



**LAKES ENTRANCE**  
UNIVERSITY OF THE THIRD AGE  
**U3A Lakes Entrance Inc.**  
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## 2022 News Letter -Autumn Edition

### President's Report

How time flies. Hard to believe that Easter is almost upon us.

After having to move to the Lake Tyers Beach Angling Club and other venues things quickly settled down and the term has run relatively smoothly. There is still no date for return to the Lodge. I was told we would definitely be right for Term 2, but wouldn't count on it.

We owe a great deal of thanks to the Angling Club for allowing us to take over the rooms full time. Without that it would have been difficult to keep Lakes Entrance U3A running. I don't think we have disrupted them too much.

While being fortunate enough to largely avoid Covid, a couple of cases have popped up lately. If you do test positive, PLEASE let your facilitator know so the rest of your class can be informed and decided whether or not they test themselves to be on the safe side.

Hopefully by the time my next report comes around, we will be back at the newly repaired Lodge.

**Barbara Decker –  
President**



*Happy Easter*

### Acknowledgements:

This newsletter is proudly printed as a free community service by the office of **Tim Bull MP**.  
143 Main St, Bairnsdale Vic 3875. Tel. 51523491 Fax. 51522032.

We would also like to acknowledge the assistance of *REG FM*, Lakes Post and the Lakes Entrance Library for their continued support of U3A Lakes Entrance

### Course Co-ordinator

We now have three guitar courses running with another to start in Term 2. Bruce Wilmshurst is starting a Folk Guitar group, details on the website. What a musical group we are.

The Passion for Poetry is under way once a month, and participants are discovering new talents.

**Barbara Decker**

<b>Committee Members 2022</b>		
President	Barbara Decker	0414 739 617
Vice President	Peter Sindrey	0418117998
Secretary	Val Halliday	0419600625
Treasurer	Di Dixon	0412020611
Membership Officer	Di Dixon	0412020611
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Almoner	Jenny Visser	0405730853
Social	Margaret Berlingeri	0487654521
Lodge Liaison		
Committee Member	Chris Gilbert	0408083350
Assistant Treasurer	Val Halliday	0419600625

**Librarian:** Joy Wilmshurst 0427323910

### **Course Reports**

#### **Irish Session.**

This year we have been able to split the two groups and now the Irish Session music is held on the second Tuesday of the month. Again there have only been the two sessions, but it's much easier to have a dedicated separate session.

#### **Barbie Roche.**

#### **Celtic Plus.**

We've only had the two sessions this term, most people have returned from last year and we have three new players, making it a group of 18. Welcome to Terry, Suz and Maggie. Only two new songs so far, one of course for St.Patrick's Day and The House Of The Rising Sun, led by new members Terry and Suz. Six of us have also been meeting to play some tunes on our tin whistles.

#### **Barbie Roche.**

#### **Shibashi Qigong and Free Dance**

Both classes have been on hold while the Lodge has been closed for maintenance work. I very much look forward to seeing you all and starting up again as soon as we can use the Lodge

#### **Andrea**

## Film Group

It seems even with access to Netflix etc people still like the social side of getting together to watch a movie. The group is larger than it's ever been. Meeting at the LTB Angling club while the lodge is out of action has worked out better than expected. "Last Chance Harvey" and "Autumn Hearts" are just a couple of movies we watched this last term.



**Anna CarterPearse**

## Book Club



**Truganini**

Our January book was Love Stories by Trent Dalton. This author is a favourite of many in this group so those members were expecting to be enthralled yet again but this book was not so well received and a disappointment to many although as usual a couple of different opinions.

Devotion is a book with a variety of deep themes and a few members found much to love, many really like Hannah Kent's writing style and skills. A few of us really enjoyed the first part of this book only and so it was not entirely well received. And some found some aspects not to their liking.

We are reading Truganini at present and the author has used a pastoralist' journal plus official documents to give at least some truthful accounts of what transpired during Truganini's life. I think this book will prompt an interesting discussion.

**Beth Harrison**

## Play-along

How good is it to be back regularly having Playalong! Our 100+ songs means there is a diversity of music throughout the session with members choosing what we play. A couple of individual items are welcome and gives us a chance to perform to a forgiving appreciative circle. A number of our class are now playing the whistle giving us even more diversity and choice of instruments.

**Carol McDonald**

## **French for Beginners**

Our class of 15 should really be called French for beginners and others as many of our class have been attending for a few years now and are becoming quite competent

The challenge this year is to add to our knowledge while still welcoming new members Rosemary and Val and returning members Liz and Judy D.

We are doing this by practising our conversation, reading and writing skills at our own level and being as ambitious as we want to be!

We try to improve our pronunciation by spending a short time in class watching videos of everyday life in France

## **Irène Yeats**

### **History**

We have had trouble settling down to a routine this term, as regards subject matter - I got enthused about a Yale course which goes into much detail about the who, when, where and why of the writing of the Old Testament - my rationale was that since it forms one of the foundation blocks of our civilisation, it is worthy of study. Some members found it 'boring' sadly, and the last thing I want is to bore people, so we had a look at another Yale Course, called Power & Politics in Today's World.

