

UNIVERSITY OF THE THIRD AGE

MALLACOOTA & DISTRICT NEWSLETTER

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EDITORIAL

From our President

Last month I wrote about the ethos of the U3A being lifelong learning. The possibilities are unlimited. What sparks your interest?

One of my personal learning projects at the moment is bread making. It began when I bought a bread maker and an assortment of commercial bread mixes on my last trip to Melbourne. The results were enjoyable.

Then one day, our friend Peter Mason, a skilled baker, shared one of his special breads with us. Delicious! Then he shared his recipe, some of his starter and some practical tips. It has opened up a whole new adventure for me. Naturally there are successes and failures but that's how we learn.

Fiona Raitt

Editors Note:

Fiona has encapsulated what U3A seeks to engender - learning and learning from each other.

We encourage you to submit some of your bread-making experiences either for our newsletter or for a possible workshop in October.

Contact June 0437 580 553
or junekin4@gmail.com

DIARY DATES

September 2 - 3.30 start

“Over-Wintering Project” at the new Mallacoota Club Rooms. And **Continuing on to the MASpace**
Please note the change of time,

September 14— 10.00 start time

Tricia Hiley Updates—info below at the new Mallacoota Club Rooms

September 21—TROVE workshop

5-7pm with the Historical Society

October 7 - 2 for 2.30pm start

Larry Grey **“A Journey Beyond”** at the new Mallacoota Club Rooms

October 12— 9 am start

Seniors Week—Birding, BBQ & Bunker Museum. Pg 2 for details

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 3-4.30pm. See poster, page 3

PIPELINE

Breadmaking workshop & recipes

Workshop on “The Aged Care Package” with real experience information and stories.

Find out about Mallacoota's first community-owned Solar Project, achieved in collaboration with East Gippsland Water, or an update on the Big Battery, or MSEG's partnership in the Gippsland Community Power Hub and Tricia's recent presentation on their behalf at the recent Gippsland New Energy Conference. She will take us through some of the highlights in a short presentation and video with lots of time for questions and conversation. Although we will meet in the new Club Rooms, we will be joined by the Bairnsdale U3A environmental issues group, via Zoom. They break for tea at 11, and resume thereafter until 12 noon. Our group can leave the Zoom session at morning tea, or resume after morning tea if anyone wants to. Bob Fisher and Fiona and George Raitt usually join this group via zoom each Wednesday morning.

The Overwintering Project
Mapping Sanctuary



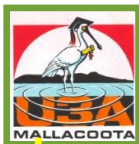
Brown birds in a brown landscape

Migratory shorebirds are our most endangered group of birds, migrating from the shores of Australia and New Zealand to their breeding grounds above the arctic circle in Siberia and Alaska. It is called the *East Asian-Australasian Flyway* and passes through 23 countries.

We are privileged to have the Project Co-ordinator **Kate Gorrington-Smith** as well as our own **Leonie Dawes** speak to us about this project, after which we adjourn to the Art Gallery for the season opening, viewing of contributions from local artists

Tricia Hiley Updates

As Mallacoota's Sustainable Energy Group's coordinator, Tricia will share some of the group's activities with us.



Seniors Week Birding, BBQ and Bunker Museum

12 October 2022

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

0900: Meet at Captain Stevenson's Point to get together and check the birds on the sandbars etc.

1000: Drive in convoy to the 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. Visit the Museum afterwards.

1400: Birding in the 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

Our U3A received an invitation to attend Rural Women online - [Mallacoota Open Day](#)

**Thursday 1 September 2022
2 - 5pm at the Mallacoota service centre**

No cost. RSVPs are appreciated but not essential.

Open Days are an opportunity to learn more

about the program and even sign up for a mentor or to be a mentor.

