee support members*, who provide general assistance to the committee to be available to help out as required. Having others on the committee who understand some of the work that we do will be helpful when we are looking to fill positions or to look for people to fill those positions. We need support members to take on the role of **Assistant Webmaster**, **IT Coordinator** and **Facebook Content Coordinator**.

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

Dianne Grigson, President president.u3a.bbay@gmail.com

Thank you Lunch

On Saturday 18 November, the Committee held our annual Thank You lunch for tutors and our Off-Committee support team at the Golden Dragon Restaurant.

This is the only occasion in the year where we gather our tutors and do not expect them to do any work! As you can see by the photos, a good time was had by all.

At this lunch we gave special thanks to Audrey Maher who is retiring after an incredible 21 years as tutor of International Folk Dancing, a Tuesday fixture in our program.

Audrey arrived at U3A 21 years ago, discovered there was no Folk Dancing Group and immediately started one. (We hope that others will start new courses, see Bill Radley's article on P9 "Share your Passions").



Dianne Grigson, Audrey Maher, Lyn Farrant

Audrey will be very much missed by us all, especially by her loyal group, some of whom I believe have been with her since the first class.

We are still hoping, of course, that somebody will volunteer to take over the Folk Dancing Group.

As a token of appreciation, Audrey was presented with a beautiful plant and a ticket to our Christmas Party.

Audrey was given Life Membership some years ago and we look forward to seeing her at U3A events in the future.

Dianne Grigson, President



U3A Shopfront News

Would you like to have personalised help with:

- Renewing your membership,
- Queries about courses,
- Enrolling in courses,
- Technical assistance with the U3A website?

Then come and see us at our monthly shopfront, held on the second Thursday of each month.

These are held at the Batemans Bay Library from 10:30 until 12:00.

If you have any issue that we can't answer on the day, we'll solve it and come back to you.

EXTRA SHOPFRONT SESSIONS IN JANUARY

These will be held at the library on 11th January from 10:30 till 12:00 and the 18th January from 2:30 till 4:00.

On Thursday 25 January we will be holding two extra sessions for those who can't attend the Registration Day. These will be held at the Grevillea Centre at Banksia Village from 9:30 till 10:30, Also in the Gubar Baran room at the Moruya Library from 11:30 till 12:30.

We are looking forward to seeing and helping you!

If you have any enquiries, please contact Joe Gillman:

by email: memberreg.u3a.bbay@gmail.com or call Joe on 0474 483 678.



Joe and Robyn Gillman, Cathy Hales, Lyn Farrant and Allan McKendry ready to help at our December Shopfront.

U3A Christmas Party 2023

Congratulations to our Special Events Organiser Leonie Kestel for organising such a wonderful Christmas Party. Seventy nine people attended – we have not seen attendance numbers like that for years.

Our thanks to the Tomakin Club for 'doing us proud'. There were many compliments on the delicious food. The winner of our Lucky Door Prize, which was Complimentary 2024 Membership was Di Fischer-Harmon who was delighted with her win.



Share your Passion

As we travel through life, we invariably accumulate a few passions. Passions are the things we love doing, things we often rarely spend enough time on. Over the journey of life our passions lead us to develop skills and maybe even a degree of expertise in that topic.

Our passions are the things we live for. They grab and hold our attention. They get us through the tough times and through the boring times. Sometimes they are life long, sometimes just collected somewhere along the journey.

Recent research has found that people with a passion in their life are happier, healthier, live longer and report more satisfying lives, particularly in our senior years. Having a passion makes life worthwhile, particularly as we age.

So, what are your passions in life? What really grabs your interest, sparks up your day or gives you a reason to get out of bed in the morning?

A passion can be a hobby, interest, recreation, a pastime, or anything that holds significant meaning to you or an activity that you enjoy doing. When you practise your passions, you often feel content and relaxed.

For those lucky enough to turn their passion into a career (or vice versa) work is seldom an effort. You get paid for doing what you love, you are usually better at the job, and others can see the satisfaction and fulfilment you get from your job. You do your job with passion.

The trouble with a passion is that it can run out of steam sometimes, particularly as we get older. Passions need to be fed, shared, and cultivated. They need our time. In retirement it can be more difficult to find others with whom we can share and enjoy our passions.

And that is where U3A comes in. U3A is full of people exercising their passions. People join U3A to take part in passions. Tutors are all people with a passion who get to share their passion with similar minded people. Their reward is in sharing their passion. Look at the list of courses and you will see passions of our tutors.

Do you have a passion you would like to share? What is holding you back? U3A needs more tutors - people with a passion they would like to share.

In 2024 Batemans Bay U3A is going to cultivate some of the passions of our members. We are going to run a short program (possibly) called 'Share Your Passion' to introduce members to the process of sharing your passion with U3A.

The course will include building self-confidence to share your passion, turning your passion into a U3A course, talking in front of a group, constructing a short (or long) U3A course, an introduction to using PowerPoint, and any other skills you might need if you would like to become a U3A tutor.

Those of you who complete the course can then decide if you want to go ahead and become a U3A tutor and share your passion with others in U3A.

Interested? Watch out for the 'Share Your Passion' course in 2024. We look forward to hearing about and maybe sharing your passion.

Bill Radley



Local Fire and Rescue Talk

Thank you to everyone who attended the Fire and Rescue talk on Saturday, 2nd December, at the Malua Bay Community Hall. Seeing so many members take time out during this hectic period to brush up on their knowledge and support our local volunteers was fantastic!

Fire and Rescue Chief Kai Aitree and his team of 5 looked very impressive in their navy blue, (or were they black?) uniforms. (You really had to be there!). The team shared various facts and were happy to answer any questions. Parts of the presentation included how the different 000 emergency departments operate; the use of drones; some marine rescue information; government funding and limitations that the service is bound by.

It was also interesting to learn that **when you are asleep, you will not smell smoke**: hence the importance of working smoke alarms. Participants were also advised about the other callouts Fire and Rescue receive, such as saving pets and people being locked in their homes. An avid discussion took place about the priority of saving lives during catastrophic events such as the Black Summer bushfires of 2020.

