



LAKES ENTRANCE

UNIVERSITY OF THE THIRD AGE

U3A Lakes Entrance Inc.

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2023 News Letter - Winter Edition

President's Report

As another term draws to a close, the year seems to be flying by faster than ever.

The next step in the Masons' rejuvenation of the Lodge is to concrete the area in front of the building. This will be done in several stages – firstly along the sides of the building, and then in the front. This will be done in two steps so access will not be restricted. I believe they hope to start this work fairly soon. At the same time preparation for internet connection will be carried out (trenching, cables etc.). This means that in the future we will be able to conduct computer courses, and classes will have access to the internet.

Could I stress that the stacking of the chairs needs to be as it has been recently i.e. only two and the top one upside down. Stoppers were put on the chairs to prevent scratching of the floor but they come off easily. This has caused a bit of tension with the Lodge hierarchy.

Many members are off on their usual treks north, and we look forward to seeing them back in the warmer weather.

Barbara Decker



Course Co Ordinator

Classes have been running smoothly during term 2 although attendance has dropped off as always at this time of the year.

I am at present arranging for physios from Allied Health to attend and give a presentation on managing ongoing pain. This will probably be towards the end of Term 3 to allow as many as possible to attend as I am sure it is a subject which many of us oldies can relate to.

Barbara Decker

Acknowledgements:

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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

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Lodge Liaison		
Committee Member	Chris Gilbert	0408 083 350
Assistant Treasurer	Val Halliday	0419 600 625

Librarian: Joy Wilmshurst 0427 323 910

Course Reports

Scrabble

Even though we have several members travelling and others who have been on the move, between 8-10 regular players have met this term, enjoying our time at the Bowls Club between 10 and 12 every Tuesday.

Did you know that foreign words used in day to day English are called 'borrowed' or 'loaned' words. Here's a quick quiz to test your knowledge of some of these 'borrowed' words.

From which languages are the following words derived?

1. anonymous 2. loot 3. guru 4. safari 5. justice 6. cigar 7. cartoon 8. wanderlust
9. cookie 10. karaoke

Stay warm, by the fire, playing Scrabble with a friend. What a lovely Winter pastime!

Jude Everett

Shibashi

Another term gone, can't believe how quickly they go.

Most of our group have gone to warmer parts and we wish them safe travels. More people are welcome anytime no matter what your capability is.

Shibashi is done on the spot either seated or standing and is very relaxing.

Please come and try.

Andrea

Craft



Not a lot to report this term. Classes going along well although very small and we would love to see more members join us. Bring your knitting, sewing or whatever and enjoy a chat and a cuppa. I have included some photos of Meredith's work from this term

Margo Short

Bird Watching

The bird watching group only had two outings this term. We visited Lake Tyers main boat ramp and Lake Bunga Nature Trail and walk along by the water treatment plant. Even though winter is approaching, we still managed to spot or hear over 20 different species of birds on each outing and the number of different birds spotted by the group is increasing with each different habitat that we visit. The group are learning that important skill of spotting a bird and bringing their binoculars to the correct spot to find the bird again. After each outing, there have always been a few of us able to stop for a cuppa and a chat about what we have seen during our walk.

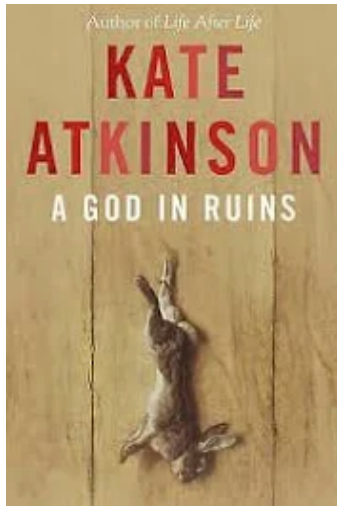
Sue Grima

Ukulele

We have a lot of fun in our sessions while also sounding very strong with different strumming and lovely singing. Thank you to everyone for contributing to our fortnightly get togethers and sharing ideas. Our group played for an hour at the Lindenow South Art Show, and we were very well received by the wandering audience. Although we were only 8 in number, we produced a very strong sound which could be heard along the full length of the hall. In recent months we also entertained the residents at the Kalimna Aged Care facility, and many sang along to some "golden oldies". Our trip to the Opal facility had to be postponed until much later in the year due to an outbreak of the flu because residents were confined to their rooms. I am heading off to warmer weather, but our sessions will continue thanks to some players who have volunteered to take over as facilitators. I appreciate their support.

