



Ready Set Go - We're on again

It may not be back to normal, but we are heading there, with lots of classes resuming this term.

If you were a financial member in 2019 (at 13 July) you will owe no fees for 2021. Your enrolment continues for this year without any action on your part.

There will be no Open Day this year. **New members** will need to fill in an enrolment form. Download this from our website: www.u3anriv.org.au and follow the payment instructions. Alternatively, contact the secretary (see back page).

If you wish to join a class, contact the tutor or convenor directly.

Social distancing rules and number limits will apply, and hand sanitising will be required. Tutors will have responsibility for keeping careful record.

Everyone can help by complying with the legal requirements and retaining the cheerful, co-operative attitude for which U3A members are known.

More details follow on pages 2 and 3 in the president's report.

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What is U3A?

U3A is a self-help, non-profit organisation run by seniors for seniors and devoted to learning for the fun of learning, while making new friendships and enhancing old ones.

U3A Northern Rivers offers more than 30 courses and activities each term.

One annual membership fee entitles you to take part in as many activities as you wish, provided that the course is not full.

Members may also attend courses run by Ballina /Byron.

Website: www.u3anriv.org.au

President's Report

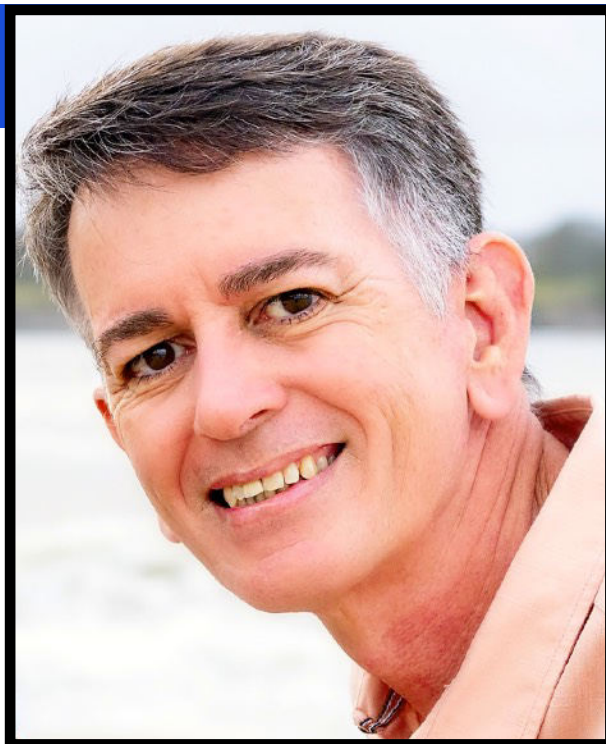
As we work through the continuing, and lingering, impact of COVID-19 on our lives during 2020, I am very pleased to report that we are planning for the resumption of a number of classes from Term 1, 2021 (1 February, 2021) and these are listed in this newsletter.

Classes that have been running during 2020, and that will continue to run into 2021 are Bushwalking, Tennis, Dance Class and the Walking Group.

It will, however, not be a resumption of classes like before. Requirements for social distancing, indoor meeting capacities and the like, mean we will not have a January 2021 Open Day and any member wishing to attend an event or class must contact the relevant Tutor to reserve a spot - "first in, best dressed".

Members will be expected to manage their health for the benefit of others. Tutors must now the record attendees and provide relevant COVIDSafe information at each venue. It is vitally important to note that we will not be resuming classes in a manner we have previously known.

The "new normal" of social distancing, more overt hygiene and better record keeping will replace what we have been used to and this may prove challenging to implement. I would ask that all members respect themselves and others and now might be a good time for all members to review U3ANR's recently-revised "Guidelines, Policies & Procedures" which are available on our website (www.u3anriv.org.au).



The Committee will be working with Tutors and members throughout January 2021 to ensure that all U3A activities that can resume will and that they do so in accordance with the requirements of the day. Please check e-Board and our Facebook page and contact the relevant Tutor to ensure that you have access to the latest updates and information. The next Committee Meeting is scheduled for Monday, 18 January, 2021 and any updates to our 2021 programme will be broadcast shortly after that meeting.

Speaking of the Committee, there will be some changes by the Annual General Meeting in March 2021 with a number of both Executive and ordinary Committee Members not standing for election again.

I would encourage any member who is able to assist the Committee to support our members to email our Secretary, Ms Joy Smith via secretary@u3a.org.au

continued next page

Annual General Meeting

9 March 2021

Lismore Workers Club at 2pm

All committee positions will be declared vacant

Nomination forms and agenda available from
secretary@u3anriv.org.au

Roles of the committee members
are outlined on page 6 of the document at this link:
Management Committee - Roles and responsibilities

President's Report cont

The easing of COVID-19 restrictions during October and November 2020 meant that we were able to hold our 2020 Christmas Luncheon at the Lismore Workers Club on Tuesday, 1 December 2020.

This was a slightly more restricted function. We were limited in numbers and we kept the event to U3ANR members only. The day was very well supported and, in turn, we were able to support an Alstonville-based charity – *The Mental Health Support Group* founded by Barbara and Peter Swain – with donations of food/Christmas treats for families and individuals coping with mental health challenges.

It was so good to see in action the camaraderie and friendships which U3As generally are renowned for.

Again, I would take this opportunity to acknowledge the work that your Committee have been doing. They are a very committed and enthusiastic group of interesting individuals and their support for members via their Committee efforts is inspiring

I would also acknowledge and thank the staff and management at the Lismore Worker's Club for their support over many years. We, in turn, can support them by becoming members of the Club and enjoying the facilities and features at their many venues.

I hope that you have had a fulfilling and restorative festive season and I look forward to seeing you at 2021 U3A events and classes.