Members were issued with a decorative wooden spoon embedded with the timely motto of **KEEP LOOKING WHEN COOKING**. Plus, a 27-page booklet titled *Fire and Safety Prevention in the Home* was offered to all. Senior firefighter Jesse Tonge also requested we should circulate some helpful links and contact numbers.



Lyn Farrant greeting U3A members and welcoming the Batemans Bay Fire and Rescue team prior to their presentation.

HELPFUL LINKS FOR OUR FIRE SAFETY

Batemans Bay Fire and Rescue (For Home Fire Safety Visits/Safety Around the Home):

Ph - 02 9493 1217 - Please leave your name and number in the voicemail and someone will contact you.

Or for online bookings - www.fire.nsw.gov.au/page.php?id=9316

Far South Coast RFS District Office (Eurobodalla) (For Information on Bush Fires): Ph - 02 4474 2855

Fire and Rescue NSW Public Page - www.fire.nsw.gov.au

NSW Rural Fire Service Public Page (Information/Alerts) www.rfs.nsw.gov.au

Hazards Near Me App (Bush Fire/Flood Warnings):

www.nsw.gov.au/emergency/hazards-near-me-app

NSW Rural Fire Service Aider Program (Assist Infirm, Disabled and Elderly Residents):

www.rfs.nsw.gov.au/plan-and-prepare/aiders

*** Please share with your family and friends ***

Xmas cheers to everyone from New Course Coordinator Diana Boyle.

From your Tutors

So, you want to be happy?

We all want to be happy in life. But what is happiness? How do you find it? Just as importantly, how do you maintain it?

Up until recent years the topic of happiness was largely the domain of philosophers and marketing departments. We wish each other happiness – happy birthday, happy Christmas, happy holidays etc. – but that’s a wish, not a plan.

Happiness is elusive. And up until recent years science and psychology didn’t really have a serious interest in the topic. In the 1990’s, that changed. Enter the science of positive psychology and research on the pursuit of happiness.

Up until the 1990’s, the scientific interest in happiness (if you could call it that) was a backwards looking pursuit. Psychology was focussed on what made people unhappy. It was focussed on problems in life and how to fix them. The assumption was that if you could remove the source of a person’s unhappiness, they should become happy. Great idea, but unfortunately it proved to not be true.

Happiness, it turns out, is much more than just the absence of problems in life. You can have all sorts of problems, traumas and crises in life, and be happy. And you can be rich, famous, and successful and still be grossly unhappy.

In 2024 Psychologist Bill Radley will be running a course called ‘The Art and Science of Happiness’ to explore the topic of happiness. As the name suggests, the course will explore the history of happiness, some of the long-held beliefs and (often misguided) expectations about happiness, the roles of beliefs, marketing, wealth, day to day behaviour and habits in creating and maintaining happiness. Most importantly the course will focus on the findings of research and practical skills discovered from the new science of positive psychology.

Happiness has become the new frontier of psychological research, and after 30 years of extensive research we now know a lot about how happiness works and how to get there. And a lot of it is not ‘rocket science’. A lot of the ‘secrets of happiness’ are right under our nose. Look around and you will see people who are obviously happy. And they are not necessarily wealthy, healthy or young.

Science has found that our senior years can and should be the happiest part of our lives. In this phase of our life we get to choose how and where we live, we get to choose our social network and lifestyle unhampered by the demands of employment, children and economic security. And we know ourselves better than ever.

But all this freedom and economic security doesn’t guarantee happiness. We can still be miserable, and the rates of anxiety, depression and insomnia can be very high amongst older age groups.

Many people become happy without really having a plan or having to do much to achieve it. They are just fortunate to have stumbled upon the strategies needed for happiness. But for others, happiness is hard work.

Happiness is a fickle art, a bit like a contemptuous child. It can be lost in a heartbeat and undermined without the benefit of a nurturing and steady hand. And some life habits can perpetually undermine our pursuit of the happy life, often without us being aware of what we are doing to sabotage ourselves.

All we need now is a plan to be happy and stay happy; and what we need to do to get there. The Art and Science of Happiness course will explore the research that has led us towards the ‘secrets’ of happiness.

Happiness is within reach for all of us, regardless of our life circumstances, if we know where to look for it and what we need to do to achieve it and maintain it.

Bill Radley

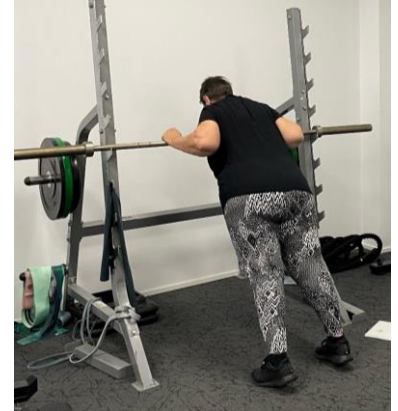


Chronic Pain Management Program

For many Australians, pain is a regular or constant companion. These people live with chronic pain. Pain is considered chronic when it persists longer than the usual recovery period or occurs along with a chronic health condition, eg arthritis. Chronic pain affects one in three Australian adults over the age of 65. Its impact is profound, limiting their ability to participate in employment, education and social activities; and to undertake activities of daily living. Older adults living with chronic pain have increased risk of falls, deteriorating mobility, and less capacity to live independently.



Grand Pacific Health is partnering with Batemans Bay U3A to run a Chronic Pain Management Program in early 2024. The program runs for 3 hours per week, for 6 weeks. It will help those who have suffered from pain-related disability for more than 6 months, felt anxious or depressed because of ongoing pain, or found it difficult to do the things they want to do because of pain. It is free and open to members of U3A and other community members. The details of the program are to be confirmed, so please contact the program coordinator (details below).



Topics covered in the program include:



- What pain is
- How to increase physical activity
- How to set goals
- Pacing and relaxation techniques.

Some past participants have said, "I enjoyed the group gathering and lovely hospitality and knowing new ways to help myself cope with pain", "Our sessions were extremely helpful to me as I arrived very depressed and got a totally different frame of mind. Our facilitators were and are AMAZING".

To find out more about this program, please email painmanagement@gph.org.au or call Annette, the Chronic Pain Program Coordinator, on 0472 602 505.

