



# U3A Sapphire Coast

ABN 85641263291

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Merimbula  
NSW, 2548

## Sept. 2022 Newsletter



### Welcome

#### New Members:

- Chris Ball
- Eric Olerhead

#### PRESIDENT'S REPORT

##### Christmas Party

As another sign that we're returning to normality, U3A will be holding a Christmas party this year. Unfortunately COVID had put an end to them for the last couple of years. As per the old normal, the organisation will also be providing a 50 per cent subsidy on the price of the meal.

The venue will be the Sapphire Club, since it came up with the most attractive meal option. There will also be entertainment. Stay tuned for more details.



Christmas parties are a good opportunity to catch up with people you haven't seen for a while, and those you have. So give it a whirl.

##### Course Leaders' afternoon tea

We will also be returning to past practice by providing another thank-you afternoon tea for course leaders. These have also taken a back seat as a result of COVID. Program Team members will be contacting course leaders with details. I'm sure everyone will agree that they are the backbone of our organisation and deserve repeated thanks.

##### Newsletter survey

The Management Team, in conjunction with the Newsletter team, has also been conducting some informal, face-to-face surveys of course members in their meetings to see how often the newsletter is read, and what people think of it.

Virtually everyone so far surveyed said they regularly open the email. In addition, and not surprisingly, people only had positive comments like "excellent", "fantastic" and "wonderful".

It seems most people like its professional, appealing look and the useful information inside. People are using the newsletter more often to check out the availability of one-off courses and events, then go to the website to enrol.

Well done to the newsletter team! Now if only they could do something about that ugly photo on the cover. Things are humming along so there's not much to report. Till next time.

Paul Strutynski (President) [u3ascpres1@gmail.com](mailto:u3ascpres1@gmail.com)

[U3A Sapphire Coast](#), along with our sister organisation [Bermaqui U3A](#), covers most of the Bega Valley Shire and is a great way to meet other retired people and make new friends across the entire Shire. U3A is a not for profit, world wide movement which fosters shared learning in a friendly, non-political, non-sectarian atmosphere.

No educational qualifications are required to join U3A; your 'school of life' experience is all that is required. Because everyone is a volunteer, being a member and taking part in our program is extremely affordable.

## PROGRAM TEAM REPORT

The Taiko Drumming Workshop on August 27 went really well (see separate report) but September One-Offs didn't start well with our having to cancel the talk "Educating Yourself on Indigenous Issues" by Bermagui's Heather O'Connor due to the low number of enrolments.

It's a hard time of year for course leaders, with so many escaping the winter and/or (this year) the memories of covid restrictions. But let's hope, with Spring now here, that a few more people will be around and will get out and support the Program offerings.

We have a wonderful assortment of One-Offs between now and the end of November with several brain food offerings - A History of Human Violence, on September 23, Gulaga - a Volcano? on October 21, Noam Chomsky - the American Solzhenitsyn on October 28, and The Trojan War on November 25. There's also a variety of interesting and entertaining activities including the Interactive Experience at Panboola on September 8, A Visit to the Merimbula Poo Ponds on October 20, and a chance to try golf on October 9. There are also a couple still in the planning, so watch future Newsletters and check the Program.

For those who were interested in forming a Photography Group and are wondering what happened to it, the answer is nothing - so far. Because of travels and illnesses etc., it just hasn't got off the ground, so we've decided to put it on hold until first term next year when, hopefully, more people will be around and able to get together.

We've had interest in a course, short-course, One-Off (whatever we can get) on Classical Music Appreciation. With all the undoubted musical talent and interest in our U3ASC there must be someone out there who could help with this - or who knows someone who can help. If that's you, please contact Sue O'Loughlin.

Sue O'Loughlin - 0439 809 237

[programs.u3asc1@gmail.com](mailto:programs.u3asc1@gmail.com)

**Program Team Leader**

## ENROLLING IN U3ASC COURSES

The details of all courses and one-off events are published on the U3ASC website before the start of each new school year, with an update prior to the commencement of each new school term.

