

U3A Sapphire Coast

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f /U3ASapphireCoast/

January/February 2025 Newsletter

President's Column



Welcome back everyone to a bright new U3ASC year.

Another year of socialising with old acquaintances; exercising or stretching those legs; sharpening up (or calming down) the old brain; fine tuning your writing or artistic skills; honing your film, food, poetry or book appreciation skills; testing your skill at cards or table tennis; practising and improving your language, craft or musical skills; and so on. (I'm bound to have missed something!)

All you have to do to get rocking and rolling is to pay our \$35.00 annual fee and then enrol in your chosen course(s) before the term starts on the 3rd of February. I'm sure you'll agree \$35.00 is a very modest sum for what you get in return over a whole year.

To renew your membership, click on 'Join Now or Renew' on the home page of our website <https://www.sapphirecoastu3a.org/> or visit the Tura Beach Centre on Friday arvoes to get help face to face.

Hope you have a great one.

Paul Strutynski

U3ASC Office Open for Business

U3ASC Tura Beach Office reopens
on **FRIDAY 24 JANUARY 2025**
from **1:30pm to 3:30pm**

Come in to renew your membership,
pay your 2025 membership fee
and enrol in Term 1 Courses before they commence.



Wayne Carracher
Fran Hopkins
John James
Ian Munro
Angela Nimmo
Louise Paton
Jenny Van Gorder
Linda Watson
Alicia Zanger



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



Team Office is Looking for Volunteers

We need U3ASC members who would like to do office work, using the Team Office Windows-based laptop, or your own laptop/tablet.

Our team undertakes general administrative duties such as joining up new members, renewing memberships, enrolling members in courses and doing the monthly Newsletter mailout. We greet members and potential new members, and talk with them about U3A Sapphire Coast and the courses and activities that it offers; this is a very important aspect of our work.

Training is provided by an experienced mentor who is always rostered on with you. Training includes office procedures, use of the U3ASC laptop and the Square EFTPOS terminal.

A comprehensive, step-by-step Office Procedures Manual is available, both in hard copy and on the dedicated Team Office webpage on the U3ASC website.

We work on a roster system, with volunteers working at the U3ASC Tura Beach Centre one Friday afternoon a month, from 1:30pm to 3:30pm.

This is a great way to get involved in your organisation and get to know other members. If you are interested or would like to know more about the role, **please contact Michele Patten at u3ascoffice1@gmail.com or phone 0428 947 179.**



Celebrating our Course Leaders

On December 7th, 2024, we held our annual Course Leaders' Thank You Party, which celebrated the time, effort and passion put in by those of you who run our U3ASC courses - short, long, one-off, brainfood or fitness, language or literature; there's a lot on offer and it's all thanks to you.

The party was lots of fun, the food delicious and the decorations were spectacular, thanks to the creative contributions of Rosie Bunton and Gabby Caldwell.

So, a big thanks to all those who attended, to Rosie and Gabby, and here is a picture we hope captures the vibe of the, er, soirée!

Jane Thomson
Program Team Leader



Farewell Margaret Evans



Sadly, as many of you know, Margaret Evans passed away after a short illness on 14th January. Margaret was a longstanding member of U3ASC and led the popular Gourmet Traveller's group which provided many enjoyable outings over the years.

Margaret was born in 1939. She was extremely active in the community and belonged to a wide range of organisations. Margaret led a colourful, active life and was involved in many community activities and the aforementioned U3ASC group, Gourmet Traveller. She also held the position of Vice President of U3ASC for some time. She was involved in many clubs and organisations over the years and held positions on numerous committees. She was a member of the Society of Australian Genealogists, Bega Valley Genealogy Society and the Society of Australian Authors, and authored at least seven books on local history.

But Margaret will be remembered by those who knew her at U3ASC for her outgoing, warm nature, her delightful unconventionality and of course, her beloved dancing chihuahuas, which - some of you may remember - performed at the U3ASC Christmas party in 2018 (*pictured right*).

