

U3A Sapphire Coast

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April 2025 Newsletter

New Committee Elected at the 2025 AGM



The U3ASC 2025 AGM was held on Monday 31 March at the Club Sapphire, Merimbula. All positions were declared vacant and a new committee was elected. Let's welcome them all. Pictured (l-r): Jeny Bannam (Committee) Neil Walker (Treasurer), Carolyn Smith (Secretary), Leanne Straatman (Committee), Judy Brand (Vice President), Sue O'Loughlin (President), Jane Thomson (Committee), and Benita Thistlethwayte (Committee).
Absent: Heather Percival (Committee).



Coming One-Offs / Short Courses

'Singing in Harmony'

Wednesdays: 16 & 23 April: 10:30 am - 12:30 pm

'Our US Alliance: Time to Re-Evaluate?'

Friday 25 April: 11:30 am - 1:30 pm

'Map Making Through the Ages'

Friday 2 May: 1.30 pm - 3.00 pm

'Be Emergency Ready' with the Red Cross

Friday 16 May: 1.30 pm - 3.00 pm

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

<https://www.sapphirecoastu3a.org>

AGM 2025 - Outgoing President's Report



This is the third and last report I am making to the AGM. In the past, they've not been particularly spellbinding. This year will be no exception.

I'm stepping down simply because three years is enough. As a former president said to me recently: "You just run out of oomph". And you do.

I said in my first report I had two aims as the new president. One was to focus on our core work, which is delivering courses to all of you, as opposed to trying to shake the tree or leave my mark in some way. The second was to make sure things continue to tick over smoothly.

Not surprisingly, I am going to claim some small measure of success on those two fronts. And when I say small measure, I mean small measure. Because what I did achieve, I achieved as part of a team. And not just the Management Team, but also with the help of the Office Team under both Marg Nicol and Michele Patten for most of the time, the Newsletter Team under Michele again (a very valuable contributor to our organisation, as is Marg), and the Program Team under Jane Thomson.

As Garry Clear, our vice president, said to me recently about the Management Team, teamwork is all important. And I've been blessed these past three years with a bunch of very team-oriented colleagues. Meaning that no-one is in it for personal benefit or self-promotion but instead, has the good of the organisation at the forefront of their mind, and is happy to compromise to achieve the desired result.

So what can I report to you? Well, membership has continued to creep up this year - and post COVID. We had 430 members at the end of 2024, compared to 416 at the end of 2023, and 390 at the end of 2022. I guess the main takeaway is that our numbers are not declining or staying steady, but rising, albeit very modestly.

Financially, we ran a paper deficit this past year, but we still had more money in the bank at the end of 2024 than we had at the end of 2023, a buffer roughly equivalent to a year's costs, which is a healthy buffer. This may have been helped by the fact that we increased the annual fee this year from \$30 to \$35 in order to cover cost increases and provide a more secure financial base for the future. Even so, our annual fee is still one of the lowest in Australia. Having mentioned our finances, I would like to thank Judy Brand for her very reassuring stewardship of our money these past years. Thank you, Judy.

As for our courses, we're still running nearly 40 courses at the start of this year, about the same as the number of courses that has prevailed over the last few years.

Finally, the year has been marked by a relative dearth of volunteers to step up and take the pressure off those who have served on our committees for years. Some kind people did finally come forward, but searches for volunteers will continue to be a feature of our Management Team activity.

I want to finish by thanking the people who are retiring from the Management Team along with me. First, our vice president, Garry Clear. Garry has been a rock, and gives careful and dispassionate consideration to every issue we've had to deal with. Garry has been on the Management Team for nine years or so; if I've run out of oomph, how must he be feeling! Thank you so much, Garry, on behalf of everyone for your huge effort and support. Secondly, I want to thank Roger Harris. Roger has brought a level head and considered approach to the table, much like Garry. Thank you very much, Roger.

So that's it for me. I hope the new President will be as lucky with her new team as I have been.

Thank you.

Paul Strutynski

Bio from our New U3ASC President - Sue O'Loughlin

At the U3ASC 2025 AGM which was held on Monday 31 March, Sue O'Loughlin stepped in as our new President. Here's her bio.

