


U3A Sapphire Coast

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 /U3ASapphireCoast/

May 2022 Newsletter

PRESIDENT'S REPORT

Hi everyone,



I said in the April newsletter that I wanted to focus this year on our core task of delivering courses to you. And the **Program Team** has been revving up to improve our already impressive course offering, including recently liaising with **Bermagui U3A** about possible shared arrangements. I was amazed to discover that we are managing to deliver about the same number of ongoing courses as we were delivering before the pandemic started. So well done to our course leaders.

But, even so, our membership has dropped considerably over the last two years, which restricts the number of presenters and courses we can offer. As our former Treasurer, Chris Bembrick, said in his report to the Annual General Meeting in March, we had 537 active members at the start of 2020, but only 312 at the time of the AGM. That is understandable given the pandemic (Bermagui had a similar drop), but a bit disappointing. The good news is that number is now around 350, so we are on the way up.

Meanwhile, the hunt is on for more one-off presenters. When I joined U3A I never thought I would end up as a presenter; I just wanted to meet like-minded people and maybe learn a few things. But it gradually dawned on me that maybe I did have some knowledge I could share. And so I jumped in, and have loved it ever since. What I learned as a one-off presenter is that you never seem as nervous to others as you feel yourself, and to be relaxed about saying you "don't know" if you don't know.

You will get all the help the program team can offer, plus we have an expert on giving presentations, Elizabeth Stacey, who can give you one-on-one help and advice on standing up in front of people.

It may be that presentations aren't your thing, but we all know people who astound us at times with their knowledge of some area, like bird watching, weed control, quilt making, woodworking, stamp collecting, photography or art. You can help us all by asking them if they would be interested in giving a one-off talk or demonstration on their pet topic, even giving them a bit of a nudge (or two).

Meanwhile, you can be assured the **Management Team** will be assiduously working with our other teams to further diversify your choice of courses.

Paul Strutynski, **President, U3A Sapphire Coast**

u3ascpres1@gmail.com



Welcome

New Members:

- Vicki Barber
- Kate Clarke
- Ric Stubbings
- Anne Wied
- Tina van Meurs

BIG THANK YOU TO OUR LANDLORDS

The President, Paul Strutynski, and Vice-President, Garry Clear, met recently with our landlords to thank them on behalf of all of our U3A for their kind generosity in supporting us with a 50% rent reduction during the COVID pandemic.

Thank You

A motion was moved and accepted at the Annual General Meeting that our thanks be passed on. The landlords, Sue and Reg Pauline of Tathra, said they were only too glad to help us out in our time of need.

Paul Strutynski told them they had been a tremendous help in getting us through a rough patch and we were extremely grateful.

TURA BEACH CENTRE — PARKING REMINDER



All users of the Tura Beach Centre are reminded of the need to leave some parking spaces free in front of the shops adjoining our centre for the use of their customers.

There is some concern that potential customers could be deterred from visiting the shops if they see all the parking spaces are taken. Where possible, please park further down the slope past the library on the side away from the shops.

Of course those with mobility issues are exempted. Thank you for your understanding in this matter.

PROGRAM TEAM REPORT

Farewell to some wonderful course leaders

Sadly this month sees us farewelling two of our wonderful course leaders.

Karen Gillespie has very ably coordinated the Australian Novel Book Club for more than 3 years but is moving to South Australia to be closer to family and friends. The group is going to miss both her organisational skills and the profound, and compassionate, insights she brings to the books they read.

Lorraine Young is also going to be missed by the book club especially for her acute picking up on any neglect of animals in the books we read, and for her often contrary, well argued, take on books. But she'll be missed even more by the Critiquing Cinema group which she has led for several years. Lorraine is moving to Canberra also for family reasons.

Thank you to both of you, Karen and Lorraine. And all our very best wishes for your new lives. Hopefully both groups will be able to continue with new leaders from within the groups.

