



U3A Northern Illawarra Inc A Bridge to Learning



Newsletter No. 79

Editor: Ainslie Lamb

Term 3 2020

PRESIDENT'S MESSAGE

Hello Everyone,

We are about to re-commence several of our Special Interest Group activities, starting next week. Before I write about that, a big Thank You to committee members and Group leaders who have maintained 'connectedness' with our members, in so many different ways - email, Zoom, telephone calls, and through the newsletter. Thanks also to our Vice-Presidents - Judy, who has been involved in liaison with the Thirroul Community Centre administration, and Sue who has prepared our COVID-19 Management Plan.



As we resume our activities, it is important to remember that the virus has not disappeared – it is still out there, and we must remain vigilant and compliant in respect to the four principles of the Plan:

- Wellbeing of attendees - members with colds or who are unwell, or who may have had contact with virus carriers should not attend on-site activities until these aspects are overcome.
- Physical distancing – there is a strict limit on the number of members who may attend a particular session: there are also strict requirements to be met when attending at any of the venues – see next page – it's not a case of just turning up at a scheduled session
- Hygiene and cleaning – hand sanitation, cleaning of seating, tables and other equipment will be implemented.
- Record Keeping – attendees' names and contact details must be recorded (as usual).

That said, the program for Term 3 is ready to go...

We will of course, continue to maintain contact with members who are not participating in these on-site activities.

Keep well, keep learning and stay connected, *Ainslie*

Wonders of Nature –

A swarm of ladybirds

An albino moose

A whale swims beneath a small boat



Did you know that a swarm of Ladybugs is called a Loveliness, A Loveliness Of Ladybugs. With a name like that, no wonder Ladybird is believed to bring... See More



SPECIAL INTEREST GROUPS - MEETING AT THIRROUL COMMUNITY CENTRE

Where group meetings have resumed at the Thirroul Community Centre, there is a strict limit on the number of persons who may attend in a particular meeting room, and thus on the number of members who may attend a session, and who will therefore need to be registered in advance with their Group leader.

For those attending these sessions, the following arrangements will apply:

- The building will be closed. The co-ordinator can arrive 5-10mins before their scheduled class, they will need to ring Belinda 4227 8181 and she will give them access.
- The rooms will be open and no keys will be given out. The occupants of each class must not arrive any earlier than their booking time, as there can be no congregations outside of the building. The co-ordinator will then give access to their group only.
- The front entrance is for library visitors only, so please ask group members not to come to the front doors. They must enter and exit the building by the side door only.
- The groups meeting in the hall must enter/exit from the hall only.
- There cannot be any congregating in hallways, foyers or outside of the building after their booking.
- When using the amenities only one person at a time, this is to ensure the 1.5 metre rules applies as others using the building may be in there.

Group members are also advised to bring their own pens, and any drinks they require as Miray's café is closed. Face masks optional.

PROGRAM

Special Interest Group Group Leader		Max.no
<i>Arts Hub Ainslie Lamb</i>	2 nd and 4 th Tuesdays, Ocean Breeze Room, 11am - 12.30. 28 th July - The Great Wave – 11 th August – Battleship Potemkin 25 th August – Dead Men Talking 8 th September – Architecture Norman Foster et al.	10 Group filled
<i>Australian Studies Toni Conley</i>	2 nd and 4 th Mondays, Excelsior Hall, commencing 27 th July then 10 th and 24 th August, 14 th September, Program to be discussed at first session.	20
<i>Balance & Bones Helen Whelan</i>	Weekly, 9.30am, Excelsior Hall, commencing Monday 20 th July, concluding 14 th September	20
<i>Book Clubs Bronwen Cole</i>	Ocean Breeze Room, Tuesdays 1.30-2.30pm, July 21, August 4 and 8, Sept 1 and 15 Classics book club meeting in private home.	10
<i>Brain Games Ainslie Lamb</i>	2 nd and 4 th Tuesdays, Ocean Breeze Room, 9.30am, commencing 28 th July, then 11 th and 25 th August, 8 th September	10 Group filled
<i>Current Affairs Wolfgang Kullik</i>	1 st and 3 rd Mondays, Excelsior Hall, 1.30pm, commencing 20 th July, then 3 rd and 17 th August, 7 th September	20