New activities can also be published as and when they are arranged, so I recommend that you keep a regular check on our website.

Program details can be found by selecting the Courses tab.

[LINK to courses](#)



## LINE DANCING CLASSES

### PLEASE NOTE!

U3A Sapphire Coast Line Dancing Classes are currently ON HOLD until 2023.

Long-term Course Leader, Julie Walker is taking a break for the rest of the year while she focusses on other priorities in her life. We thank Julie and wish her well, and hope she will be able to resume with her "Dancing Divas" next year.



## ONE-OFF COURSES

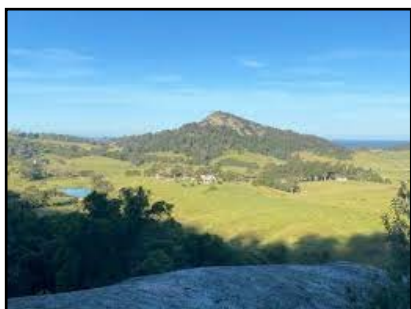
- A History of Human Violence  
Course Leader: Amanda Biltoft  
Friday, September 23, 1:30-3:30pm
- Give Golf a Go @ Tura Beach Country Club  
Course Leader: Sandra Coates  
Sunday, October 9, 1:00-3:30pm
- A Visit to Merimbula Poo Farm  
Course Leader: Sandra Coates  
Thursday, October 20, 1:00-3:00pm
- Gulaga - Volcano?  
Course Leader: Bruce Leaver  
Friday, October 21, 1:30-3:30pm
- Noam Chomsky: the American Solzhenitsyn  
Course Leader: Paul Strutynski  
Friday, October 28, 1:30-3:30 pm
- The Trojan War  
Course Leader: Paul Strutynski  
Friday, November 25, 1:30-3:00pm

[LINK to one-off courses](#)



U3A Sapphire Coast office is open every Friday afternoon except public holidays and school holidays. **Our hours are:** 1:30 to 3:30pm  
Admin/Office Email: [u3asoffice1@gmail.com](mailto:u3asoffice1@gmail.com)

### GULAGA – VOLCANO? ONE-OFF EVENT: Friday October 21 2022



Gulaga (Mt Dromedary) dominates the far South Coast landscape. This session examines the belief that the mountain is an extinct volcano. It also examines the mountain's role in the birth of the Tasman Sea.

Course Leader: Bruce Leaver (of Bermagui U3A)  
Day and time: Friday October 21, 1:30 - 3:30pm  
Venue: Tura Beach Centre  
Cost: \$3

Afternoon tea is BYO or buy next door

Program Team Contact: Sue O'Loughlin [sue.oloughlin@gmail.com](mailto:sue.oloughlin@gmail.com) or 0439 809 237

### NOAM CHOMSKY: THE AMERICAN SOLZHENITSYN ONE-OFF EVENT: Friday October 28 2022

This is an introduction by Paul Strutynski to the political thought of Noam Chomsky, the American linguistics giant and internationally famous political dissident. While the Soviet dissident, Alexander Solzhenitsyn, exposed the operation of Gulag labour camps in the USSR, Chomsky has been exposing his own country's contribution to human suffering in third world countries. In contrast to Solzhenitsyn, who was lauded in the US, Chomsky's political writings have been shunned, despite Chomsky being described, for example, as "the world's leading public intellectual", "the most important intellectual alive", and a "global phenomenon".

Find out why Chomsky changed Paul's view of the world.

Date and Time: October 28, 1:30 - 3:30pm

Venue: Tura Beach Centre

Cost: \$3

BYO or buy next door your afternoon tea.

Course Leader: Paul Strutynski [paul.strutynski@gmail.com](mailto:paul.strutynski@gmail.com)

Program Team Contact: Sue O'Loughlin 0439 809 237





## NEW - ONE OFF EVENT

Thursday October 20 - A visit to the MERIMBULA Poo Ponds or STP

Bega Valley Shire Council owns & operates 10 Sewage Treatment Plants. In 2009, NSW EPA instructed Council to upgrade the Merimbula STP and construct an ocean outfall to dispose of excess treated waste water during high rainfall periods.