PHOTOGRAPHY CLUB

We've had a lot of interest in the photography club and we'll be getting together later this month to talk through how it will operate. But there's plenty of room for anyone who hasn't got around to registering their interest. If you want to be in on the ground floor and help shape how the club works, now's the time to speak up.



Details could be worked out by the members, but the general concept would be that members go somewhere nominated by a facilitator (a role that could be shared around the group), take photos, then meet back at the Tura Centre to share the photos on the big screen, and to offer constructive feedback to each other.

If this sounds like something you'd like to be part of, please let me know and let's see if, together, we can make it happen.

Email: Sue O'Loughlin, Program Team Leader at programs.u3asc1@gmail.com

*Farewell
and
Good Luck*

ADVENTURE WALKING — APRIL

Eleven optimistic walkers met at Merimbula Wharf at 9 am on Thursday 7 April to set off for a walk along Merimbula's pathways with Jeff Haynes. The predicted very wet weather did not eventuate and we were fortunate enough to have just one brief shower.



Commencing from the wharf, we walked to Bar Beach via the old Fisherman's Lookout, then took the Djirringanj Peoples Walk, emerging at Spencer Park. We then walked along Main St before cutting down behind the Scout Hall and taking the new footbridge onto Berrambool Oval.



After following the creek to reach a secluded peninsula (pictured). We stopped for a short break on the bleachers before returning along the Lake St Walkway, and then turning up Wyebo St/Wyebo Lane, to walk some back streets on our way back to the Wharf Restaurant where most

stayed to have morning tea.

Yes, it was a bit muddy under foot in spots but I think we all enjoyed being out in a break from the wet weather. **Helen Stevenson — Adventure Walking Group Leader**

ADVENTURE WALKING — MAY



Jingera Rock

May's Adventure walk took us to Wyndham for a wonderful stroll among the historical buildings, and as the sun was out, the birches and oaks were full of autumn colours.

We ambled along the streets and local creek track imagining a time gone by as we passed 22 places of interest.



Autumn colours Wyndham

At the end of Cemetery Rd we had a striking view across to Jingera Rock nestled in its upper reaches, a whisper of cloud, contented cows grazing beneath.

A short break was taken, allowing us to wander among the headstones in the cemetery – I noted the grand ages that some had lived to, but sadly young ones as well.....local famous family names recurred as they did also on the Anzac memorial in the main street.



May Adventure Walkers in front of Robbie Burns Hotel Wyndham



It's urgent!



Entrance to Wyndham Cemetery and Wyndham Catholic Church



A cuppa at the local café rounded off a lovely morning... thanks to Ann Wykes and Kerrie Dean for organising and leading us.

Lisa Appleby

EASY WALKERS

Come and join the **Easy Walkers** of **U3ASC** and commit to becoming a fitter, healthier you. Are you lacking in motivation to get up off your seat? Then meeting us at **9.20am each Friday** is for you.



I am a retired Physical Education teacher and personal trainer and prior to your joining us I will ask you to complete a confidential questionnaire to help me assess your level of health & fitness.

Easy Walkers meet every Friday in the carpark area at the bottom of Tura Beach Drive and Surf Circle, **TURA BEACH**.

Our walk on the 29 April was on such a beautiful day and the **Easy Walkers** loved being out tramping the Tura Beach Golf Course.



Please contact me to have a chat and receive your Health & Fitness Questionnaire by email.
Sandy Coates Walking Leader — Mobile: 0416 228 211 **Email:** u3ascoffice9@gmail.com

ORIGAMI and PAPERCRAFT WORKSHOP

Don't miss outit is a **ONE-OFF EVENT!**

In this workshop we will be starting with an origami friendship ball and a simple box before learning slightly harder models.

These are easily achieved by beginners as our learning style is comparative in nature. Your creations are yours to keep, and if time permits, we will fit in a cuppa.

Class cost is \$5 for members and \$10 for guests of members, cash on the day. Numbers are limited, so call now to ensure your place.