Here is a description:

*"How did we get from the huge euphoria that followed the fall of communism in the early 1990s to our present politics of fear and resentment, and what are the prospects going forward?" These questions and more get answered in Yale's free course, "Power and Politics in Today's World." Taught by Professor of Political Science **Ian Shapiro**, the course "provides an examination of political dynamics and institutions over this past tumultuous quarter century, and the implications of these changes for what comes next. Among the topics covered are the decline of trade unions and the enlarged role of business as political forces, changing attitudes towards parties and other political institutions amidst the growth of inequality and middle-class insecurity, the emergence of new forms of authoritarianism, and the character and durability of the unipolar international order that replaced the Cold War."*

Like most of us, we are somewhat bemused with the state of the world we find ourselves in today, so hoping for some understanding of how it got this way.

We'd like to thank the Fishing Club for their kindness in allowing us the use of their premises while the Lodge has been undergoing necessary work after the deluge at the end of last year. We have been very comfortable apart from the chairs - thanks to Mike Smark for remedying that situation by sourcing a number of cushions, which saved the day!

## **Jennie**

### **Rock On**

The first term of Rock On has been popular and productive.

We've tried songs from different genres so everybody gets to play what they like, but also try something new. The playlist keeps growing and using the SongBook app to screen chords and lyrics keeps everyone singing 'from the same hymn sheet' – and saves a lot of paper!

We're all looking forward to rockin' on in Term 2.

## **Leigh Davies**

### **Keep on Rockin'**

First term of Keep on Rockin' has come along in leaps and bounds with a group of seasoned musicians, practising with the view to performing publicly.

Our first successful night was playing at the "90 Mile Blues Club" in Bairnsdale which was a great success also a fun social evening for all involved.

## **Jo Robertson**

## **Ukelele**

After a shaky start to the year, we have maintained a good attendance at the uke sessions. We have 20 enrolled with about 16 attending each week. Although we are grateful to have the Angling Club rooms at Toorloo Arm it's a bit squashy for our big group and we are looking forward to spreading out again in our usual venue. At the end of last year our group did three performances at the Mechanics Hall to support the LEADA one act play. I think we all enjoyed being in front of an audience again and we were very well received by the enthusiastic audiences. Earlier this month our group was lucky enough to attend a workshop with "The Wild Woman of Everywhere Beach" who took us through many known Australian songs. They introduced us to some new strumming techniques and now all we need to do is try to learn them!! Classes are held fortnightly this year and, as facilitator, it really helps me be more organized.

**Sue Wilson**

## **Discussion Group**

We relocated this term to the Bowls Club Meeting Room and we thank the club for this option. We welcomed some new members and we are lifting our discussion standards in part thanks to them. There is some room for new starters so for a pleasant Wednesday afternoon, come and join us. New starters interested may contact the facilitator by email or phone.  
Time: Wednesdays 1 PM to 3 PM    Venue: Lakes Entrance Bowls Club Meeting Room

**Gary Chapman** 0438 501 023    [garychapman03@gmail.com](mailto:garychapman03@gmail.com)

## **Cryptic Crosswords**

Always great to addle some newcreemos and we have enjoyed growth this term and we are grateful to have been allowed to stake a table at the Bowls Club while repairs at The Lodge proceed. Newbies have graduated from their training and are setting a cracking standard of puzzle solving. The puzzling skills are on the improve. Three cooked creehs for the new. Two boiled creehs for the old.

**Gary Chapman** 0438 501 023    [garychapman03@gmail.com](mailto:garychapman03@gmail.com)

## **Scrabble**

We have welcomed several new members to our Scrabble group this year and we are currently at capacity with regards to comfortable playing numbers. However, during the cooler months there will be an expected fall in numbers so if you would like to join our happy, friendly group feel free to put yourself on the waiting list. The Lakes Entrance Bowls Club makes us very welcome each Tuesday between 10 and 12 and we all enjoy a coffee and/or a snack whilst playing. You may be interested in a couple of interesting words that have been played recently:  
fremd- of Scottish origin meaning foreign or unfamiliar  
cwm- a steep sided hollow on a mountain side  
peag- money used by Native Americans  
\*And most apt at this time, zek- a Soviet prisoner

**Jude Everett** Happy Scrabbling

## **Walking Group**

All who attended enjoyed our end of term luncheon and I look forward to many more walks

**Val Ryan**

## Course Schedule for Term 2 2022

**26<sup>th</sup> April – 24<sup>th</sup> June**

<b>Monday:</b>	<b>Time:</b>	<b>Facilitator:</b>	<b>Contact Ph:</b>	<b>Venue/Room:</b>
History	10.00-12.00	Jennie Towan	0407 550 306	Room 1
Film Group(not 3 <sup>rd</sup> Mon.)	1.00-3.30	Anna Carter-Pearse	0429 978 587	Room 1
Folk Guitar	1.30-4.00	Bruce Wilmshurst	0456 611 416	To be advised

