

# U3A Sapphire Coast

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## July 2024 Newsletter

### President's Report



#### Our online learning resources

You may not be aware, but there's an informative online resource you can tap into as well as our own Sapphire Coast U3A face-to-face courses.

It's a free U3A online monthly newsletter called GEMS. All you have to do is subscribe. Just go to

<https://www.u3aonline.org.au/> and then to the GEMS menu item. You'll find a link to subscribe, as well as links to all the monthly newsletters going back to 2012, that are chock-a-block full of fascinating articles.

For example, the most recent newsletter has a stack of articles under the headings of Physical Health, Emotional Health, Social Health, Intellectual Health, and Fun.

To give you a taste of what is on offer under these headings: under Physical Health, you'll find "Exercise Improves Mental Health: True or False?". Under Emotional Health, you'll find "Foods that will help you win the Battle with Anxiety". And under Social Health, "You Probably Need to give Your Better Half Better Gifts". (That certainly applies to my wife!)

While you're visiting <https://www.u3aonline.org.au/> to access GEMS, you'll notice that there is also an option of signing up for a wide range of U3A online courses for a modest fee. I won't go into any further detail, suffice to note - if it's a challenge for you to physically attend a U3A course (and even if it isn't), there's a parallel U3A online learning world you can access at any time.

Paul Strutynski



Welcome  
New Members!

Rich Allen  
Wendy Callander  
Bill Darmody  
Renee Doyle  
Allan Ernest  
Ann Knight  
Alec McQueen  
Nancy O'Brien  
Linda O'Kelly  
Ilona Rank  
Neil Walker



### One-Offs & Short Courses

**'Is China a Threat?' with Paul Strutynski - Friday 16 August**

**'Taiko, Tea & Chat' with Reiko Healy**

**Sunday 25 August & Sunday 22 September**

**'Your Inner Fish' with Bruce Leaver - Friday 20 September**

**To enrol in a one-off or short course, go to Member Login on our website:**

**<https://www.sapphirecoastu3a.org>**

## **One-Offs & Short Courses - any suggestions?**

Our **Astronomy** and **Tai Chi for Beginners** short courses have proven to be very popular this term. Upcoming short courses scheduled for Term 3 are **Self-Awareness Workshops** in September and hopefully **Cheese Making** in October.

If anyone has a suggestion for a new one-off, Program Team leader Jane Thomson would love to hear from you. Email [englishrose659@hotmail.com](mailto:englishrose659@hotmail.com) or call 0437 376 288.

### ***'Is China a Threat?' Presented by Paul Strutynski***

Is China a threat? What about its military spending? Its activities in the South China Sea? Its economic shenanigans? Its designs on Taiwan? Or is the alleged Chinese threat exaggerated? And if so, why would that be?



On the other hand, isn't it better to be safe than sorry and take any alleged threat seriously? What if it turns out to be real? Don't the Aukus nuclear-powered submarines have some merit?

Note: If there are insufficient online enrolments, the talk will be cancelled. So if you are planning to attend, please make sure you enrol online. Plus don't forget to check online just before the talk to make sure it hasn't been cancelled.

**WHEN:** 1.30pm - Friday 16<sup>th</sup> August

**WHERE:** U3A Centre, Tura Beach

**COST:** \$3

Book online or for booking assistance, call/message Sandy Coates: 0416 228 211.

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### ***'Taiko, Tea & Chat' with Reiko Healy***



Taiko is one of Japan's traditional percussion instruments. Reiko Healy's teaching experience and her infectious enthusiasm will have you beating in metrical unison and experiencing the energetic sounds of the big, beautiful Japanese drums (taiko).

This workshop is held on two days so feel free to come to one or both. Have some fun, it's so worth a try. Let your inner spirit fly!!

Equipment is supplied: bachi (drumsticks) and a range of taiko drums.

Each session concludes with the sharing of tea and of course, there's time to chat!

**WHEN:** 2pm to 4pm - Sunday 25<sup>th</sup> August & Sunday 22<sup>nd</sup> September

**WHERE:** Tathra Surf Club, 6 Andy Poole Drive, Tathra

BOOKINGS are required as these workshops are **FREE!**

Book online or for booking assistance, call/message Sandy Coates: 0416 228 211.

## **'Your Inner Fish' with Bruce Leaver**

Discover your 'inner fish'! Many of the body structures and metabolic processes we think of as being distinctly human are directly inherited from primitive fish that existed over 450 million years ago. This course explores those linkages and why we are what we are.