Michael Knock

Course	Time	Coordinator/s	Page
		Monday	
Science Discussion	10 - 12	Geoff Manning 6663 5211	6
Intermediate Spanish	10 - 12	Ruth stromaedgar@gmail.com or Irene irenewatcheadle@gmail.com	6
Aquatic Fitness	2 - 3	Dot Lawn 0423 150 048	6
Genealogy (Fortnightly)	2 - 4	Rosemary Joseph 0412 071 990 Warwick Sherring 6621 4619	7
		Tuesday	
Literature and Opera	10 - 12	Lindsay Aitkin 0403 003 453	7
		Alison Siliakus 6628 8108	
History of the English Language	10 - 12	Shirley Beaver 0434 905 364	7
Yoga	8.30 - 9.45	Connie Sporne 0413 519 775	8
Qigong	10 - 11.30	Narelle Evans 0473 526 083	8
Hand Embroidery	9.30 - 12	Sue Beacroft 6621 7348	8
		Wednesday	
Intermediate Recorder	9.30	Robert Dingle 6624 8125 0447 120 739	8
Dance	9 - 10	Miriam Torzillo. 0404 593 312	9
History	10 - 12	Eric Hocking 6629 1020 Barry Slattery 6624 1682	9
Improve Your French	10 - 12	Ed Bennett 0431 205 770	9
Jot that down! NEW COURSE	2 - 4	Ray Houston 0488 246 761	10
Read a non-fiction book aloud	2 - 4	Lyn Sandstrom 0427 823 177	9
Senior Macintosh Users Group (SMUG)	2 - 4	Eric Davison 6624 4537 Ros Sharp 6628 3921	10
Aquatic Fitness	2 - 3	Dot Lawn 0423 150 048	10

Once again, U3A thanks the Lismore Workers Club for their generous support of our organisation, and reminds members they should also become members of LWC.

Course	Time	Coordinator/s	Page
Thursday			
French for More Advanced Learners	10 - 12	Maria Whitney 6624 1835 Class Full	10
Qigong	10 - 11	Robert Albertini 6628 2220	10
Music Appreciation	10 - 12	Kath Perry 6625 1920	11
Backgammon	2 - 4	John Perry 0401 232 601	11
Spanish Conversation	2pm	Sabina Baltruweit 6688 6214	11
Solo Card Group	1 - 4	Anne Ball 6624 4973	11
Italian for Beginners	1 - 3	Barbara Somerville 6622 1916	11
Friday			
Friday Tennis	8 am	Phil Luckie 6624 2653 Ed Bennett 0431 205 770	12
Friday Forum	9.30 - 11.30	Shirley Beaver 0434 905 364	12
La Fontanella	10 - 12	Robert Dingle 6624 8125 0447 120 739	12
Photography	10 - 12	Merilyn Teasdale 0428 459 368	13
Investment Discussion	10 - 12	Graeme Eggins 0403 296 026	13
Book Group	1.30 - 3.30	Jill Ritson 0403 854 039	13
500 Card Group	1.45 - 4.15	Jacqui Stewart jacquistewart5@hotmail.com	13

Margaret Bruce, who co-ordinates our Social Events is seeking ideas, suggestions /or volunteers to help make our *Out and About* programme the best it can be.

If you would like to be part of a social committee this year, please contact Margaret on 0403 583 766 or email her at margaret.bruce@outlook.com

Course details for U3A Northern Rivers in Term 1, 2020

Term one runs from Wednesday 27 January until Thursday 1 April.

Please contact the listed Convenor or Tutor before a class starts.

As a financial member, you are entitled to attend as many activities as you like, provided there are vacancies.

New Covid restrictions may be imposed at any time.

Double check with tutor before classes begin to see if there are any changes.

MONDAY

SCIENCE DISCUSSION

This group meets throughout the year.

Venue: Lismore Workers Club

Time: 10 am to noon

Convenor: Geoff Manning 6663 5211

A relaxed group of people with knowledge and expertise covering many aspects of scientific, geological, marine, ecological, biological and medical matters together with people who are just curious, interested and eager to learn. New members always welcome.

INTERMEDIATE SPANISH

Starts: 1 February

Time: 10 am to noon

Venue: Presbyterian Church Hall
Keen Street, Lismore

Contact Ruth stromaedgar@gmail.com or
Irene irenewatcheadle@gmail.com

This group will focus on extending our Spanish vocabulary and grammar, as well as improving our speaking and listening skills. We will use a variety of printed and audio resources and spend some time in conversation & discussion each week. The group is suitable for participants with a range of skill levels, but you should have at least a basic Spanish vocabulary and knowledge of the simple present, past and future Spanish verb conjugations.

AQUATIC FITNESS

Continues throughout the year except for Public Holidays when venue is closed.

Venue: Summit Sports & Fitness

Time: 2pm to 3pm

Centre, 791 Ballina Road, Goonellabah

Contact: Dot Lawn 0423 150 048

Cost: \$5 per person per visit

Gentle and intermediate aqua exercises. This continuing class will be in the heated pool at The Summit. **See also Wednesday class.**

MONDAY continued

GENEALOGY DISCUSSION

Time: 2pm to 4pm

Venue: Lismore Heights Bowling Club, High Street.

Meets: 2nd and 4th Monday of each month

Dates: 8 and 22 February, 8 and 22 March

Convenors: Rosemary Joseph 0412 071 99 and Warwick Sherring 6621 4619

New members always welcome

TUESDAY

LITERATURE AND OPERA

Starts: 2 February

Time: 10am to noon

Venue: St Matthew's Community Centre, 3 Jubilee Avenue, Goonellabah

Convenors: Alison Siliakus 6628 8108 or 0401 346 607

Lindsay Aitkin 0403 003 453

As we studied *Richard II* in 2020, we will continue with the series, studying next: *Henry IVth Part 1*. It is, of course, a history play and has plenty of humour because Shakespeare introduces Falstaff into the story.

We will begin by showing the play on DVD using a fairly conventional version. Then we will read the play right through, discussing the themes, characters etc as we go, finishing up with another DVD of a more experimental production.

We take turns at reading the different parts, but nobody is obliged to read. You will need your own copy, preferably with notes; we have found that it is **much easier to use a book version** than an electronic one, as we turn backwards and forwards quite a bit.

Useful notes are in a number of editions. The Arden or New Arden editions are good but there are others; please phone for help if needed. Please phone Alison or Lindsay before the first meeting to check on Covid regulations.

HISTORY OF THE ENGLISH LANGUAGE

Starts: 2 February

Time: 10am to noon

Venue: Presbyterian Church Hall, Keen Street, Lismore

Contact: Shirley Beaver 0434 905 364 beaver121@optusnet.com.au

For those with a general interest in language and curiosity about how our own language came to be the strange beast it is!