<i>Drawing & Painting</i> <i>Jeanette Southam</i>	2 nd and 4 th Mondays , Escarpment Room, 11 am, commencing 27 th July, then 10 th and 24 th August, 14 th September	10
<i>Film Society</i> <i>Rick Thompson/ cc- Margaret Stratton</i>	Weekly, 1.30pm, Excelsior Hall, <i>Commencing 22nd July, concluding 16th September</i> Full program at p.	20
<i>Italian Conversation</i> <i>Freda Turner</i>	Will continue meeting via Zoom or otherwise as advised.	
<i>Philosophy</i> <i>Roy Tang</i>	1 st and 3 rd Tuesdays, Ocean Breeze Room, 9.30am, 21 July - "How will humans as a species go extinct?" 4 August - "What is the best way for a person to attain happiness?" 18 August - "Can human nature be changed? Should it be changed?" 1 September - "How would humanity change if human life expectancy was significantly increased? (by 100 years) 15 September - TBA	10
<i>Reading Aloud</i> <i>Ainslie Lamb</i>	1 st and 3 rd Tuesdays, Ocean Breeze Room, 11 am, commencing 21 st July, then 4 th and 18 th August, 1 st and 15 th September	10 Group filled
<i>Water Colour Painting</i> <i>Jeanette Southam</i>	1 st and 3 rd Monday, Escarpment Room, commencing 20 th July, then 3 rd and 17 th August, 7 th September	10

Sandpipers Walking Group -

The walking group has recommenced on 21st May, and is going strong. We enjoyed celebrating our 11th year Anniversary this year and are now walking towards our 12th.

Although the Sandpipers usually have an end of the month coffee after the walk there were quite a few extra ones after recommencing, where all members just really enjoyed catching up with each other. Our winter warmer is the Mid-winter feast and is on Thursday 30th of July to celebrate this season.

I received a Keeping Well at Home from our local health district, which I would like to pass onto everyone. Some great tips for your well being and exercises for everyone to stay in tip top shape after being confined at home for so long. If you haven't been exercising much you may notice some changes when you recommence in some of your usual activities.

If you are interested in joining the Sandpipers we meet at the Sandon Point carpark, Bulli at 8.45 am for 9.00 am sharp walk. Looking forward to catching up with other U3A members very soon.

Lindsay Margaret

Sandpipers Walking group organizer 0404 339 508

Membership Subscriptions 2020 – Half-year subscriptions now due Members who pay their fees in two instalments are asked to make direct payment online (details **Payee:** U3A NI Inc BSB: 641 800 Account No: 200420144). Include your name as reference, and also advise the Treasurer by email (irelandjudy@hotmail.com) or phone when you have made the payment.

SPECIAL INTEREST GROUPS HELD AT OTHER LOCATIONS

These activities are held on condition of the principles of our COVID-19 Management Plan, and any other specific conditions imposed by the management of the venue where they are held.

Lawrence Hargrave U3A Stanwell Park

1A Railway Crescent, Stanwell Park, Hillcrest House, behind Kennett Home and Hillcrest Village. Mondays 9.30 am to 12.30pm.

We are using the larger room, and a limit of 15 people may attend.

The first Session begins at 9.30am and the second Session begins at 11am after Morning Tea.

The second session is usually Music Appreciation.

For further information contact Jenny on 4294 3475 or 0406 350 025

20 th July	Oppressing the Poor	John Ryan
27 th July	Whistleblowing	Dr Brian Martin
3 rd August	Discovering Iran	John Watson
10 th August	A Migrant's Tale	Wolfgang Kullik
17 th August	Cleopatra	Laura Honner
24 th ^t August	The Power, the Glory and the Demise of Margaret Thatcher	Tricia Kullik
31 st August	Australia's Dates (History of the Borders)	Dr Tom Mylne
7 th September	Russia's Lost Princesses	(YouTube)
14 th September	Bring your favourite book or magazine to share	

U3A Choir – suspended for remainder of the year

Table Tennis – (Convenor John Ryan) – now meeting twice weekly on Tuesdays and Thursdays, 10 am – 12pm at the Senior Citizens Hall, 8 Hospital Road, Bulli. Members may attend only one session weekly. Maximum of 20 persons allowed per session.

All gear (bats, table tennis balls etc) is provided, but players should wear appropriate footwear and bring a water bottle. Play for fun and fitness.