We will be on site, not only in the Operations Center but walking around the plant seeing & learning how 700 million litres of waste water is processed each year.

How has Merimbula STP increased efficiency? Is it possible to increase the Reuse of treated waste water from 25%? Talk with the experts who really know.



Meet in the carpark at Merimbula bridge, airport side at 1pm to car pool. Access and parking at Merimbula STP is strictly limited. Boots or closed in shoes must be worn and high vis vests will be supplied.

Tour of Merimbula Sewage Treatment Plant begins at 1:30pm  
Participant numbers are required so please BOOK on line  
OR call/message Sandy 0416 228 211(Programs)

## INTRODUCTORY GOLF DAY



Always wanted to golf but never have...then this is for U!

A FREE Introductory afternoon for all new golfers to Tura Beach Country Club.

Sunday, October 9 starting at 1:00pm, meet at the Pro Shop.



Session begins with free group coaching by Tura Beach Country Club Professional - Loraine Lambert plus a few holes of golf with our friendly members, followed by refreshments in the Clubhouse. All golfing equipment is provided.

Bookings are essential by Monday, October 3.

To register call TBCC Pro Shop on 6495 9068

Program Team Contact:  
Sandy Coates [u3ascoffice9@gmail.com](mailto:u3ascoffice9@gmail.com)  
or 0416 228 211



## TAIKO WORKSHOP



What an inspiring group of U3ASCers were present at our Taiko Workshop held in the gym of Sapphire Coast Anglican College on Saturday August 27.

Many thanks to Reiko for sharing her knowledge of Japanese percussion instruments and leading us. An afternoon we all will cherish. What a hoot!

Nikki Jane



## WALKING - ADVENTURE WALKING

### Bega River Walungari Trail

On Thursday, September 1, the Adventure Walking group met at the Bega Cheese Heritage Centre on a beautiful sunny morning as befitted the first day of spring. We walked across the very clear and healthy looking Bega River via the pedestrian walkway of the Princes Highway bridge and down the stairs to the wide concreted track through the playing fields. We followed the walking track via Kisses Lagoon admiring the bird life, particularly a new family of Black swans who swam to welcome us (despite our not feeding them).



We then walked around the Bega Recreation Ground and Sports Field alongside the creek and towards and down a small section of Auckland Street, all bordering lush green fields with a variety of bird life. We then joined the Walungari Trail by the Bega River, meaning 'down stream' in the local Djiringanj language.

This beautiful trail through large river oaks (Casuarina) has easy access side trails to the river and much work and planting by local groups has saved the river banks from erosion.



We followed the trail to the Old Bega Racecourse before returning along the same walk after a rest and refreshment stop by the river.

We walked 8 kilometres in total on a flat and comfortable surface and stopped for coffee and sustenance at the Bega Cheese Heritage Centre on our return.

Elizabeth Stacey  
Group Member

## RUMMIKUB

I have just been advised that we can re-commence our Group meetings at Club Sapphire.

We will re-commence on Friday September 16, 1:15pm.

Any prospective new player will be welcomed, providing they ring me first on 6495 3911.

Thanks, Joan Callaway





## U3A PROFILE – MERRYN DOWLING – SECRETARY



I'm a relatively recent arrival to the Sapphire Coast, having relocated to Tura Beach at the end of 2019. I lived in the Bega Valley for a brief time in the late 80s so it was great to return to an area I loved ... I grew up on a farm in Central Western NSW and really enjoy being back in the country after living in big cities for much of my adult life. An absolute bonus is being near the beach, where I can be found walking our dog most mornings.

My husband and I moved here having lived overseas for 17 years – 4 years in London where I managed hostels for homeless people, and 13 years in France, where amongst other things we converted a 400 year old olive mill into an apartment. And embarrassingly, I am still not fluent in French!