**WHEN:** 1.30pm - Friday 20<sup>th</sup> September

**WHERE:** U3A Centre, Tura Beach

**COST:** \$5 (to cover tea and Bruce's travel costs)

Course content enquiries to Bruce; email: [bruce\\_leaver@yahoo.com.au](mailto:bruce_leaver@yahoo.com.au)

Book online or for booking assistance, call Jane Thomson on 0437 376 288.

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## **Report on 'Adventure Walking' - July**



The U3ASC Adventure Walking Group met on the 4th of July at Wallagoot Gap, also known as Turingal Head and Wineglass Bay (*see photo*).

There was no wine and no wineglasses so we took our water and walked north on the Kangarutha Track, up through coastal melaleuca (tea tree) forests and after climbing down, then up then down again, crossed over a creek the easy way (which didn't involve walking on water). After more up and down, we visited Games Bay, which we had been to before but from a different direction and a different track. We climbed a few steeper rocky sections, passed through more open eucalypt areas and crossed another creek.

After arriving at a nice view and a stop for morning tea, some members claimed they saw a whale out to sea. It remained invisible after that, so we walked back to the Wallagoot Lake picnic area where a few stayed for a cuppa before heading home.

The total distance was a little over 7km.

**Elizabeth Stacey - Group Member**

*"A big thank you from all participants to Mike Warren who organised and led the sometimes challenging, but absolutely wonderful walk."*

## Report on 'Adventure Walking' - June



Our June walk was postponed for two weeks because of threatening and actual wet and windy weather.

It took place on 20 June when the sun shone through the icy and fast moving atmosphere. It was 4°C with the windsock horizontal as I passed Merimbula Aerodrome but warmed up to 16°C as the wind dropped during the morning.

The walk was attended by ten hardy souls who mostly claimed to have enjoyed themselves. Starting at Ben Boyd's Tower car park, we made a quick visit to the tower before heading south. Our first stop for a quick sip of water and initial de-layering was at Red Sand Bay. We then proceeded to our destination, Leather Jacket Bay where we stopped for a proper rest, sustenance and more de-layering. On the way down, comparisons were made with the last time we had done this walk; there is a new boardwalk to and around the tower and several sections of new steps along the Light to Light track, a significant improvement.

The return was very much a repeat of the outbound track and six of us joined Peter and his walking stick at Oaklands for lunch. That was pretty good too, even if the menu has changed little in the eight years I've been visiting.

**Alister Lee** - Group Member



*"A special thank you from all participants to Lyn Wynn for planning and leading this very scenic walk."*

## Review of the 'Sapphire Coast Historic Vehicle Club Tour Plus' event held Tuesday 18 June



Thank you to Alec Percival (*pictured*) who is a new U3ASC member and the SCHVC Tour coordinator/guide for delivering an experience not to be forgotten. To be able to not only view, but touch and sit in those historic vehicles housed in the Peter Learmont Pavilion was a highlight.

Lindy O'Kelly, another new U3ASC member, is pictured sitting in the dicky seat of a 1926 Chevrolet Roadster that Peter Learmont's mother drove around Cooma for many years.



This collection has since been auctioned due to Peter's passing; however the story of his car collection has been preserved in the form of a YouTube video.

For those who missed this event, enjoy the ride. See link - <https://youtu.be/Rutj07O5QiM>

**Sandy Coates - Programs**

## U3ASC Book and DVD Exchange Library



We have a large collection of books and DVDs at the Tura Beach Centre. They are available on loan and/or exchange by any U3ASC member. Borrowing is on a very informal basis, i.e. you can just take what you would like to read/watch, and return it when you're finished with it.

The collection is currently located on shelving in the kitchen, but we are in the process of making it more accessible in the main room.

When this occurs, we would like to have the collection catalogued and sorted - books by author and DVDs by title - so that it is easier to find what you want. This would also enable us to better promote this service to our members.



To this end, we are seeking a volunteer/s who could take on this duty. If you have a bit of time to spare, and you would like to contribute to your organisation as well as enjoy the benefits, then we'd love to hear from you. Getting involved is a great way to get acquainted with other members.