"I've been a member of U3ASC for around ten years and have been involved in the management of the organisation for eight of those. I've served on Management Teams led by three Presidents and have filled roles such as Publicity Officer, Program Team Leader and Leader of three different courses.

Before retiring 16 years ago, I worked in Canberra as a public servant, working in Training and Staff Development, and Equal Employment Opportunity, and then in the private sector as a management consultant.

After crashing with chronic fatigue syndrome/Fibromyalgia, I had my own business as a scribe for public service Executive selections, and as an occasional management contractor".



Sue O'Loughlin
President

Acceptance Speech from Sue O'Laughlin, our New President

I don't want to take up too much of your time but would like say a couple of things.

1. First, I want to say thank you to Paul, who has thanked everyone else on the previous Management Team but hasn't been thanked himself, because no one has had that opportunity to do so. He has led the Management Team for three years, including through some of the difficult COVID years, and has ensured good governance and a focus on the core business of U3ASC. He's done so with charm (or so a number of women not married to him have told me), his trademark self-deprecating humour, and with genuine appreciation of, and respect for, his fellow Management Team members.
2. Second, I want to say thank you to the eight wonderful people who have stepped up to fill the Management Team roles that were vacated by those other wonderful people who have finally been able to retire. It's a great thing to have so many new people in the Team, and I very much look forward to getting to know them and working with them. It's also wonderful to still have the benefit of Judy Brand's experience and commonsense in her new role as Vice -President, Carolyn's in her (reluctant) reprise of Secretary, and Jane's in her role as Program Team Leader.
3. And last, I've worked on the Management Team under three Presidents - Fleur Dwyer, Sue Fowler and Paul Strutynski. They were all very different people with very different leadership styles and visions for U3ASC. I'm not going to be any one of them, though I hope I've learned something from all of them. Like Paul, I think that taking care of our core business and good governance should be the primary drivers of Management Team business, and there are a number of issues that I'd like this Management Team to address - mostly administrative - but also relating to ways of enhancing our ability to provide a diversity of courses and workshops for our members. And I also hope that we can preserve and continue to build on Fleur's initiatives in relation to the team-based operation of our organisation, and the culture of inclusion and participation that she worked so hard to create. But, in the end, I'm just one of a team and I'm excited to see where this team takes us.

Thank you.

Sue O'Loughlin

***2-Day Course* ‘Singing in Harmony’ with Chris Hammond**

Wed. 16 April & Wed. 23-April: 10:30am-12:30pm @ the U3ASC Tura Beach Centre

Do you like singing? Can you hold a tune? Why not come and try singing in harmony with Christopher Hammond? (Yes, you too could sound like the Beach Boys... substitute band of choice here). Chris has played guitar and sung with several bands and a couple of vocal harmony trios in the Tweed Valley in Northern NSW. He moved to the south of the state ten years ago and has played regularly around the Bega Valley since. He'd love to share his love of harmonising with a small group, though he doesn't describe himself as a choir master - more of a harmony singing enthusiast eager to pass on the enjoyment of singing in harmony.



Chris will run two sessions to begin with, explaining how it works to those that haven't sung harmony before, and giving some fun examples of singing in three parts. By the second session, the group will be able to sing in harmony to a song or two - don't worry, he won't make it too hard. You'll also get some tips on singing and projecting your voice.

Remember to bring a water bottle and, if you have one, something to record yourself with - most mobiles have an app for it. Cost - \$3/session.

Book online: <https://www.sapphirecoastu3a.org/>
or for more details, contact Jane Thomson on 0437 376 288

***One-Off* ‘Our US Alliance: Time to Re-Evaluate?’**

Friday 25 April: 11:30am-1:30 pm @ U3ASC Tura Beach Centre



US alliances are being upended around the world. What about our alliance with the US? Can we continue to take it for granted? Is it time we rethink it, and maybe pursue a more independent, and possibly more reliable, course? Could our greatest threat in fact be the ANZUS alliance itself (as Malcolm Fraser suggested), making it more likely we get drawn into a war in Asia (or Canada for that matter) against our national interest?

On the other hand, how can an alliance with the most powerful, like-minded nation on earth not be a good idea in these uncertain times? Surely there is safety in numbers, and the perception, at least, of having a big, powerful friend?

Join Paul Strutynski as he presents both sides of the story about the alliance to help people make a more balanced judgment of the issue.