As a newcomer to the area, U3A was the logical place for me to meet people, learn new skills and make a contribution. I enjoy participating in several U3A activities, and have very much appreciated the warm welcome I have received.

I'm not sure what specific skills I bring to U3A and the secretary role in particular, but I guess having had a successful career in the management of social welfare services, I'm a bit of an all rounder. Whether I have been working in family support, young people in care, homelessness or aged care, a strong sense of social justice was my motivation, and I wanted services to be accessible, helpful and focussed on the long term – it was amazing how often this challenged 'the system'.

In addition to my practical skills, I hope I can bring some of this passion to U3A to support its ongoing growth and relevance.

## POETRY APPRECIATION



Our group meets monthly to read and enjoy a selection of poems and poets, whatever takes our fancy. So far this year we've looked at Greek Poetry; George Eliot; Emily Brontë; Love Poems; Geoffrey Chaucer; Verse Styles; Sarah Teasdale and Roman Poetry. In October we are treating ourselves to the work of Khalil Gibran.

So, if you love poetry - or even if you know nothing about it but would like to have a look - we'd love to see you.

We meet the 1st Saturday of each month in the U3A Tura Beach Centre, 10:00 - 12:00pm. Cost \$4.

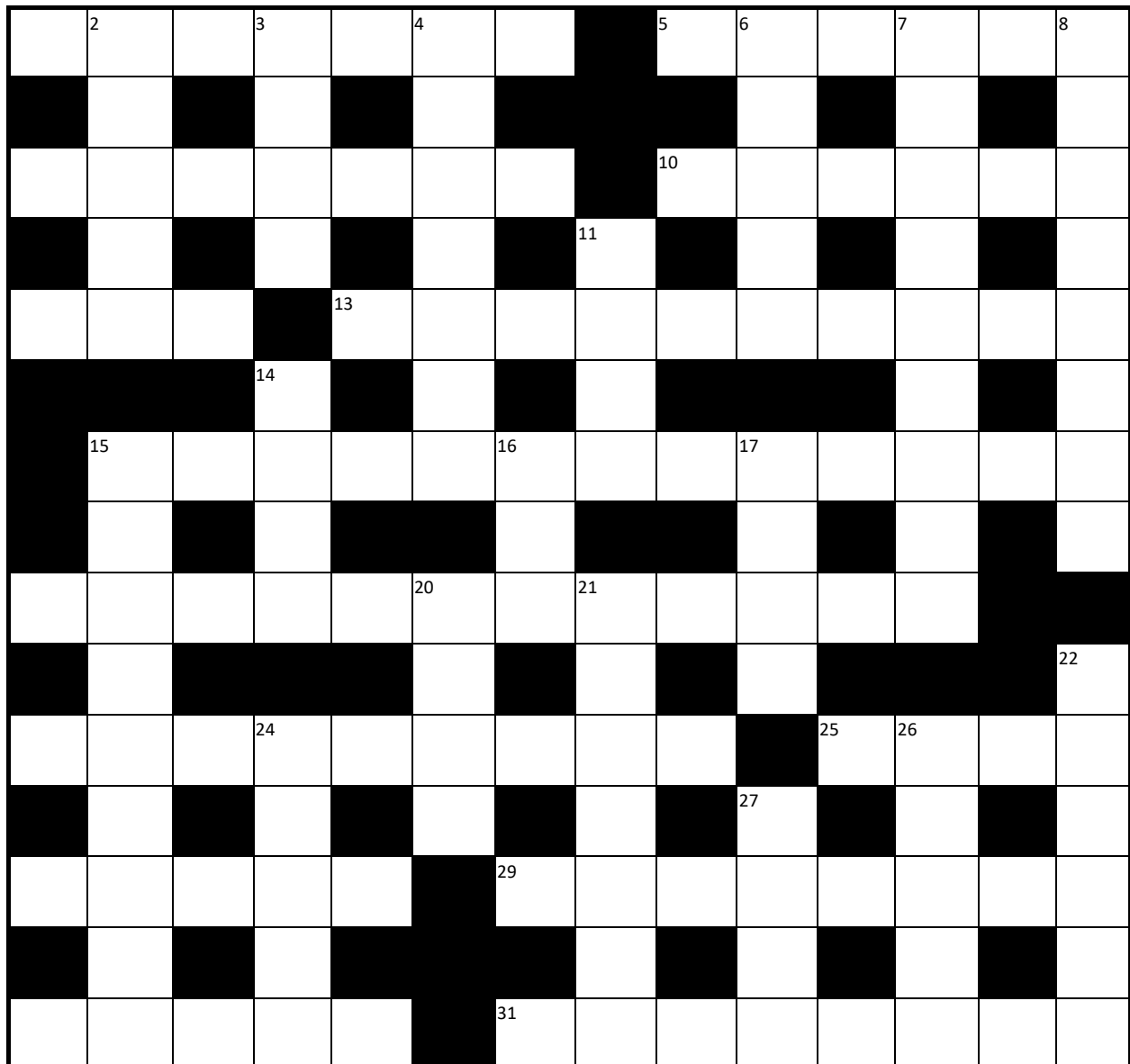
Course Leader: Bridget O'Hanlon 0421 796 422.