**Michele Patten** - Team Office  
[u3ascoffice1@gmail.com](mailto:u3ascoffice1@gmail.com)

### "The Orange"



*At lunchtime, I bought a huge orange -  
The size of it made us all laugh.  
I peeled it and shared it with Robert and Dave -  
They got quarters and I had a half.*

*And that orange, it made me so happy,  
As ordinary things often do  
Just lately. The shopping. A walk in the park.  
This is peace and contentment. It's new.*

*The rest of the day was quite easy.  
I did all the jobs on my list  
And enjoyed them and had some time over.  
I love you. I'm glad I exist.*

Wendy Cope



**Welcome**

Come in, We're  
**OPEN**

**EVERY FRIDAY AFTERNOON**  
at the Tura Beach Centre  
from 1:30 pm to 3:30 pm  
(except Public Holidays & School Holidays)

Come in if you need help to enrol  
or to register for one of our classes;  
or just for a cuppa, a chat,  
or to meet our volunteers  
and other U3A Sapphire Coast members



## TRIVIA/QUIZ by Bridget O'Hanlon

1. What temperature is boiling point in the Fahrenheit scale?
2. Name the river that runs through Baghdad.
3. Who won this year's State of Origin opener 38-10?
4. Men have one more rib than women. True / False?
5. What is the scientific name for a Lie Detector Test?
6. Who wrote '1984' ?
7. What food did Popeye eat to instantly give him strength?
8. What was 'Banjo' Paterson's day job?
9. A jeroboam contains enough liquid for how many bottles?
10. In Scrabble, which two letters have a value of eight points each?



*(Answers on last page)*



## Series Review "Life After Life"

<https://iview.abc.net.au/show/life-after-life>

This series of four episodes is currently streaming on ABC iView and is based on a best-selling novel by author Kate Atkinson. It begins and ends with the notion of 'What if', those two words in the English language that could haunt you as you look back over your life and question the decisions you have made along the way. What if you had made some of them differently, would you be living the life you are living now?

Would you choose to live your life over again, given the choice? Ursula, the main character in the series does just that, not because she chooses to, but because it is her fate to do so, over and over again. Each rebirth confronts her with a different historical era with its accompanying cultural change, inclusive of war, domestic violence, feminism and love. However, Ursula does not accept her fate as reliving the same life (\*), but rather retains an instinctive knowledge of each life as she learns from her past experience to never make the same mistakes again.

\* Love of Fate or Amor fati is often associated with what Friedrich Nietzsche called "eternal recurrence", the idea that, over an infinite period of time, everything recurs infinitely. From this, he developed a desire to be willing to live exactly the same life over and over for all eternity ("...long for nothing more fervently than this ultimate eternal confirmation and seal")  
[https://en.wikipedia.org/wiki/Amor\\_fati](https://en.wikipedia.org/wiki/Amor_fati)

Unlike Nietzsche's desire, Ursula lives a completely different life each time she is reborn, having gained wisdom and confidence that challenges the theoretical notion of Nietzsche's philosophy within patriarchy.

Many reviewers categorised the series as a tear jerker, I didn't find it so. Why not watch and see what you think?

A Review:

<https://theartsdesk.com/tv/life-after-life-bbc-two-review-d%C3%A9j%C3%A0-vu-all-over-again>

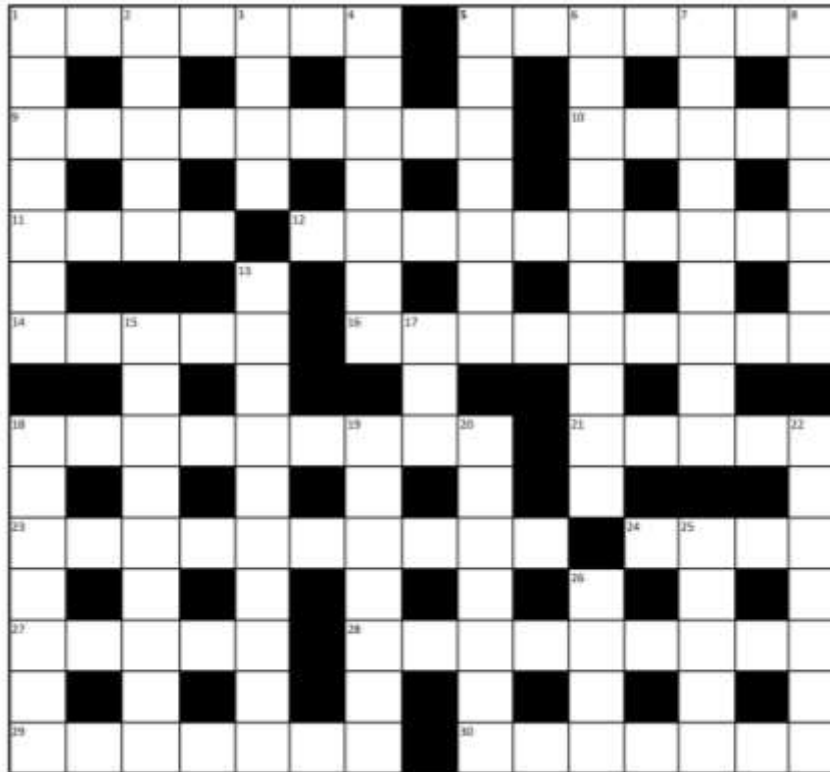
**Kaye Separovic**

Midweek Monthly Film Group

[kayeseparovic@gmail.com](mailto:kayeseparovic@gmail.com)



