



U3A Northern Illawarra Inc A Bridge to Learning



Newsletter No. 74

Editor: Ainslie Lamb

4 May 2020

PRESIDENT'S MESSAGE

Hello Everyone,

According to official reports, there's light at the end of the tunnel, but we're not out of the woods yet, so we're still in the same boat, and must soldier on. (Mixed metaphors, I know, but the visuals are interesting). Effectively, we don't know when restrictions affecting larger group meetings will be lifted, so we must continue to maintain social distancing, staying at home, and generally proceeding with caution. This doesn't mean you should neglect other aspects of your health, for example, you can and should have your usual annual 'flu injection.

However, there is some progress being made through the use of Zoom. Helen Wilson reports that "Zoom has been a great substitute for face to face meetings. The Third Tuesday and Classics book groups have all had rewarding meetings online. There were glitches of course, but mostly we've conquered them". Margaret Stratton reports that the Film Society "had a really good Zoom session. The film we watched was *The Thief of Baghdad* (1940) ... Everyone (7 of us with emailed comments from 3 more) enjoyed the movie and had a great discussion".



So it is good to know that using Zoom is not difficult to utilise and that it enables opportunities for discussion. Which brings us to how we can get more use from our Zoom subscription, and how it might be extended to other groups and even Wednesday Talks.

Patrick is considering the possibility of resuming Wednesday Talks in Term 2 via Zoom presentations. The format has yet to be worked out, but there are members who can help explain the technical side of things. If the idea proceeds, the talks would be in the 'usual' time slot, Wednesdays at either 9.30 or 11am. (get your own coffee in the break).

Patrick would like to arrange an experimental program in the near future, but before approaching a potential speaker, we would like some indication of how many of you would be interested in joining in via Zoom to listen to a speaker and be involved in discussion. If you would like Patrick to take this step (and it will mean a lot of work for him) please email him within the next few days to indicate your interest:
patrickcheaven@gmail.com

Meanwhile in this time of uncertainty and disruption to everyday routines, it is important to stay focussed: *Today is the most important day of your life. It is the recognition that every opportunity you have tomorrow is determined by what your intention, purpose and skill is today.*

Keep well, stay safe and stay connected, *Ainslie*

"The Hope Tree" by Alex Scheffler



One of our members thought that Mindfulness Based Stress Reduction would be a useful skill in these difficult times. The following article has been provided by Dr Adele Stewart, a GP at Woonona Medical Practice.

Mindfulness is a term we hear everywhere these days! But what is it?

Put simply, mindfulness is the practice of paying attention, on purpose, and with open-hearted curiosity, to the present moment – to what is happening in your body, your mind and in the world around you. Practically it involves doing some daily training exercises (mindfulness meditation) each day and then applying what you learn from this, to your everyday challenges. Cultivating this ability to observe and lessen our old habits and patterns, can help us to respond to life more wisely and in line with what is really important to us.

Sara Lazar's TED Talk is a great introduction to some of the scientifically proven benefits of meditation. Research suggests mindfulness meditation may actually help to prevent or slow down the mental decline of dementia and Alzheimer's disease.

<https://www.youtube.com/watch?v=m8rRzTtP7Tc>

In the last few years as a GP I use mindfulness more and more for mental and physical health issues. There are plenty of short courses, apps or workshops that may offer a taste of mindfulness, but are unlikely to provide you with the experience, space and time to develop your own practice, which is what leads to the really transforming outcomes. One of the gold standards on offer is an 8 week group course called *Mindfulness Based Stress Reduction*. (MBSR). You really can't be too old to benefit from this. Participants right up to age 90 have enjoyed it. I would be delighted to have a free phone consultation with any U3A attendees Ph 4283 3433 to discuss MBSR further.