Enrol online: <https://www.sapphirecoastu3a.org/>
or for more details, contact Jane Thomson on 0437 376 288

***One-Off* 'Map Making Through the Ages'**

Friday 2 May: 1.30pm-3:00pm @ U3ASC Tura Beach Centre

There's a lot more to cartography than meets the eye!

In this presentation, Bob Williams will take you through (some of) the history of map-making, from Greco-Roman astronomer, geographer and cartographer, Claudius Ptolemy, to Henry VIII's (he of the wives) project to map the weak points of England's coastline, to Cook's voyages, to Gallipoli and D-Day.

Think 'Allo Allo' was just a corny British sitcom set in WWII France? Maybe, but there's a true (cartographical) story behind it!

Bob has a Masters of Science (Cartography) from the University of Wisconsin in the US and had a long and surprisingly exciting career with the Royal Australian Survey Corps.



Map of the The World

Author: Claudius Ptolemy (ca. 100–ca. 170)

Artist: Nicolaus Germanus (ca. 1420–ca. 1490), cartographer.

Geographia ca. 1460–1470

Enrol online: <https://www.sapphirecoastu3a.org/>
or for more details, contact Jane Thomson on 0437 376 288

***One-Off* 'Be Emergency Ready' with the Red Cross**

Friday 16 May: 1.30pm-3:00pm @ U3ASC Tura Beach Centre



Do you have an emergency plan? **EmergencyRedi Workshops** help individuals and households prepare for emergencies. They provide people with an introduction to emergency preparedness, help them to start their own emergency **RediPlan**, and give people the information and tools to continue preparing themselves, and those they care about, for emergencies.

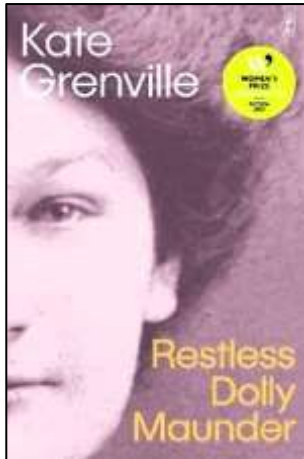
As part of NRMA Insurance Help Nation, this workshop will also help you learn about your local risks.

Led by trained Australian Red Cross Service staff and volunteers, this workshop will help you learn practical ways to prepare for emergencies through interactive discussions, activities, and real-life examples.

There'll also be an overview of what the Red Cross does in our area.

Enrol online: <https://www.sapphirecoastu3a.org/>
or for more details, contact Jane Thomson on 0437 376 288

The 4th Wednesday Book Group'



The Book Group met on Wednesday 26th of March to discuss '**Restless Dolly Maunder**' by **Kate Grenville**. The book is a 'novelised' account of Grenville's grandmother. It tells the story of how she, Dolly, navigated the world with a fierce determination, a philandering husband and three children, in a time where women had few options or opportunities.

Set primarily in various parts of NSW including Gunnedah, Wahroonga and Temora, beginning in 1880 with Dolly's birth, through to the 1950s.

It was, as always, a lively discussion centring on Dolly's likability, her ambition, her achievements and her fractious relationships with her parents, her husband and her two older children. Dolly was a singular woman, clever and motivated, who pushed back against the constraints of her time, sometimes behind the throne, sometimes owning the throne, but always at a cost.

It's a good, short read, written in a straight forward manner, in chronological order with historical events, ever present and is available at the Bega Valley Library and online through Borrow Box.

Molly Lehane,
'The 4th Wednesday Book Group'



Graeme Bannam
Paul Brunton
Beth Deacon
Chris Hammond
Bob Williams

Taiko, Tea and Chat for Seniors 2025

Come and try Japanese drumming, Taiko

Drumming breaks down barriers between people who have never met before and opens lines of communication, connection and understanding. It reduces stress, diminishes anxiety and tension, produces feelings of wellbeing and lifts our spirits.



The venue is the basement of The Disability Trust, 156 Newtown Rd, Bega, on Wednesdays between 2.00 pm and 3.30 pm. Stay for a cuppa and chat in a friendly space.

Dates for Term 2: 14 May, 11 June and 2 July.
No experience needed. Bookings are essential.
Equipment supplied.

