

UNIVERSITY OF THE THIRD AGE

MALLACOOTA & DISTRICT NEWSLETTER

VOL: 16 No: 5 AUGUST 2022

FROM YOUR U3A COMMITTEE

I'm hoping that as you read this you are happy to be distracted by some interesting future happenings.

It recently felt like Spring for a few days, it was so beautiful to have warm sun, no wind and to wander in a happy garden. Lots of blooms already: yellows, pink, perfume, nodding heads and the promise of many warmer days to come.

In this time of challenge world-wide, it is easy to be complacent here in this "lucky country." As I look around I am constantly reminded that we ALL have so much to be grateful for. Richness is not connected to having, but to being. Richness & wealth are attitudes we can each cultivate as we appreciate who others are, who we can be and how we have opportunity to choose and cultivate the here and now around us.

This too is U3A, we desire and work toward you having new opportunities: meeting others, broadening perspectives, lightening horizons, discussing issues, sharing opinions, brightening each others day and offering freshness. It is only when we allow ourselves these gifts can we come to understand and accept how similar we are. When the differences fade we give ourselves the opening to break dividing walls.

So now we live with a higher risk of COVID, just when we were thinking times were safer. Due to this current situation we are considering the options. In this Newsletter we share with you our thoughts and direction for our presentations.

An order for Stargazing equipment has been placed. As there is no stock in Australia we will need to wait. It's a tad like the Pantene ad ... "it didn't happen overnight but it did happen."
Robyn Hunziker

DIARY DATES

August 5 - 2.00 for 2.30pm start
Martin Butterfield **"Census 2021"**

September 2 - 3.00pm start
"Over-Wintering Project" - See Article page 3.

October 7 - 2 for 2.30pm start
Larry Grey **"Paddle to New Guinea"**

MahJong - every Wednesday

Time 1:30— 4pm

Beginners welcome. For further details phone Ruth 0448 800 342 or Iris 0412 661 683. NO entry fee.

Current Affairs - Thursday's weekly 3-4pm. See poster, page

PIPELINE

Seniors Week— October: **BBQ, Birding, Bunker, Beach and Bush Bashing ... see update page 3 ... Fun!**

FROM FIONA

U3A is about lifelong learning. It is learning not associated with school or work.

There are no examinations, no marks, no deadlines. It is learning about things that we choose or things that simply tickle our fancy. It is learning in a happy, social, and supportive environment.

It is made possible by people just like you sharing their knowledge and experience. So if there is a subject you always wanted to know more about, or an interest you would like to share with others then we would love to hear from you.

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We did all our stupid stuff before the invention of the internet so there's no proof!

U3A's New Venues

U3A Mallacoota and District are now holding their monthly presentations at the new **Mallacoota Community Clubrooms**. This venue was trialled in July and found to suit our requirements perfectly.

- A large moveable TV
- Internet
- Toilets
- Heating and cooling
- Adequate space to social distance

Recently U3A also conducted its first **Current Affairs / Discussion Group meeting**. This was deemed a success so will again be held in the small meeting room at the rear of 2/57 Maurice Ave. (Entrance is through the sliding

glass door at the rear of the building round the back of the Bendigo Bank.) This venue suited a smaller group with a toilet, tea and coffee available for the one hour discussion.

U3A Star Gazing Group meets at various venues including the old Tennis Club room besides the tennis courts, Tip Beach carpark, and in the near future. Also planned is "footpath astronomy". If you have minimal street lighting it could be your street?

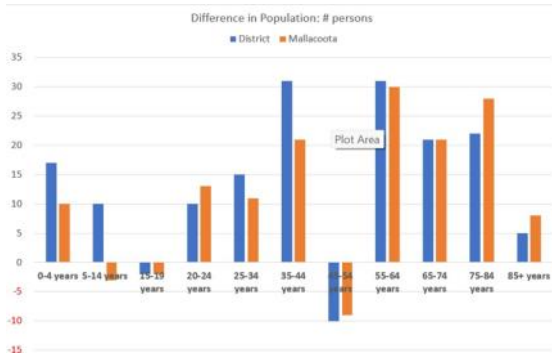
These venue changes have occurred due to our changing circumstances and to ensure we can sustain U3A offers into the future.



Would you like to know what the recent census tells us about

MALLACOOTA

Martin Butterfield has some of the answers. He will tell us our average age (and how it differs from Victoria as a whole), how many dwellings there are and how many are unoccupied (or at least how many were in August 2021) and lots of other useful information including some NEW topics.



