

U3A C o f f s

H a r b o u r

President's News

Welcome to 2022! We are still here, still offering courses and growing despite the impact that COVID has had in the past 2 years. This year there seems to be some genuine light at the end of the dark tunnel. We are hopeful that we can have an uninterrupted year of learning and doing. Even something special, but that's for later!

We are beginning the year with 27 courses and in term 2 this will expand to 47. There is a special course we are offering with Carol Myer Dance Club which may be of interest to anyone who likes to dance. There are classes that stretch the brain, courses that encourage creativity and courses that exercise the body.

Fun learning with no tests or exams.

Our class leaders deserve a special mention because without them we would have nothing to offer. These people who have an interest in a subject and want to share their interest are the backbone of U3A. We particularly want to thank them for persevering through the last interrupted years and for taking on the added responsibility of following all the COVID requirements.

The Committee has been on an interesting voyage through the Age of COVID. Working together we managed to keep U3A operating. Sadly, we are going to lose one of our most experienced members. We will be looking for someone with knowledge of all things to do with computers and the web. Kitch, our Web Editor, is taking some time away from committee duties so we will need a replacement. Anyone who is interested can contact Kitch, who will be happy to explain the job. Kitch's knowledge and

good humour will be missed.

Now, a small challenge for everyone! For the past 2 years we have been 'hunkered down' dealing with COVID and all the regulations. Now that things are hopefully easing, I would suggest that you try something new. See if you can find a course that you have thought about doing but haven't been game till now and give it a go. Something new and challenging for a new year. If it doesn't work out, you can leave the course. No hard feelings.

All the best for 2022. Regards from Karen Boyd.

March 2022

WHAT'S NEW

PRESIDENT'S NEWS Welcome to 2022

WENDY'S STORY

Wendy Fisher has her story included in the NSW Senior Stories Volume 7

FOODIE CORNER

Okomomirosti - part
Japanese and part Swiss fusion dish

A POEM

The Bridge Builder

BOOK NOOK

The Yield by Tara June Winch

VOLUNTEER WITH US

Applications are open to volunteer at the Bellingen Readers and Writers Festival 2022

NSW SENIORS WEEK FESTIVAL

The 2022 Festival will officially take place between 25 March - 3 April.

WENDY'S STORY IS PUBLISHED IN NSW SENIORS' STORIES BOOK

Wendy Fisher joined U3A and found her creative bent after she started the Creative Writing Course. She is now one of 4 Coffs Coast seniors who have had their stories included in the NSW Senior Stories Volume 7. Back in 2014, Wendy's physical health was deteriorating while she awaited an organ transplant. She needed to try something new. She had just 3 criteria: it had to be local, it had to stimulate her brain, and it had to be affordable. A friend mentioned giving U3A a go. Wendy had never heard of it! So, she checked out the website and joined the Creative Writing Course.

In Wendy's words "The classes were fun and brought out a creative side of me I never knew existed. I entered the NSW Senior's Stories' Competition as a bit of a challenge to beat the boredom of lockdown, combined with the maxim 'nothing ventured nothing gained'. The theme for the stories was 'What's age got to do with it' and there was a word maximum of 1000 words. I instinctively knew that I had to approach the subject thinking outside the box, or my effort would be lost in the judge's pile."

"My story is called 'The Painting' and the seed of the idea was sown from memories of scouring the Sunday markets with my mum on bitter English winter mornings – she had a good eye for antiques yet to be appreciated for their value. In my story the female protagonist spots an old painting at the market and realises the frame has been etched by Van Gogh himself. She haggles with the stall owner by claiming that the wooden frame is tatty and worthless, but that she likes the painted country scene."

"The stall holder seals the bargain by offering to drop the painting out to the woman's house the next

morning, only to arrive on her doorstep carrying a rolled-up painting. He had burnt the frame on his wood burner the prior evening as the customer claimed she didn't really want it!"

Imagine Wendy's surprise when her story was one of the 100 chosen across NSW. She was thrilled to see her name in print and now intends to write more short stories for her young grandsons.

Senior's Stories Volume 7 can be downloaded as a PDF or audiobook from seniorcard.nsw.gov.au



Wendy with Senior Stories Vol.7



Foodie Corner

With all the home time over the past months due to COVID 19 lockdowns, I have opened my recipe journal and made some fabulous food that initially had me shaking my head in fear. One of my favourite food writers is Adam Liaw. Adam is a Malaysian Australian cook, television presenter and author living in Adelaide. He was the winner of the second series of MasterChef Australia, defeating student Callum Hann in the final. He credits his paternal grandmother as having a huge influence on his cooking and his life. My current favourite recipe of his is Okonomirosti (see picture) featured in the Sydney Morning Herald Good Food Guide in November 2015 (see how long it has taken me to have the courage to tackle this recipe!). Part Japanese and part Swiss, this fusion dish puts a European twist on Japan's famous savoury pancake, okonomiyaki. The last word: it is quite simple to make and absolutely delicious. And, for a 'special dietary' person like me, it's gluten and lactose free. Definitely on our menu list now! (by Sue Elks)



A Poem – The Bridge Builder

An old man going a lone highway,
Came, at the evening cold and grey,
To a chasm vast and deep and wide,
The old man crossed in the twilight dim,
The sullen stream had no fear for him;
But he turned when safe on the other side
And built a bridge to span the tide.