## CRYPTIC CROSSWORD #2041 by John Scrivener



### ACROSS

1. Antiquated principal best caught (7)
5. Blow hard on first balloon teaser (7)
9. Inter alia a rust here (9)
10. Christian writer in Roman times is a short rose-coloured shrub (5)
11. Finish tea swill cups solo too (4)
12. Confusing situation but rational relating to animals (10)
14. Weapon causing temporary harm to those who stare wildly (5)
16. You would expect to get a honeyed chicken for instance but instead you get a confectionery item (9)
18. Inexperienced and assess I hear fruit (9)
21. Behead car for kind of iris (5)
23. Maybe striation to start abrasions (10)
24. Agitate way before I right (4)
27. Call into question party under bad total commencements (5)
28. Overlap one doctor I trace badly (9)
29. Patent medicine without a guitarist! (7)
30. 10 dive awkwardly but clear (7)

### DOWN

1. Unwavering legendary magic rock (7)
2. Ends where two curves meet an annoying person who is quiet inside (5)
3. Open pixie not loud (4)
4. Cold-hearted and in the end, we object to ring zero (7)
5. Support sick elephant. Start dotted written language! (7)
6. Repeal of an agreement with Alcohol Anonymous and Brogo tin perhaps (10)
7. Go here small doctor perhaps. Bravo! (4,5)
8. In the broom lethargy of a small space (7)
13. Shout crudely to sibling, they say, about the portable radio (10)
15. Cut sperms for rainbows (9)
17. Move tail character (3)
18. Make happy info holds boy and daughter (7)
19. Mother's small car perhaps? Doctrine about natural object's soul (7)
20. Dignify of measure conductor Guy (7)
22. Used-up contains former monarch or dragon (7)
25. Small quantity of broken container (5)
26. Mollusc of mathematical symbols (4)

### CROSSWORD #2040 ANSWERS (June 2024)

**ACROSS** - 1. Forecast 5. Gallop 9. Medicare 10. Sienna 12. Unit 13. Adjustment 15. Idiosyncratic 19. Refrigeration 23. Truncation 25. Trio 28. Ninety 29. Strident 30. Events 31. Adherent

**DOWN** - 1. Famous 2. Radii 3. Cock 4. Strides 6. Agist 7. Long Eaton 8. Practice 11. Ruin 14. Mini 15. Influence 16. Yer 17. Raid 18. Pretence 20. Eats 21. Aborted 22. Tomtit 24. Cut it 26. Reeve 27. Ripe

*Answers to this month's crossword will be published in our next newsletter.*



# NEWSLETTER

## Production Team:

Carole Thomas - [blackbrumby@gmail.com](mailto:blackbrumby@gmail.com)

Michele Patten - [u3asoffice1@gmail.com](mailto:u3asoffice1@gmail.com)

## Contributions & feedback to the Newsletter

can be emailed to our Editors  
by the 1st Thursday of every month.

Trish Dive: [u3asoffice8@gmail.com](mailto:u3asoffice8@gmail.com)

AND

Kaye Separovic: [kayeseparovic@gmail.com](mailto:kayeseparovic@gmail.com)



## Justice of the Peace (JP) Drop-in Service

Every Tuesday, 11:30am - 1:30pm

You can now access the services of a JP  
at Tura Marrang Library.

No need to book, just drop in.

## TRIVIA / QUIZ ANSWERS

1. 212°
2. The Tigris
3. Queensland
4. False. Men and women each have 24 ribs
5. A polygraph
6. George Orwell
7. Spinach
8. Solicitor
9. Four
10. J and X



## MANAGEMENT COMMITTEE

|                     |                 |  |
|---------------------|-----------------|--|
| President           | Paul Strutynski | <a href="mailto:u3ascpres1@gmail.com">u3ascpres1@gmail.com</a>           |
| Vice President      | Garry Clear     | <a href="mailto:garrypcug@gmail.com">garrypcug@gmail.com</a>             |
| Secretary           | Carolyn Smith   | <a href="mailto:csmith1611@gmail.com">csmith1611@gmail.com</a>           |
| Treasurer           | Judy Brand      | <a href="mailto:u3asctreas@gmail.com">u3asctreas@gmail.com</a>           |
| Program Team Leader | Jane Thomson    | <a href="mailto:programs.u3asc1@gmail.com">programs.u3asc1@gmail.com</a> |
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