Please keep your contact details up to date

We often have problems contacting some of our members so please, the next time you log into UMAS 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 0474 483 678 and give him the information.

U3A Singers

What do we do?

The U3A Singers Batemans Bay meet Thursdays 2:30pm-4:30pm at the Salvation Army Hall during each of the four terms per year.

Lyn Brown, the musical director, sets the song list each week and ably conducts the group. Des and Pauline Hill (Choir Managers) co-ordinate and implement the tasks required in running the U3A Singers successfully each week. Julie provides the piano accompaniment so necessary to keep the singers in tune.

The afternoon is broken up with some trivia, jokes and afternoon tea where members mingle socially.

The group (60+ members) is attended on average by about 40-50 people each week with a mix of men and women making up an enthusiastic ensemble of Sopranos, Altos, Tenors and Basses who all just love to sing and have fun.

2023 was a spectacular year for the Group. They were invited to do a number of public recitals. The first was by invitation from Bay Pavilions to celebrate their 1st birthday in June. The singers performed on stage in the Concert Hall then in their Foyer. Both performances were well attended by the public.

Then in August, Kay Killick from the Uniting Church invited the U3A singers to perform for their charity concert. The U3A singers sang some songs then handed out Singalong Booklets to the congregation so they could join in. They also provided some ukulele accompaniment.

In August the U3A Singers and the Australian Rugby Choir performed together in a Charity Concert to raise funds for Batemans Bay Salvation Army. We have raised an average of \$3000 per concert for the Batemans Bay Salvation Army.

In September, the U3A Singers visited the Manor and performed a selection of Old Time Favourites for the residents, who thoroughly enjoyed it.

In October one of our U3A Singers, Christine Lowe, put on a Garden Party to help raise money for Muddy Puddles and asked if we would perform. It was a great success.

These gigs provide a focus during the year for U3A singers to practice chosen song sets each week in readiness for their public performances. Members wear their U3A uniform with pride and lend their voices to give hearty renditions of their best loved songs.

Each year in December, the U3A Singers perform Christmas Carols and Festive Songs at various venues locally: *Outside Kmart for the Salvos', Uniting Church. Hanging Rock, Anglican Church. Nelligen, and various Nursing Homes.*

Des Hill



Basses and Tenors having fun singing Old Man River using scarves tied end to end as a rope



Bay Pavilions 1st Birthday Celebrations U3A Singers on stage in the theatre Sat 3rd June 2023



U3A Singers performing for the residents at the Manor 21st. September 2023



U3A Singers performing at the Muddy Puddles Garden Party



U3A Singers performing Christmas carols outside Kmart

U3A Singers Christmas Party

The U3A Singers Christmas party for 2023 was at the Catalina Country Club.

The day was rounded off by the whole group singing songs with backing provided by Des - *Silent Night*, *Jingle Bell Rock*, *White Christmas*, and *I still Call Australia Home* were all sung with great fervour. The ladies at the bar were so impressed it brought tears of joy to their eyes.

Christmas hampers were given as a token of appreciation to Lyn Brown for her guidance, as well as the Music Director, Robyn Isaacson, for her help with the *Forescore* technology and Dropbox activities; Julie Stewart for her piano accompaniment, and Des and Pauline as group managers.

A big welcome to Peter Poole who will be assisting musical director Lyn Brown. Peter led us in the group's carol singing performances in December and he brings great expertise to the role.

U3A Singers look forward to a new and happy adventure in 2024.

Last Day of U3A singers in 2023

When the end of year approaches, we looked back on the year to reflect on our journey.

Some old favourites were enjoyed with accompaniment from a collection of musicians including Sue on piano, Louie on the accordion, Peter Poole on Saxophone, and a trio of ukulele players Peta, Helen and Allyn. Allyn provided a surprise with his musical saw which he has been playing for over 50 years.

During afternoon tea, Peter, Louie and Bruce provided a light Jazz interlude to keep the afternoon going.

Dianne Grigson President, came to announce that funding was made available for a second Apple iPad to be used by the conductor or accompanist.

After afternoon tea the group was entertained by members who performed some skits. Robyn Isaacson read a short story from Heather Powell, followed by the poem "Vi'lits" by C J Dennis, aptly read by Ian Lambert. Robert entertained with comedic song and guitar act.

Then a dress up mime of the Abba Group singing the *Dancing Queen* by Mike, Margaret, Diane and David that got the group to their feet dancing and frolicking. The final skit was by Des and Ian, who performed a lovely rendition of *Peace on Earth/Little Drummer boy*, in the style of Bing Crosby and David Bowie, complete with snow.

Lyn Brown farewelled Salvation Army Captain, Lesley, as she is moving to Sydney and has provided support during the year with the afternoon tea, for the performance with Rugby choir and other administrative activities.

The afternoon was wrapped up with a number of songs including the all-time WWII favourite by Vera Lyn "we'll meet again" and so this is Christmas from all of the U3A Singers for 2023.

Lyn Brown



"Joy of Music"

This photo of Lyn Brown depicts the joy member Lyn Brown has for music and singing, and describes the pleasure she has in sharing this with the U3A Singers.

Photograph by Ken Foster

President Dianne with musician Peter Poole at U3A Singers final session for 2023. Dianne was thanked for donation of an iPad to be used by conductor.



Helen. Peta. Allyn. Louie. The Singers chamber orchestra accompanying the u3a Singers.



Lyn. Margaret. Bev. Jo. Pauline, singing along with choir and orchestra at u3a muck up day

Balance & Bones Batemans Bay

A “Wishing You Happy Days” from ❤️ our 8Bs Group

Busy Bubbly Bumble Bees Balance and Bones Batemans Bay. 🙌🙌🙌

Well done and thank you from Linda. See you all in 2024.

Linda Westra



A “Happy Days!” photo of our Busy Bubbly Bumble Bees Balance and Bones Batemans Bay Class of 2023

Architecture

Semester 3 2023 saw the first series of presentations on all things Architectural. The story so far:

Architectural Styles

- Art Deco in Sydney - Elizabeth Bay & Potts Point
- Art Nouveau
- Scandinavian

Articles in Media

- The New Sydney Fish Markets
- Egyptian Pigeon Houses

Places

- Shetland
- Bath
- Central Asia and Iran
- The History and Development of Māori Architecture and Beyond!