Please note that this is (almost) the same course I ran in 2010 and 2016, but you are welcome to sign on again if you have forgotten the detail! (I have!).

Please bring your own morning tea.

TUESDAY continued

YOGA

Starts: 2 February **Time:** 8.30 am to 9.45 am
Venue: UC Hall, 118 Woodlark Street, Lismore. Access via ramp to the rear
Tutor: Connie Sporne 0413 519 775

The style Connie teaches is *Hatha yoga* or *Yoga for Health*. It is suitable for everyone. Expect a slower-paced stretching-focused class with some basic breathing exercises. Hatha classes are a good place to work on your alignment, learn relaxation techniques and become comfortable with doing yoga while building strength and flexibility.

Please bring your own mat, cushion and blankets as needed. Hand sanitiser available.

QIGONG

Starts: 2 February
Venue: UC Hall, 118 Woodlark Street, Lismore. **Time:** 10am to 11.30am
Access via ramp to the rear
Tutor: Narelle Evans 0473 526 083

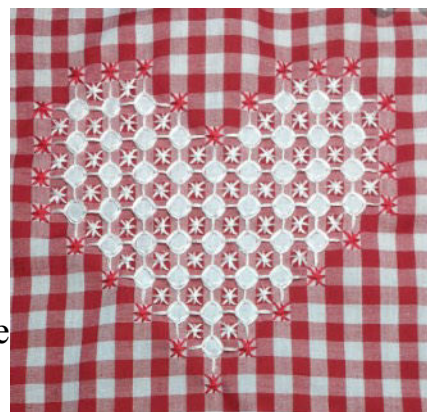
A gentle series of exercises for the body and mind. This is a continuing class. Newcomers are welcome but please contact Narelle before attending.
See also Thursday class

HAND EMBROIDERY

Starts: 2 February **Time:** 9.30am to noon
Venue: Uniting Church Hall, o 12.00
14 Bugden Avenue, Alstonville.

Convenor: Sue Beacroft 6621 7348

We are going to start the year working on individual projects. After a few weeks we will offer chicken scratch embroidery, which is stitching on gingham. - all welcome to join us!



WEDNESDAY

INTERMEDIATE RECORDER

Starts: 27 January
Venue: 5 Woodland Avenue, Lismore Heights **Time:** 9.30 am
Tutor: Robert Dingle - 6624 8125 0447 120 739
Email: rjdingle@bigpond.net.au

Last year a class of beginner recorder players started lessons. They are very enthusiastic and have made good progress. It is a treble recorder class. We would welcome new players who would like to join us. This class meets in the tutor's home in Lismore Heights. Interested players (beginners included) should contact the tutor, Robert Dingle. For complete beginners, a separate class could be established.

WEDNESDAY continued

DANCE

Starts: 27 January

Venue: Uniting Church Hall, 118 Woodlark Street

Time: 9am to 10am

Tutor: Miriam Torzillo. 0404 593 312. mimitorz@gmail.com

This class is designed to benefit the body, mind and creativity. All three combined are what makes dance a great activity at any age. Each class includes:

- A warm-up – gentle stretches, exercises for strength, co-ordination and flexibility and movement, and games to sharpen attention, and tune into the group and the space.
- Dance technique and movement material – activate the mirror neurons and muscle memory by learning steps and sequences in different styles, including ones you might remember from social dance and everyday movement.
- Creative improvisation – an opportunity to activate the imagination by collaborating to create choreography using improvisation, based on various stimuli, like stories, images and concepts.

The class is open to any experience level and physical ability. The class can be done seated or standing, depending on mobility

HISTORY

Starts: 27 January

Venue: Lismore Workers Club

Time: 10am to noon

Contacts: Eric Hocking 6629 1020 xBarry Slattery 6624 1682

The next topic is the history of the Celts.

IMPROVE YOUR FRENCH

Starts: 27 January

Venue: Participants' homes

Time: 10am to noon

Convenor: Ed Bennett 0431 205 770

This is a continuing self-help group (not for the beginner). Some knowledge of vocabulary and grammar is required.

READ A NON-FICTION BOOK ALOUD

Starts: 27 January

Venue: Lismore Workers Club

Time: 2pm to 4pm

Contacts: Lyn Sandstrom 0427 823 177

This is an enjoyable way to be in a book group without having to beg, borrow, steal or buy a short to medium-sized book or having to read any of it ahead of time! The book is read aloud on the day.

For further information please contact Lyn.

WEDNESDAY continued

****NEW COURSE**.**

JOT THAT DOWN!

Venue: 9 Cadboll Street, Lismore

Meets fortnightly

Starts: 27 January

Time : 2pm to 4pm

Tutor: Ray Houston 0488 246 761

A chance to jot down those important anecdotes about experiences, memories, family history fun and poignant times, and share them with others in the group. Come along on the 27 of January and let's learn more and get started.

AQUATIC FITNESS See also Monday class.

Continues throughout the year except for Public Holidays when venue is closed.

Venue: Summit Sports and Fitness Centre

Time: 2pm to 3pm

791 Ballina Road, Goonellabah

Contact: Dot Lawn 0423 150 048

Cost: \$5 per person per visit.

Gentle and intermediate aqua exercises in the heated pool at The Summit.

SENIOR MACINTOSH USERS GROUP (SMUG)

Starts: 3 February

Venue: Lismore Workers Club, Keen St

Time: 2pm to 4pm

Convenors: Eric Davison 6624 4537 Ros Sharp 6628 3921

SMUG meets weekly and it's great to be able to learn, practise our skills and solve problems on the spot. We also show lots of short videos demonstrating aspects of Mac and iPad computing. All are welcome .

THURSDAY

FRENCH FOR MORE ADVANCED LEARNERS

Starts: 28 January

Venue: Participants' homes

Time: 10am to noon

Tutor: Maria Whitney 6624 1835

Class currently full. Contact Maria to go on the waiting list.

This is a continuing course for learners with a sound knowledge of French grammar and vocabulary. The course is based on an audio-lingual approach and reading skills are also addressed.