Sandpipers Walking Group (Convenor Lindsay Margaret 0404 339 508) resumed on 21st May. The Sandpipers walking group meet at Sandon Point carpark at the end of Point Street Bulli on Thursdays meet at 8.45 am for 9am start. The walk takes approx. 1 hour, about 4km return walk to Bridge at Woonona where we attempt to spot any local wildlife. Walk so you can talk. The group go for coffee on the last Thursday walk of the month. There are occasional lunches through the year and a walk in another location. Dogs on leashes welcome. Wear comfortable clothes and walking shoes, wear a hat and bring a bottle of water. Please contact Lindsay Margaret 0404 339 508 for any further information.

I have a Polish friend who's a sound technician, Oh, and a Czech one too. Czech one too. Czech one too.

U3A NORTHERN ILLAWARRA FILM SOCIETY - TERM 1, 2020

Venue - Excelsior Hall, Thirroul Library and Community Centre, 12.30 - 3.30 each Wednesday during term *commencing 19th January and concluding 25th March.*
Co-ordinator and Leader - Rick Thompson.

These sessions are about discussing the film(s), not simply watching them. A discussion follows each screening. Short films or excerpts may accompany some programs. Those films marked * will be screened with subtitles for the hard of hearing.

*July 22 *North By Northwest* (USA, 1959, 136 mins.) Directed by Alfred Hitchcock. With Cary Grant, Eva Marie Saint, James Mason.. Innocent executive Grant is targeted as a counterspy: he is framed, chased, and framed for murder. Very Hitchcockian suspense and spectacle follows.

*July 29 *An Autumn Afternoon* (Japan, 1962, 112 mins). Directed by Yasujiro Ozu. With Chishu Ryu. After the death of his wife, her husband depends on his single daughter. With his son, he decides to find a husband for her; complications arise.

*August 5 *Taxi Driver* (USA, 1976, 114 mins.) Directed by Martin Scorsese. With Robert DeNiro, Jodie Foster. Scorsese's breakthrough film shows a taxi driver's chaotic vision of New York City, and its impact on his life.

*August 12 * Day For Night* (France, 1973, 116 mins.) Directed by Francois Truffaut. With Jacqueline Bisset, Jean-Pierre Aumont. What can go wrong when making a film? The film shows a range of them, in a sly and humourous tribute to his art.

*August 19 *Casablanca* (USA, 1943, 98 mins.) Directed by Michael Curtiz. With Humphrey Bogart, Ingrid Bergman. Iconic wartime romance in North Africa as saloon keeper Bogart juggles undercover agents and a past romance with Bergman.

*August 26 *Ivan The Terrible* (Russia, 1945, 99 mins.). Directed by Sergei Eisenstein. From the director who revolutionised cinema with *Battleship Potemkin* comes his final film documenting rise and fall of the 16th century tsar who united Russia.

*September 2 *Sullivan's Travels* (USA, 1942, 90 mins.) Directed by Preston Sturges. With Joel McCrea, Veronica Lake. The peak of Sturges' career in wry, sophisticated wit: Hollywood comedy director McCrea decides to try make a serious film, but he fails, hitting the road as a hobo - and finding Veronica Lake as the fun arises...

*September 9 *Trumbo*, (USA, 2015, 124 mins.) Directed by Jay Roach. With John Goodman Diane Lane. Taking as its setting the arrival of postwar Hollywood's political blacklisting, the film follows prominent screenwriter Dalton Trumbo's struggle with the endemic blacklisting of the period.

*September 16 *Koyaanisqatsi* (USA, 87 mins.) Directed by Godfrey Reggio. A remarkable reworking of most of the cinema conventions and practices of contemporary film: NOT entertainment. Visually rich, the film reworks the relations of aspects of Nature's beauty in contrast to the frenzy of contemporary urban existence. Extremely original use of cinema.

Two fleas in a restaurant. Outside, one turned to the other and asked "Do you want to walk, or take the dog?"



Do you or someone you know use a Motorised Mobility Device?

If the answer is **YES** would you consider participating in a government sponsored research project about motorised mobility devices (MMDs)? Or invite anyone who does use one, to participate.

The University of Wollongong and Assistive Technology Suppliers Australia (ATSA) are collaborating on a project on everyday mobility and motorised technologies. The research aim is to improve the life for those reliant on a motorised mobility devices by better understanding their everyday mobility experiences.