Reiko Healy, Course Leader
Enquiries mobile: 0474 065 667



'Italian - Intermediate'

I am hoping to start up another *Italian for Beginners* class in 2026... so if you're interested, watch this space! I have really enjoyed introducing this beautiful language to U3ASC members and watching the huge progress they have made as well as the progress I have made.

Teresa Hamer, Course Leader

th49@bigpond.au or mobile 040 8827 794



*'Italian for Beginners' class (Intermediate)
- cooperative learning!*



*Belinda, Sue and Jennifer
with their irregular verbs wheel.
An early Christmas present!*

Comments from two of the members from the Intermediate class:

"Italian with Teresa on Tuesdays is the highlight of the week for many of us. The course is well structured and should prove highly beneficial for those intending to visit Italy in the near future. Whilst lessons are disciplined and serious - we even have homework each week, for heaven's sake - there is yet a sense of fun in the group with a lot of laughter and a sense of pride as we gradually improve our pronunciation and accuracy in responses to exercises".

Kate

"I'd like to thank U3ASC and also Signora Teresa for having 'Beginners Italian'. This course is letting me experience a new language and culture with knowledge enriching moments such as student engagement and informative practical lessons. All assessments are well explained. All in all, a great learning experience and an enlightening of the mind. Kind regards".

Fran

Good News for Croquet Lovers!

The game of croquet will continue for U3ASC in the month of May at the Tathra Beach Bowling Club with thanks to a core group of twelve enthusiasts who just wish to stay.

Wanted: an experienced croquet player or coach, to replace Mike and Rhonda who graciously travelled from Bermagui.

Needed: unwanted croquet mallets which we are happy to pay for.



Thanks to the U3ASC Croquet Group for brainstorming and strategising ways to move forward, and I'm glad to say we have a few irons/mallets in the fire.

Sandy Coates, Croquet Course Coordinator - Mobile: 0416 228 211

'Adventure Walking Group' - Pambula Beach



In early March, thirteen members of the U3ASC 'Adventure Walking' group were led by Ann Wykes on an 8.5 kilometre walk that started near Long Beach in Beowa National Park. We walked a loop which began along a gravel road before descending the stairs and clambering over the rocks of Barmouth at the mouth of the Pambula River. We climbed up to the track towards Haycock Point, stopping occasionally to admire the wild seas that had already been stirred up by the effects of Cyclone Alfred.

After a comfort stop and morning tea break at the Haycock picnic area, we walked the final part of the trek for 1.6 kilometres down North Long Beach.

We had a sunny pleasant day for our walk and we regrouped at Oaklands for coffee and lunch for a tired but happy group.

Elizabeth Stacey
Adventure Group Co-Leader



New 'Pub Rock Singing' Course in Full Swing!



The newly formed 'Pub Rock Singing' group led by Paul Daynes had its first session on Thursday 27 February and has proved very popular.

Paul and Gabrielle Gwynne (*right*) are pictured with an enthusiastic group of singers at the U3ASC Tura Beach Centre.

'CraftWorkers' Group' & the *Grandmacore* New Craze



If you're an avid TikTok user, then the new craze *Grandmacore* will not be new to you. However, for the rest of us, here's what it means: "*Grandmacore* is an aesthetic inspired by the home, fashion and lifestyle of a traditional grandmother. *Grandmacore* is typically cozy, whimsical and full of nostalgia. Think homemade cookies, an unfinished quilt by the sewing machine and homemade dresses". (Source: *USA Today*).

The younger generations no longer think that making things is "boring" but have found out that being creative is fun and great for your mental health. Getting away from the dreaded screens and onto colourful and interesting projects is now a thing, apparently.

For us older folks, this is nothing new. We have embraced creativity all our lives and now, with more time on our hands, we have started new crafts, some with more success than others (!), and taken up those again we used to love.

So what is craft? Well, it's fun, you meet lovely people who share your passions and you could find a new hobby - what could be better? So if you want to start "crafting" or have some UFOs (Unfinished Objects) in your cupboard, come along to the Tura Beach Country Club every Friday at 11:00am and join us.

Barbara Simmons, Participant



REVIEW

Book & Film Review 'Mothering Sunday' by Graham Swift

A beautifully written and gently complex novel layered with themes woven together to create a fictional glimpse into the changing social world of the United Kingdom in the aftermath of WWI.