Ring or message: Sandy Coates on 0416 228 211
Save the Date: 1.30 to 3pm Friday 3 June
U3ASC Tura Beach Centre



MIDWEEK MONTHLY FILM GROUP

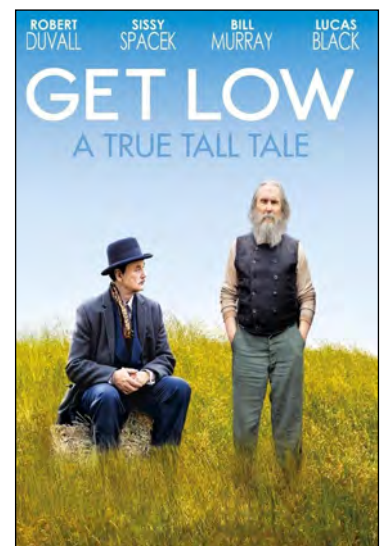
Our film for the month of April was entitled 'Get Low' with Robert Duvall as Felix, an elderly man who has chosen to live alone, isolated in the bush for 38 years, and Bill Murray as a Funeral Director in the accompanying town.

Although billed as a comedy by SBS OnDemand, the film touched on the more serious issues of shame, guilt, love, morality, and redemption. There were also some very humorous moments but it developed into a really beautiful love story told in a very unusual manner.

Our group thoroughly enjoyed the film and a lively discussion followed on Zoom.

Kaye Separovic

U3ASC Midweek Monthly Film Group



COURSE LEADER PROFILE — Sandy Coates

It's a Hi to all from Sandy (my Sydney name) or Sandra (my Melbourne name) Coates from Tura Beach. For those who have more recently joined U3A, I would like to say please become more involved as we need you and your skill set.

A few years ago I joined U3A as I was seeking like-minded people who welcomed challenges and wished to extend their learning during their retirement years. Working at the **TBC Office** with the dedicated Marg Nicholl and the Office Team gave me an insight into U3A as an organisation, as did attending Management Team Meetings led by the dynamic Fleur Dwyer.



Sandy kayaking at Brogo

It's my second year with the Program Team and I have just agreed to drive the One Offs as I love initiating and coordinating activities as well as supporting and working with Course Leaders. My experience as an Accreditation Co-Ordinator for the Sydney Olympics certainly gave me some preparation, as it was not only a wonderful experience but facilitated the development of skills which I continue to use to this day.

A **One Off** or a **New Course** for a term or a month is a great way to test the water if you are considering becoming a Course leader. The Program Team will support you all the way.

Last year I initiated an **EASY WALKERS** group, a trial for Term 2, which has evolved and is continuing for the remainder of 2022. Being a retired Physical Education Teacher/Co-Ordinator and having had a business "Pursuit of Fitness", my passion is still the great outdoors, health and fitness. My driving force is a legacy to my mother who developed vascular dementia in her late 60s. Research has decreed that frailty (lack of mental stimulation and movement), if addressed, can slow down the onset of dementia, hence my commitment to U3A and its endeavours.

It would be great for all of us to take on a challenge ... book into a Course that you have been considering, offer to take a **One-Off Course**, become a **Course Leader**, offer to assist **Team Office**.....

Wanting to discuss your idea for a **One Off** or **New Course**.

Email: u3asoffice9@gmail.com

Mobile: 0416228211 ... a message is fine. Just contact me or any member of the Program Team.

ITALIAN FOR BEGINNERS GRUPPO # 3 — La Dolce Vita on Tuesday Afternoons

The desire to learn a new language can be prompted by many things - a dream to live in an Italian villa for 6 months, a blossoming love for a romantic country or simply a means to exercise an ageing brain. Whatever brought us to St Clements Hall on a Tuesday afternoon in February, we have found it and more under the expert guidance of our teacher and now "amica", Professoressa Teresa.



Pamela Carter serving delicious antipasto at our last pomeriggio get together at the beautiful home of Professoressa Teresa Hamer.

With her relaxed and inclusive style of teaching, we laugh and chat as we begin to hold simple conversations in Italian, learning through context rather than grammar, words and phrases taking hold and becoming familiar.