“Old man,” said a fellow pilgrim near,
“You are wasting your strength with building here;
Your journey will end with the ending day,
Yon never again will pass this way:
You’ve crossed the chasm, deep and wide,



Why build this bridge at evening tide?"

The builder lifted his old grey head;
"Good friend, in the path I have come," he said,
"There followed after me to-day
A youth whose feet must pass this way.
This chasm that has been as naught to me
To that fair-haired youth may a pitfall be;
He, too, must cross in the twilight dim;
Good friend, I am building this bridge for him!"

Anonymous

Book Nook – The Yield

Winner of the 2020 Miles Franklin Literary Award

by Tara June Winch

The Yield is that rare thing: a 5-star stunner from the very first lines. It combines history, heritage and the Wiradjuri language with a moving narrative and unfussy, yet often lyrical, prose.

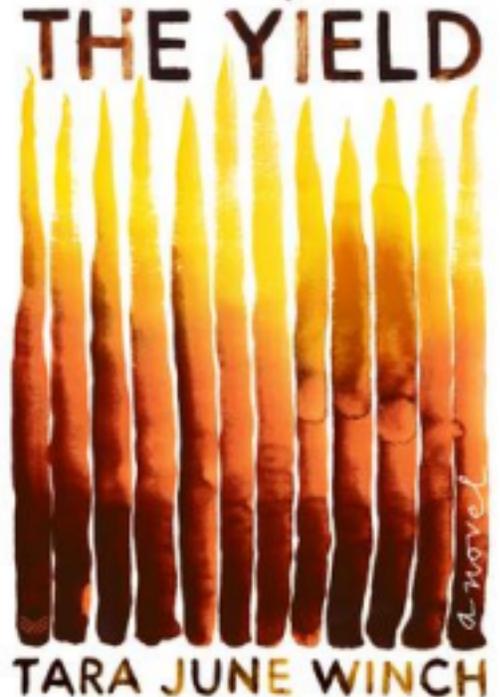
We follow August Gondiwindi, a young woman returning to her home town of Massacre Plains after the death of her grandfather. She learns that he had been compiling a dictionary of the Wiradjuri language, but it's nowhere to be found. Meanwhile her widowed grandmother is being forced to pack up their home to make way for a huge mine.

The novel then alternates between August's story, Poppy Gondiwindi's deeply personal dictionary entries, and a mysterious letter from 1915, written by the German reverend who first established an Aboriginal mission in Massacre Plains.

The Yield is the latest in a recent spate of excellent books bringing new understanding of Aboriginal culture and identity to a wider audience. Too Much Lip delved into contemporary family dynamics with fully drawn, true-to-life characters (and a great deal of humour); Dark Emu is the non-fiction book that opened up much of the anthropology, archeology and history that Winch draws upon here; The Yield adds another facet by exploring, through a fictional narrative, the importance of language to culture.

Language is a unique lens: the things and concepts deemed important enough to bestow with names can be so revealing. Through Poppy Gondiwindi's dictionary, we learn his own personal story, as well as the traditions, customs and beliefs of his ancestors, the Gondiwindi mob. We see how the personal cannot be extricated from the historical, the cultural. That each of us contains within us everything that has gone before.

"A beautifully written novel that puts language at the heart of remembering the past and understanding the present." -Kate Morton



Winch has done a superb job of maintaining a fictional narrative through these dictionary entries; reading them always feels as if Poppy is yarnning with you in his warm, kindly voice, never like an academic exercise. As she points out in her Author's Note, Australia's indigenous languages are among the world's most endangered - her novel not only records Wiradjuri words, it rouses and fortifies them, through Poppy they come to life.

(Review from goodreads August, 2019)

Volunteer with us

Calling all bookworms, budding writers and lovers of language everywhere – applications are open to volunteer at the Bellingen Readers and Writers Festival 2022. The Festival is happening once again across the June long weekend.

BRWF 202 will again be held at the beautiful Bellingen Showground with food, music and more words than you can throw a thesaurus at.

The volunteer guide explains the different types of events at the Festival, the roles you can take on as a volunteer, how your roster is decided based on your date, time and location availability, and what happens after you apply.

Applications close at midnight on Friday 29 April 2022.

bellingenwritersfestival.com.au/get-involved/

chance to make new friends or get together with old ones at an array of local community programs, many which are free or heavily discounted.

Coffs Harbour U3A will be involved with information stalls at the CHCC sponsored expo at Boambee East Community Centre on Wednesday 30 March 2022 and the Oldies Big Day Out at Coffs Harbourside Markets on Sunday 18th April at the Jetty Foreshores in Coffs Harbour.

However, there are a range of activities leading up to these events. So, for more information about the 2022 NSW Seniors Festival visit seniorsfestival.nsw.gov.au.



NSW Seniors Week Festival

The 2022 Festival will officially take place between 25 March - 3 April. It is the largest festival for seniors in the Southern Hemisphere, reaching up to 500,000 seniors each year.

If you are over 60, NSW Seniors Festival gives you the

Just for a laugh 😊



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"I have a diversified retirement plan:
sometimes I wish for money, sometimes
I hope for money, sometimes I pray for money..."

Next

Edition

I would like to take this opportunity to encourage all U3A members and tutors to write an article of any length on an experience within or outside our U3A which you think will be of interest to our members. We are aiming at one newsletter per term so please help out with your submissions.

Send your newsletter articles and images to The Editor, via info@coffs.u3anet.org.au