You can read more about the research on our website here: <https://www.letsmove.together.com.au/>

Therefore, people who use a motorised mobility device are invited to complete a short survey. The survey aim is to collect insights to how they see a future of inclusion drawing on their experiences of being out and about. If you choose not to complete the survey, there will be no adverse consequences for you with either the University of Wollongong or ATSA.

The survey is available on this link [Qualitative Survey and Invitation to Participate](#). Any information that you supply will be deidentified and your privacy will be protected. If you are interested in participating in a follow up conversation please provide your contact details. A \$50 shopping voucher will be provided to those who choose to participate in the follow-up conversation. If you have trouble accessing the survey or would like further information please email Dr Theresa Harada at the University of Wollongong tharada@uow.edu.au or phone 0423 383 113 and leave a message.

Three friends were sitting in a café having coffee and reading the newspapers. One person looked at the headlines and sighed.

The second person looked at the newspaper, shook his head and sighed.

Their friend reached for his hat and said “If you two are going to discuss politics, I’m off.”

Brain Teasers – Answers on p. 8

1. Bella spent the day picking strawberries. At the end of the day, she had a basket full. Being a strawberry lover, she ate 5, and gave Jason half of the remainder. She then ate another three, and gave Steven one-third of the remainder. She then ate another 6 and gave David two-thirds of the remainder. She then had 34 strawberries left in the basket. How many did she start with?

2. If 29 frogs catch 29 flies in 29 minutes, how many frogs are required to catch 87 flies in 87 minutes?

3. How can you throw a ball as hard as you can and ensure that it comes back to you even if it doesn't hit anything, there is no string or elastic attached to it, and no-one else throws it?

The Tale of Lennie And Ginger Mick

SOURCE - www.yambamarina.com.au > wp-content > uploads > 2020/06 >

It's 1932 and Australia is in the grip of the Great Depression. One in three workers are unemployed. Decrepit shanty towns hug the outskirts of the big cities. A scrawny rabbit caught in a trap will feed a family for a week. Country roads are filled with broken men walking from one farmhouse to another seeking menial jobs and food.

On the outskirts of the South Gippsland town of Leongatha, an injured farmer lies in bed unable to walk – or work. World War I hero Captain Leo Tennyson Gwyther is in hospital with a broken leg and the family farm is in danger of falling into ruins.

Up steps his son, nine-year-old Lennie. With the help of his pony Ginger Mick, Lennie ploughs the farm's 24 paddocks and keeps the place running until his father can get back on his feet.

How to reward him? Lennie has been obsessively following one of the biggest engineering feats of the era – the construction of the Sydney Harbour Bridge. He wants to attend its opening. With great reluctance, his parents agree he can go.

So Lennie saddles up Ginger Mick, packs a toothbrush, pyjamas, spare clothes and a water bottle into a sack, and begins the 1000+ kilometre trek to Sydney. Alone. That's right. A nine-year-old boy riding a pony from the deep south of Victoria to the biggest and roughest city in the nation.

Told you it was a different era. No social media. No mobile phones. But even then it doesn't take long before word begins to spread about a boy, his horse and their epic trek.

The entire population of small country towns gather on their outskirts to welcome his arrival.

He survives bushfires, is attacked by a “vagabond” and endures rain and cold, biting winds.

When he reaches Canberra he is welcomed by Prime Minister Joseph Lyons, who invites him into Parliament House for tea.

When he finally arrives in Sydney, more than 10,000 people line the streets to greet him. He is besieged by autograph hunters. He becomes a key part of the official parade at the bridge's opening. He and Ginger Mick are invited to make a starring appearance at the Royal Show. Even Donald Bradman, the biggest celebrity of the Depression era, requests a meeting and gives him a signed cricket bat.

When Lennie leaves Sydney for home a month later, he has become one of the most famous figures in a country craving uplifting news. Large crowds wave handkerchiefs. Women weep and shout “goodbye”. According to The Sun newspaper, “Lennie, being a casual Australian, swung into the saddle and called ‘Toodleloo!’”.

He finally arrives home to a tumultuous reaction in Leongatha. He returns to school and soon life for Lennie – and the country – returns to normal.

Bronze statue in Leongatha commemorating Lennie and Ginger Mick, unveiled in Sept 2017



U3A CONTACTS

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Watercolour Painting – Christina Slon

Answer to Brain Teasers –

1. Bella started with 335 strawberries.

2. 29 frogs.

3. Throw it up in the air and catch it on the way down.