QIGONG

Starts: 28 January

Venue: Silvercloud Studios, 14 Foleys Road, Lismore

Time: 10am to 11am

Contact: Robert Albertini 6628 2220

Come along and enjoy the relaxation and health benefits of Qigong. Please phone Robert if you would like to join this class. See also Tuesday Class

THURSDAY continued

MUSIC APPRECIATION

Venues: Various

Time: 10am to noon

Convenor: Kath Perry 6625 1920

Do you like good music? We meet on the second Thursday of each month during term time to listen to a selection of fine music. Venues vary from Lismore to Ballina. If you think you might be interested, or have a question or two, please call Kath.

BACKGAMMON

Continues throughout the year including school holidays.

Venue: Mezzanine Level 2, Lismore Workers Club

Time: 2pm to 4pm

Contact: John Perry 0401 232 601

The oldest recorded game in history, backgammon has been played for 5,000 years. Easy to learn, fun (frustrating at times) to play. A pleasant way to while away a Thursday afternoon.

SPANISH CONVERSATION

Meets every Thursday

Time: 2pm

Venue: Slate Café (next to the Art Gallery, Lismore)

Coordinator: Sabina Baltruweit: sabinabaltru@internode.on.net or 6688 6214

This group is open to anybody who would like to practise and increase their conversation skills in Spanish. Contact Sabina for more information.

SOLO CARD GROUP

Continues throughout the year including school holidays. Group full at present.

Venue: Various. Phone Anne Ball for details of venue.

Time: 1pm to 4pm

Convenor: Anne Ball 6624 4973

ITALIAN FOR BEGINNERS

Venue: Lismore Workers Club

Starts: 28 January

Convener: Barbara Somerville 6622 1916

Time: 1pm to 3pm

This class is for those with no previous knowledge of this fascinating and rich language. Students will learn the basics of grammar and short sentences to encourage conversation. The required textbook is “Collins Complete Italian – Vengo con te”, available from Book Warehouse in Lismore.

Did you hear about the woman who went for an eye test? The Optometrist set up the machine in front of her eyes and asked what she could see. She said she saw queues of cars at white tents, lots of people wearing PPE, others wearing masks, almost empty streets and closed shops.

The optometrist assured her she had 2020 vision.

FRIDAY

FRIDAY TENNIS

Tennis continues throughout the year, weather permitting. No term breaks.

Time: 8am

Venue: Goonellabah Tennis Club, Reserve Street, Goonellabah

Convenors: Ed Bennett 0431 205 770 and Phil Luckie 6624 2653

If you wish to join this group, please contact either Ed or Phil.

FRIDAY FORUM

Starts: 29 January

Venue: Lismore Heights Sports Recreation
and Community Club,
High Street, Lismore Heights

Time: 9.30am to 11.30am

Convenor: Shirley Beaver 0434 905 364 beaver121@optusnet.com.au

Lively weekly discussion.

New members and visitors welcome. No need to enrol.

Please bring \$3 for morning tea (provided by the club) and 50c for incidentals.

See page 14 for programme.

LA FONTANELLA RECORDER ENSEMBLE

Starts: 29 January

Venue: SDA Church Hall,
Pearces Creek Road, Alstonville.

Time: 10am to noon

Convenor: Robert Dingle 6624 8125 0447 120 739 rjdingle@bigpond.net.au

The fontanelle was a protective covering over the key on some of the larger recorders in the sixteenth century. La Fontanella has met regularly for more than 20 years. It plays music of all kinds drawn from a repertoire selected from music written during the last 500 years.

We are always interested in meeting new players. If you are interested in joining La Fontanella, please contact Robert Dingle. See also Wednesday recorder group.

U3A Network NSW Inc is the licensed representative of The Third Age Trust for U3As located in NSW

Their annual conference this year is on in April at Wagga Wagga. Any member of a U3A is eligible to attend.

If you will be in Wagga Wagga at that time, and would like to drop in on some sessions, contact our secretary Joy for details.

FRIDAY continued

PHOTOGRAPHY

Starts: 29 January

Venue: Lismore Workers Club

Time: 10.00 am to noon

Convenor: Merilyn Teasdale 0428 459 368

This class is for instruction, hands-on participation and social fun. Members learn about photography, better picture-taking and editing techniques. They have the opportunity to engage in friendly competitions and have their pictures appraised by an experienced teacher. New members welcome.

There will also be one or two non-compulsory outings per term.

See examples of our work on pages 18-20.

INVESTMENT DISCUSSION

Time: 10.00 start

Meets via ZOOM on the 2nd and 4th Friday of each month. Additional face-to-face meetings will be held during the term at times and places to be decided.

Dates: 29 January 12 and 26 February 12 and 26 March

Convenor: Graeme Eggins 0403 296 026 geggins1@bigpond.com

U3A members always welcome to join this very informal discussion group. They share general information about all aspects of retirement income and investment. The agenda is decided on the day.

500 CARD GROUP

Starts: 7 January

Continues all year including school holidays.

Venue: Lismore Workers Club Time:
Mezzanine Level 2

Time: 1.45 to 4.15pm

Convener: Jacqui Stewart jacquistewart5@hotmail.com

Everyone welcome. Just turn up on time and you will be included. The draw for teams happens promptly at 1.45 pm. No cards on Public Holidays or the weeks leading up to Christmas and New Year. Contact Jacqui for further details.

BOOK GROUP

Time: 1.30 to 3.30pm

Venue: Lismore Library, on the 3rd Friday of each month

Convener: Jill Ritson 0403 854 039 jillmritson@gmail.com

Unlike many book clubs we don't all read the same book every month. We come together to talk about what we have been reading, to share our reading interests and to swap books. This means we meet a very wide range of books that we might not otherwise have known.

Four times a year we do all read the same book and the Library supplies us with sets from a range of books that we have suggested as possibles. During 2020 we continued to meet via ZOOM and, more recently, we have been meeting back at the library as a private group. We are very happy to be back under the umbrella of U3A.

FRIDAY FORUM for term 1

9.30 - 11.30 am – Lismore Heights Sports Club

High Street, Lismore Heights

DOWNSTAIRS ROOM - entrance at carpark level

Convener: Shirley Beaver 0434 905 364 beaver121@optusnet.com.au

Lively and topical discussion. Contact Shirley if you'd like to attend.