Architects

- Victor Gruen of the “Gruen Effect” - including discussion on the TV show called Gruen!
- Zaha Hadid

Vernacular

- Bamboo Houses in Bali

Building effects

- Jettying

The success of this course is down to the enthusiasm and knowledge of our group. I am looking forward to enjoying more architectural wonders in 2024. Hope to see you then.

If you would like to join us in Semester 1 of 2024, all information can be found under “Courses” on the U3A website.

Di Fischer-Harman



Pigeon Dovecotes, Egypt - Photo Credit: Ranong Payakapan

Let's play Scrabble

Scrabble has been great fun this last term and we are definitely continuing at Moruya Golf Club in 2024.

I am thinking of expanding our Scrabble a little as we are having so much fun. If anyone is interested in playing backgammon or chess, please join us.

Unfortunately, at the moment I don't have a chess board, and you would also need to bring a partner, 😊 but I can assure you we have space and a guaranteed great bunch of people.

Gail Warren-Smith



You can also bring other games along...

Japan's Ancient Pathways

Japan is criss-crossed by a network of ancient pathways and roads, many of which are today being promoted as top walking destinations.

Some originated as early salt trade routes, others as pilgrimage trails centering on the Shintō shrines at Ise on the Izu Peninsula.

Not to be outdone, the Buddhist priest Kūkai originated the 88 Temple Walk on the island of Shikoku. Shintō supporters then popularized the Old Kumano Road (Kumano Kodō), again on the Izu Peninsula, but linking the capital area of Kyoto/Nara with the Grand Kumano Shrine and Nachi Waterfall.

Much later, during the Edo period (1604-1868), shogunate policies, aimed at control of the feudal lords, led to the development of a system of post roads linking the capital of Edo/Tokyo with the provinces. The best known of these is the Tōkaidō (Eastern Sea Road), immortalized in the three series of woodblock prints by the artist Hiroshige; now becoming better known is the Nakasendō (Middle of the Mountains Road).

And, a great finale is the poet Matsuo Bashō's travel diary, *The Narrow Road to the Deep North* (Oku no Hosomichi). This course will look at the history of the pathways and roads, and at their appearance in art and literature. The presenter has travelled sections of each, and will share her experiences.

Jennifer Brewster



Cryptic Crosswords

We must be the quietest class in the entire Batemans Bay U3A! And we like it that way! Our home is the Catalina Country Club, where we work out the day’s crosswords in the quiet lounge area with only the cricket or bingo ad on the huge screen to distract us.



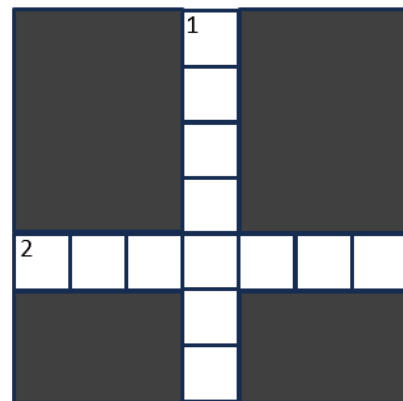
Peta Bourne, Indira Wrigley, Chris Bendle, Jo-Ann Luke, Anne Borowski, Marie Ward



Kath Joyce, Indira Wrigley, Jo-Ann Luke, Anne Borowski, Chris Bendle

Here we are, huddled over the latest cryptic crossword, trying to make sense of sentences such as:

1. Severely beat gutless tsar with small weight. (7)
2. A solar source the German took apart. (7)



(Solutions below).

Under the guidance of expert tutor Peta Bourne (and WHAT an expert, she knows everything!) we puzzle over, frown at, ponder about, guess, and mutter about the first crossword – the one that tends to be relatively easy.

Then Peta hits us with a much harder one, and the mutters and groans increase, followed by cries of “oh, is that what it is!”, and “that is a really stupid clue”, when we go through the answers!

It is certainly very entertaining, and it gets the brain cells working!

SOLUTIONS
 1. Trounce
 2. Asunder

Marie Ward

Would you like to join U3A?

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

u3abatemansbay.org.au/members/join

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



Creative Writing

Writing about Objects: Learnings

Mindfulness while examining objects draws on hidden memories and their affiliated emotions.

*Thoughts and memories
Inspiring new creations
New pathways unfold*

This is the process of creation, when seemingly unrelated inanimate objects become reflections of personal experiences and understanding, webbed through descriptive words on paper.

Ethereal imaginings are harvested to captivate the next consumer of writings as they absorb, through their own senses, an understanding effected by their personal experiences, memories and emotions.

Such is the beauty and creativity captured through Creative Writing.

*Life, a fairytale
Lessons last as memories
Learnings will enthral.*

Rae Luckie can tell you so much more. Thank you, Rae, for your inspirational tutoring.

Linda Westra



What is Tai Chi?

Moving –

Steadily breathing,
Immersed in the moment,
We ‘wave hands in the clouds’ -
Tai Chi.



Slow, gentle movements of Tai Chi

Curving –

Quieting the mind
While relaxing the body,
Meditation in motion
Circular and smooth -
Tai Chi.

Stepping –

Flowing like water,
With gentle resistance,
We ‘push the mountain’ -
Tai Chi.



Our salute: signifying our strength, friendship & humility with those who engage in Tai Chi

Balancing -

Weight transferring,
Mindfully moving,
Slowly and surely,
We build our strength,
Less is more -
Tai Chi.

Jan McLachlan
Tutor

Scottish Country Dance

Fun, Fitness and Friendship are the three values people experience when they do Scottish Country Dancing.

The venue is the Nelligen Hall, Nelligen, on Mondays from 12:00pm to 2:00pm. A light refreshment is provided afterwards. The hall itself is quaint and there is a wonderful display of photos portraying the European history of the area.

There is also the opportunity to visit other dance groups and join in their Socials, Balls or even Weekends of Dance, and all provide live music to enrich the experience. Canberra and Sydney are our two main branches that organise these activities.