- ◆ Learn about the Rural Women Online program and join in
- ◆ Hear presentations from inspiring rural women who have embraced the digital world *Network with other like-minded women.*

The Rural Women Online website consists of educational tools and digital resources centred

Beach Erosion and La Niña

I am sure we have all been astonished over recent months at the changes to the beaches near Mallacoota. So when I happened upon an article in the Age about beach erosion and the current La Niña weather system I was very interested and led me to research further.

A study of global coastlines by Risk Frontiers & others parties shows that the east coast of Australia is very sensitive to changes in wave conditions with La Niña events such as we are experiencing now. The forecast for this summer for the east coast of Australia is above average rainfall and heightened cyclone activity. During La Niña events there is a shift in the usual wave direction from south-easterly to the east and north easterly.

Our coastline has developed with prevailing south-easterly wave direction so when storms come from another direction they can cause substantial damage.

In the long term the occasional east to north east wave direction can be good for beaches on the east

coast as it can return sand that has been pushed by the prevailing south easterlies and has been sitting in deeper water back to the shoreline widening the beach. But in the short term an east to north easterly storm wave direction is generally not good for beaches on the east coast.

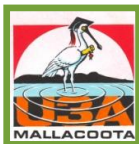
There is a delicate balance in the movement of sand and the replenishment of beaches. This year, the above average rainfall, the coastal flooding, frequency of storms and high tides have caused severe erosion along the northern NSW and Queensland coast. We have seen some of this in Mallacoota too.

Worryingly the sensitivity of our coastline to periods of La Niña highlights the potential impacts of long term climate change on Australia's east coast.

References

'These seas have stolen front yards': Sydney beaches at risk of being washed away <https://www.theage.com.au/environment/weather/these-seas-have-stolen-front-yards-sydney-beaches-at-risk-of-being-washed-away-20220726-p5b4r9.html?btis>

Fiona Raitt



Current Affairs Discussion Group

During July/August we started a weekly discussion group featuring afternoon tea and biscuits with discussion of any current events in Australia or overseas that attendees would like to discuss. Sessions are open to members and non-members, and we have averaged around 8-10 people each meeting. A small donation is appreciated to cover costs. You are encouraged to bring along friends and potential new members.

Participants from a wide variety of backgrounds raised a range of topical issues from the daily and weekly press or electronic media for lively discussion. For example, 'personal responsibility' of politicians in Australia and the UK, wildlife friendly 'dark skies' lighting, the seasonal migration of Bass Strait mutton birds holidaying in the Aleutian islands at this time of year, electric vehicle imports to Australia, sovereign wealth funds and regional housing cooperatives, hydrogen fuel cells, and recent issues about the relations between Governor-General and Prime Minister under Australia's Constitution.

During Science week in August we obtained access and screened some award winning short science documentaries on a range of topics, such as remediation of a mine site in South Australia, citizen science projects in Hong Kong on corals, conserving diamond back turtle hatchlings in Rhode Island, recovery from wildfires in Brazil's Pantanal wetland, mRNA vaccines, and the search for 'dark matter' in the universe.

As a standby, we usually have some media items that will get everyone talking if all else fails, e.g the online magazine 'Future Crunch' 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>

Meetings have been held in the meeting room at the rear of the shop next to the Bendigo Bank, thanks to Annette at 'Paradigm to Empowerment' which occupies the street front office.

We envisage running these sessions weekly during school terms. Details will be posted on community Facebook pages and in email reminders.



Just for a laugh

The elderly congregation was perplexed when the preacher pulled out a pocket watch and threw it to the end of the room. It slammed into wall and fell to floor in pieces, but the watch kept ticking.

The preacher challenged the congregation.

"What does this demonstration tell you about life?"

A man in the back slowly stood up, leaning on his cane. He stared down at the ticking clock.

"Well, preacher, I suspect this watch shows that time flies and stops for no one."

WHAT IS TROVE?

This article is taken from the national Library of Australia website

Trove is the place to explore all things Australian. It is a single point of entry to a treasure trove of artefacts, curiosities and stories from Australia's cultural, community and research institutions.

On Trove you can find more than 6 billion digital items on any topic.