And whilst learning this beautiful language we are learning about each other too and growing closer as a group. Also, as if by osmosis, the Italian love of sharing food, wine and laughter has also grown and taken hold. We find little bottles of home made delights prepared for us with love when we arrive at class, we share recipes and pics of our creations, we arrange rotating monthly get togethers at each other's homes where delicious food is plentiful and conversation flows freely.

We have indeed found La Dolce Vita with Teresa on Tuesday afternoons in Merimbula!

Ciao for now from Gruppo #3

SLOW FOOD ON TATHRA BEACH

Do you prefer restaurants that source their products from the local area?

Is it important to you that the people who prepare and serve your meal are valued and treated well?

Are you seeking sustainable and scrumptious cooking? And, do you want to know who Paul is?



If your answer to these questions is “**Yes**” then join like-minded people from U3A for a great lunch on the beach at:

**Pividori's, Thursday
17 June 12.00pm**

Hear Nicole of Pividori's, talk about their restaurant's philosophy and commitment to sustainability, whilst enjoying a fabulous lunch. Oh...and meet Paul!

Check out the luncheon menu at: <https://www.pividoris.com>

BOOKINGS are ESSENTIAL:

Book with Chris & Bernie Watts by 3 June. Email: tumberine1@gmail.com

SLOW FOOD COOKING CLASS

Yeast Baking: various breads, brioche and focaccia
A fun afternoon at Tanja with Nelleke. Gather around the dining room table, knead and work with Nelleke to produce savoury and sweet results ready for eating for afternoon tea.

11 July commencing at 1.30pm

Car pooling to travel to Tanja for those who are interested.

Fee: \$40 per person.

Places are limited so booking is essential.

Book with Sylvie with this email:

mansynette@gmail.com by 27 June



HAVING FUN AT SLOW FOOD COOKING CLASS



Lisa, Niagara Cheese, shares freshly made Ricotta at Kameruka for U3AFAG for making gnocchi.



Gavin of North of Eden Gin shares secrets of distilling award winning gin with U3A Slow Food Appreciators Group (SFAG).

COMMUNITY NOTICES

REGIONAL SENIORS TRAVEL CARD

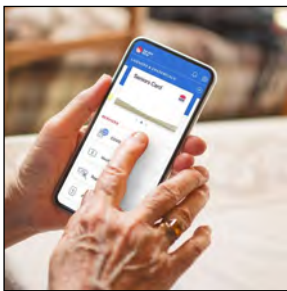
Have you claimed your free \$250 travel card to assist you with day-to-day travel expenses? The deadline for applications is November 30, 2022. With the latest COVID-19 health advice, you are strongly advised to apply online or call 13 77 88, rather than visit a service centre.

Please allow up to 20 business days from the time of application for your card and PIN to arrive. Due to the recent floods and COVID-19, there may be a postal delay in receiving your card or PIN.

Once you receive your card, you need to activate it within 45 days. You have at least 12 months to use your card from the date of activation. Find out more [HERE](#).



SAVINGS FINDER



Seniors, you can now take the hassle out of everyday transactions. **The Digital Seniors Card** and **Senior Savers Card** are now available within the **Service NSW** app, giving you the option to opt-in and to carry one less thing around.

Add your **Digital Seniors** or **Senior Savers Card** to the **Service NSW** app via [THIS LINK](#).

NSW GOVERNMENT REBATES & VOUCHERS

The **NSW Government** is offering more than 70 rebates and vouchers to help you save on everyday costs and more.

You can browse **NSW Government** rebates and vouchers [HERE](#).



LOCAL LIBRARY NEWS



Have you heard of **Words and Music**? It's a monthly event at **Tura Marrang Library** featuring musical performances, a book chat and morning tea.

Words and Music happens at Tura Marrang Library on the first Friday of the month. In April, local musicians, Dean Gray and Mike Martin, entertained with tunes and tales of Australia.