### **Tuesday:**

Walking Group	9:00	Val Ryan	5155 5870	Outside
Shibashi Qigong	8.30-9.00	Andrea Edwards	5155 4914	Room 1
Criminology	9.00-10.00	Judy Pillinger	0427323667	Room 1
Craft and Sewing	10.15-12.00	Margo Short	0408357378	Room 1
Scrabble	10.00-12.00	Jude Everett	0409528070	Bowls Club
Mahjong	1.00-3.00	Rhonda Biddle	0416035564	Room 1
Ukelele (1st&3 <sup>rd</sup> Tues)	3.30-5.00	Sue Wilson	0409389658	Room 1
Sessions Tunes (2 <sup>nd</sup> Tues.)	3.30-5.30	Barbie Roach	0402117540	Room 1

### **Wednesday:**

Gardening	9.00-11.00	Gwenda Bland	0490 700 723	Baptist Church
Cryptic Crosswords	10.00-12.00	Gary Chapman	0438501023	Room 1
Discussion Group	1.00-3.00	Gary Chapman	0438501023	LTB Angling Club
Getting into Guitar	12.00-1.00	John McMillan	0428546094	Room 1
Rock On	1.00-4.00	Leigh Davies	0457317993	Room 1
Keep on Rockin'	4.00-7.00	Jo Robertson	0419133848	Room 1

### **Thursday:**

French for Beginners	10.00-12.00	Irene Yeats	0417547944	Room 1
Book Club	11.00 -1.00 (last Thurs.)	Beth Harrison	0409012726	Room 1
Celtic Plus	3.30-5.30 2 <sup>nd</sup> Thurs.	Barbie Roche	0402117540	Room 1
Play-a-long Music	3.30-5.30 1 <sup>st</sup> &3 <sup>rd</sup> Thurs.	Carol McDonald	0429383909	Room 1
Free Dance(not 2 <sup>nd</sup> Thur)	2.00-3.00	Andrea Edwards	5155 4914	Room 1
Passion for Poetry	3.15-4.45 4 <sup>th</sup> Thurs.	Liz Dorsett	047382253	Room 1

### **Friday:**

Walking Group	9:00	Val Ryan	5155 5870	Outside
Line Dancing	9:30 - 12:00	Judy Collins	0418 677560	Senior Citizens
Photography	10.00-12.00	Bruce Wilmshurst	0456611416	Room 1
Canasta	1.30-4.00	Joy Wilmshurst	0427323910	Room 1

**All classes at Masonic Lodge 10 Rowe Street Lakes Entrance unless otherwise specified.**

## Earth's Population Statistics in Perspective

The population of Earth is around 7.8 billion. For most people, it is a large figure. However, if you condensed 7.8 billion into 100 persons, and then into various percentage statistics the resulting analysis is relatively much easier to comprehend.

### Out of 100 :

11 are in Europe

5 are in North America

9 are in South America

15 are in Africa

60 are in Asia

7 received university education

93 did not attend college.

83 can read

17 are illiterate.

49 live in the countryside

51 live in cities

33 are Christians

22 are Muslims

14 are Hindus

7 are Buddhists

75 have mobile phones

25 do not.

12 are other religions

12 have no religious beliefs.

30 have internet access

70 do not have the availability to go online

26 live less than 14 years

66 died between 15 - 64 years of age

8 are over 65 years old

### If you have your own home,

Eat full meals & drink clean water, have a mobile phone,

Can surf the internet, and had a good education,

You are in the miniscule privileged lot.(in the less than 7% category)

If you are over 65 years old, be content & grateful. Cherish life, grasp the moment.

If you did not leave this world before the age of 64 like the 92 persons who have gone before you, you are already the blessed amongst mankind.

Take good care of your own health. Cherish every remaining moment.

### If you think you are suffering memory loss.....

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do not have Alzheimer's."

1. forget peoples names

2. do not remember where I put some things .

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are:

- forgetting the name of a person,

- going to a room in the house and not remembering why we were going there,

- a blank memory for a movie title or actor, an actress,

- a waste of time searching where we left our glasses or keys ..



**PEOPLE KEEP ASKING  
"IS COVID 19 REALLY THAT SERIOUS?"**

**LISTEN UP**

**CASINOS AND CHURCHES ARE CLOSED**

**WHEN HEAVEN AND HELL  
AGREE ON THE SAME THING**

**IT'S PROBABLY PRETTY SERIOUS**





If you attend any U3A class just prior to contacting Covid please inform the relevant facilitator asap. It will allow other attendees to be notified so they can monitor their own health for Covid symptoms. Anonymity will be respected if you so wish.

**Don't forget to sign in, keep up social distancing and use hand sanitise**

*Wishing everyone a safe and happy Easter*