*Please bring \$3 for tea/coffee, provided by the club,
and 50c to cover incidental expenses.*

29 January	What is “compassion fatigue”? Chris Rolfe & Diana Sharpe
5 February	Are humans essentially good? Geoff Manning & Geoff Walker
12 February	Are there limits to human progress? Richard Swinton & Victor Bosnic
19 February	Do parents or peers have most influence on children? Diana Sharpe & Margaret Bruce
26 February	What is the role of the public service in government? Chris Rolfe & Nick Mosey
5 March	Is punctuality a virtue? Philippa Cutter & Diana Sharpe
12 March	What is modesty all about? Geoff Walker & Victor Bosnic
19 March	Is the party political system dysfunctional? Richard Swinton & Chris Rolfe
26 March	Is the UK part of Europe? Nick Mosey & Jim Gibbs

Christmas lunch benefits local charity

Our annual festive lunch was held on Tuesday 1 December at the Workers Club. It was a great opportunity to catch up with friends and classmates that we hadn't seen as much in 2020.

Each year we like to support a charity for people less fortunate and not able to enjoy the festivities. This time we chose The Mental Health Support Group, which is run by our members Barbara and Peter Swain.

In Barbara's words "MHSG is a local registered charity that provides practical welfare to people who struggle with their mental health. Clients include the homeless, single parents, domestic violence survivors and those whose families find it difficult to help or have given up on them. Christmas is a particularly hard time for them".



It pays to keep an eye on e-board

A number of walks were organised via e-board during term 4.
One of these was a gathering at Summerland Farm on 12 November.



Another e-board advertised event was a Covid-safe walk at Victoria Park on Thursday, 1 October. Members were able to enjoy the boardwalk through the rainforest, and have a picnic morning tea afterwards.

A third event was a drink and chat gathering at the Lismore Botanic Gardens on Friday afternoon, 23 October. U3A provided glasses, cheese and biscuits, and participants provided their own beer, wine, soft drink etc.



Can you help?

You could make a valuable contribution to U3ANR by joining the management committee this year. A number of interesting roles will become available at the AGM.

It is a great opportunity for you to see how the group is run and suggest ways in which it could be improved.

Nomination forms available from
secretary@u3anriv.org.au

Photographers stay focussed

During Term 4 the Photography group were able to keep their Facebook page up and running, with many photos submitted each week.

Member volunteered to run small courses during the term. These included Photoshop Elements (6 weeks), Photoscape (2 weeks) and Advanced Camera Groups (4 weeks each). A Lightroom course was held via ZOOM. The Cannon and Nikon groups continued for the whole term.

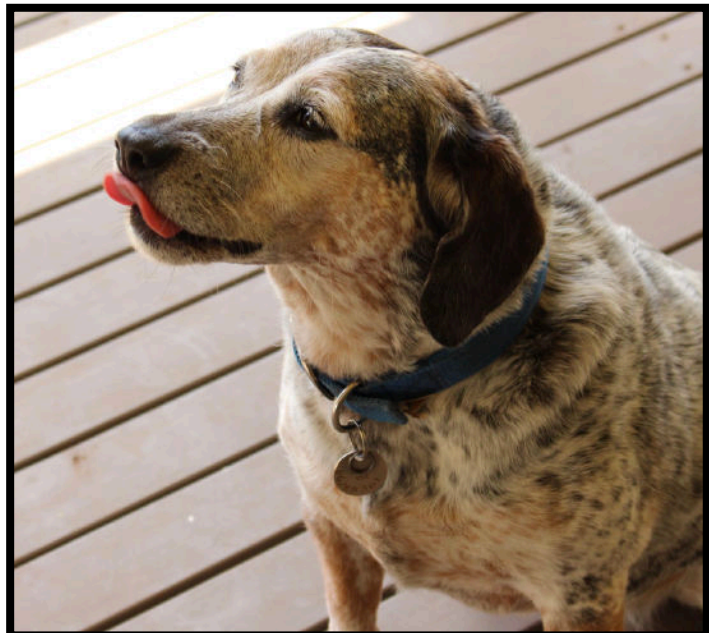
The term ended with a Christmas BBQ at Ballina, with a large number attending. A lot of catching up and great food were enjoyed on the day.



BBQ Chef Dave Wynne



Geoff Coulter and Una Brown
could not leave home
without their cameras.



Madonna's reaction to
being told to sit and pose.

Ross Sargeant.

Click bait ...