For her friends in the Gourmet Traveller's group, she is remembered as *'a truly amazing, resilient, caring, fun loving woman'*; *'energetic, vibrant, warm, friendly, quirky, modern, engaging...'*; and *'a wonderful person, so full of life and love for everyone, welcoming to all that she met'*. Margaret will be very much missed by any friends at U3ASC, and especially by those who went along to the Gourmet Traveller's group.

Vale, Margaret - you were a star.

Jane Thomson (*Program Team Leader*) and friends



Taboo Topics, Tura Beach

'Tura Taboo Topics' is a safe space for political discussions on local, national and international issues. In a relaxed weekly setting, we chat about issues impacting our local area (e.g. new building developments), the national scene (for example cost of living, Albanese's performance, housing and new energy projects), and the international scene (conflicts in Ukraine, the Middle East and Artificial Intelligence).



We also discuss feelings, our lives, ageing, what makes us happy and good news stories. The discussion goes in many directions, depending on the feelings of the group. The emphasis is on enjoyment, gaining new ideas and challenging our views.

From feedback so far, this year we'll especially focus on Australia's May Federal Election and also on putting President Trump's weekly shenanigans in perspective.

Tura Taboo Topics meets at U3A's Tura Beach Centre, 10.00 am to 12.00 noon on Wednesdays. We have morning tea too (\$2 extra). New members are very welcome.

Peter Coates, *Course Leader*

Email: pete74730@yahoo.com.au

‘Philosophy for Fun’ - Togas Officially Back in Fashion...

... at least they appeared to be at the last session (for 2024) of ‘Philosophy for Fun’, where several members went all out in their efforts to reproduce the ‘Roman philosopher’ look. Cicero, eat your heart out!

Food, wine and an invigorating discussion on the fairytales we live by, made for a fun and stimulating event to close off the year.



This year, we’re planning to return to the big (and the silly) questions of life, for example: ‘Is money the root of all evil?’, ‘Are we living in a nonsense world?’, ‘Is it a good idea to love your enemy?’ and ‘When knowledge isn’t power, is there actually any point in knowing it?’ Like, for instance, philosophy...

Jane Thomson
Program Team Leader

NEW in 2025 - ‘Do Your Own Thing’ Weekly Dance Group



U3ASC 'DO YOUR OWN THING'
WEEKLY Dance Group

Other exercise classes aren't quite right?
Find it hard to exercise alone?
Unfit but love to dance around?

Then this group may be for you...

There's no leader as such - just you and the music in a room with a small group of other people (4-8)

DANCE AS IF NO ONE IS WATCHING.

You're responsible for knowing your own limitations.
Take breaks as often as you need, and bring along a water bottle to stay hydrated.

The group will meet every Friday from 3:30 to 4:30pm, starting from the 7th of February 2025, at the Uniting Church Hall, Gipps St, Bega.

For more information, contact Leonie on 6493 2574. Please leave a message and your call will be returned.

Not sure what to expect? Come along and find out...

Do you like to dance about a bit to your favourite tunes in the kitchen? Have you got two left feet and wonky knees and can't quite master the tango? Would you like to dance like no one's watching, but always feel like someone, somewhere, is actually, watching?

Come and give the **Do Your Own Thing Dance Group** a try. It's a new course bringing together people who like to move around to music, doing it their own way. Dancing is known to be great for both your body and your brain, but more importantly, it's a lot of fun!

The course will run in Bega on Fridays.

Enrol online or for more info, contact course leader Leonie Barrett on 6493 2574.

Jane Thomson, Program Team Leader
englishrose659@outlook.com

U3ASC Adventure Walking - 5th December 2024



A group of 13 walkers set off from the CBD of Eden down Warren's walkway towards the wharf. We then turned right and followed the shores of Twofold Bay towards the old cannery site. After entering through a secret door, we made our way to Corcora Beach, then along the Bundian way to Quarantine Bay. We had glorious views and great company.

We made our way back to Eden, then had a lovely Christmas lunch at Florabel in the township.

As this was the last U3ASC walk for the year, we would all like to thank Helen Stevenson for her tremendous job in facilitating the walks over many years.

