

# U3A Batemans Bay Newsletter

Semester 2 2024

Term 3 – 22<sup>nd</sup> Jul to 27<sup>th</sup> Sep 2024  
Term 4 – 14<sup>th</sup> Oct to 13<sup>th</sup> Dec 2024

Online edition



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THE UNIVERSITY OF THE THIRD AGE

**Stimulating Activities  
for those over 50**

ABN 45 747 295 508

**Serving the Eurobodalla**

## President's report - Semester 2, 2024



Hello members,

As your new president, I thought it might be good to introduce myself as I am sure there are plenty of members out there that I haven't met.

In my past life, I was a registered nurse and I retired from full time work and moved to Batemans Bay late in 2011. I share my life here with my younger brother.

I was previously very involved in the Eurobodalla Seniors Computer Users Group (EuroSCUG) which closed in June 2023, and am currently involved with the Batemans Bay Orchid and Foliage Society, with all the orchids that I grow.

I joined U3A BB at Registration Day in 2012 and almost immediately was asked if I would be involved in various activities within it. I have done several Saturday talks about my mother, a nurse who was a prisoner of war of the Japanese on Sumatra along with Vivian Bullwinkle. I am also part of one of the Wine Appreciation and Book groups, as well as various other activities.

I had my elbow straightened to become treasurer somewhere around 2017.

Now, that is enough about me, so I had better tell you some of the things the committee has been doing.

Firstly, I would like to thank Dianne for her leadership over the last 3 years and the work that she did for the organisation during that time. According to our Constitution, a President may only serve one term of 3 years, then they have to step down. I would also like to thank the members who have remained part of the committee, and welcome Michael as Treasurer. An updated committee list is available in this newsletter and on our website, if you are looking for a particular person.

There are also a few members who fill roles that are outside the committee, without whom the organisation would not function. In particular, a big thank you to Cathy and Allan who manage the website and UMAS between them. The other person I would like to add to these is to thank John who puts this very informative newsletter together.

We have not yet progressed the idea of a Trust Account to help with funding the purchase of premises, mainly due to the fact that I have been holidaying for the past month. However, we will get back on to that idea. We will need to review our Constitution before we can progress that any further and currently our Honorary Solicitors have been investigating what we need to do in that space.

*Continued next page ...*

### U3A Batemans Bay Inc.

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Phone: 0474 483 678

Email: [info@u3abatemansbay.org.au](mailto:info@u3abatemansbay.org.au)

Post: U3A Batemans Bay Inc. PO Box 1304 Batemans Bay NSW 2536

Or contact a committee member – see elsewhere in this newsletter for details.

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However, what we have done is review and update the other key documents – The Committee Handbook, The Tutor Handbook and the Rules. These documents will be finalised at the June Committee Meeting and hopefully will be on the website for members to see by the end of June or early July.

The Course Coordination team has been doing a great job with putting together the program of activities for this coming semester. Thank you to all those members who offer their time to present an activity in whatever format. Without your dedication, we would not be able to offer the choices that we do.

To supplement the semester newsletter, Bill from the publicity group has suggested that we put out a monthly flyer about things that are happening. This won't start until we are into the 2<sup>nd</sup> Semester and we will be asking for items to put in it, stuff that is light and breezy but informative, so put your thinking caps on for ideas. We will need a few members to help put it together.

One thing we do need to do is get ourselves better known out in the community, so if you belong to a group that has guest speakers, please let them know about U3A, we are happy to go to speak to other groups about what we do. We will be talking to Rotary at the end of June.

The publicity group developed some advertising material which the committee has been distributing to various places. Hopefully these will also help make people in the Eurobodalla more aware that U3A is alive and well.

I look forward to meeting some more of you at our activities as the year progresses.

*Margaret Turner*  
President

## U3A Shopfront

Would you like to have personalised help with:

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



Come and see us at our Shopfront at the Batemans Bay Library, which is open on the following dates:

- Thursday 11<sup>th</sup> July 10.30am - 12 noon
- Friday 19<sup>th</sup> July 2pm - 4pm (an extra day in July to assist with Semester 2 enrolments)
- Thursday 8<sup>th</sup> August 10.30am - 12 noon
- Thursday 12<sup>th</sup> September 10.30am - 12 noon
- Thursday 10<sup>th</sup> October 10.30am - 12 noon
- Thursday 14<sup>th</sup> November 10.30am till - noon
- Thursday 12<sup>th</sup> December 10.30am till - noon

In attendance at our Shopfront are Allan McKendry, U-MAS (Computer) Support; Lyn Farrant, Course Coordinator; and me Joe Gillman, Membership Coordinator.

We will be able to assist you with any questions you may have or some direction you may need. We also won't mind if you just pop in to say hello.

In the meantime, please be aware that you can call us on 0474 483 678 if you need assistance. It is helpful if you use normal business hours unless of course your matter is urgent.

Cheers to you all and please continue to enjoy U3A and all it has to offer.

*Joe Gillman*  
Membership Coordinator

# Celebrations & Events

## U3A Annual General Meeting

The 2024 AGM was held on Friday 15<sup>th</sup> March at the Batemans Bay Soldiers Club.

The event was well attended and it was particularly pleasing to welcome some members who had never attended an AGM before. It was also pleasing to welcome Laurene Mulcahy, our U3A Network NSW Regional Representative.

Outgoing President Dianne Grigson gave an interesting and informative talk on the activities of the organisation during 2023. During the year U3A Batemans Bay programmed more than 100 courses and activities, offering 2000 hours of engagement. Dianne thanked the outgoing Committee, Committee Support team and Tutors for making this possible, highlighting several successes:

- Increased membership
- Introduction of New Members Afternoon Tea
- Formation of an active Publicity Group
- Development of new Community Partnership

Finding our own premises remains a challenge, as does finding sufficient volunteers to keep the organisation viable.