It was so much fun, they're going to hold another one at Bega Library in June.

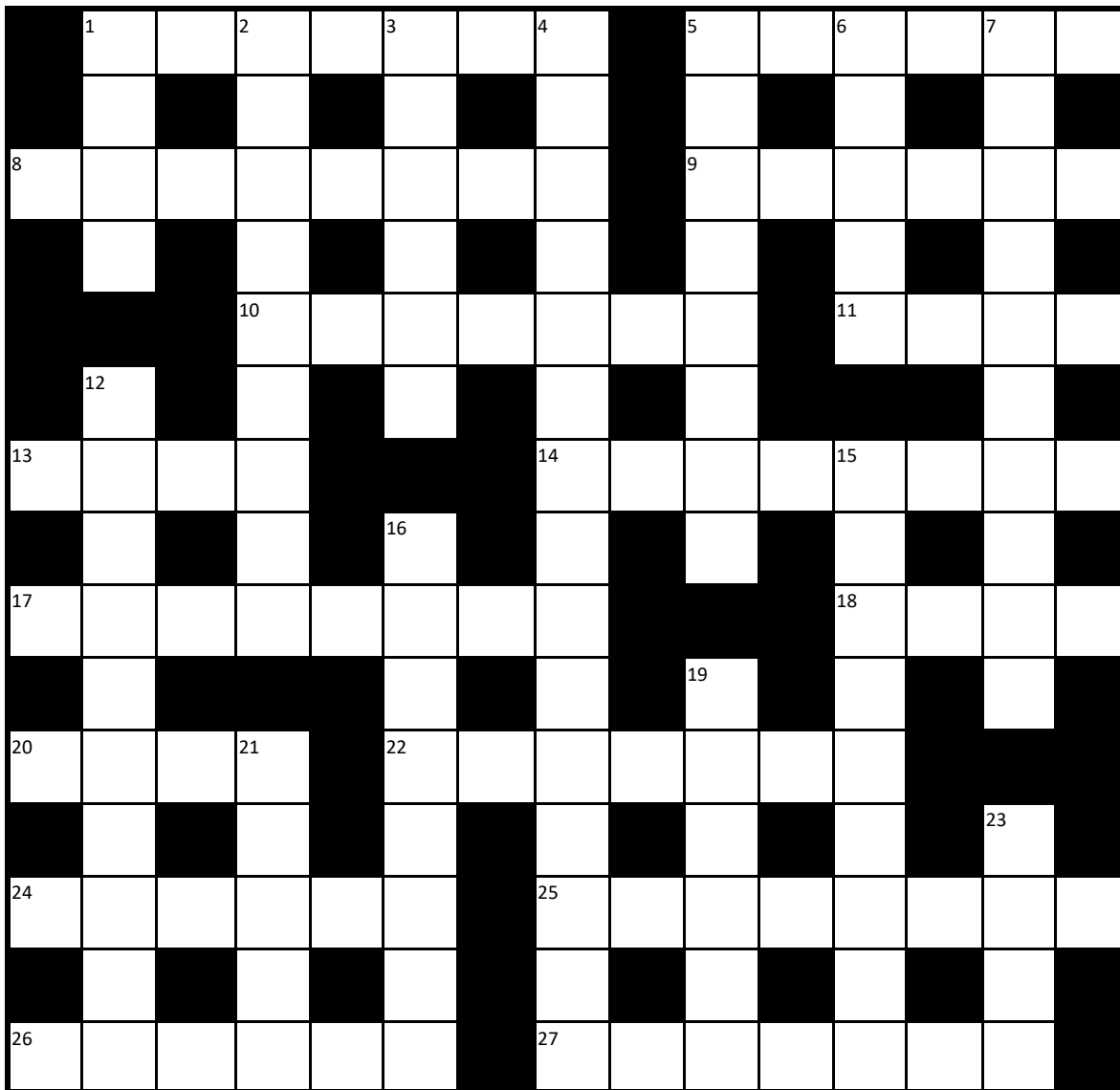
Stay up to date with the latest library news [HERE](#).