*Come to the Community Clubrooms
Mask wearing highly recommended*

Friday 5th August 2022

at 2pm for cup of tea

2.20 start

Members \$3.00, non-members \$5.00

ALL WELCOME

UNIVERSITY OF THE THIRD AGE

THE FISHER FAMILY AT WAR

Readers in 2022 might wonder why two young people Margaret Wood and Jack Fisher, recently met, would suspend their own goals, to become involved in a war not of their making- the Second World War. Readers will know Australia was then part of the British Empire.

It was not as though they did not know about the agonies of war and their aftermath. Jack's uncle had been killed at Gallipoli soon after the landing. His uncle was one of the seventeen killed from that first officers' course at Duntroon.

Soon after the first meeting Margaret, Jack joined the navy and was then part of the crew of HMAS Tobruk using his knowledge of electrical matters to make sure the torpedoes were tip top condition. The Tobruk at first was far from home. Jack photographed whatever he could. As a result Bob has many pictures which he has restored of the theatres of war that Jack served in.

After the devastating defeat of the British in Singapore, HMAS Tobruk was there salvaging whatever stores they could before the Japanese claimed them. Once Singapore fell, another uncle was taken prisoner by the Japanese and did not survive his time. He had a young family left behind, as was the fate of so many others.

The Tobruk survived attacks from the Japanese and was able to return to these shores. The Australian

mainland was being threatened.

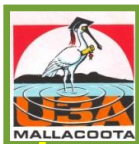
In the meantime, Margaret had joined the AWAS, a new service for women. She received cipher training and was located at a very secret site in Brisbane, Qld when that city became the headquarters for the SW Pacific Command. After the battle of the Coral Sea, Japanese dominance was shaken but there was resistance still in New Guinea.

Margaret went to New Guinea as a sergeant. The danger was extreme. The tradition in the Australian army had been to send nurses overseas but not members of the AWAS. Margaret was on the front line!

At the fall of Singapore, Australian nurses had been shot with only one survivor, Sister Bullwinkel. Margaret's unit lived in grass huts and had to grapple with another potential killer - malaria. It is worth noting the 22 July is the 80th anniversary of the Kokoda offensive.

After six years and six letters, there was a happy ending. Margaret and Jack were married in 1946 and there was a lovely wedding photograph with Margaret still showing the signs of taking atropine which turned the skin yellow. They lived a devoted life for the next forty years, respected by their peers. They rarely discussed their war experiences with their children so it has been a voyage of discovery for Bob helped by his sister.

Glinda Major



2 September 2022

Brown birds in a brown landscape, migratory shorebirds are our most endangered group of birds.

Every year they migrate from the shores of Australia and New Zealand to their breeding grounds above the arctic circle in Siberia and Alaska. The remarkable annual circuit that they fly is called the East Asian-Australasian Flyway and it passes through 23 countries.

The Overwintering Project: seeks to raise awareness for our migratory shorebirds and their habitat by inviting artists to help make them visible.

Anyone can contribute to the Overwintering Project.

Project Co-ordinator Kate Gorringer-Smith will be in Mallacoota to present to our U3A at the new Community Clubrooms. We will then be invited to walk to the MA Space to view our local artists contributions.



Seniors Week Birding and Bunker Museum 12 October 2022

Arrangements for the event are still developing but it is expected that the event will be:

- 0900:** Meet at Captain Stevenson's Point to get together and check the birds on the sandbars etc.
- 1000:** Drive in convoy to entrance to the tip and walk to Waste Water Treatment Plant (WWTP) through bush, birding en route;
- 1200:** Drive in convoy to Bunker Museum site.
- 1215:** BBQ lunch and talk on history of Museum. Inspection of Museum afterwards.
- 1400:** Birding in bush around Bunker including inspection of nest boxes using pole camera. At leisure return to Mallacoota
- ◆ Cost of the event:\$20 ... paid in cash at the meeting.
- ◆ For Booking/Catering email: martinflab@gmail.com before 1 October 2022
- ◆ Attendance cap 30 persons.

SCINEMA National Science Week Film Festival Mallacoota, August 2022

'SCINEMA' celebrates the power of the moving image to inspire the young, satisfy the curious, explain the baffling and ask the impossible. That's us! ... Our own free SCINEMA screening to celebrate National Science Week.

SCINEMA is the largest science film festival in the southern hemisphere showcasing the best in science cinema from around the world.

For something different we will use the timeslot for the Current Affairs, viewing a selection over the next two weeks.