At the conclusion of her report Dianne presented a very surprised outgoing Treasurer/Public Officer Margaret Turner with Life Membership in recognition of her contribution to the whole organisation since she joined in 2012.

Margaret gave her Treasurer's report and assured us that finances are in order.

Returning Officer James Clark, himself a Past President, then declared all positions vacant. No positions were contested so all those who had nominated were duly elected.



Dianne presents Life Membership to Margaret Turner



Jim Clarke congratulating Margaret on being elected President and presenting her badge of office



Dianne introduces Laurene Mulcahy South Coast Regional Representative



Committee 2024-2025

Lyn Farrant (Course Coordinator), Ross Thomas, Michael Lane (Treasurer), Dianne Grigson, Margaret Turner (President & Public Officer), Ernie Moules (Town Crier and Equipment), Amanda Annabel (Vice President), Joe Gillman (Membership Coordinator). Missing - Marie Ward (Secretary)

# Annual BBQ

Our annual BBQ was held at the Nelligen Hall, and a good time was had by all. The weather was inclement, but it was cosy in the hall. There was a good range of food for all.

Our congratulations to Special Events Coordinator Leonie for doing such a magnificent job and very grateful thanks to all those who pitched in on the day to help in so many ways.



## 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 the U3A website, 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 in to our Shopfront, or contact Joe Gillman ...

email: [memberreg.u3a.bbay@gmail.com](mailto:memberreg.u3a.bbay@gmail.com) or call Joe on 0474 483 678 and give him the information.

## Another great Tutor Chat

At U3A Batemans Bay we are extremely lucky to have a band of dedicated people offering us a wide range of activities. Our U3A Tutor Chats provide an opportunity for our tutors and committee members to welcome new tutors and to catch up with like-minded people. They're also an opportunity to gather together informally to discuss what is working well and the things that need to be thought about or changed.

In March we had another productive, enjoyable afternoon getting to know each other over a hot or cold drink.

The formal part of the meeting began with the introduction of our new committee and their roles, including those of our two new course coordinators. (These details can be found [on our website](#)). Information was shared to make tutor roles easier and to explain some of our U3A obligations. Tutors were offered some of our new flyers, bookmarks and business cards, developed by our Publicity Group.

We then, as a group, discussed some suggestions, including how to improve people's access to U3A programs.

I'd like to once again thank those who attended for offering their advice and experience, making it another worthwhile, beneficial get-together.

*Lyn Farrant (Continuing Course Coordinator)  
Organiser*



## INVITATION to PAST and POTENTIAL TUTORS

All past and potential tutors of Batemans Bay U3A are invited to join our present tutors at The U3A Annual Tutor Forum. It will be held on Saturday 3<sup>rd</sup> August in the Function Room at the Batemans Bay Soldiers Club from 10:30 am to 2:15 pm (including a break for lunch in The Bubble).

**Have you tutored in the past and would like to repeat it or try something new?**  
Come along and see what's happening now.

**Have you never tutored for U3A, but have a skill or interest you would like to share?**  
Come along for an obligation free look, and find out what it's all about.

We hope to see you there!

*Lyn Farrant  
Coordinator Continuing Courses*

**Please RSVP:** ASAP but definitely by Friday 19th of July to:  
Lyn Farrant [coordinator1.u3a.bbay@gmail.com](mailto:coordinator1.u3a.bbay@gmail.com), or  
Joe Gillman (Membership Coordinator) on 0474 483 678



## The U3A NSW Annual Conference

This year the U3A Network Annual Conference was held at Eastlakes in Sydney. Our U3A was represented by Joe Gillman (Membership Coordinator) and Lyn Farrant (Continuing Course Coordinator).



The theme for the event was 'Inspiring Our Future' and each invited speaker or workshop fulfilled this aim particularly well. The two keynote speakers were:

### **Deborah Wallace**

Deborah Wallace is a retired Detective Superintendent of the NSW Police Force, who showed us how adversity can inspire great outcomes. She described how Australian incarceration laws were changed and how support networks for children affected by murder were established by families who had lost loved ones. Deborah also explained how, by working with her community, and developing educational programs, she succeeded in curbing youth violence in her area of control.

### **Prof. Francis Kay-Lamkin**

The Director of Hunter Regional Medical Institute explained that, in any year, a large proportion of people worldwide experience a mental disorder needing treatment. She stressed the importance of research funding for developing worthwhile treatments. She also spoke about the benefits of social connection and lifelong learning, congratulating U3As for providing these.

Prof. Kay-Lamkin is part of a team of Australian researchers leading the world in the development and testing of digital mental health treatments.

### **U3A NSW updates:**

Attendees were also informed about the progress made by our current NSW representatives and their future direction. We were reminded that we are part of an International Association of Universities of the Third Age, currently operating in 85 countries.

The workshops presented were:

- Grant Writing – Maximising Your Chance of Success
- Creative Decision-Making
- Ideas for Fun and Frivolity
- Sharing our Resources and Opportunities
- Let's Make Music

Joe and Lyn participated in two workshops each, which focussed on improving our ability to provide better outcomes for our members. They both came home with a desire to put several of these ideas into action.

One of the excellent ideas from this conference was that all workshop resources, PowerPoint presentations and overviews have been made available to download from the U3A NSW website. You can access this by going to the [NSW U3A website](#) and looking under 'News and Events'.

*Lyn Farrant*

*Continuing Courses Coordinator*

## South of the Bay

A search of our U3A Database, (thanks Allan McKendry), has revealed that more than 100 of our members live in a postcode other than 2536. Most of these members live south of the Bay in the various towns and villages in the 2537 postcode. It is a fine testimony to our tutors, and the camaraderie that U3A embodies, that some of our members are prepared to travel some distance to access our courses.