TRIVIA QUIZ by BRIDGET O'HANLON

1. Which film won Best Picture at the Oscars in 2021?
2. What is the Chinese Monetary Unit?
3. Oliver Mellors is a central character in which novel?
4. Where in BWS would you find an agraffe?
5. In which city would you find South Africa's Table Mountain?
6. What is the smallest bird in the world, found in Cuba?
7. How many Olympic Gold Medals does Michael Phelps hold - 13, 23 or 33?
8. The Lone Ranger's horse was called Silver, but what was the name of Tonto's horse?
9. The French word 'trombone' translates into English as what?
10. Speaking of elections...what is a corflute?



CRYPTIC CROSSWORD 2017 by JOHN SCRIVENER



CROSSWORD 2017 CLUES

ACROSS

1. Flat dish leaders of Australian Unity (7)
5. Dull end within end of study (6)
8. Tasmanian museum almost glue of secluded persons (8)
9. Parent could hoodwink (6)
10. Lizards leave girls (7)
11. Grass vibrating in the instrument (4)
13. Accordingly close differently (4)
14. Create hotel egg shape (8)
17. Italian dish for Scotsman and a muddled press (8)
18. Short letter key (4)
20. Bustle but not a criminal wrong somehow (4)
22. Is the man on the French island heathen? (7)
24. Assent to current and spoken pip (6)
25. Does this drink lead me on? (8)
26. Rapid declines for the cover in the state emergency service (6)
27. Alternative right in shout type of mallee (7)

DOWN

1. Reverse endless band of people supply (4)
2. If we ran the sale again would it relieve our pain? (9)
3. Former star makes cricket runs (6)
4. World body state friend absolutely (15)
5. Bandage sauce (8)
6. Compound in cheapest ersatz (5)
7. True and its end with Victoria, for example, land or buildings (4,6)
12. Eat in thrice with energy replaced by aluminium calculated for effect (10)
15. Even change losing second action if wronged (9)
16. Formal meeting perhaps scorns, for example (8)
19. Millimetre in rough ride but not brighter (6)
21. Tear after junction's general direction (5)
23. Deity image sounding lazy (4)

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

Newsletter

CONTRIBUTIONS & FEEDBACK

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 OR

Elizabeth: eastacey@bigpond.net.au

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 at <https://www.sapphirecoastu3a.org> by selecting the Courses tab.

Current U3ASC members are very welcome to join any of the courses or groups advertised in the current program. To enrol in classes online go to our website and click on Member Login. You will need your Member ID (which is your Member Number) and your password, which you will have chosen as part of joining U3ASC online. If you have forgotten your password, please email: U3ascsec@gmail.com
Michele Patten, Team Office

APRIL CROSSWORD 2016 ANSWERS

ACROSS

1. Epidemic 5. Fences 9. Surplice 10. Tierra 12. Else
13. Mitigation 15. As right as rain 19. Spill the beans
23. Traditions 25. Acra 28. Raider 29. Temporal
30. Canola 31. Benefits

DOWN

1. Easter 2. Idris 3. Ella 4. Itching 6. Evita 7. Cardinals
8. Stagnant 11. Tint 14. Oral 15. Animation 16. Hue 17. Star
18. Esoteric 20. Hail 21. Benzene 22. Tallis 24. Ideal 26. Corgi
27. Apse

TRIVIA QUIZ ANSWERS

1. Nomadland
2. The Yuan
3. Lady Chatterley's Lover
4. It is the wired cage that holds the cork on a champagne bottle
5. Cape Town
6. The Bee Hummingbird
7. 23
8. Scout
9. Paperclip
10. A temporary sign or poster made of corrugated sheet plastic.

U3A FACEBOOK

Follow us on **Facebook** for the latest updates and local news events.

We would love you to share your experience and photos with us on our FB page.

www.facebook.com/U3ASapphireCoast



MANAGEMENT COMMITTEE

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