Anne Wykes, Group member

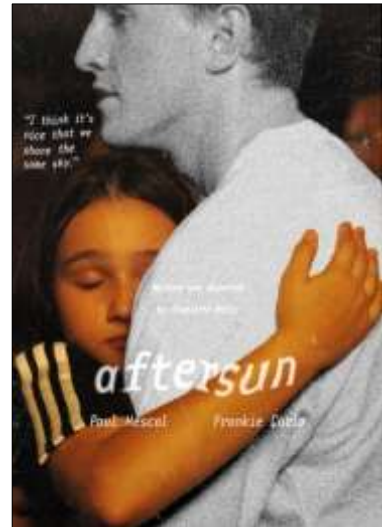


REVIEW

Film Review 'Aftersun'

<https://www.sbs.com.au/ondemand/movie/aftersun/2387024451535>

This film screened at the Cannes Film Festival in 2022 and is now streaming on *SBS On Demand*. It is the first feature for Scottish writer, director Charlotte Wells. It is a beautiful film with a gentle rhythm as it captures tender moments shared by Calum, a young father (Paul Mescal) and Sophie, his eleven-year-old daughter (Frankie Corio), while holidaying together in a run-down coastal resort in Turkey in the 1990's.



Sophie is now an adult (played by Celia Rowilson-Hall), and is reflecting back on this holiday, the last one she had with her father, as she is now the same age as he was then, and has also become a parent.

I loved watching this film with its authentic naturalness between father and daughter, so poignantly displayed by Calum and Sophie. It's a gem.

Reviews:

"Charlotte Wells's debut feature is a stylistically daring, emotionally piercing and beautifully understated tale of love and loss Yet 'Aftersun' is constructed as a very personal recollection, filtered through a haze of memory and imagination by the now-adult Sophie (Celia Rowilson-Hall) looking back on things she didn't really understand at the time." <https://www.theguardian.com/film/2022/nov/20/aftersun-review-charlotte-wells-luminous-father-daughter-drama-paul-mescal>

"Aftersun" is clearly told from Sophie's point of view, but a perceptive viewer will notice there are scenes where Sophie is not present. The film, then, is from the adult Sophie's point of view, an adult - a new parent herself - looking back on this vacation, curious about what her father must have been going through. She knows her own memories of the vacation. But what was going on with him?" <https://www.rogerebert.com/reviews/aftersun-movie-review-2022>

Kaye Separovic, Midweek Monthly Film Group
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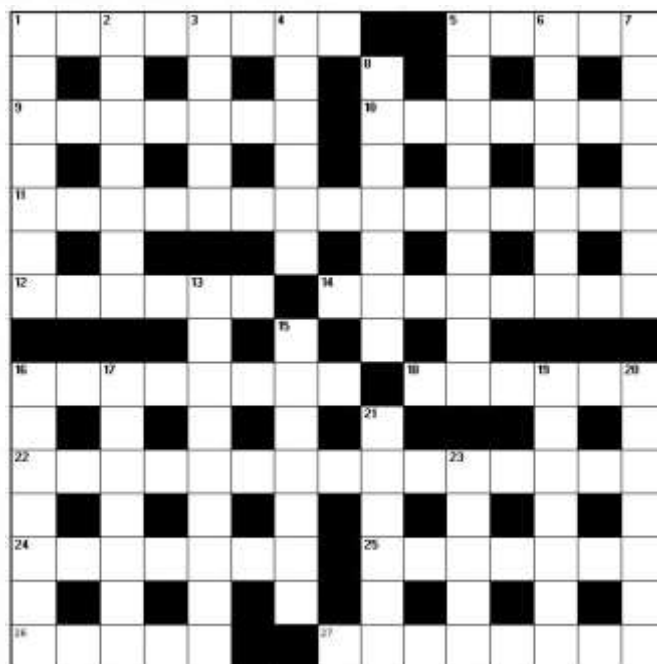
TRIVIA / QUIZ by Bridget O'Hanlon

1. What is the collective noun for a group of flamingoes?
2. The Statue of Unity, the tallest statue in the world, is in which country?
3. What do you call the decayed part of organic matter in the soil?
4. Who was Australia's 'Golden Girl of Athletics' in the 1950's?
5. What is the hardest substance in the human body?
6. What does the Spanish word 'Zorro' mean?
7. Name the rarest spice in the world.
8. Where in the world is the first place to see in the New Year, according to the Gregorian Calendar?
9. What is a Plutocracy?
10. Which female actor has won the most Academy Awards for a leading role?