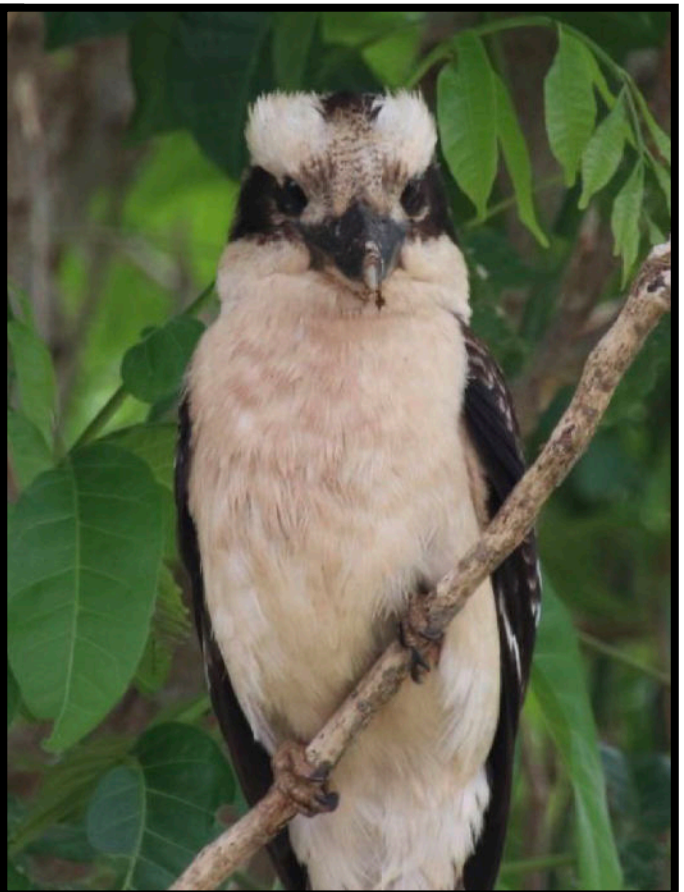
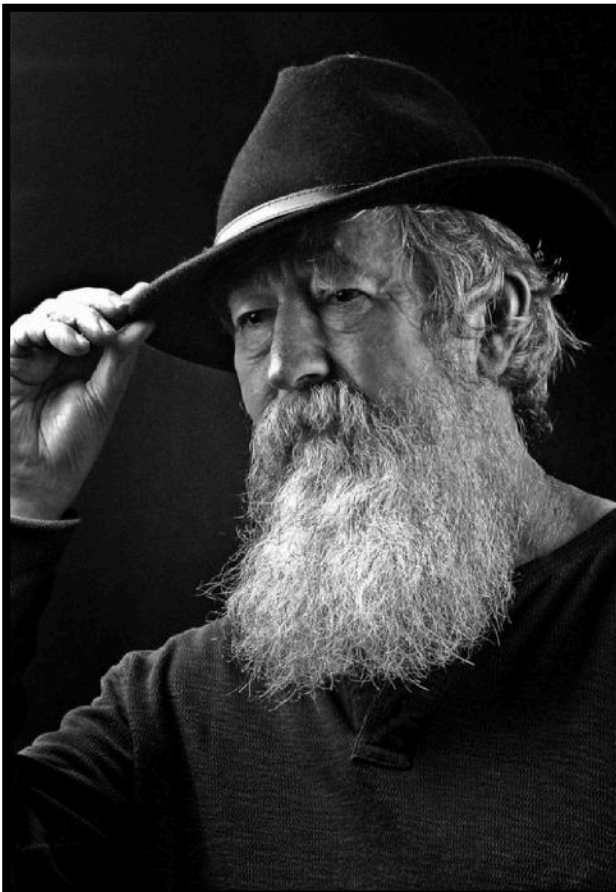


Geoff Rosten

see next page for Ross Sergeant's caterpillar

Helen Armstrong

Waiting for breakfast. Penny Kempler





Meanwhile , in another photographic universe



If you're onto a good thing , repeat it !

The first Brunswick River cruise was so well received, another one had to be scheduled to satisfy the demand. These morning cruises were hosted by an environment scientist who commented on the flora and fauna of the bankside rainforest and the marine life in the river. Photographers had a wonderful time.



Cruisin' down the river ...



Still cruisin' ...



Flexible bushwalkers at Rocky Creek



Another stunning sunrise and I thought “Michael sure has a direct line to our weather maker”. Then we set off driving cross-country, using scenic back roads to Rocky Creek Dam. Super enthusiastic we all arrived early for morning tea.

First we tried the Cedar walk but it was blocked for spillway cleaning ... not quite sure why a spillway needs industrial cleaning but council is onto it! Then the Platypus walk was also blocked off for “tree operations”. A handsome witty council worker explained that a storm had weakened some branches over the path. Chain saws were ensuring it was safely cleared for the weekend yet the place was buzzing with visitors on a Friday. We had crossed the dam wall admiring many water lilies, bright berries and birds when the drizzle began, precipitating an early lunch in the sheltered picnic area.

We then followed the leader to the start of the Big Scrub loop, wrapped ourselves in wet weather gear which we later peeled off. Waded across the waterway then entered the sacred rainforest, the one percent remaining of the Big Scrub with its thick foliage, ferns, lichen, fungi, cheeky darting birds and butterflies. The fungi photographers had a field day. While waiting for them, we fell foul of leeches, but we finally found an effective use for Rid.



You know in the end its not about the weather or the walk, its about the congenial company, the wonders we spot and the giggles we share!

Jayde

Not for the fainthearted



Just three U3A members felt able to face a whitewater adventure down the Mann River: Joy Smith, Michael Smith and Lyn Jones. We camped by the river to get an early start at Jackadgery. The river was low which made the rapids “boney”.

Lyn turned up with a fast-looking plastic kayak, pointed at both ends, narrow of hip with a slippery bottom. Joy and Michael, having been married 43 years, could just about tolerate being in the same (inflatable) canoe together.

Our goal was the bridge crossing 21km downstream at Cangai - about 10 000 paddle strokes if you were to count them. On this section of the Clarence Canoe and Kayak Trail the river has its quiet moments of beauty interspersed with frantic, blissful activity in the rapids. Not all the rapids were “shootable” and on this trip there was one at Mulligans Bluff known as Cangai Falls. The big rock at the end looked like it had our names on it, so we portaged.

On our way down the river we saw enviable houses on bush blocks, fat cattle, pelicans, turtles and fish scattering at our approach. The Mann river is the last stronghold of the endangered Eastern Freshwater Cod. Paddling these rapids through this beautiful countryside is about the best thing you can do - both thrilling and challenging.



Bushwalkers at Brunswick

Advertisement on e-board:

Bushwalks at Brunswick Heads.
Features: Beautiful coastal landscapes. Unspoilt beach, river mouth, Banksia, wattle, coast tea tree, paper bark, geebung, coral pea, coastal rainforest, mangroves and lots of birds. One of the best swimming spots in the area.

Reality: Ten musketeers set off from Brunswick Heads surf club to be serenaded by a nymphet just near the National Park! We had perfect weather and company tramping the dunes, flying wondrous dancing kites, watching from the sea walls and bathing in the ocean. Busy for a Friday but we had enjoyed spectacular views, wildflowers, birdlife and topless surfers, men that is.

All nicely completed with an ice cream by the river with drummers and a giggle. Who could ask for more ... why not join us next time?

Jayde the logophile

I want to skite about flying my kite
as the string unwound it gained height
it's bright colours a wondrous sight
stark against the sky as it took flight

to share may be trite
yet I felt compelled to write
that no other fun I can cite
compares to the joy of flying a kite!



Despite the restrictions of 2020 the U3A bushwalkers had a good year. They celebrated with a properly-distanced Christmas party on Michael and Joy's farm at Koonorigan. The food, company and setting made for a memorable time.