U3A Batemans Bay aims to serve all the Eurobodalla (north and south) and placing courses where it is easier for members to access them is something our Course Co-ordinators are mindful of. This semester, 13 of our courses were held south of Batemans Bay.

This article focuses on those that are held in Moruya.

We start the week with Balance and Bones at the Moruya Library at 10.30 am on Monday. This popular class is conducted via a DVD produced by U3A Network NSW (for use by U3As which do not have fitness tutors available). The class usually finishes with coffee at the popular Gundry Store - a Moruya Institution.

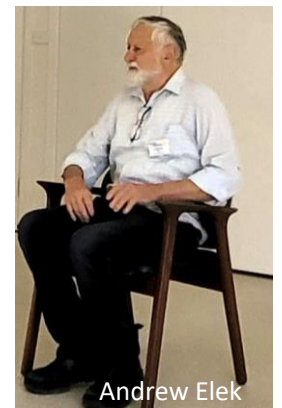


Gail Warren-Smith (tutor) and Dianne at the Let's Play Scrabble group

On Wednesday afternoons a Scrabble Group meets at the Moruya Golf Club. This is a very friendly, sociable group which welcomes both beginners and experienced players. The group uses only the Macquarie Dictionary and the list of two letter words from the official Scrabble Rule Book as references. Members usually pause between games for coffee, (or a wine if it has been one of those days).

On Friday mornings, the Moruya Golf Club welcomes Andrew Elek who facilitates a very popular discussion group that has been a feature of the program for the last four years. Andrew circulates articles on a wide variety of

topics the week before the group meets, and he also encourages group members to send him articles that everyone might find interesting. This group is in recess at the moment while Andrew and Jane are travelling, but the articles keep arriving...



Andrew Elek

Southern Sensations is not strictly a Moruya Group because it welcomes all members who wish to participate and just have a good time. It is a food and wine appreciation group with a difference, as we visit public venues rather than meeting in members' homes. The group meets monthly on either Saturday or Sunday. All activities take place south of Batemans Bay – hence the name. The group usually meets for lunch, although if something interesting catches our attention, particularly community events, then we are there. As a result, we have attended two of the Red Door Theatre productions in the evening, having a shared meal before the show.



Southern Sensations Group

If you are interested in joining any of these groups, please check out their entries in the courses program on our website and contact the tutor directly if you would like to know more.

*Dianne Grigson & Chris Sweeney*

## Celebrating U3A Batemans Bay and University of Wollongong Eurobodalla Campus Partnership



On 24 January, Chris Sweeney, former Course Coordinator, and I, in my capacity as then President, were honoured to be invited to breakfast with the Vice Chancellor, Professor Patricia Davidson and other members of the University of Wollongong Executive who were here to attend the graduation ceremonies.

The purpose of this invitation was to celebrate the partnership between the University of Wollongong (UoW) local campus and our U3A. The money we pay to use these rooms is all used for the benefit of local students. None of it is passed on to the university administration. Scholarships are provided for mature age and indigenous students, student facilities are enhanced, and extra equipment is purchased. It is great to see our money being so well used in our local community.

The partnership began in 2018, when Chris, who was then responsible for venue management, approached the University to see if it would be possible for us to use some of their rooms for selected classes. Very few of our available venues had adequate technology and many tutors were struggling to set up without technical assistance, not to mention having to carry all the necessary equipment themselves.



Jaimie Campus Manager (standing), and Nikki Admin Manager (seated)

The university readily agreed, and this arrangement has grown and flourished. For the last five years the local campus of UoW has provided our U3A with reasonable cost venues which not only have top of the line technology, but also comfortable seating, air conditioning and heating, which many other venues do not have.

Campus Manager Jaimie and Admin Manager Nikki have made U3A Batemans Bay tutors and members most welcome, in so many different ways. The rooms are set up for us in whatever format we wish, and their infinite patience when helping our tutors with current technology has been a particular help.

Their assistance has enabled some members to become tutors, knowing that tutors won't have to struggle shifting furniture, or to battle with unfamiliar or outdated technology with no assistance.

The partnership has flourished over the years and last semester seven of our courses were held there.

Everybody at the breakfast was very interested to learn about U3A, and some of those from other rural universities were keen follow up the partnership concept with their local U3As.

We greatly value this partnership and sincerely thank the University of Wollongong, and particularly Jaimie and Nikki, for this opportunity.

*Dianne Grigson  
President 2021 -2024*



## Acknowledgement of contributions to U3A Batemans Bay by Jennifer Brewster

On Thursday 6<sup>th</sup> June, Jennifer Brewster, who has been tutoring since 2002, gave her last class on 'Ancient Pathways of Japan'. At the close of this final session, Ross Thomas gave this acknowledgement of Jennifer's contribution to U3A Batemans Bay.

*I would like to thank Jennifer for providing us with this course, from which I think we have all learned a lot about Japan's early history and culture. Jennifer did a marvellous job with the lecture notes she provided, the photos she selected, the literature she showed us and in her explanation of things like the topography of the country and the stations along the Ancient Japanese Pathways. While I can't see myself retracing any of those pathways, I think she has made a visit to Japan seem very appealing. The Japanese tourism office ought to reward her handsomely for having done such good work for them! Her course was a great success.*

*Also, I want to say how grateful our U3A is to her for the huge number of courses she has run over the last twenty years or so. New members might not know that Jennifer is a tutor extraordinaire, and must hold the record for the number she has run. While her courses have mainly centred on early Japan and China, she's also run Italian courses, the Armchair Historians, and been the Saturday Talks Coordinator. Batemans Bay U3A is very fortunate in having had such a generous and knowledgeable volunteer in it for such a long time.*

*At the beginning of this course, Jennifer indicated that the Ancient Japanese Pathways course might be her 'last hurrah'. I certainly hope it won't be. Her courses have added significantly to the quality of life of so many of us – by expanding our knowledge of other parts of our world, and their history, and by giving us the opportunity in these classes to catch up with our friends and the chance to make new ones. Jennifer's willingness to work and share her knowledge has been a great gift to us all.*

*While she clearly deserves a break, I hope she will find on reflection that there may still be a few more things which she might think of offering in future. Whatever the case, on behalf of the organisation may I say thank you very much for all that you have done. Your contribution has been truly outstanding.*

Additional acknowledgement by Margaret McClintock...