What are our members up to in this time of isolation? (Cont'd from last newsletter)

I was keen on doing jigsaws but became addicted and once started couldn't stop until the last piece was in place so I had to give up altogether. so that life could go on. This virus is giving us some unexpected time so I felt that perhaps I could risk trying a jigsaw puzzle again. I got one down from the cupboard and dusted off the side. Noticed then it said '8-12 years', and I'm really hoping that the effects of this virus won't last anything like that long, so I put it back in the cupboard!! - Richard Miller

One bit of research I did was on the amazing cloud formation that appeared off our coast [in recent days]. I posted a video of it on the Woonona-Bulli Community page and all sorts of information came my way – an Arcus or **roll cloud** which is a low, horizontal, tube-shaped, and relatively rare type of arcus cloud. They differ from shelf clouds (the other type of Arcus) by being completely detached from other cloud features. Roll clouds usually appear to be "rolling" about a horizontal axis. They are a solitary wave called a soliton, which is a wave that has a single crest and moves without changing speed or shape. It can be associated with thunderstorms but may also arise in the absence of thunderstorms, forming along the shallow cold air currents of some sea breeze boundaries and cold fronts. Here's a shot of the northern end in case anyone missed it. Felt quite eerie to be almost under it.

- Julie Davis



I'm keeping busy with a lot of maintenance work in the backyard and front garden, planting, pruning, weeding and painting outside staircase etc. Many of us are baking bread and there are some examples depicted in this Aussie ballad by Peter Denahy on the ABC recently.

<https://www.youtube.com/watch?v=QZSNNTILap8> - Lynette Jacona

Tribeca Film Festival – Free on YouTube – 29 May – 7 June

From Your Life Choices, 28 April 2020

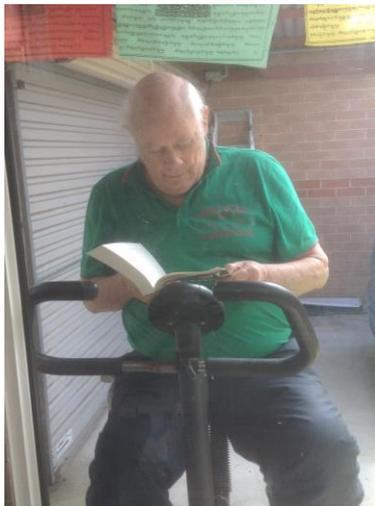
Tribeca Enterprises and YouTube jointly announced today **We Are One: A Global Film Festival**, an unprecedented 10-day digital film festival held exclusively on YouTube, will bring together an international community of storytellers to present festival programming for free to audiences around the world. The *We Are One: A Global Film Festival* is set to begin on 29 May on [YouTube.com/WeAreOne](https://www.youtube.com/WeAreOne).

The festival will feature programming curated by some of the best festivals around the world including Cannes, Tribeca, Sundance, Toronto and Venice, as well as the Sydney Film Festival.

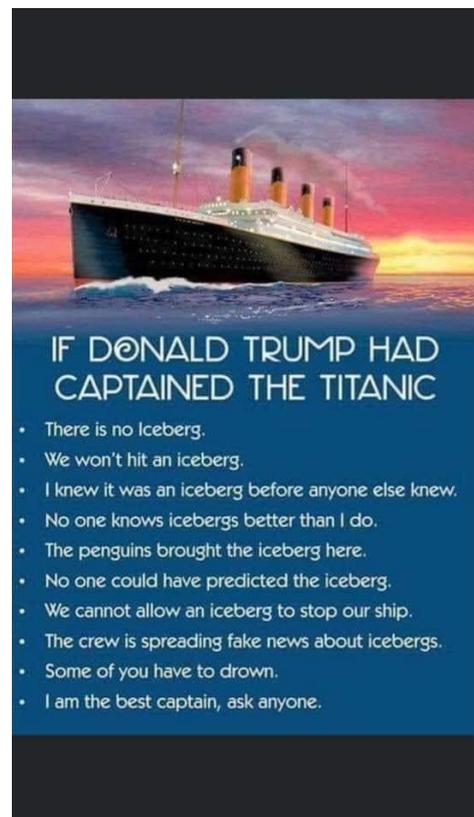
Core to the DNA of film festivals is the belief that artists and creators have the power to bring people together and create meaningful connections during a time when the world needs it most.