Trove connects you to digital collections from **our hundreds of Trove Partners** across Australia, including libraries, museums, galleries, the media, government and community organisations and more.



Another in our series—
Getting to know a
little bit more about
another committee member

Bob Fisher

In 1979 I was successful in obtaining a position as a Park Assistant at Mt Buffalo National Park. This was the start of a 30 year career as a Ranger in Victoria and Queensland. Dale and the family moved 11 times to 10 different locations including 3 times to Mallacoota.

From Mt Buffalo we moved to Little Desert then Mt Baw Baw and in 1984 moved to Mallacoota. Dales dad moved to Mallacoota and purchased the house we live in today with our 3 children attending Mallacoota P12.

Working in coastal and marine parks was my passion so from Croajingolong National Park we moved to Iverloch as the first Ranger for the Bunurong Marine Park. In 1993 we again moved this time to Yeppoon Queensland as a Skipper/ Ranger operating a small vessel along the Central Qld. coast. My role was working on conservation of threatened dugong and turtles in the Shoalwater Bay area, part of the Great Barrier Reef Marine Park.



Back to Mallacoota in 1998 as Ranger in Charge managing Croajingolong and Coopracambra National Parkes, Gabo Is. and the Pt Hicks Lighthouse lease. Down the road to Bairnsdale in 2003 managing the Gippsland Lakes Coastal Park.

As a lead into retirement my last position was month on, month off as one of the caretakers on Gabo Is. thus ending a meaningful career helping look after some of Australias' great natural assets.

In retirement we have travelled extensively in Australias' outback with occasional forays overseas. We are lucky now to have family living close by, so there is much pleasure in having our grandchildren around regularly.

U3A's New Venues Reminder

U3A Mallacoota and District are now holding their monthly presentations at the new **Mallacoota Community Clubrooms**.

A large moveable TV, internet, well kept toilets, heating and cooling and plenty of space for social distancing make it eminently suitable for our purposes.

Our **Current Affairs / Discussion Group meeting** is 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.)

U3A Star Gazing Group meets at various, venues about which you will be given advanced notice.

ZOOM AUTHOR TALK

Sofie Laguna in conversation

Join writer and interviewer,
Claire Halliday, in conversation
with Miles Franklin-award-
winner, author **Sofie Laguna**.

Sofie's most recent adult novel, *Infinite Splendours*, explores dark, confronting subject matter but in Sofie's masterful hands, it's a story that is also transformative, with light, joy and redemption that makes it hard to forget.

Infinite Splendours is extraordinary - incandescent with love and compassion, rich in colour and character - with the power to shatter your heart into a million pieces.

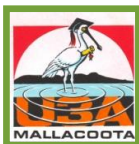


ONLINE AUTHOR TALK
Thursday 29 September 2022
6.30pm Online via Zoom

Book at [Eventbrite](#) or phone the
Bairnsdale Library on 5152 4225

Brought to you by East Gippsland Shire Libraries,
Latrobe City Libraries and Myll Community Library.





Older Persons Advocacy Network.

OPAN is funded by the Dept of Health & Aging.

A webinar was presented by OPAN, Tuesday 9 August 2022 to educate/assist us with the management of Home Care Packages. Over 200 folk, predominantly female, joined from all over Australia for the hour.

The webinar can be now accessed at <https://opan.org.au/videos/understanding-home-care-packages>.

The panel was led by Caroline Baum, whose clear voice, pleasant smile and accurate speech made the whole presentation a joy for participation. The first 20 minutes we learnt the nuts and bolts of Home Care Packages (HCP) ... who, when, why, how.

Topics Covered:

- * Accessing & making the most of your HCP
- * Answers to the common concerns on HCP costs
- * Raising issues with providers
- * How to self-manage your HCP

In the following 45 minutes questions were submitted online and answered by the panel members.