*Jennifer is always a splendid historian, but her broad approach led to understanding the cultures of whichever Asian country was the focus, in particular the art, literature and maps of China and Japan, with a mention also of current affairs if relevant.*

*As I recall, the first brilliant topic Jennifer chose to present in the early twenties reflected her personal archaeological involvement in the Silk Road. This resulted in her tutoring two, yes two, lengthy courses for which she prepared small illustrated*

*booklets for each participant. It was a stunning start! Over the years, often after she returned to Japan on one of her frequent visits, we would be treated to hearing of her and her family's personal experiences. She is a great story teller who so liked sharing her understanding with us in Batemans Bay who could only travel vicariously with her.*

*For example, course titles such as 'From Edo to Tokyo' in 2021 included a brief coverage of the impact of WW11 while in 2018 we were exposed to 'Chinese Plans for the Belt Road' and in 2022 'Ancient Kingdoms of China' was the challenge.*

*We are so fortunate to have many U3A tutors giving generously of their time and energy to provide members with stimulation and fun.*



(Photo taken in 2003)

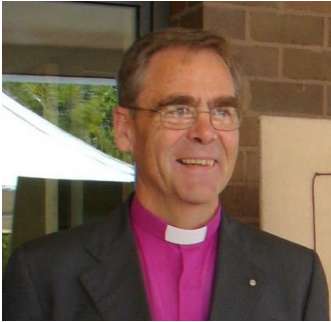


Some of the class gathered for a Japanese tea ceremony  
(Photo taken in 2003)

# From your Tutors

## U3A Saturday Talk

### The Ongoing Crises in the Middle East



Emeritus Bishop Dr George Browning

On Saturday 20<sup>th</sup> April, the Malua Bay Community Centre was filled to capacity with U3A members and guests eager to hear what U3A member, Emeritus Bishop Dr George Browning, had to say about the ongoing crises in the Middle East.

Bishop Browning has a deep understanding about the people and the history of the region and the pressures that have precipitated current events. He has thought long and hard about how a sustainable peace may yet be achieved.



Bishop Browning, left, with Membership registrar Jo Gillman

To put things in context, Bishop Browning first focused on the history of the region and the background to the current crises.

He then spent some time discussing the various contributing factors, and offered some suggestions about how these crises might be solved.

At the conclusion of the talk Bishop Browning dealt with some thoughtful questions asked by members of the audience.



Everybody present went away much better informed about the current situation and we thank Bishop Browning for sharing for his insights.

## 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.

## Gourmet Gardeners

The February outing to Jingara Farm at Mogendoura was one of many interesting outings this year for the Gourmet Gardeners group. It was quite a trek on the unmade road, but it been graded the day before, and all our group managed to find their way without mishap.

Jingara Farm is a working 232-hectare (570 acre) property approximately 8km north-west of Moruya. It ranges from 1.5km frontage to the Mogendoura Creek to rugged ironbark ridges that meet state forest to the west.

The property has been owned by Michelle and Graham Scobie since June 2013 when they took over the abandoned house, remodelled it, and since then have established a beautiful home, fully independent, off the grid, and with their own water supply.

They are focusing on breeding programs for Damara sheep and Border Collies. The Damara is a unique breed of meat sheep ideally suited to our Australian climate, but they need to be drenched every six weeks, so hard work. The name 'Damara' comes from Damaraland in Namibia. The Border Collies are the chocolate and white variety, and so friendly and adorable, I would have liked to bring one home with me.

We enjoyed the tour around the home with its lovely lead-light window, and the kitchen with its impressive oven that heats their water and home in the winter. The orchard has lovely established trees and is home to the chickens. The vegetable garden is 60 metres long, and about 4 metres wide, and, as Graham said, it is not a showcase, but quite a productive garden with a variety of vegetables.

There are some unusual arty architectural structures on the farm, the entrance to the vegetable garden being one of them and the home of the generator and battery pack being another.

The large farm shed, built with tin remnants from the fires, as well as being a functional shed, will be used to host a music festival in late Nov and early Dec 2024.

We all enjoyed lunch on the covered deck, and Graham delighted us with a performance, playing his guitar, mouth organ, and singing one of his original songs.



Lunch at Jingara Farm



Graham performing

Margaret Allen

*Tutors: Margaret Allen and Julie Ballard*

## U3A Singers

The first semester this year we welcomed Karen as the new Salvation Army officer.

Each Thursday the group was well attended. We welcomed two new people this year.

In February we marked with sadness that one of our most beloved Singers' members, Annie Hallett, died peacefully in her sleep. Annie was one of the original members of U3A. In fact, in trying to describe Annie, the word "original" is hard to beat. As an undisputed "leader" of the sopranos, Annie's very high voice could always be heard, trilling away. No matter what the tune, Annie could be counted on to add a version of her own! Annie's unique personality kept us amused and happy. Annie loved her dancing classes. She never stopped dancing! Annie was also involved in the Anglican Church, and Bay Players where she was the wardrobe mistress. We will miss Annie, and remember happy days with love and affection.