Sue Wilson

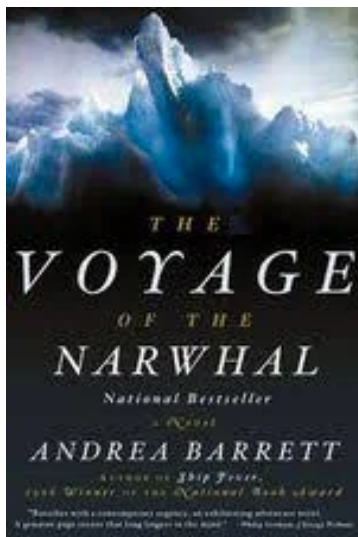
Book Club



The book for May was "A God in Ruins" by Kate Atkinson. It was very well received by the group in the end but many of us struggled with it at times, some giving up, others beginning again and then loving it. A lot to value in this book but difficult to recommend due to the above concerns. A story of wartime experiences woven around an array of characters with a constant theme of the futility of war and the destruction wrought on lives, cities and the countryside.

We did agree that the descriptions of what it was like to be part of a fighter plane crew were the most evocative we had read. Gaining this real understanding could of itself be enough reason to read the book. It may be surprising to hear that there are a variety of interesting and colourful characters with real 'laugh out loud', moments scattered throughout the text. There was general agreement that Kate Atkinson is a talented writer.

Some of us were keen to show support for our library, so for the first time, we borrowed a set of books from the local library. This is a great service for groups, with a wide selection of titles on offer. Unfortunately it is a bit problematic for us as there are only 7 or 8 copies in the set.



This month's book is "The Voyage of the Narwhal" by Andrea Barrett. I know of one member who is loving it and I too am fully engaged. A work of historical fiction, it describes a fateful polar expedition of 1855. The ship sets sail to search for an explorer, crews and ships which have been missing for more than a decade. As far as I have read, the author has certainly made me feel close to the hazardous, exhausting and often terrifying experience. The permeating

cold that is ever present feels very real. "Pictorial description and tingling suspense" are the words of one online book reviewer. I am finding the cast of characters quite fascinating and some very interesting dialogue between them. There is an interesting and informative emphasis on the scientific research aspect of the voyage. I am disappointed that I won't be present to hear what others think of this book

Once again, members have stepped in to keep the group running while I am absent for the following couple of months.

Such a pleasure to be part of this supportive group.

Beth Harrison.

Free Dance

There is nothing I can say about the class except it is super fun. Everyone enjoys it. The music is great and you can bring your own if you want. It's a great way to keep fit and it's also good for your well being.

No partners needed just come and do your own thing and have fun

Andrea



Garden Group

Our beds have been planted with a variety of Winter veggies including Brassicas, potatoes, garlic, onions, leeks, sweet potatoes, broad beans, peas and beans. We continue to harvest staples like carrots, rhubarb, silverbeet, kale, chillies and herbs.

All are growing well and, like us, are enjoying the recent rain and sunny days.

Helen Saxton

Photography

The photography group are having a further look at topics visited in the past with the idea of refining their techniques. This included a return trip to Buchan for the fall colour. We have played with abstract ideas, trying the tracking ability found in DSLR cameras and photo stitching to create panorama photographs.

Irena took a photo on one excursion of Afra. Members took a press style grab of the 2 participants with the photo with the idea for it to go in the newsletter.

We could not decide so we narrowed the number down to a few of photos which are on the U3A facebook page asking for you to vote for the photo that should appear in the newsletter.

Bruce

Beginners' French

This term we have explored common verbs that are used every day but not always in the same context as we do in English. For example who would have thought that instead of being 60 years old you have to say that you have 60 years.

Luckily for us Aussies "How are you going?" is said the same way in French.

As most conversations rely on a question and answer format we have been practising role play dialogue with each other. The class has improved so much in confidence, pronunciation and vocabulary.

One of our members, Lyn is attending the French Tennis Open (as a spectator) so we're looking forward to her return when, hopefully, she'll give us some tips and information about her experiences.

Cordialement de la classe de français

Irene Yeats

Cryptic Crosswords

It's a faithful bunch that meets to puzzle our way through Wednesday mornings. And to us, it is important to know the difference between a compliment and a complement. Not to mention the subtlety of censuring the censor and differentiating your tenses.

There are many fine distinctions in cryptic land and if you care about your palindromes and homonyms, there is a place for you at our table.