The joy of Scottish Country dancing is that you can pack your shoes, and, if you are travelling anywhere around Australia or the world, you will find a class to join in. What a great way to meet locals and learn more about the area you are visiting.

Sociable, enjoyable, and ever-evolving: Scottish Country Dancing may have its roots in the assemblies and balls of the 18th and 19th centuries, but its popularity has continued to increase to this day. It certainly has its foot firmly in the 21st Century.

Dancers are normally grouped in sets, typically of three, four or five couples arranged either in two lines (partners facing each other) or in a square. They work together to dance a short sequence of formations that provide a particular dance with its identity. The originality of the formations ensures each couple gets the chance to experience the dance from different positions.

Scottish Country Dancers mainly dance for pleasure, finding the shared experience of dance physically, mentally, and socially enjoyable.

You do not need to bring a partner; just soft shoes, a bottle of water and the anticipation of enjoying yourself.

See you on the dance floor in 2024 and happy dancing feet.

Janine Holden (Tutor for Scottish Country Dancing)



Dance Scottish Social held in Bodalla last year to promote Scottish Country Dancing

Antiques Discovery Day

We have run this twice during 2023, and it has been a success. I hope to run it again in 2024 at a date to be decided. Discoveries have been very interesting to both participants and those who come to watch and socialise over a cup of tea.

Some items have tested me on the day, with further research revealing fascinating stories.

Hoping to see more unusual antiques next time....

Gillian Hall



Gourmet Gardeners outings for 2023

We had some interesting and fun events in 2023.

In **February** we visited Brick Colley's Worm Farm

Brick makes you feel like laughing when he is talking about his families of worms. I did not realise that worms in worm farms need protein, so if you have a worm farm at home, one way of giving it protein, is to feed it powdered milk, or the pellets you give to the chickens. The worms are also fed molasses and Lucerne, and leaves from the black wattle, which they love. If you don't have a worm farm to help you grow lovely vegies, then I would suggest that you think about getting one. Brick's way of growing vegetables is basic, just grow them in good soil, and crowd them all in. He is a believer in permaculture but does not follow all the guidelines. He is fortunate to have a water supply from a lake on the property which is filled by run-off when it rains.

Most of us on this day came home with arms full of goodies from Brick's garden, plus worm wee, and worm castings.



May - we travelled to Coila Lake

What a wonderful autumn day we had as we all strolled around the lakeside 20 acres of Rob and Miriam's property.

First up we were given a tour of the yabby and fish tanks, we learned that yabbies don't need feeding very much in the colder seasons, but they do eat their own young... Rob and Miriam are breeding yabbies and Silver Perch purely for their own enjoyment, and one day they plan on having a big BBQ, however, it is taking a while for the feast to grow to a reasonable size.

There are also two types of beehives on the property, one is the flow hive system. Rob explained the process of the flow hive, and how to get the bees more productive in them. We all received a jar of beautiful golden honey as a present to take home.

The chicken coop was housed in the orchard area, and there was a huge pile of manure from the horses to also feed the fruit trees. The main beehives were also housed just outside the orchard, to make it just a short trip for the bees to pollinate the large number of fruit trees.

June - at a member's home

The group enjoyed the sunshine, the company and lunch in the gardens.

There were many raised bed gardens, with a lovely variety of vegetables. Every corner of the garden was blooming with energy, and we appreciated how much effort and hard work had gone into producing it.

We all sat around a fire pit, ate lunch, shared stories, and then, Chris had us all thinking by giving us a quiz with many questions that most of us struggled with. It was a tie between two members who both received a gift for being so clever with their answers.



July - to Long Beach

Janine, one of our newest members hosted the garden visit on the 18th July. The property is set in 3 ½ acres at Long Beach. It has beehives and lots of chickens with lovely roosters, who are keeping the girls in check.

It is a challenging project that Janine has set herself to set up her vegetable garden. The soil is mainly compacted clay, and lots of lovely weeds growing in the enclosed veg garden area. Several members came up with suggestions of improving the soil, but the easiest way forward would probably be raised bed gardens and make them wicking beds to conserve the water. Janine is doing all the hard back breaking work herself, so it will take time for the gardens to come into production.

August - a residential garden in Long Beach

There were thirteen of us who enjoyed the lovely garden of Robyn and everything seemed to be thriving. Raised bed gardens were the theme, and all netted. Produce was more than enough for the one person, we all enjoyed a beautiful, tasty pumpkin soup that was made from the home-grown pumpkins.

October - My place

Gardening for me is a challenge, and I do have help to do most of the hard work. I do get to appreciate all the beautiful produce our acres gift us. We are battling the elements, pests, and animals along with the birds who are determined to have their fair share of the fruit and vegies. Anything we do not want to share with the wildlife is covered in netting, and sometimes that is not always fool-proof.

November - Andrew's at Moruya on the River

Our last Gourmet Gardeners outing for the year was to Andrew's place in Moruya. The property is over twenty acres, and on the Moruya River. What a beautiful spot to eat lunch on the deck which overlooks the river and the mountains.

Andrew took us on a tour of the property before the lunch. He has his own Arboretum, which is mainly native, and has been developing it since the fires of 2020. The orchard and vegetable gardens are all netted, the approx. 20 fruit trees are all looking blooming good, and we tasted the fruit of the vines for dessert. Vegetables were also in good supply.

Lunch was a variety of dishes, which was amazing, but there was a special treat because a member brought along her home-made cheeses to taste.

There were many plants and cuttings to be shared among the group, and I came home with some Jerusalem artichoke (*Helianthus tuberosus*), also called sun root, sunchoke and wild sunflower. One of its benefits is that it boosts gut health. They are also rich in an important fibre called inulin. Inulin is a prebiotic fibre that feeds your good gut bacteria and improves the balance of your gut microbiome. So I am hoping that the rain will come and settle these amazing plants into my garden bed.

We are back in 2024

Gourmet Gardeners will continue this year. Winsome will be stepping down as co-coordinator. Thanks to Winsome for her support and the time that she has been coordinating. Julie has volunteered to take up the role, thank you Julie.