We also farewelled another of our early members Mavis Ferrie. The U3A Singers performed at her funeral. We sang some rousing songs such as Whispering Hope, the 23rd Psalm and Amazing Grace accompanied by Jan on piano. Jan played some lovely numbers before the service. The service was very inspiring. Mavis is well remembered by her enthusiasm for the U3A singers and her involvement with the Baptist Church community where she attended for worship. We were refreshed afterwards by a wonderful morning tea prepared by the church community members.

The second Semester kicked off by practising hard pieces, such as "Hey Look me over", "Moonlight Bay", "The Orchestra song" and "Annie's Song", to name a few. This was in readiness for our performance at Kay Killick's Uniting Church charity concert.

Des was unable to attend our first group session as he was recovering from some serious surgery. We wish him well for a speedy recovery. Rod from the Salvation Army helped to setup the sound system.

The Kay Killick Charity Concert, held at the Uniting Church on 5<sup>th</sup> May was a great success. Kay introduced the afternoon by thanking all the patrons who came out on a rainy afternoon to attend the concert.

U3A singers, with Lyn Brown conducting, sang a bracket of pieces - "Hey Look Me over" and finishing with "When you're Smiling the whole world Smiles with you", encouraging the audience to join in.



The U3A Choir with Allyn Cooke performing actions from "Hey Look me Over"

Allyn Cooke performed actions to the song "Hey Look me over" from the Broadway musical "Wildcat" wearing a 1930s style hat and waistcoat in keeping with the era of the song.

Included was "Annie's Song", which Lyn said was sung as a tribute to Annie Hallett, a member of U3A singers who died earlier this year.

The U3A singers were joined by the two tenors Steve Johnston and Paul Marshall blending in for "I believe". This was well received by the audience.

Sue Wray provided the piano accompaniment and excelled in her instrumental performance in the song "True Love".

Other performers at the concert were the Mogendoura Swing Jazz Ensemble, Jazzman Pete (Peter Poole), and the Deep River Choir.

*Allyn Cooke*



Jazzman Pete

## Let's Play Scrabble

Colder weather is coming and what better way to enjoy it than with a glass of wine or a warm drink and a companionable game of scrabble?

Join us every Wednesday afternoon at Moruya Golf Club.

*Guaranteed to have a good laugh!*

Gail Warren-Smith  
Tutor



## The Architecture Group

Another excellent programme in Term 1, all down to the enthusiasm and experiences of our members. Herewith a taste of what we explored:

### Buildings

- Trulli in Puglia, a must see when you are next in Italy.
- Three Guggenheim Galleries – Palazzo Venier dei Leoni in Venice, The Solomon Guggenheim Museum in NY, and the Guggenheim Museum Bilbao in the Basque Region.
- Santorini and the building styles/techniques used.
- A Fire-Proof House in North Rosedale, complete with a visit, and a presentation on another day.
- A documentary on Rebuilding Notre Dame.
- Ancient Rome and its architecture, inspiring today's designers and architects.



### Architects

- A tale of two Architects named Wilkinson – Leslie (Creator of the School of Architecture at the University of Sydney) and Chris (Barangaroo Crown Building in Sydney).
- Francis Keré (Diebédo Francis Keré) from Burkina Faso. Working with his community to build using the materials to hand in their environment, and his worldwide success as an architect and innovator in sustainable buildings.
- Anthony Knobel of Broulee. The architect of the Fire-Proof House (see above).
- Australian Women in Australian Architecture. Their influences both here and abroad.

### Vernacular

- Metal That Breathes.
- Turning Dunes into Architecture.
- Building the Seed Cathedral.
- Techniques using wood in China and earthquake proofing buildings in Japan.
- We will meet twice in Term 2 – 13th and 27th June with a visit to Bundanon at the planning stages.

Future talks include Frank Lloyd-Wright, sustainable housing with a visit in the Eurobodalla region, and a talk or two from sustainable builder/architects.

Do come and join us where you will discover, and share, the wonders of all things Architectural.

*Di Fischer-Harman*

*PS We would love to have guest speakers – architects, town planners, etc. any and all who have worked in this field.*

# U3A Public Speaking Group

## *Blossoming with Confidence in a Warm and Encouraging Atmosphere*

The U3A Public Speaking Group has recently emerged as a beacon of personal growth and community spirit, standing proudly on its own feet, and flourishing with newfound confidence. This transformation has been fuelled by an atmosphere of warmth and encouragement, fostering an environment where members can thrive.

### **Building Foundations of Support**

Public speaking, often a daunting endeavour, has become an accessible and enjoyable activity thanks to the group's nurturing approach. From the outset, the group focused on creating a safe space where members felt comfortable expressing themselves. This welcoming atmosphere has been crucial in helping participants overcome their initial fears, ensuring that each individual feels valued and supported.

### **Growth Through Encouragement**

The transformation within the group has been remarkable. Members, who once hesitated to speak in front of others, are now delivering speeches with poise and confidence. This growth can be attributed to the group's emphasis on encouragement.

Every meeting is infused with positive reinforcement, celebrating small victories and progress.

The group employs a variety of activities designed to build confidence and enhance speaking skills. These include impromptu speaking, prepared speech presentations, and practice in group leadership assignments.

Each activity is tailored to meet the needs of the participants, ensuring that everyone progresses at their own pace and in their own time.

### **Personal Stories of Transformation**

Many members have shared personal stories, highlighting the profound impact the group has had on their lives. For instance, Jim\*, a retired teacher, joined the group to conquer his fear of public speaking. With consistent practice and encouragement, he is now blossoming with confidence.

Similarly, Sara\*, a former garden designer, found that the group reignited her passion for storytelling. Initially reserved and hesitant, Sara, now regularly shares her experiences and insights with the group, inspiring others with her newfound confidence and fluency.

### **A Community of Lifelong Learners**

The U3A Public Speaking Group looks bright, as we embody the spirit of lifelong learning. With plans to expand and offer more focused workshops opportunity, the group is poised to continue its journey of growth and empowerment.