Dates/times: Thursday 4 August, 3pm
Thursday 11 August, 3pm

Venue: rear of shop 2, 57 Maurice Avenue (sliding glass door at the back of the Bendigo Bank)

Some of the award winning science films include:

Best Documentary/Film: *Secrets in the Scat* (Austria)

Best Short Film: *Shattering Stars* (USA)

Best Animation/Experimental: *How COVID-19 mRNA Vaccines Work* (USA)

Best Online Format: *Unvarnished diaries of a CERN scientist - working on the biggest science experiment ever* (Austria)



Webinar: Understanding Home Care Packages

Home Care packages are a government funded option for care and coordinated support at home for older people across Australia. Packages are categorised by the level of care and services required. They should be flexible and centred around the needs and wants of the older person.

Home care package costs and contributions are complex, and statements can be confusing. Join our panel of experts to navigate these complexities and learn how you can make the most of your home care.

This webinar covers:

- accessing a home care package
- making the most of your home care package
- answers to the most common concerns and queries relating to home care package costs
- raising issues with providers
- how to self manage your home care package.

The panel hosted by Caroline Baum includes:

- **Kate Thomson** – Financial Advocate, Advocare
- **Heidi Brook** – Senior Practitioner, Financial Advocate, Aged and Disability Advocacy Australia
- **Lesley Forster** – Member, Older Persons Advocacy Network's National Older Persons Reference Group

The webinar will be followed by a live Q&A. You can submit questions in advance, during registration. For more information <https://opan.org.au/events/understanding-home-care-packages/>

If you would prefer to take part in the webinar as part of a small group please email u3mallacoota@gmail.com



U3A Current Affairs

Discussion Group

The meeting room at the rear of the shop next to the Bendigo Bank will trial a regular afternoon tea with discussion of current affairs. We will critically analyse media articles to sort fact from fiction, being inspired by communities around the world achieving goods things despite all the usual roadblocks.

Open to members and non-members. Small donation appreciated to cover costs.

Date/Time: Thursday 21 July 3pm-4pm

Venue: Meeting room at rear of shop 2, 57 Maurice Avenue (enter through the sliding glass door at the rear of the building round the back of the Bendigo Bank).

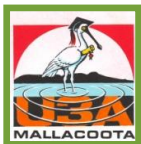
Format and Content: An informal moderated discussion over a cup of tea, about any current events in Australia or overseas. Normal courtesies apply for respectful discussion and

sharing of views. Feel free to bring articles, press clippings etc from your own reading.

We expect to be able to critically analyse information and opinions in the media. The following online magazine is a source of 'good news' stories from around the world, which show what can be done when people have a mind to: <https://futurecrun.ch/goodnews>.



As a standby, we have some games that will keep everyone talking if all else fails.



Taking photos of the stars No 2

How to take a timelapse of the stars

The July newsletter discussed how to take a photo of the Milky Way. A timelapse video of the Milky Way moving across the night sky is a natural and rewarding extension of that simple process.

Instead of taking just one image of the Milky Way in the sky, you take hundreds over a period of hours and string them together in a sequence.

Creating a night sky timelapse video can get really complicated if your video includes dramatically changing light conditions, such as from daylight through sunset and dusk and into night.

Such a video would require altering the settings on your camera gradually throughout the process via a computer program which, frankly, is above this author's skill level. So, to keep it simple, this article assumes that the light conditions remain consistent throughout the video - that is, consistently dark.

During daylight hours, give some thought to where you will set up your camera once it gets dark.

There are some good apps (such as Sky Guide) which tell you when and where the Milky Way is brightest and, importantly for timelapse photography, how it will move during your shoot.

Also consider whether car headlights or other light sources will affect your shoot, remembering your camera will be set up in the dark for some hours.

If you're doing your shoot on the beach, have you checked the tides!? And, one from experience, will you be able to find your camera in the dark when you are ready to retrieve it?

Normally you would avoid astrophotography when there are clouds around, but making timelapse videos of the night sky is an exception to the rule.

A small amount of cloud coverage moving across the sky will be an attractive addition to your video. So don't let a little cloud put you off.

If you've already mastered taking a photo of the Milky Way, you're already on the way to taking a timelapse.

Get going by following these simple steps:

1. Find a dark location with a clear view of the Milky Way and secure your camera to the tripod so that it is stable;

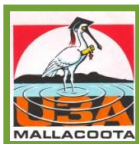
2. If your camera has a zoom, set it to as wide as possible;
3. If your camera or lens has image stabilizer, turn it off;
4. Choose RAW or as large an image size as your camera allows;
5. Make sure the long exposure noise reduction is off;
6. Manually focus the lens using the method discussed in July;
7. In manual mode, set the shutter speed and ISO that best suits your camera as discussed in July and with the aperture as wide as your lens can get;
8. Set white balance to daylight (sunny) or auto if you wish;
9. Take a few test shots to get your settings and composition right;
10. Set the drive mode on the camera to continuous shooting; Use a shutter release cable to trigger the shutter and lock the shutter down.
11. The camera will shoot a continuous sequence of exposures until you release the cable switch.

