

Coffs Harbour Newsletter



April 2020

Greetings Members and Friends, we hope you are staying safe and well and maintaining your sense of humour, personal confidence and curiosity about the world.

We also hope that you have been able to maintain connections with close friends and family. If this has been a bit scratchy at times don't forget the connection skill development opportunity that is available through Youngsters.co We sent out an email earlier this week with all of the details of how to contact them for their free service for us elders.

Some of us have been able to maintain our connection with groups or subgroups of our class interest groups or pick up some other useful activities. Sometimes this has included hobbies that have taken a back seat in recent years.

There continues to be important personal and community challenges ahead but be assured that as soon as we can safely make future plans we will be in touch with the details. **Your U3A Committee**

ISOLATION ACTIVITIES

There are activities, that we can do at home. I have here 2 web addresses for same. Some of you will have paints and paper. If you would like to undertake either or both of these activities, and share your interpretation with other members, send me an email and I will make a group email. You can then upload your work onto your computer and press "reply all" to my email, so that you can view each other's interpretation of the activity. my email is: krc.dvc@gmail.com Karen Baff Editor

<https://www.youtube.com/watch?v=dWxyUqfWYfs>
painting a stone G Peacock Black Mandela Stone
<https://www.youtube.com/watch?v=bzUnF-yaeX4>
acrylic painting, red umbrella

South Solitary Island Lighthouse

To celebrate 140 years since South Solitary Island Lighthouse was built, the Friends of South Solitary Island Lighthouse (FOSSIL) set up a display in Coffs Central and held an opening night on 13 March to celebrate this event. The display contained paintings of the lighthouse, artifacts, stories, among those present were past inhabitants of the island and the island's last lighthouse keeper RobTresize. This display was open to the public but unfortunately was cut short due to the Pandemic.

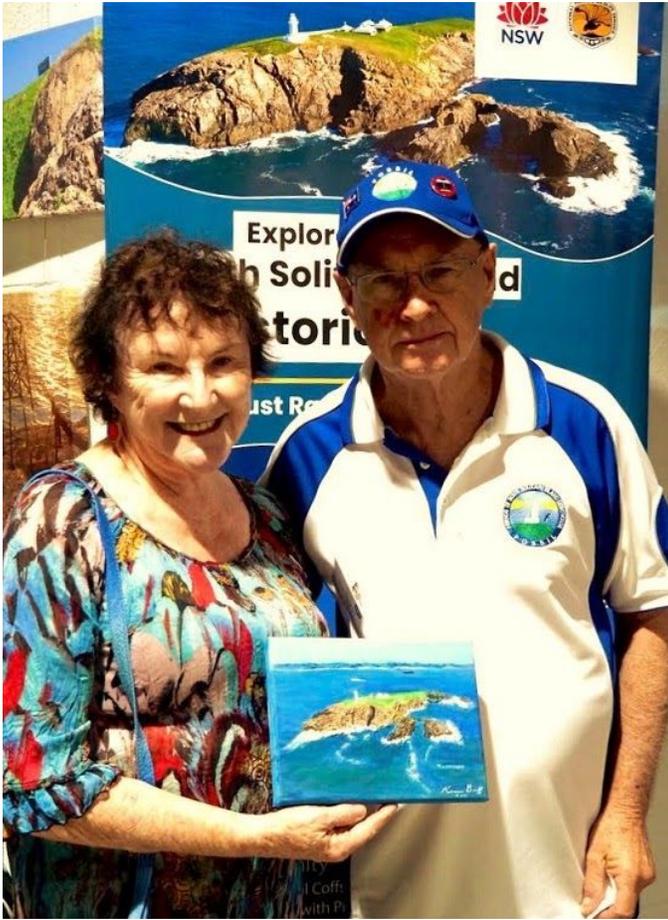
South Solitary lighthouse is one of only two island lighthouses in NSW and is situated approximately 18 kms off the coast of Coffs Harbour. The other lighthouse is Montague Island. South Solitary Lighthouse was considered the most isolated on the SW coast. It was the first and the last NSW lighthouse to use kerosene.

The Lighthouse was designed by James Barnet and first operated in 1880. The tower was built of mass concrete, using cement and sand conveyed to the island and broken stone from the conglomerate rock of the island. The buildings were constructed in 1880 and are considered to be the oldest in the area.

In the early days, supplies arrived by steamer from Sydney every fortnight and eventually fortnightly supplies were launched from Coffs Harbour, weather permitting. Due to the steep slope of the island, everything including supplies and people had to be taken off the launch in a basket lowered by a crane from the landing stage. The drums of kerosene had to be unloaded and then hauled up the steep concrete path

The lightstation was automated in 1975. The buildings have been abandoned since 1975. These are now cared for by FOSSIL

<https://www.visitnsw.com/destinations/north-coast>



At the FOSSIL opening night, I am holding a painting I did in Andrea Clarke's U3A class and with Rob Tresize

Did you Know?

The Last Post was first published in the 1790s, just one of the two dozen or so bugle calls sounded daily in British Army camps.