**In Conclusion**, the U3A Public Speaking Group has truly come into its own, blossoming with confidence in an environment rich with warmth and encouragement. The group's success is a testament to the power of leadership, and the enduring value of lifelong learning.

As each member continues to stand on his/her own feet, the members of the U3A Public Speaking Group serve as an inspiring example of what can be achieved when people come together to support and uplift each other.

*Christopher Payne*

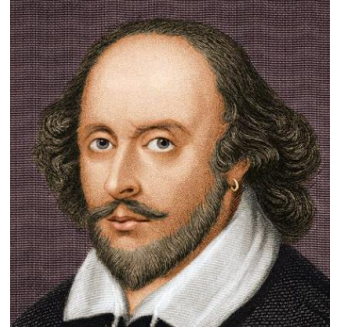
*\* Names and previous occupations have been changed to protect privacy.*

# Shakespeare Appreciation Group

Stories are wonderful. They allow transmission of thoughts, feelings concepts and learnings across space and time.

Shakespeare was a master storyteller. His stories are for all times. They speak of myth and legend, war and peace, love and hate. In short, the human condition. Those experiences, emotions, and challenges that are common to all of us.

The Shakespeare Appreciation Group are interested in exploring this. We choose one of his stories and watch it through the medium of the Globe Theatre video productions. These are quite long, so we stop the video after each Act and have a discussion. There are no boundaries to the discussion and no right or wrong answers.



The Group is engaged and friendly and we help expand each other's understanding of the story and the human condition.

Our Group is new, but has proved popular, and has a waiting list. The wonderful coordinators at U3A Batemans Bay are working on obtaining a venue that will allow the videos to be watched in a comfortable space large enough to include those on the waiting list.

*Life's but a walking shadow,  
a poor player  
That struts and frets his  
hour upon the stage,  
And then is heard no more.*

Macbeth, ACT 5

*Mick O'Hara  
Tutor*



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.

Position details, job descriptions and general committee information can be found in our Committee Handbook which is [on our website](#) 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 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 a new committee member to take on the role of **IT Coordinator**.

Please contact me if you can offer assistance with any of this.

Margaret Turner, President [president.u3a.bbay@gmail.com](mailto:president.u3a.bbay@gmail.com)

# The Healthful Effects of Colour and Humour

Just for the fun of it, I decided to present a U3A course in Term One, 2024, on a loose combination of two topics that I had previously addressed over the decades, both here and in Canberra.

One was “Laughter”, which inspired me after recently meeting Patch Adams, the Laugh Doctor. He was visiting Findhorn Foundation in Scotland a few months prior to the inauguration of the Batemans Bay U3A.

So, I married up Laughter with the Qualities of Colour!

And hoping, as I always do, to attract the more adventurous amongst U3A members, I succeeded, at least as far with those willing to stay the experience.

The seven colours of the rainbow were duly discussed.

However..... it was the ‘unavoidable’ participatory element of the curriculum which really turned up trumps for me.

Drawing colour cards, then matching up, the pairs were each allocated one specific colour. As we worked our way through the seven rainbow colours - one a week- each pair brought in items for the colour being discussed that week and decorated one of the trestle tables.

The response was infinitely greater than I anticipated. Alas it did not dawn on me to photograph these impressive displays until we had reached the Yellow Table.



The second part of the pair’s presentation was to relate to the class, individually, one of their life’s *Most Brilliant Blunders*.

These revelations had us doubled up and helpless with laughter – the envy of any stand-up comedian. Furthermore, these tales proved a marvellous, if not altogether orthodox, way of ‘breaking the ice’ among many who had not previously known each other. I owe a huge *Thank You* to every participant.

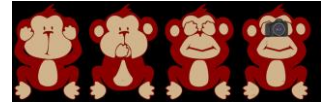
The library staff were graciously and endlessly patient in having to frequently assist me with my bewilderment when tackling modern technology.

*Heather Powell May 2024*



# The art of Photography

*Suitable for beginners and all levels of experience*



This course will include both theory and practice.

Offsite locations for practice are to be determined after discussion with class members.

Bring any camera you are comfortable with.

Each session will include theory with discussions, and practice including voluntary assignments. The members are encouraged to bring their photos for discussion.

The format will be broadly based on addressing some of the journalistic questions – who, what, where, why and how.

For example:

Why photography is such a popular pastime.

How to take better pictures with the camera you already have.

Who are the most influential photographers, past and present.

What equipment did they use in the past, and what do they use today.

As the course progresses, many aspects of photography will be investigated:

Basic Functions of a Camera.

The exposure triangle.

Composition.

The seven elements of a photograph.

Styles and Genres.

Post processing and cataloguing your photos.

The ongoing relationship between art and photography.

A brief history of the camera.

Tips and techniques.

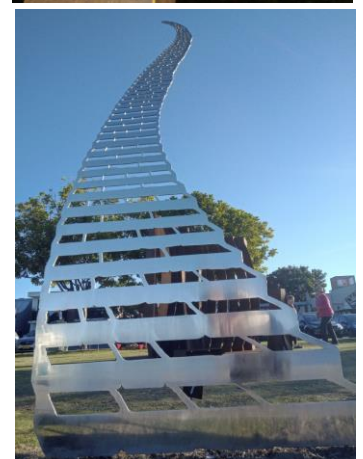
Photography is an endless journey of discovery and wonder. Learn how your camera will influence what you see and how you can create memories with your friends and family.

Join enthusiastic and long-time amateur photographer Tony Slattery for his weekly course, which will be held each Wednesday from 2pm to 4pm at the UOW.

Tony invites those with any experience in this field who would like to come forward as guest speakers to contact him via email

[tslattery2001@yahoo.com.au](mailto:tslattery2001@yahoo.com.au).