It was interesting to note that Australia is leading in using the “my aged care” portal as the single-entry point. From there all screening and further services are accessed. Of particular interest was the topic of self-managed packages when local providers are not fulfilling clients needs or fees seem too high. A very enthusiastic senior, Lesley, who lives rural was very encouraging about self-management ... she had a less-than-happy experience with a provider and changed. She spoke about how the difference has given her:

- * ownership of the help in her life
- * freedom to choose who works for her
- * developed close relationship with carers
- * hours suit her lifestyle
- * local staff who understand her needs
- * age-appropriate carers

A very interesting part of her “care” is the Facebook page she shares and contributes to. The group is made up of other people across the area who are self-managed. Each have different experiences and can help with resources and encouragement. If there are problems with a provider you can call OPAN 1800 700 600 or the Aged Care Quality & Safety Commission.

Robyn Hunziker

A JOURNEY BEYOND

Larry Gray - Adventurer, kayaker, film maker
How one man refused to be limited by fear

**Vanuatu! Papua New
The wild Bass Arnhem Greenland!**



FRIDAY 7th OCTOBER

At the new club rooms - In person
(maybe even with his canoe)

2.00 Join us for a cuppa

2.30pm Start

\$3 Members \$5 all Others

ALL WELCOME!



How to Take a Star Trail Photograph Article No 3

In the July newsletter, we discussed that one of the challenges in taking photographs of the stars is that they are not static - they move across the sky as the earth rotates. This means you want to use as short an exposure time as possible (30 seconds or less) to avoid the stars trailing in your image. To compensate you need to open your lens' aperture as wide as possible and ramp up the ISO.

However, why not take advantage of the star trailing effect and make it a feature of your image?

What are star trails? As the earth spins on its axis, the stars appear to move in a circular motion around the south celestial pole (or the north celestial pole in the northern

hemisphere) – completing a whole circle in 24 hours. In just one hour, the stars appear to move 15 degrees around the pole (1/24 of 360 degrees). In a long exposure, the stars' trail can be plotted to make a striking photographic image. The simplest way to take a star trails photograph is as a single shot, but you will need two additional features on your camera – bulb mode and some means of locking the shutter

release into place, typically a shutter release cable (inexpensive ones are available online). Bulb mode is a shutter speed option on your camera that allows you to choose any shutter length you wish. Not all cameras have bulb mode, but most DSLRs and mirrorless cameras do.

Another method to capture star trails is to take a series of photographs and then stack them into a single image using a software program such as Photoshop. This article discusses the single shot method.

To take a single shot photo of star trails, follow these simple steps:

1. Find a dark location with a clear view towards the south for best effect 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. Chose RAW or as large an image size as your camera allows;
5. Make sure the long exposure noise reduction is off;

6. Set white balance to daylight (sunny) or auto if you wish;
7. Manually focus the lens using the method discussed in July;
8. Decide how long you want the exposure to be, for example one, two or maybe four hours;
9. In bulb mode, set the aperture and ISO to suit your chosen exposure time; and
10. Use the shutter release cable to trigger the shutter and hold it open.

Because your camera's shutter is open for a much longer time when taking star trail photographs, you use a smaller aperture and lower ISO. Set your camera to an ISO of



100 and adjust the aperture depending on the length of the exposure, say f5.6 for a one-hour exposure, f8 for a two-hour exposure or f11 for a four-hour exposure. Some cameras and shutter release cables have timers embedded in them and will close the shutter at a designated time. Otherwise, simply release the lock on the cable manually once you wish to conclude the exposure.

Dew build-up on a lens can be an issue on cool nights and, unfortunately, dew on the lens will distort the final image. You could purchase a dew heater which is wrapped around the lens throughout the shoot, but keep in mind it will require its own power source.

Again, once you have the basics sorted, you can start getting creative with the composition. And remember to rug up and take a torch or, better still, a hands-free headlamp with you.

IMAGE

In this image at the bridge over Betka River, the shutter speed was one hour, ISO 100 and aperture at f5.6.

Caroline Jones