Out and about with U3A



11 - 28 February: Lismore Theatre Company presents *Educating Rita*

Performances include three Sunday matinees (usually most popular times for us) You must book online through their website: lismoretheatrecompany.org.au

See you there

Sunday 28 March Clarence River cruise

11am - 3pm \$30

Enjoy a lazy cruise on the Clarence River with on-board live entertainment. A café and bar on the boat serve snacks, drinks and/or lunch.

Clarence River ferries berth at the end of River St Yamba.

Accommodation in Yamba is very available, so why not make a weekend of it?



BOOKINGS: Margaret 0403 583 766 or margaret.bruce@outlook.com

Have you ever thought of hosting a Grape Escape?

In past years some of our members who have space for up to 30 people, have hosted a Saturday social afternoon at their homes, usually on a verandah. U3A usually helps with the cost.

If you would like to be a host please contact Margaret (details above)

Online U3A courses

U3A online offers access to a number of web based courses, some with a leader and some for independent study

They are listed at <https://www.u3aonline.org.au/content/our-courses> and range widely - eg

Left, Right or Centre: A very brief Introduction to political ideologies

Basic English Grammar

Train your brain

Play ukulele by ear

What is wisdom?

The evolution of life on Planet Earth

Different Worlds, Different Geometries

History of marriage

Astronomy

Anyone from U3ANR can do any of these courses **FREE** because we have a group subscription, You do not need to join as an individual.

For details, contact the U3ANR treasurer, Peter Sandstrom, who can give you the necessary login information. Phone: 6622 3279 or 0419 573 108 or psandstrom50@hotmail.com

Did you know ?

Archaeologists digging in a pyramid in Egypt have found a mummy covered in chocolate and hazelnuts. They believe it to be Pharaoh Rocher.

When one door closes and another door opens, you are probably in prison.

Age 60 might be the new 40, but 9:00 pm is the new midnight.

Be warned: if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

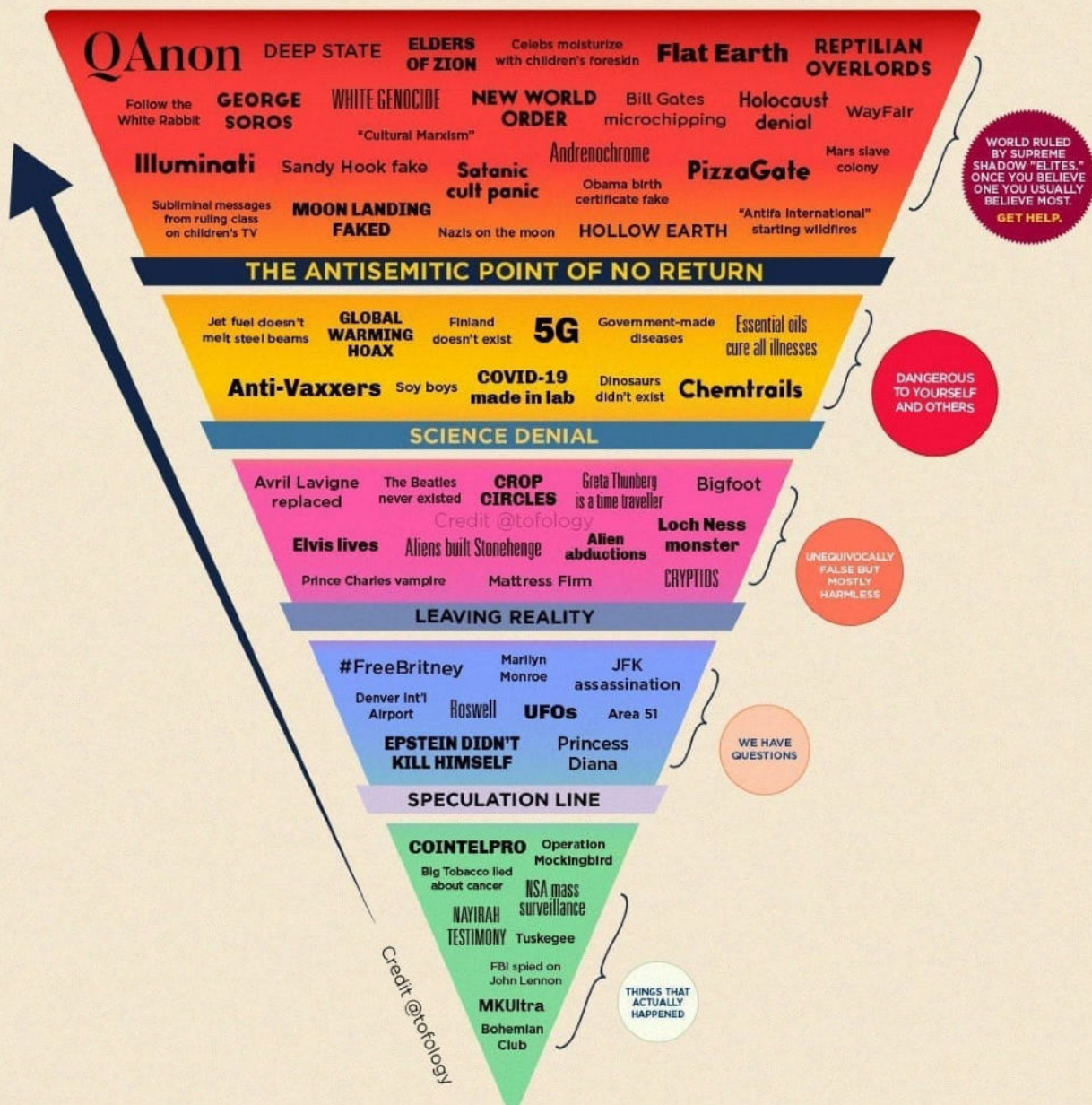
If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"

Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.

Flat earthers have nothing to fear but sphere itself.

THE CONSPIRACY CHART

DETACHED FROM REALITY



GROUNDING IN REALITY

To make you smile ...