Julie is planning to have a cheese making session at her place, probably in March.

Wishing you all the very best of health for 2024, keep safe.

Margaret Allen



Boost your Cultural Intelligence (CQ)

A summary of the workshop series Nick Stone facilitated in Aug-Sep 2023.

Planning for this series was challenging. I had decades of immersive experience studying, working and teaching in this area, but knew very little about the interests and backgrounds of the U3A participants. This aspect was critical, because both my preferred teaching style, and the experiential nature of the subject matter, required active engagement and interaction across the group.

Chris Sweeney was a great help in appropriately shaping the structure and content. The first workshop was a great relief - participants soon revealed a fascinating range of intercultural experiences and interests: from international migration, development, work and travel, to culturally diverse family members from across the globe, to working within multicultural and Aboriginal communities. More than enough to work with.

We started by clarifying how we, as adult learners, might best develop our intercultural skills and insights (through reflective practice). We then discussed the big idea of 'culture', identifying which aspects we would focus on- mostly ethnic or national culture aspects. The Cultural Intelligence (CQ) idea was next: What makes some people seem so gifted at navigating cultures, while others so naturally offend intercultural others wherever they wander? This led us to examine stereotypes and ethnocentrism- how they are natural, 'tribal' reactions to social similarities and differences, but can cause big problems if they remain automatic and unquestioned.

The workshops explored lots of examples and exercises about how cultural value orientations and communication styles affect how we relate to culturally different others. This involved excavating, for example, diverse cultural attitudes towards authority, hierarchy, family and group membership, individualism, time, space, nature, education, work and health. The group's rich background experiences and curiosity allowed a great balance of content and discussion, reflection and wonderfully insightful questions. One participant observed she had not seen a U3A offering that had been so interactive: welcome feedback for someone who aims to be a competent facilitator, as much as a content specialist. Thanks to all for such gratifying contributions.

Nick Stone

««« »»»



U3A Photographs

It is quite possible that, at some of the U3A classes or events you attend, there will be somebody taking photos.

These will be used for publicity purposes, both in our newsletter and local media, and stored for future use.

We understand that for various reasons some members prefer not to be photographed.

If you do not wish your photo to be taken, please indicate this to the photographer and, if necessary, move away from the group.

Thank you for your cooperation in this matter.

Dianne Grigson
President



The Quest for Perennial Wisdom

This course ran for 16 weeks in two parts over Terms 2 and 3 at the University of Wollongong, whose staff have been fantastic.

The object of our course was to explore the role played by esoteric forms of spirituality in the creative arts in the Modernist era.

It arose from the observation that many famous artists sought access through their art to a 'Hidden Truth' or 'Other Realm' that lay beyond everyday reality, and that they tried to communicate this in their work.

In particular, we were concerned to identify the role played in this artistic and spiritual journey by the Quest for the Perennial Wisdom.

According to the famous definition provided by Aldous Huxley in *The Perennial Philosophy* (1946), this consists of the conviction that a divine Truth underlies all existence and suffuses the world in all aspects, and that the quest for this Truth has been perennial and pursued in every major religious tradition.

In Part 1.0 of our course (Term 3), we explored the nature of this Perennial Wisdom and how it was rediscovered in Renaissance Florence. We then traced its journey over the following centuries into the contemporary period, where it found unacknowledged and suppressed expression in art, including in the paintings of Wassily Kandinsky, who is presently the subject of a major exhibition at the Art Gallery of NSW.

Then, in Part 2.0 (Term 4) we retraced our steps to explore the origins and outcomes of the Protestant Reformation, which ran parallel to the other trajectory and has largely shaped the mental world of the West, i.e., a frantic, mechanistic, materialistic, acquisitive, and superficial world that has largely marginalised the spiritual, leaving it to certain artists and poets to give expression to this mysterious realm.

In our present secular times, this notion of a grand spiritual quest has greatly empowered the artists, poets, and thinkers we encountered over the past 16 weeks. They have sensed the presence of a transcendent Truth and they have sought to give artistic expression to it in their lives and work. It is this that we have studied over the past 16 weeks in the Quest for Perennial Wisdom.



Class photo - Quest for Perennial Wisdom

Merv Bendle

History Forum

Broulee identity Damien Louttit breaks the attendance record for the U3A History Forum.

The History Forum resumed in term 4 last year after a two-term break. Each session was very well attended, but the one that broke the attendance record was presented by Broulee identity, Damien Louttit.

Over 40 people turned up to listen to Damien recount his family's story. Damien is well known in the Broulee community as he is the well-respected local pharmacist and a Banksia Village Board Member.

On Tuesday 21 November, people were keen to hear the fascinating story of the Louttits who are one of the Moruya District's very early pioneering families.

The Louttit family originated in the Orkney Islands north of Scotland and were well acquainted with the art of stone quarrying and stone masonry. The journey south commenced as a crew member on the famous Clipper, the Cutty Sark, one of the fastest ships plying the wool trade between Britain and Australia. The family brought their sailing skills to the colony in addition to that of masonry. Both these trades were utilised in managing the quarry on the south bank of the Moruya River and then transporting the granite by sea to Sydney.

Granite from the Louttit quarry was used for the enormous plinth for the statue of Capt. Cook in Hyde Park, Sydney. The commission for the work was given to the artist Thomas Woolaston RA on the 26th of September 1874 and the work was officially unveiled to the public on the 25th of February 1879.

The granite for the elegant pillars in the GPO Colonnade in Martin Place, Sydney was also sourced from the Louttit quarry.



The audience was transfixed by the story of exactly how these giant pieces of very heavy stone were transported from the quarry site and onto the ships, and the dangerous navigation of the ships carrying such difficult cargoes up the NSW coast and into Sydney harbour.

These were just some of the fascinating stories recounted by Damien to a very appreciative audience of U3A members, Banksia residents and members of his family.



History Forum program, Term one, 2024

This program encompasses a wide range of topics from Polynesian Architecture to Native American Dislocation and from Flying Boats in WW11 to Stage Coaches as well as Education for the Deaf Community in NSW.