(Answers on last page)

CRYPTIC CROSSWORD #2047 by John Scrivener



ACROSS

1. Did James Barrie finally throw a wine grape? (8)
5. Disorderly defeat of 500 involving former royals (5)
9. Am I in Tasmanian gallery with colourless gas? (7)
10. Agrees to Everest climbs, say (7)
11. Arranging music in strum specialist at one negative reverse (15)
12. Entertainment and you beginning agreement (6)
14. Policeman maybe rest within muddled rear (8)
16. Paper bits banned from weddings because of alien confit perhaps? (8)
18. Authoritarian or stir roughly with beginnings of cream tart (6)
22. This crossword? Crank throat with Australian hundred Dollar? (1,4,3,2,5)
24. Proposed city where one might conform with part of one's foot! (3,4)
25. Twisting action to root out sin (7)
26. Birth related province (5)
27. Unable to relax remainder not as much (8)

DOWN

1. She accepts the situation of the boxer in sleep (7)
2. All together at church ceremony inside direction (2,5)
3. Introvert to enrol maybe (5)
4. The traveller wishes the attractions to be. Scrambled about average (4,2)
5. Evidence of will (9)
6. Treats the mouth for small hollow mark. Is beginning of trouble! (7)
7. Resin or strong alcoholic drink (7)
8. Good ones are taught by mothers for the ways of doing (7)
13. Large wheel powered by stepping on boring job (9)
15. At adjusted radio made aware (7)
16. Subdue a hundred hurry (7)
17. Close den houses organ (7)
19. I am a rummy game east of Beatles song (7)
20. Sales of monarchs, thank you (7)
21. Representation of you, they said, in NSW for example (6)
23. Insertion symbol sounding vegetarian (5)

CROSSWORD #2046 ANSWERS (December 2024)

ACROSS

1. Eyewash 5. Sparrow 9. Timbuctoo 10. Tonal 11. Also 12. Apprentice 14. Title 16. Therapist
18. Practices 21. Canal 23. Assurances 24. Spar 27. Those 28. Epitomise 29. Mutated 30. Evident

DOWN

1. Entrant 2. Emmys 3. Abut 4. Hot spot 5. Scourge 6. Attendance 7. Rendition
8. Wildest 13. Betterment 15. Transport 17. Hoe 18. Phantom 19. Contend
20. Sterile 22. Largest

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

NEWSLETTER

Production Team:

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Contributions & feedback to the Newsletter

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

Trish Dive: u3ascoffice8@gmail.com

AND Kaye Separovic:

kayeseeparovic@gmail.com



Adventure Walking Group

Are you a walker who regularly walks several kilometres on familiar tracks and is looking for some new places on our beautiful coastline to walk? Or are you a new member walker who would like to explore some of the amazing places we have to hike on the Sapphire Coast?

The **Adventure Walking Group** meets on the first Thursday morning of each month to hike local, well-defined trails for up to 6 to 8 kilometres, usually with a coffee stop to follow.

Please enrol online or at the U3ASC office when it opens on Friday 24 January at 1.30pm, or contact our group leaders for further information and to introduce yourselves.

Elizabeth Stacey - eastacey@bigpond.net.au

Jeff Haynes - jhaynes57@hotmail.com

TRIVIA / QUIZ ANSWERS

- 1 - a Flamboyance ; 2 - India; 3 - Humus ; 4 - Betty Cuthbert; 5 - Tooth enamel;
6 - Fox; 7 - Saffron; 8 - the Line Islands (part of Kiribati);
9 - Government by the wealthy; 10 - Katherine Hepburn

MANAGEMENT COMMITTEE

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