"At that time soldiers didn't have wristwatches, so they had to be regulated in camp," says Colin Dean, archivist at the Museum of Army Music in Kneller Hall. "They had to have a trumpet call or a bugle call to tell them when to get up, when to have their meals, when to fetch the post, when to get on parade, when to go to bed and all other things throughout the day."

The soldier's day started with the call of Reveille, and came to a close with the First Post. This indicated that the duty officer was commencing his inspection of the

sentry-posts on the perimeter of the camp. The inspection would take about 30 minutes, and at the end there would be sounded the Last Post, the name referring simply to the fact that the final sentry-post had been inspected. For decades this was the sole use of the call, a signal that the camp was now secure for the night, closed till morning.

It was not until the 1850s that another role began to emerge. It was an era when many military bandsmen, and most bandmasters, were civilians and were under no obligation to accompany their regiments on overseas postings. So when a soldier died in a foreign land, there was often no music available to accompany him on his final journey. And, necessity being the mother of invention, a new custom arose of charging the regimental bugler to sound the Last Post over the grave. Source: BBC

Len Waters was the first Aboriginal Australian military aviator, and the only one to serve as a fighter pilot in the RAAF during World War II. Aborigines at the time suffered significant discrimination and disadvantages in Australian society, such as restrictions on movement, residence, employment, and access to services and citizenship. He joined the RAAF in 1942. Training initially as a mechanic, he volunteered for flying duties and graduated as a sergeant pilot in 1944. He flew P-40 Kittyhawks in the South West Pacific theatre, where he completed 95 missions, mainly close air support. By the end of the war he had risen to the rank of warrant officer. Following his discharge from the RAAF in 1946, he attempted to start a regional airline but was unable to secure financial backing and government approval. He went back to shearing, and died in 1993 at the age of 68. Of course he did not get the benefits non Aboriginal soldiers did. https://en.wikipedia.org/wiki/Len_Waters

QUIZ

1. What does the Arc de Triomphe commemorate?
2. Which is the highest mountain in the UK?
3. What was Elvis Presley's first No. 1 hit?
4. Who did Juliet's father want her to marry?
5. Who founded Pakistan?

Trekking on New Zealand's South Island

Lesley and I started our self guided trek on the Queen Charlotte track in Picton, a town located on the northern coast of the South Island. We walked pack free, as our backpacks were transported by water taxi to our very comfortable accommodation each day.

Day 1 We walked 17kms through wonderful coastal scenery & rainforest. We stopped often to admire different trees, moss, ferns & views. We ate lunch sitting on a small bench seat overlooking the lovely School House Bay. Neither Lesley nor I are fast walkers, as we like to enjoy each vista. So, we arrived at Furneaux Lodge late in the afternoon.....exhausted.

Day 2 Started with a short detour to see a 1000 year old Rimi Tree, it was massive and well worth the effort. Then, we hit the track, 13kms is our challenge today and Punga Cove our destination. We walked through beautiful rainforest yet again, with outstanding vistas of the Sound at each turn. The many stands of large tree ferns were beautiful. It started to rain about 2hrs into the walk, there is something really special about walking in the rainforest in that soft gentle rain. We made good time and arrived at Punga Cove mid afternoon.

Day 3 This was our biggest challenge, as it's a 23km hike. We walked separately for some of the time, as I was keen to take another detour, this time to Eatwells Lookout. The view was fabulous, all of Queen Charlotte Sound in one vista. It was wonderful and again well worth the effort. We caught up at lunchtime, just as we found a pretty little fairy glen with a strategically placed fallen log to sit on, a perfect location to enjoy our lunch break. We walked along many different and varied tracks: paths of oak & beech leaf litter, pine needle litter, rainforest litter & rocky paths. We walked through Manuka Tree forests, stands of silver tree ferns, oak, beech & pine tree forests. Of course, we enjoyed the magnificent views of the Sound. The last 5kms were beautiful, but it felt like it was never going to end. We were both totally exhausted. When we finally arrived at The Portage, in the early evening.....every joint in our body ached.

Day 4 This was another early start, with 21 kms as the challenge. The first 2.5 hrs were tough, two steep hills to

climb, then quite a long decline, which was very hard on the knees, calves and back of the legs. It had rained heavily overnight so the track was muddy and slippery, it was very hard going. We arrived at Mistletoe turnoff in good time, only 4hrs to Anakiwa, where we were to meet the water taxi to take us back to Picton. What a fabulous 4 hours it was. The vistas of Queen Charlotte Sound were lovely, as was the rainforest, ferns, moss, beech and oak trees.

What a wonderful adventure our self guided Queen Charlotte walk was. It was extremely challenging but beautiful. Loved it all well maybe not that last 5kms on day 3!

We enjoyed a couple of rest days in Picton, then we caught the intercity bus to Nelson to join our fully guided tour group for the Abel Tasman Track. This walk was a piece of cake, compared to our self guided trek. Tina Morris



Lesley Meredith and Tina Morris enjoying New Zealand

Quiz Answers

1. Napoleon's victories
2. Ben Nevis
3. Heartbreak Hotel
4. Paris
5. Mohammed Ali Jinnah