The History Forum meets fortnightly on Tuesdays 2- 4 pm in the Grevillea Centre, Banksia Village, 69 Heath Street, Broulee. Members must enrol for each individual session and are welcome to attend all or just those sessions that interest them.



Māori Whare Auckland University

Continued on next page

History Programme continued from previous page

Tuesday February 13 – History and Development of Māori Whare – Carved Meeting Houses – in Aotearoa New Zealand – presented by Penny Bonnell.

Tuesday 27 February – Beyond the “Killers of the Flower Moon” - the History of the Osage Native Americans - presented by guest speaker Annie Hillie.

Tuesday 12 March- Catalina Flying Boats Undertake an Epic Journey in WW11. –presented by guest speaker Winsome Baker.

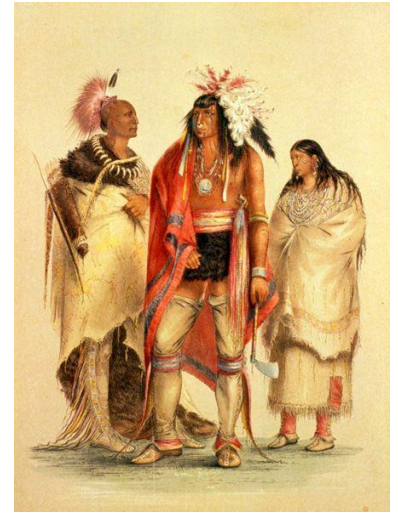
Tuesday 26 March – The Book “Stage Coaches and Royal Mail Southern Eastern NSW – 1841 to 1913.”- presented by its local author, Kevin Setter.

Tuesday April 9- The Early History of Deaf Education and Sign Language in NSW – presented by Lee Raper.

Full details on this program are available on our website or the course booklet.

For all enquiries contact Tutor Penny Bonnell, pbonnell@bigpond.com or phone 0458 253 073

Penny Bonnell



Osage Native Americans

Go with the Flow

In *Go With The Flow* classes in Term 4, we explored various poses (asanas), holding for a little longer than we normally would. These poses included balance, stretching and strength exercises. We moved venues for Term 4, primarily in the Basketball Stadium at Batemans Bay. This venue allowed us much more space to move, and was beneficial on hot days.



This term we were introduced to Restorative Yoga. This practice allowed us to investigate, for half the lesson, to explore various poses. With Restorative Yoga we make use of our props, eg blocks, blankets, pillow, bolster to create poses of comfort for the body and ease, and thus relaxation. With this support you melt into the pose as you are supported and let go, relaxing the body into the pose. These poses were modified to take in the individual abilities.

As with all our sessions, we finished our class with Savasana, a relaxing, prone posture, tuning in to our body after our various asanas.

Go With the Flow will be available again in 2024, on Thursdays from 9:30am to 10.45am.



Virginia Pascoe

Public Speaking *Celebrating the birth of our U3A Public Speaking*

In the vibrant tapestry of our U3A community, a new thread has been woven with the inception of the U3A Public Speaking, a testament to the rich diversity of talents within our midst. As we gather to appreciate this newly formed group of individuals, who embark on a journey of self-discovery, camaraderie, and personal growth through the media of communication.

The U3A Public Speaking has quickly become a haven for local individuals eager to explore the art of articulation communication and the use of language for all manner of reasons, whether it be for entertainment, education, storytelling or simply finding our voice. It provides a program where members learn to express their thoughts, share their knowledge, experience, and connect with fellow enthusiasts in an atmosphere of warmth and encouragement.

The beauty lies not just in the honing of public speaking skills, but in the fostering of a supportive community. Regardless of their prior experience, people come together to uplift and inspire, creating an environment where every voice is valued.

As we witness the blossoming of newfound confidence and the development of compelling oratory, it is evident that the U3A Public Speaking is not merely an extracurricular activity but a transformative experience. It celebrates the uniqueness of each participant, reminding us that the joy of public speaking lies not only in the destination but in the shared journey.

U3A Public Speaking here in the Eurobodalla is a platform where words find wings, and members discover the power of their voices, adding a resonant chord to the symphony of our community.

Christopher Payne

Healthful Colour, Energy and Humour

Heather Powell was my first interviewee in my role as New Courses Coordinator and I was immediately struck by her high energy and zest for life! Her course, titled *Healthful Colour, Energy and Humour* will commence in Term 1 of 2024 and will be held on Fridays.

The sessions will be an exploration of how Colour, Energy and Humour are incorporated into our daily lives. Designed for those who enjoy a *Leap Outside the Box* and are curious to take a glance beneath the surface of established norms, a good sense of humour is a prerequisite.

Course themes include:

- Investigation into the deeper implications of the role colour plays in our lives;
- To become more aware of why we choose the colours we do;
- Do colours hold a vibrational quality? What are the impacts of statements such as *I am seeing red; I am feeling blue; I was green with envy*. Where do these phrases originate?
- Why energy matters: Do thoughts evoke energy that vibrate as different frequencies within our body? Is it mind over matter, or matter is mind? Is laughter truly the best medicine? We will give thought to statements we regularly make e.g.; *I am worried sick; I feel high as a kite or I need this like a hole in the head*.

Heather will draw on various philosophers, physicists, Eastern mystics, biologists, doctors, alternative healers and anthropologists to bring forward these concepts.

I am also sure that, with Heather's colourful background in the world of theatre and the arts, her classes will be very entertaining. So come along with your own insights for some lively discussions and enjoy the energy of the room. (lol).

Diana Boyle New Courses Coordinator

Smorgasbord of Religion

Bruce Gorton has offered to run a course titled **Smorgasbord of Religion**. He will commence five weekly sessions on Tuesday or Thursday afternoons, venue to be advised.

The subject matter for term one will include Protestant, Roman, and Lutheran faiths as well as Eastern mysticism. He aims to discuss the various religions from a historical point of view.

The course will consist of open dialogue, and all participants will be encouraged to ask questions and voice their thoughts.

Bruce and his wife Jan share three children and nine grandchildren.

Bruce left school to become a surveyor and the family moved to Moruya in late 1973 where Bruce took a position with the Eurobodalla Shire Council.

