

# Coffs Harbour Newsletter



**February 2020**

## **HELLO MEMBERS,**

welcome to our U3A program for 2020, and to all the other delights of a new decade. For some of us, it seems only yesterday that we were concerned about the millennium bug as the new century ticked over. More interesting than that, we have some members and at least one tutor who were born in the 1920's. Oh, the stories they can tell! What a wealth of knowledge and wisdom they and all our other members bring to the many discussions, that take place every week in our classrooms.

The 2020 program, includes many of our long term classes -languages, philosophy, history and art. Astronomy is taking a new shape this year, with 4 term sized chunks, rather than a full year approach. Along with the ongoing bushwalking and line dancing, we have some new movement classes (important for our creaky joints). So, if you haven't yet taken the plunge and enrolled (or joined and enrolled) do join us as we "learn as if we are going to live forever".

See you in class!

Joyce Lillyin , President and Course Coordinator,  
For the Management Committee: Lionel, Lesley, Karen (Baff), Kerrie, Wendy, Karen (Boyd), Penny and Kitch.

## **WU Tao Dance at U3A**

Wu Tao Dance is a series of 5 main dances based on the Traditional Chinese Medicine system and harmonises the energy flow in the body through dance and music. It was developed in 2001 by an ex professional Ballet Dancer, Michelle Locke with the Western Australia Ballet Company.

Learning Wu Tao Dance, you start with the 5 main dances, Air, Water, Wood, Fire and Earth. Each dance has an emotion and an image eg. The Air Dance's emotion is grief, the image is that you are a bird flying. Introduction to the five dances will be taught over a period of weeks. The class finishes with meditation.

Wu Tao Dance is very gentle, of low impact to the body and calming to the mind. Anyone, any age, can learn and all dances can be adapted to a person's needs.

When you dance, it's about just letting go, it's not about getting it perfect. Over time, with commitment to the weekly classes, you will let go and dissolve into the movement. Facilitator: Jo Newcombe

Enquiries: 0414959520

[www.wutaodance.com](http://www.wutaodance.com)

## **Wu Tao Dance below**



## **Creative Writing U3A**

The Creative writers have settled down for another year of producing original and entertaining poems and stories. Stories that are written in response to a variety of prompts given at the previous class. It could be a photograph or several thought-provoking ideas with a request to write in one of the different genres, e.g. romance, thriller, mystery, fantasy, crime etc.

Each story is limited to 600 words, to allow time for each writer to present their story and the group to discuss any details. After a quick morning tea, it is time for writing under pressure using the prompts provided. This always results in amusing and amazing 'stories out of nowhere'.

Creative writers are always striving for that perfect story, never being quite satisfied, but determined to keep on trying. Facilitator: Barbara Caines, Ph66523103

## THAT'S WHERE MEN ARE MEN

Give to me a trip today  
to Roma town far, far away.  
Where cattle move inside the trucks,  
Bellowing, mooing, crashing hooves  
Causing chaos, when they choose.  
Drivers swearing, voices blaring.  
THAT'S WHERE MEN ARE MEN!

Give to me the stockmen riding,  
Muscles gleaming, horses riding.  
"Come on you bastards, move your rumps,  
I'm not working 'til dawn comes".  
Cracking whips, akubras tilting,  
Auctioneers' voices rising.  
Gestures true for this occasion,  
THAT'S WHERE MEN ARE MEN!

No corporate giants, madly rushing,  
Clutching cases, stop that pacing.  
"Yes sir, no sir." Politically correct,  
Visiting gyms, need that effect .  
Striving, striving, heart rate rising  
THAT'S NOT WHERE MEN ARE MEN!

So if you want to forget  
The world of politics and stress,  
Go visit Roma town and see  
The great effect it had on me.  
The wondrous world of toil and sweat.  
Sunshine, dust, men so free.  
Experience that and you will see  
THAT'S WHERE MEN ARE MEN!