Through *We Are One: A Global Film Festival*, audiences will not only get a peek into different cultures through a new lens, they'll be able to support local communities by directly donating to organisations helping the relief efforts for those affected by COVID-19. The festival will benefit the World Health Organization (WHO), as well as local relief partners in each region.

We Are One: A Global Film Festival will run from 29 May – 7 June on [YouTube.com/WeAreOne](https://www.youtube.com/WeAreOne). Programming will be available for free, and will include films, shorts, documentaries, music, comedy, and conversations. A full schedule will be available closer to the festival start date.



Ron Browne multi-tasking by riding his exercise bike and reading a serious non-fiction book (*Milingimbi* by Ann Wells, an account of living on an Aboriginal station in Arnhem land, with an anthropological twist) at the same time.



Brain teaser - A farmer keeps both sheep and chickens on his farm.

"How many of each? ", asked a visitor. "Well", said the farmer, "Last time I looked I counted 36 heads and 100 feet". Just how many sheep and chickens were there? *Answer on back page.*

Australian Studies - Australia's National Parliament

The Commonwealth of Australia came into being on 1 January 1901 with the federation of the six Australian colonies. The Constitution of Australia (s.125) required that the seat of government be in territory to be acquired from the State of New South Wales, not less than 100 miles from Sydney, and that the parliament would sit at Melbourne until parliamentary buildings were built in the new capital.

On 9th May 1901, **the first Australian Parliament** was opened in Melbourne by Prince George, Duke of York, later King George V. The only building in Melbourne that was large enough to accommodate the 14,000 guests was the western annexe of the Royal Exhibition Building, immortalized in the painting by Tom Roberts. After the official opening, from 1901 to 1927 the Parliament met in Parliament House, Melbourne, which it borrowed from the Parliament of Victoria (which sat, instead, in the Royal Exhibition Building until 1927).



The Big Picture - There are 269 portraits in this painting



[Old] Parliament House (1927–1988)

designed by John Smith Murdoch, was intended as a temporary building until a permanent one could be built. Construction commenced in 1923.

On 9th May 1927, the building was opened by Prince Albert, Duke of York, later King George VI, amid much ceremony. Dame

Nellie Melba sang, and a silver medal was struck for the occasion.

New Parliament House (1988–present)

In 1978 the Fraser Government decided to proceed with a new building on Capital Hill. The design competition drew 329 entries from 29 countries. The competition winner was the Philadelphia-based architectural firm of Mitchell/Giurgola, with the on-site work directed by the Italian-born architect Romaldo Giurgola. Construction commence in January 1981,

The incorporation of the building into the landscape is a key element of the design. It is consistent with Walter Burley Griffin's vision for Canberra, which integrated the built and natural environment. Architect Romaldo Giurgola observed that Parliament House *'could not be built on top of the hill as this would symbolise government imposed upon the people. The building should nest with the hill, symbolically rise out of the Australian landscape, as true democracy rises from the state of things.'*



On 9th May 1988, the building was opened by HM Queen Elizabeth II.

Footnote - The flagpole weighs 250 tonnes and is made of polished stainless steel produced at Wollongong.

The Battle of the Coral Sea – 4-8 May 1942

This four-day World War II naval engagement marked the first air-sea battle in history. Although largely fought between the navies of Japan and the USA, it was a pivotal battle in the defence of Australia'. Sources - [www. https://www.navy.gov.au/history/feature-histories/battle-coral-sea](https://www.navy.gov.au/history/feature-histories/battle-coral-sea) and Wikipedia.

In early 1942, as the list of military defeats and reversals for the Australian, British, American and Dutch military and naval forces began to mount, the feeling in the general populace of Australia was one of depression and a general expectation that the Japanese would invade at any moment. Almost as if aware of these fears, the Japanese were, by April 1942, examining the possibility of capturing Port Moresby, Tulagi, New Caledonia, Fiji and Samoa. The object of this plan was to extend and strengthen the Japanese defensive perimeter as well as cutting the lines of communication between Australia and the United States. The occupation of Port Moresby, designated Operation MO, would not only cut off the eastern sea approaches to Darwin but provide the Imperial Japanese Navy with a secure operating base on Australia's northern doorstep. The operation was intended as a preliminary to invasion and capture of Midway Island, an important US base.