In 1984, Bruce attended the Moore Theological College to become a minister of the Presbyterian Church. After caring for communities in Parkes, Murwillumbah, Albury and Goulburn, Bruce and Jan retired back to Moruya. The couple now teaches Special Religious Education in Moruya and Broulee Primary Schools and are involved in Meals on Wheels. Bruce is also partial to a good game of golf.

From Bruce - *Over the years we travelled to a wedding in Finland and visited a friend in Hungary. Also visited Singapore, Boston, Los Angeles, Scotland and England. In many of these places, I was confronted with a large number of faiths. So, I got interested in what people believed in and found some very interesting facts about so called faiths. It is marvellous how some hide the truth from members.*

Please Visit the U3A website to book Bruce's course and if you have any questions or difficulties, send an email to coordinator3.u3a.bbay@gmail.com and I will get back to you.

Diana Boyle New course coordinator.

First Thursday Book Group

Although our group has been in operation for some years, we welcome new people who enjoy reading a variety of genres. Meeting on the first Thursday of each month at the Manor Retirement Village in Batemans Bay, we share our opinions, thoughts and perspectives about that month's book, over a cuppa.

The group selects ten books each year; trying to find those that are well written, reasonably current, offer new ideas, or perhaps push us to read something outside our comfort zone. The books chosen are often available from the Eurobodalla Library.

Highlights this year have been Paul Kalanithi's *When Breath Becomes Air*, Richard Glover's *Flesh Wounds* (memoir), Jacqueline Bublitz's *Before You Knew My Name* (murder mystery), Andrew Sean Greer's *Less* (humour), and our favourite Anthony Doer's *Cloud Cuckoo Land* (described as part fairy tale, part fool's errand, part science-fiction and part utopian satire).

Melinda Hume-Cook

Tutor, First Thursday Book Group



First Thursday Book Group (and a couple of guests) at our Christmas gathering in December

Southern Sensations

We started this group in semester 2 hoping that there was a group of people who wanted to explore the south of the Eurobodalla, go out to lunch once a month, engage in conversation and make some good friends. The group has far surpassed our expectations and we have decided that next year it can only get better.

Most of our members live in Broulee, Moruya and Tuross so travelling down south is not a problem. We decided to try going out to lunch because driving at night is becoming increasingly problematic for most of us. Besides, lunch offers so many more possibilities such as sightseeing, venues with music and visiting places of interest around the region.

Our inaugural adventure started at the Granite Town Café (aka The Cheese Factory) in Moruya. This is a relatively new venture in which two women, one a horticulturalist and the other a brewer, have transformed the old building into a state-of-the-art brewery and soon-to-be function centre. There were lots of new faces, plenty of conversation, some good pizza washed down with a glass of wine...what more could we ask?



Southern Sensations at the Granite Town Café

Members of the group vary, and members make suggestions as to where they would like to go. We have visited the Bodalla Pub, where we took advantage of the excellent ice-cream available from the dairy across the road. We have also at eaten the legendary Thai cuisine at the Pickle Octopus in Tuross and a had meal at the Mantle Restaurant at the Illawarra TAFE, cooked and served by the hospitality students.

For our final reunion we attended a performance of “Lend me a Soprano”, not strictly a meal, but we had a fabulous selection of wine and elegant nibbles that sustained us through an excellent night of entertainment and fun.

If you would like to join Southern Sensations in 2024 then please enrol online. We are always looking for good recommendations for our adventures so if you have one, let us know.

Dianne Grigson and Chris Sweeney



U3A table at the Mantle Restaurant.

A three-course Japanese-inspired meal, by the students from Certificate III in Hospitality.

Source: TAFE NSW - Moruya

<https://www.facebook.com/TAFENSWMoruya>

Members' contributions

Thank you U3A

Dear U3A folk. I am just letting you know that I moved just last week to Newcastle to live closer to family. I want to thank you for the opportunities that U3A afforded for social activities and friendships, and of course, especially, the folk dancing and Scottish Country Dancing, while I was living in the area.

I am hoping to make contact with U3A up here in Newcastle too, once I settle into my new home.

My thanks and appreciation to all who work together so well in U3A to make it such an important part of the community.

Kind regards

Liz MacKinlay AM

Promoting U3A

Just a thought...

Well, I had a thought, which quickly transcribed into many thoughts. It took me back to a time when I could foster team work, creativity, achievements, knowledge sharing, thriving and surviving.

My view of Communities is that they comprise many teams, through which we can learn, support, share and yes, survive and thrive.

Community groups exist through volunteers who are significant supports linking that Community or Team Wheel. People following their passions with their contributions, establishes a natural progression.

Like life, things never occur in isolation, but rather offer a pathway where, with minimal effort, people progress towards other passions easily linked to volunteering opportunities.

There are synergies. Each group has the potential to support each other, just by people following their own passions. How easy is that!

I digress, back to the thought that seeded many.....

Why not establish a team identity by linking our name with the group name, U3A Batemans Bay, as participants, in the Batemans Bay Parkrun?

Parkrun is another internationally renowned group that survives and thrives through volunteers. Some of you already participate.

You can walk, jog, run or volunteer. It would certainly promote the U3A profile in the broader community.

Existentially there are opportunities for mutual support between these groups. Feel inspired?

Register at www.parkrun.com.au/batemansbay, or on Facebook. Add your group name as U3A Batemans Bay. You can attend events anywhere, world-wide. It's free to participate.

Let's...Just Do It, even if it is only for our own mental and physical health, let's strengthen our communities.

The Bonuses? You will feel included, respected, encouraged, you will see smiles, determination and laughter. You will have fun and it's ALL FREE.

Just my thoughts

Linda Westra



Your Committee

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Course details - semester 1, 2024

Please refer to the *Courses* section of our website - u3abatemansbay.org.au

Direct link: u3abatemansbay.org.au/courses-activities/
 (You don't need to Login to view the course details)

You can also download your own copy of the course booklet (a PDF file) and store it locally on your device, or print it out - in the above *Courses page*, under *Courses and activities currently available* you will see a link to a *downloadable course booklet*.

For posted copies of this newsletter, course details are included below.

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 a 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

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