*Tony Slattery, tutor*



The two photos above are of the 2024 Sculptures on Clyde exhibition at Batemans Bay. by the Art of Photography group

Full size photographs by the group [can be viewed here](#)



# The Psychology and Sociology Group

We began our first session with an informal chat - introducing ourselves, and explaining why we were taking part. We also discussed the programme ahead, which will mainly consist of members taking part in researching and presenting various theories in either subject.



With that in mind, we had a lucky dip (consisting of 10 theories), to go away with, cogitate, research, and put a presentation together, using all manner of media, and their vast experiences of being human!

In the second hour we watched part one of a documentary on gender: "No More Boys and Girls: Can Our Kids Go Gender Free?" This theme, along with Crime, Race and Stratification interweaves both schools, so we will investigate how they affect humans and societies, and how the theories we research address them.

Our members are also taking part in a Jungian-based Personality Test, just for fun!

Our second session, on the 22<sup>nd</sup> May, began with a talk by Bill Radley entitled "Mirror, Mirror: Spot the Narcissist" which was engrossing, with lots of questions on our part, and the sharing of first-hand experiences of our very own Narcissists, both at home, and on the world stage.

I am thrilled to announce that my call for guest speakers has resulted in 4 of the U3A membership (Bill being one of them) coming forward, (all retired professionals in either or both fields) so we look forward to even more revelations and discussions.

We meet fortnightly at the UoW Hanging Rock; full details can be found on the U3A website. Do get in touch if you have any questions or would like to be one of our guest speakers.

*All success.*

*Di Fischer-Harman*



## Spread the word about U3A!

Our Batemans Bay U3A is still a growing organisation, with more than 500 members. Our many and varied courses keep attracting participants.

Our Tutors deliver what people have been wanting, with the result that many citizens are now more active and becoming more involved in other activities. This is just great for the health, welfare, and lifestyle of our seniors.

*Please, Members, do encourage your friends and others you know to take part in our great international organisation.*



## Would you like to join U3A?

The easiest way to join U3A is to [fill out our online form](#).

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



# International Folk Dance

## *Life .. As a D a n c e ... What is the history of sacred dance?*

... Sacred dance has a rich history, which stretches back to the earliest periods of human society, when ceremonial movement was a creative way to build stories of being, of life, seasons, happenings ... part of our efforts to understand and explain cycles around us influencing weather, cultivation, and other seasonal /personal changes in the natural world. Many such traditions are memory reminders about cycles as part of daily life, and, as such, evidence of a find of reverence embodied in the dance .. and such dances can be found in almost every ancient civilization ...

Sometimes referred to as *chain dance* (..but never a *line-dance*!)

Being probably the oldest known dance formation, circle dancing is an ancient tradition common to many cultures for marking special occasions, rituals, strengthening community and encouraging togetherness.

A small centrepiece of flowers or other objects is often placed at the centre of the circle to help focus the dancers and maintain the circular shape. Much debate goes on within the circle dance network about what is meant by 'sacred' in the circle dance.

Circle dance, or chain dance, is a style of social dance done in a circle, semicircle or a curved line.

Around 400 A.D., after the conversion to Christianity, the new priests adapted the older pre-Christian/pagan style of art in creating their beautiful manuscripts, and it was peasants keeping the old traditional styles of music and dancing. It's estimated that the circle dances of today began after the Anglo-Norman conquest in the twelfth century.

The Circle Dance phenomenon was stimulated in UK (at Findhorn Foundation) by the German dancer Bernard Wosien, 1970s, who encountered circle-type folk dances in his European travels and was impressed with the spirituality they inspired in him. I've even heard the dance referred to as a *Movement-choir* !

For example... Sardana: communal dance intimately bound up with Catalan national consciousness; Dabke (Arabic: دبكة, or dabkeh) is a Levantine folk dance.

Besides the power of the emotional connections created in our circle dancing, we are also igniting the brain to work at its fullest capacity, young and old alike. It's widely studied/proven that dance is a creative/social/pain-relieving/enlivening sort of exercise, and one way to continue brain development through life.

And other, e.g. Hora, folk dance of Romania and Israel, is performed in a linked circle. Garba is a community dance from Gujarat, India. Russia: Khorovod is performed with women standing in a circle, moving from east to west, echoing the Sun crossing the sky.

Perichoresis - a Pentecostal 'divine dance' derives from the verb perichoreo which means to be in space: intransitively – to pass, to enter / transitively: to hold, to admit / literally or figuratively: to arise, to contain, to go, to have, to place, to receive. A very similar verb, with a small addition of one letter, perichoreuo means to dance around.

Our U3A Circle Folk Dancing runs on Tues 1.30-3pm .. so come for a try-out! ...here we enjoy fairly simple dances from Greece, Turkey, Bulgaria, and middle-east etc., learning traditional and non-traditional European, and both North and South American dances. All dances are taught.

*New members are most welcome, please contact Bruce from U3A International Folk Dance page on the U3A website.*

*Moving-happily -  
Bruce (tutor U3A)*



## The History forum to resume!

It is planned to resume the History Forum in the fourth term. This will give the tutor Penny Bonnell and her assistant John Wharton time to get back on their feet after their illnesses.

They will be looking for presenters, so please contact Penny if you are interested in giving a talk on a topic of your choice.

Penny would also love to hear from you if you have suggestions for guest speakers. Assistance is given to presenters, including how to prepare an audio-visual presentation.

Everyone has a story to tell, be it personal, family history, the story of a town or country – the choice of topic is endless. So give it a go – contact Penny to discuss your ideas.

*Penny Bonnell – email [pbonnell@bigpond.com](mailto:pbonnell@bigpond.com)  
Or phone 0458 253 073*



The Story of the Catalinas in WWII was the most popular session the first Term. Presented by Winsome Baker, it attracted well over 30 people.