Join us on Wednesdays, 10 AM at the Lodge and learn the cryptic skills and fire up the grey matter.

Gary Chapman call 0438 501 023 or garychapman03@gmail.com

Rock On

As we head more deeply into winter and some of us older people are sojourning towards the sun, we have managed to keep a core of group members keen to keep rockin' on. We have continued to learn new songs and improve our playing, which helps keep our spirits and enthusiasm fired up. Some members have purchased new instruments to enable them to improve their musical skills. Also, more of our group have gained the confidence to sing and are doing it very well.

I am sure the improvement will continue throughout the next term.

Leigh Davies doggydaddy@netspace.net.au 0457 317 993

Folk Guitar

The folk guitar group are going beyond strumming favourite songs and digging into the basics of a few songs. This is a challenge to say the least. We are all going along wanting to get the sound of a song on track.

Bruce

Film Group

The end of another term of Movies.

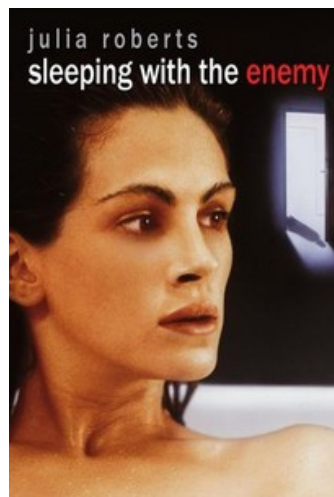
We are an enthusiastic group meeting on Mondays at 1.00pm There have not been exciting movies at Cinema so we have enjoyed repeats. We had many to choose from our 12 year anniversary since we began was in May. Movies we have enjoyed are "Message in a Bottle" Kevin Costner
"Mrs Harris Goes to Paris"



"Fishermen's Friends" English, true story.



The Good Nurse a thriller,



Sleeping With the Enemy" Julia Roberts

The Lodge room is cosy, a pleasant way to while away cold winter afternoon.

Anna Carter Pearce

U3A Lakes Entrance Inc.

Course Schedule for Term 3 2023 10th July – 15th September

Monday:	Time:	Facilitator:	Contact Ph:	Venue/Room:
History	10.00-12.00	Jennie Towan	0407 550 306	Room 2
Film Group(not 3 rd Mon.)	1.00-3.30	Anna Carter-Pearse	0429 978 587	Room 1
Folk Guitar	1.30-4.00	Bruce Wilmshurst	0456 611 416	LTB Angling Club

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 rd Tues)	3.30-5.00	Sue Wilson	0409389658	Room 1
Sessions Tunes (2 nd 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
Current Affairs	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

Thursday:

French for Beginners	10.00-12.00	Irene/Sandy Yeats	0417547944	Room 1
Book Club	11.00 -1.00 (last Thurs.)	Beth Harrison	0409012726	Room 1
Celtic Plus	3.30-5.30 2 nd Thurs.	Barbie Roche	0402117540	Room 1
Play-a-long Music	3.30-5.30 1 st &3 rd Thurs.	Carol McDonald	0429383909	Room 1
Free Dance(not 2 nd Thur)	2.00-3.00	Andrea Edwards	5155 4914	Room 1
Bird Watching	9.00-10.00 1 st Thurs.	Sue Grima	0427281445	LTB Outside

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.

Did you hear about the guy who invented the knock-knock joke?

He won the “no-bell” prize.

It's inappropriate to make a “dad joke” if you are not a dad.

It's a faux pa.

What do you call a psychic little person who has escaped from prison?

A small medium at large.



Wordle – get 6 chances to guess a 5 letter word



A Newcastle woman, pictured above, has lost her case at Newcastle Magistrates Court today after she tried to sue the Royal Victoria Hospital after her husband went in for an operation which left him unable to have sex with her afterwards. Mrs Minger from Gateshead, aged 67, said to reporters outside the court this afternoon “Me and me 'usband Fred 'ave 'ad bangin' sex till 'e went ta 'ospital and 'ad is operation. Now 'e's not interested 'n me and it's all down to them twats!” The surgeon who performed the operation and attended court to give evidence said “All we did was remove Fred's cataracts!”

<https://www.nytimes.com/games/wordle/index.html>



If your getting too good at wordle have a go at quordle

<https://www.merriam-webster.com/games/quordle/-/>

Scrabble Quiz Answers

1. Greek 2. Hindi 3. Sanskrit 4. Arabic 5. French 6. Spanish 7. Italian 8. German 9. Dutch 10. Japanese

How did you go