## TRIVIA QUIZ by BRIDGET O'HANLON

1.  $9 = 90$ ;  $8 = 72$ ;  $7 = 56$ ;  $6 = 42$ . Therefore  $3 = ?$
2. Turkey's Mount Ararat is said to be the resting place of which biblical vessel?
3. In which decade were the 1 and 2 cent coins removed from currency in Australia? Can you place the exact year?
4. The only alpine parrot in the world can be found in New Zealand. What is its name?
5. What is the science of taphonomy?
6. More than 50% of the world's lakes are in one country. Which country is it?
7. Australia won the total medal count at the recent Commonwealth Games, beating England by how many?
8. In *Pride and Prejudice*, how many Bennett sisters are there?
9. The practice of ignoring people around you in favour of your mobile device is called \_\_\_\_\_?
10. Which hit song from the film 'Titanic' earned Celine Dion an Oscar?



## CRYPTIC CROSSWORD 2021 by JOHN SCRIVENER



### ACROSS

1. Truncated travelling entertainment starts large round (8)
5. Compensate for the tennis player who is not on for part of the contest (6)
9. First word element pass is an agreement between countries (8)
10. Goat spread (6)
12. Record of money (4)
13. Perhaps ferret in on a protein that inhibits replication of a virus (10)
15. A ton must train? Change into another form (13)
19. Smelly former stop consonant which bangs (4,9)
23. Lighted first under red green indication by state pertaining to public worship (10)
25. Mix in best Irish stew (4)
28. Tire or peace disturber (6)
29. The clergy in small street by railway boundaries (8)
30. Nice directions for relatives (6)
31. Military operations of tents with mixed gain (8)

### DOWN

1. Successful struggling by policeman in gravity (6)
2. Hopper road gives a fowl home (5)
3. Inside 6 and large figments of the imagination in the sky (4)
4. Aggregates of a hill starting slope (7)
6. Cotton particles perform badly (5)
7. Gloomy planet in the east (9)
8. Sitting in the high chair? Barassi in object (8)
11. Is gold sweetheart? (4)
14. Seaman English weight (4)
15. Difficult to walk on drunk hangman's noose (9)
16. Actor who appears in pell-mell action movies (3)
17. Sour drug (4)
18. Drench Lithium perhaps for the young 'uns (8)
20. Agony of the glass sound (4)
21. Like an Australian, say, in a wind instrument! (7)
22. Crustacean on coloured writer (6)
24. Old administrative officer who may pass a rope through a ring (5)
26. Combined voices and start of fruit preserve (5)
27. While I am a procurer, I am between softies! (4)

**Check out next month's Newsletter for the answers to this Crossword**

# Newsletter

Contributions & Feedback to the Newsletter can be sent to the Newsletter Team by the 1st week of every month.