A man was dining alone in a fancy restaurant and there was a gorgeous redhead sitting at the next table. He had been checking her out since he sat down, but lacked the nerve to talk with her. Suddenly she sneezed and her glass eye came flying out of its socket towards the man. He reflexively reached out, grabbed it out of the air and handed it back. 'Oh my, I am so sorry,' the woman said, as she popped her eye back in place. 'Let me buy your dinner to make it up to you.'

They enjoyed a wonderful dinner together, and afterwards they went to the theatre followed by drinks.. They talked,

they laughed, she shared her deepest dreams and he shared his. She listened to him with interest.

After paying for everything, she asked him if he would like to come to her place for a nightcap and stay for breakfast. They had a wonderful, wonderful time. The next morning, she cooked a gourmet meal with all the trimmings. The bloke was amazed. Everything had been so incredible!

'You know,' he said, 'you are the perfect woman. Are you this nice to every man you meet?'

'No,' she replied" You're just the first man who happened to catch my eye. "

When I want a family meeting, I just turn the wi-fi off and they all come running.

A group of lawyers were sitting around the office playing poker.

"I win!" said Johnson.

Henderson threw down his cards.

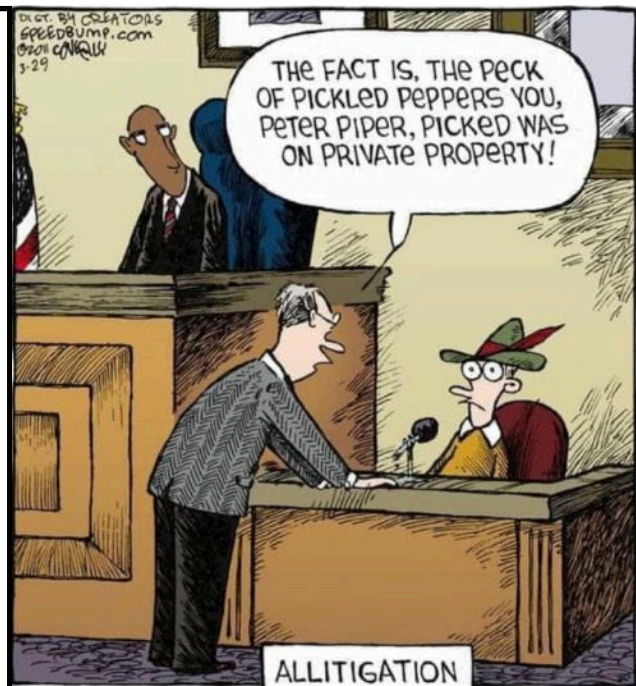
"That's it! I've had it! Johnson is cheating!"

"How can you tell?" Phillips asked.

"Those aren't the cards I dealt him!"

It's been a bit of a strange day. First, I found a hat full of money. Then I was chased by an angry man with a guitar.

Picked up a hitchhiker. Seemed like a nice guy. After a few miles, he asked me if I was afraid that he might be a serial killer. I told him that the odds of two serial killers being in the same car were extremely low.



Got up this morning
and ran around the
block 5 times. Then
I got tired, so I picked
up the block and put it
back in the toy box.

Covid is not a laughing matter, but ...



Her psychiatrist told her to make new friends so she did.



Just ordered my new mask!



OH NO I THOUGHT IT WAS
A NASAL SWAB



Ever wonder ...

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline "Psychic Wins Lottery"?

Why is it that doctors and lawyers call what they do 'practice'?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

You know that indestructible black box that is used on aircraft? Why don't they make the whole plane out of that stuff?!



Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

For the last 20 years I've received a Valentine's Day card from a secret admirer. So, I was disappointed this year when I didn't get one. First my gran dies, and now this.

I never thought I'd be the kind of person who'd wake up early in the morning to exercise. and I was right.

A Frickin' Elephant

Jake is five and learning to read.
He points at a picture in a zoo book and says, "Look Mama! It's a frickin' elephant!"

Deep breath... "What did you call it?"

"It's a frickin' Elephant, Mama!
It says so on the picture!"

and so it does...

"African Elephant"

Hooked on phonics!
Ain't it wonderful?



Have you used e-board yet?

How to use U3ANR mailing lists

Most members, when they complete their membership form, opt to be able to send and receive messages about U3ANR's activities through **e-board**. (our electronic notice board).

Members can use e-board to exchange general U3A information, make announcements such as times of U3ANR meetings, ask or give help to other members with anything, swap/share/give away anything and sell one-off items.

Policy says e-board is not to be used for any unlawful matter, to discuss topics that other members could find offensive (i.e. politics, sexist jokes), or to advertise **a range of products or services** for personal gain.

Apart from e-board, members can join seven other specialists lists. These allow members to send/receive messages from others involved in these U3ANR groups:

- fridayforum
- genealogy
- investments
- photography
- science
- technology
- tuesday-with-u3a

To send a message to all members of list XX, send it to:

XX@lismoreu3a.org.au

Follow the same style to send a message to **all** subscribed U3ANR members via e-board, i.e.

e-board@lismoreu3a.org.au

If you would like to join or leave any list, email your request to

X-owner@lismoreu3a.org.au

(The Webmaster is the "owner")

You may find it convenient to add the address of e-board and any other U3A message group to your contacts list.

Management places some restrictions on messages to reduce the risk of viruses. For example, the size of messages is restricted to the equivalent of one page of plain text (15K) and they must be signed. Attachments of any kind (photographs, Word documents) are not permitted but you can include a simple Web address in your message.

Under the deal U3ANR currently has with its ISP it cannot provide any more specialist mailing lists. If a class wants a new mailing list another class will have to give one up.

For further information go to http://lismoreu3a.org.au/mailman/listinfo/technology_lismoreu3a.org.au

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Dates to remember

11-28 February

Educating Rita presented by Lismore Theatre Company. See page 27

9 March 2021: AGM

Nomination forms available from the secretary

28 March 2021: Clarence River trip

See page 27

STOP PRESS: Joy, the secretary of U3ANR, is now an assistant secretary of the NSW Network of U3As. Colleagues congratulate her and express relief that U3ANR will still have access to her expertise and experience in 2021.

End of term

Thursday 1 April

Deadline

for next newsletter

Wednesday 24 March

Disclaimer

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