## U3A Book Groups

U3A book groups are a very popular part of our program each year. Some members have belonged to their Group for more than 20 years and formed lasting friendships. Four of us headed off to Sydney to listen to some top Australian and International authors, including Ann Patchett and Abraham Verghese.

Each year we extend our reading horizons and attend the Sydney Writers' Festival. This year the theme was "Take me away", so we hopped on the bus and train, booked into an apartment and had four fun days in glorious Autumn weather, escaping the everyday.

Most of the events take place at Carriageworks at Eveleigh, near Redfern station. Additional events were held at Sydney Town Hall and City Recital Hall. From the Program we booked the sessions we wanted to attend, especially the popular ones, but there were quite a few "freebies" as well. A very special highlight was listening to Anna Funder and Richard Flanagan on their recent books *Wifedom* and *Question 7*.

We went to the beautiful Town Hall to hear the SWF Great Debate, "Artificial Intelligence is better than the real thing", with Annabel Crabb and David Marr as Team Captains.

An Informative, hilarious and thought-provoking evening. Another highlight for two of us was seeing Tony Birch being interviewed about his new book, "Women and Children". We were moved by Tony's account of his violent childhood, lightened in parts by his sharp humour. Later, at his book signing post, he suggested a photo with us, dragging his pal Christos Tsiolkas into the frame.

On our last evening, we four had a lovely dinner at Circular Quay, with thousands of "Vivid" viewers strolling around. We did the same before we walked home, fully satisfied with being "taken away" by the Sydney Writers Festival for yet another year.

How grateful we are to our U3A book groups which encourage us to read books that we may not otherwise choose ourselves.

*Mary Clark*



## Antique Discovery Day

We ran two of the Antique Discovery Days last year, which were very successful.

We are happy to run another day, probably in last term.

It is fascinating to see the wide variety of items brought in, and some of the stories behind them. We have seen some very unusual things, some from far-away places.

*Gillian Hall, Tutor*



## Members' contributions

### Streaming Sydney Writers' Festival

The Sydney Writers' Festival came via "streaming" into our libraries over three days, 23rd to 25th May.

What a treat! AC Grayling, Trent Dalton, Julia Baird, Viet Thanh Nguyen, just to name a few .... panel discussions, journalists, Pulitzer and Nobel prize winners right there in our library.

The library staff were wonderful, very knowledgeable and accommodating.

We can look forward to live talks from guest authors over the rest of the year, so [subscribe to the Library News email](#) to keep up to date.

These events are a great opportunity for our U3A book and creative writing groups!

*See you there.*

*Di Fischer-Harman*



## From the Editor

Thank you for all the interesting articles you have provided for your newsletter!

While busily formatting the newsletter, I have been distracted somewhat by scams. I have an article on this on the next page.

Thank you again to Dianne Grigson, Marie Ward, Jennie Hapgood and Margaret Allen for editing the newsletter.

*John Allen*     [newsletter.u3a.bbay@gmail.com](mailto:newsletter.u3a.bbay@gmail.com)



# Scams update

This is an update on my [Semester 2 2023 article 'Avoiding scams'](#).

**Bank account scam** - I recently listened to this audio recording of a telephone conversation of a successful, sophisticated bank scam. It reveals how legitimate and convincing scammers can be, and how easy it is to become a victim! Have a listen - go to ["Listen: Scammer speaking to victim" section in this ABC article](#).

**Scamming the scammed** – In this report, a scammer, posing as a financial advisor (or, in some cases, a lawyer) targets people who have already been scammed! They pretend to be from a financial institution that “helps a victim get their money back”, *but actually stealing more money!* [Read this ABC article](#).



**Services Australia scams** - Your Services Australia accounts and personal data thereon should always be protected. [Keep up to date here](#) with active scams for myGov, Medicare, Centrelink, and other Services Australia scams; and fake social media profiles etc.

## Impersonating a media personality to endorse products

My Facebook page contained this advertisement, “approved” by “Australian Pharmacies”.

Clicking on the advertisement (NOT recommended!) takes you to a web site (which is actually registered in Reykjavík, Iceland!) that is a fake *Channel 9 News* page, where “Dr. Phelps” is interviewed by “Karl Stefanovic”. The convincing interview is a complete fabrication, possibly generated using artificial intelligence systems. There are many such advertisements on social media, mostly scam health products, investment schemes, and online dating.

**Investment scams** are prolific, and many of us know someone who has fallen victim. Following are two informative links regarding avoiding these scams:

- From [Westpac Bank](#) (other banks have similar warning pages)
- [Moneysmart](#) (Australian Government)

**“Loyalty points” scams** – I have been getting a lot of these scam SMS’s recently. These are dangerous phishing scams purporting to be from Coles, Woolworths, Telstra etc. [This ABC article explains how it works](#).

## Help and assistance

**ID Care** is a charitable support service offering help if you have been scammed or your identity stolen. [The ID Care latest newsletter](#) contains some interesting age by scam type statistics.

**Scamwatch** - Australia’s *National anti-scam centre* [has regular scam alerts](#).

You can also [subscribe to their email alerts](#).

John Allen



# Your Committee

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	Finance Sub-Committee	VACANT		
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## Disclaimer

The articles in this newsletter do not necessarily reflect the opinion or policy of U3A Batemans Bay Inc. Articles are intended as opinions and items of debate, and should not be acted on without expert advice.

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# Course details - semester 2, 2024

Please refer to the [Courses section on our website](#)

*(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*, scroll down to *Courses and activities currently available* and you will see a link to a *downloadable course booklet*.

## 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

**U3A Batemans Bay Inc.**

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Or contact a committee member – see elsewhere in this newsletter for details.