These days many DSLR cameras have a timelapse feature in menu which allows you to set the number of exposures you want taken. Some shutter release cables have this too. This is useful if you want the timelapse sequence to finish at a certain time, say before dawn. Otherwise, it is simple enough to release the lock on the cable when you're done.

Be prepared for your shoot to take at least two hours. If each exposure is 30 seconds, then in two hours you will have shot 240 exposures.

Once converted into a video at a rate of 24 frames per second, you're looking at only a 10 second timelapse video. Obviously, if you are shooting 20 or 25 second exposures, you will shoot many more in the same timeframe.

Most cameras have batteries which will allow you to shoot a sequence of exposures for about two hours. However, if not or if you want to shoot for much longer, you may need to purchase a battery grip or a battery coupler. A battery grip is an accessory which allows the camera to hold multiple batteries. A battery coupler is a dummy battery which fits into your camera's battery cavity and connects to a power source such as mains or a much larger battery.



How to take a timelapse of the stars ... cont No 2

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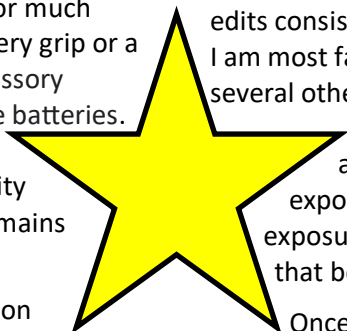
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Dew build-up on a lens can be an issue on cool nights and, unfortunately, dew on the lens will distort the clarity of your video. You may wish to purchase a dew heater which is wrapped around the

lens throughout the shoot, but keep in mind it will require its own power source.

Post-production editing of night sky images is beyond the scope of this article, but a couple of points are worth noting. Whenever you take a photo of the night sky, you're likely to want to make a few edits. The challenge with a timelapse video is to make your edits consistent for all the exposures in the sequence. I am most familiar with Adobe Bridge, but there are several other software programs which allow you to make edits to one exposure and then to apply those edits to all the other exposures in the sequence. Chose an exposure towards the middle of your timelapse that best represents the whole sequence.

Once you are happy with your edits, there are many programs available to render your sequence into a video. *Caroline Jones*



Astrology meets Astronomy

Have you ever looked for the star sign of your birth in the night sky?

My birthday is in April and my star sign is Aries. I read my horoscope in the newspaper for a giggle. It was only in 2022 I had enough knowledge to find Aries in the night sky. Can you find the constellation of your star sign? The 12 signs of the Zodiac are:

Aries	Mar 20 – Apr 19	Leo	Jul 23 – Aug 22	Sagittarius	Nov 22 – Dec 21
Taurus	Apr 20 – May 20	Virgo	Aug 23 – Sep 22	Capricorn	Dec 22 – Jan 19
Gemini	May 21 – Jun 20	Libra	Sep 23 – Oct 22	Aquarius	Jan 20 – Feb 19
Cancer	Jun 21 – Jul 22	Scorpio	Oct 23 – Nov 21	Pisces	Feb 18 - Mar 19

The 12 constellations of the Zodiac are constellations on the ecliptic. The ecliptic is the path of the sun and planets across our sky. The ancients looking up saw all sorts of animals and legendary figures in these constellations. Most are great feats of imagination, a few like Scorpius, the scorpion, are easily identified. Some have asterisms (bright stars in a distinct shape) that make them easier to find like Sagittarius's teapot or Leo's rocking horse. Different parts of the zodiac are visible in the night sky in different seasons. It may take you 12 months to see them all. With a little practice you will be able to walk across the heavens along the ecliptic identifying the zodiac constellations one by one.

If your star sign is Scorpio you are in luck. In winter the constellation of Scorpius is prominent in the night sky readily identifiable. It really does look like a scorpion! Scorpius has a very bright red star, at its heart called Antares. From Scorpius it is possible to walk along the ecliptic in both directions. From the scorpion's head you can walk in a westerly direction to Libra then Virgo. Following the scorpion's tail is Sagittarius. When we look at Sagittarius we are looking into the centre of our galaxy. It is rich in beautiful star forming nebula which make stunning binocular sights. If you are prepared to stay up all night you will then see Capricorn, Aquarius, Pisces, Aries and Taurus before the dawn sun makes the stars invisible.

Come star gazing with U3A and we will show you how to find your star sign and start your own journey across the sky. *Fiona Raitt*