Send by email to either:

Trish: [u3ascoffice8@gmail.com](mailto:u3ascoffice8@gmail.com)

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

## FILM REVIEW

### MID-WEEK MONTHLY FILM GROUP



This month's film was Frances Ha chosen by me (Kaye) and available on SBS OnDemand: <https://www.sbs.com.au/ondemand/watch/428242499706>

A cult classic, the film follows an aspiring dancer, twenty-seven year old Frances as she negotiates her friendships, relationships and her aspirations to secure accommodation, a pay packet and a future.



The group enjoyed the film and related whole heartedly to Frances's lack of social sophistication and her impulsive decision making. We felt quite nostalgic about the follies and spontaneity of youth being lost to the responsibilities of adulthood. Our discussion reflected upon that decade in our own lives and the freedom or otherwise we experienced during our twenties, there were interesting contrasts.

Kaye Separovic  
Course Leader

## CROSSWORD 2020 ANSWERS

**ACROSS:** 1. Meteoric 6. Batter 9. Buffet  
10. Register 11. Appreciate 12. ANU 13. Season  
15. Souvenir 17. Strident 20. Nipper 22. Nap  
23. Coastguard 25. Fires off 26. Rebuff  
27. Unison 28. Calories

**DOWN:** 2. Equip 3. Efforts 4. Reticence  
5. Cereals 6. Bugle 7. Testate 8. Executive  
14. Extension 16. Unnatural 18. Impress  
19. Traffic 21. Plumber 23. Clown 24. Rifle

## TRIVIA QUIZ ANSWERS

12.  $9 \times 10 = 99$ ;  $8 \times 9 = 72$ ;  $7 \times 8 = 56$ ;  $6 \times 7 = 42$ ;  
 $5 \times 6 = 30$ ;  $4 \times 5 = 20$ ; therefore  $3 \times 4 = 12$ .
- Noah's Ark
- 1992
- The Kea
- How corpses decompose.
- Canada
2. (178 to 176)
- 5, Jane, Elizabeth, Mary, Kitty and Lydia
- Phubbing ( good to know for the grandkids!)
- 'My Heart Will Go On'

## FOLLOW US ON FACEBOOK

Follow us on our FB page to stay up to date with the latest updates and local news events. We would also love you to share your experience and photos with us on our FB page.

[www.facebook.com/U3ASapphireCoast](https://www.facebook.com/U3ASapphireCoast)



## MANAGEMENT COMMITTEE

<b>President</b>	Paul Strutynski:	<a href="mailto:u3ascpres1@gmail.com">u3ascpres1@gmail.com</a>
<b>Vice President</b>	Garry Clear:	<a href="mailto:garrypcug@gmail.com">garrypcug@gmail.com</a>
<b>Secretary</b>	Merryn Dowling:	<a href="mailto:u3ascsec@gmail.com">u3ascsec@gmail.com</a>
<b>Treasurer</b>	Judy Brand:	<a href="mailto:u3ascctreas@gmail.com">u3ascctreas@gmail.com</a>
<b>Program Team Leader</b>	Sue O'Loughlin:	<a href="mailto:programs.u3asc1@gmail.com">programs.u3asc1@gmail.com</a>
<b>Publicity Officer</b>	Julie Novotny:	<a href="mailto:u3ascpublicity@gmail.com">u3ascpublicity@gmail.com</a>
<b>Member</b>	Sue Fowler:	<a href="mailto:suepfowler1@gmail.com">suepfowler1@gmail.com</a>
<b>Member</b>	Carolyn Smith:	<a href="mailto:csmith1611@gmail.com">csmith1611@gmail.com</a>
<b>Member</b>	Roger Harris:	<a href="mailto:rogercharris@bigpond.com">rogercharris@bigpond.com</a>