On 28 March US Naval Intelligence decoded a message that stated "*the objective of MO will be first to restrict the enemy fleet movements and will be accomplished by means of attacks on the north coast of Australia*". Armed with this information the Allies were able to concentrate much of their available striking forces in the Coral Sea area. The U.S. sent two United States Navy carrier task forces and a joint Australian-U.S. cruiser force to oppose the offensive, under the overall command of U.S. Admiral Frank J. Fletcher. This combined force included the HMAS cruisers *Australia* and *Hobart*, as well as submarines and Allied air support.

The battle seems to have been initially a game of cat and mouse. On the evening of 6 May, the direction chosen for air searches by the opposing commanders brought the two carrier forces to within 70 nautical miles (130 km) of each other, unbeknownst to both sides. Beginning on 7 May, the carrier forces from the two sides engaged in airstrikes over two consecutive days. The next day, the fleet carriers found and engaged each other, with the Japanese fleet carrier *Shōkaku* heavily damaged, the U.S. fleet carrier *Lexington* critically damaged (and later scuttled), and *Yorktown* damaged.

Both sides suffered heavy losses in aircraft and carriers damaged or sunk, but the crucial difference lay in air attack. Without air cover, the Japanese invasion force turned back, leaving the strategic victory to the Allies.

Both the Japanese and the Allies have portrayed the Battle of the Coral Sea as a victory. In a sense they are both right. On the Japanese part they managed to sink more American ships than they lost, whilst the Allies not only prevented the Japanese from achieving their objective, the occupation of Port Moresby, but also reduced the forces available to the Japanese for the forthcoming Midway operation. That battle, in June 1942, was a decisive US victory, turning the tide of the war in the Pacific.

The Royal Australian Navy's overall contribution to the Battle of the Coral Sea may not have been as spectacular as that of the American carriers, but the work done by the coast watchers, intelligence staff, the cruisers and other support ships and personnel all contributed to the final result, not just at the Coral Sea but throughout the Pacific War.

U3A CONTACTS

Management Committee 2020 -

President - Ainslie Lamb Ph: 4283 7818 (ainslie2518@gmail.com)

Vice-President – Operations - Judy Bull - Ph 4267 2417

Vice-President – Development – Sue Rejske Ph: 4285 9002

Treasurer – Judy Ireland – Ph: 0403 618 882

Secretary – and Web administrator – Peter Gibbs Ph 4284 4705

Address correspondence to:

The Secretary, U3A Northern Illawarra, PO Box 849 Thirroul NSW 2515

Publicity Officer: Joan Fleming Ph 0468 964 048

Committee members

Judy Gibbs	Ph 4284 4705
Tricia Kullik	Ph 0405 768 642
Patrick Heaven	Ph: 0448 061 951
Jill Merrin	Ph: 0422 655 711
Margaret Stratton	Ph 0411 526 899

Welfare Officer and Safety Officer : Margaret Stratton Ph: 0411 526 899

Newsletter Editor - Ainslie Lamb Tel: 4283 7818 Proofreader – Ron Browne

Public Officer : Peter Gibbs, 141/201 Pioneer Road, Fairy Meadow NSW 2519

Website: www.northernillawarra.u3anet.org.au

Special Interest Group Convenors

Australian Studies - Toni Conley - toniconley@me.com

Brain Games - Ainslie Lamb - ainslie2518@gmail.com

Book groups - Bronwen Cole - gcol2612@bigpond.net.au

Current Affairs - Wolfgang Kullik - wolfandtricia@gmail.com

Italian Conversation - Freda Turner – freda.turner45@icloud.com

Philosophy – Roy Tang – rtang1977@gmail.com

Reading Aloud ; Arts Hub – Ainslie Lamb - ainslie2518@gmail.com

Note – to join the *Film Group ZOOM*, sessions, you need to contact Virginia Casey
Ph. 42943503 or email: vcawsey@gmail.

Answer to brain teaser - 14 sheep, 2 chickens