



SHERBROOKE U3A Inc.

NEWSLETTER 15 August 2020

Upwey Seniors Community Centre: 6 Mahony Street - in car park behind Upwey Shops. PO Box 1153 Upwey, 3158 Phone: 9754 3339 Email: office@sherbrookeu3a.org.au Web: www.sherbrookeu3a.org.au

TERM DATES FOR 2020

Term 1: Completed.
Term 2: No classes
Term 3: No classes
Term 4: Under review

COMMITTEE

President Judith Patrick
Vice President Diana Little
Treasurer Barbara Yawney
Classes Jean Pettitt-Brown
Acting Secretary Judith Patrick
General Committee Members:
Minute Secretary Anna Lane
Linda Rogers
Fred Alder

OFFICE HOURS

Suspended

JUDITH 9754 3507
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**U3A.
Us of the 3rd Age
Turning the page
Us of the learning
Enriched by sharing**

Judith

Today is the 75th Anniversary of the end of World War 2.

Today we are experiencing a different time of war in the form of a killer virus.

Within troubled times dwells the answers that when our values are challenged, we review the history of our continuity. I was once fortunate enough to have a good neighbor who in younger times was a sergeant in the British Army who taught the troops that if you cannot go over the mountain then you dig under it. We all know of the revered Rats of Tobruk and at the moment we are tunneling our way through a relentless enemy in the form of the Corona Virus. Together we have created and are supporting a 6-week tunnel to walk through. The daily counts weigh heavily in our hearts but we take them with us in our ***State under Siege*** quest for victory. And we will win. Look out for each other.

Thinking of happy times ahead we have acquired a digital projector and purchased a motorised large screen for the hall stage. This will be used ***for movies, guest speakers, AGMs, classes, armchair travel, grand finals (remember them?), special displays, current and upcoming classes, "What I Did on My Holidays", photo displays, "how-to" tutorials – anything else you care to suggest*** (phone Barb 0431 700 906)

Most of Projector/Screen Project work has been done by (Treasurer) Barbara Yawney and (U3A Sherbrooke member and techno-wizard) DAVID JEWELL. A very special thanks goes to KEN PELL (Audio Visual Assistance Services) for supplying us with the motorised screen at a discounted price from \$2800 to \$1800. David and Ken are doing all the work of advising, testing, sourcing, cabling, and placement as a donation to our U3A.



Thanks David & Ken!

Garden Group has been a regular user of our Zoom facility, and welcomes any member to join in the interesting sessions. September meeting has a guest speaker on **THE MAKING OF A NATIVE GARDEN**. Ring Barb Benson 9754 3877.

Does anyone have any favourite You Tube videos for activities we can view and maybe participate in? We will print them. Here's a few for starters:

- Tai Chi Qigong Shebashi Set 1 – Master Wing Cheng
- Lindy Hop. Just type it in and be exhilarated.
- Discover Trove – National Library of Australia
 - The Spanish Flu and How the World Recovered
 - History Time – any of many
 - The Journey of Man – A genetic Odyssey
 - Ex's All Seniors Should be Doing – Ed & Elizabeth



Wet Dough Bread – 1 loaf

2 cups SR white flour (before use-by date)
2 cups Plain wholemeal flour
(may substitute ½ cup soy flour for ½ cup of the wholemeal)
½ tablespoon caraway seeds (optional)
Pinch of salt
3 teaspoons granulated bread yeast (before use-by date) = a 7gm sachet
1 tablespoon honey (or sugar)
2 ½ cups luke-warm water

Butter or oil a large bread tin. Add flours, seeds, salt and yeast to a large bowl and mix well. Dissolve honey/sugar in warm water, add to flours and mix well.

Put dough in bread tin. Put it in a warm place (e.g. oven with pilot light on, or cupboard with switched on table lamp (without the lampshade!), or on top of indoor water heater, etc). Cover with a slightly damp tea-towel if you like. Leave to rise for about an hour, or until it fills the bread tin. (Poppy seeds etc can be sprinkled on top before you set it to rise.)



While keeping the loaf warm, get the oven up to 180 centigrade, and cook bread for about 45 mins. It's done when the top is golden brown and it sounds hollow when you tap the base of the bread tin.

Turn the whole tin upside-down on a cooling rack and leave for 5 mins, then remove the tin. Turn loaf right way up and allow to cool (if you can wait that long).

A finer grained loaf can be achieved by punching it down after the first rise, and setting it back to rise for a second time period before baking.

(Recipe from barbara yawney who now has a bread maker but remembers the good times up country.)



Does anyone know of any good walks around the 5 km radius area???? We would like to know about them.

Miss you

Keep Safe - Judith & Committee