Helen L Green



<https://www.google.com/search?q=copyright+free+drawn+jokes&rlz>



Pat, on the right, with long time friend, Heather Welsh

### Farewell Pat Johns

Pat Johns has been a member of the Coffs Mahjong group for many years. Pat first learned mahjong, with a group of friends at Betty Judd's home. Betty would set up 4 tables and was responsible for teaching some of our current players. As the group grew, it eventually moved to the Cavanbah Hall.

Pat loves to play mahjong, and has been one of our most enthusiastic and regular players over the years. Along with Heather, particularly in recent times, Pat has helped tutor new players. Now due to ill health, she has sadly made the decision to retire from U3A.

All of us, will miss her smiling face, cheerful nature and enthusiasm for the game.

We are disappointed that Pat is now unable to enjoy mahjong with us

Best wishes Pat, from the Coffs U3A Mahjong group

Ann Schultz

### QUIZ

- 1 Who is Australian of the Year for 2020?
- 2 What was Thailand's name before 1949?
- 3 Which lake is the mostly northerly of the Great Lakes in North America?
- 4 The River Danube flows into which sea?
- 5 What is the windpipe also called?

## ISRAEL CRUSADE

In medieval times, a visit to the Holy Land was called a crusade: in modern times it's just a trip to Israel. Janelle and I travelled to Israel in July 2019, with Peregrine Tours. We normally travel independently, but felt it would be easier to deal with infrastructure problems and border crossings, if we travelled in a group.

We visited religious sites in Jerusalem, Nazareth, Bethlehem, Masada, Jericho and the Sea of Galilee, Roman Caesarea and the Crusader fort of Acre. Our tour guide was an archaeologist between jobs.

Starting in the Old City of Jerusalem, we entered through the Damascus Gate into the narrow streets of the Jewish Quarter to the Wailing Wall. Richard donned a kippah (cap) to join the wailing men, while Janelle was segregated to the women's area and had to watch.

Church of St Anne in the Muslim Quarter was supposedly built on the site of Jesus' grandmother. We followed the Via Dolorosa (Way of the Cross) to the Church of the Holy Sepulchre, the site where Jesus was crucified and buried before rising again.

What is interesting is how close all the sites are, and the relative smallness of the city. It's an ancient walled village with cramped homes and shops, crowded with locals, who smile and dodge the singing and chanting pilgrims who constantly invade them and sometimes buy souvenirs.

The various religious sites are interesting, especially the conflicting beliefs held by the different Christian religious groups, as to where the real site of the miracle was. Most of the miracles appear to have happened on a rock, but which rock? Emperor Constantine's mother, St Helena evidently had a lot of influence on these sites after she found the cross of Christ in a cistern 300 years after the crucifixion. Always listen to your mother, even if you are Emperor.

The Church of the Holy Sepulchre has shared ownership between Greek Orthodox, Catholic and Armenian Orthodox, but the keys of the church have been held for generations by a local Jewish family to avoid conflict.

Bethlehem is behind high graphited walls and check points built by the Israelis to keep the Palestinians in.

Lucky, Mary and Joseph came 2000 years ago, or they would have been locked out.

Highlight of the trip, among many, was Yad Vashem (the Holocaust Museum).

The lowlight, was what we thought would be a tranquil and reflective boat trip, on the Sea of Galilee, we shared the boat with a busload of elderly foreign tourists, who made our trip a nightmare. They hoisted a flag on the boat, sang their national anthem and then proceeded to take raucous and suggestive selfies of each other. Walking on water was the only escape, but never an option. Perhaps tourists had been here before?

Richard Meredith



**The Wailing Wall**

### Quiz Answers

- 1 Dr James Muecke, Eye Surgeon, of Adelaide, for his work helping to prevent blindness.
- 2 Siam
- 3 Lake Superior
- 4 The Black Sea
- 5 The trachea

All members please support our newsletter by sending: a story, photos you have taken, your travels, achievements  
Good news only. Send to [info@coffsu3anet.org.au](mailto:info@coffsu3anet.org.au)