The title, Mothering Sunday, becomes a reference to a class structure under siege by drawing the reader's attention to that one day in a year where those in service to the aristocracy were granted a day off to visit their mother. It sounds like slavery in today's terms but was accepted as normal practice at the time. The story revolves around how the members of two families with only one son remaining alive between them, choose to spend this day without their staff. As the country is grieving the loss of sons, brothers, nephews, uncles, friends and lovers, this year, the day leaves little cause for celebration.

The novel is also a romance and is infused with grief and loss but also hope and resilience as Jane Fairchild, an orphan in service, recreates herself through exposure to literature in the well stocked libraries of the aristocracy, eventually becoming an author herself.

The book has been made into a film and is currently streaming on SBS OnDemand, and if you can't get your hands on a copy of the novel, watch this beautiful film while you can.

<https://www.sbs.com.au/ondemand/movie/mothering-sunday/2294852675978>



Kaye Separovic, *Midweek Monthly Film Group*

'Spanish for Those who Love this Language'



I currently have five enthusiastic students in the 'Advanced Spanish' Course, and that is my full capacity. All class members are keen learners and attend the classes punctually.

At the moment, I do not teach beginners because there is no demand but I would need at least three members to recommence a class. If you are interested, please give me a call on my mobile 0400 255 970 or contact me by email at: gavinabailey569@gmail.com to discuss.

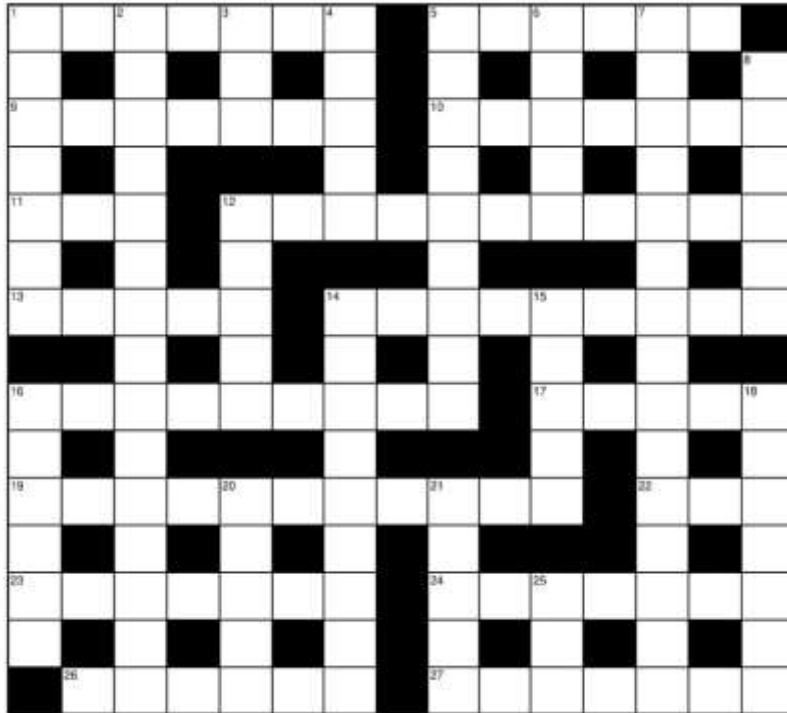
Gavina Bailey, *Course Leader*

TRIVIA / QUIZ by Bridget O'Hanlon

1. In which decade did Jo Stafford first sing 'The Tennessee Waltz'?
2. If Canada is the largest democracy by physical size, which country is the largest democracy by population size?
3. Name the Australian author who won the Nobel Prize for Literature in 1973.
4. What is the only bird that can fly backwards?
5. The downward zig-zag ski run in the Winter Olympics is called what?
6. Who is Friedrich Merz?
7. Which is the only bone of the human body not attached to another bone?
8. Does a bushfire travel faster uphill or downhill?
9. Which film won 'Best Picture' at the 2025 Academy Awards?
10. Which planet is known as the evening star?
11. At what number is the car parked? (*see picture right*)



CRYPTIC CROSSWORD #2049 by John Scrivener



ACROSS

1. Barty made perhaps contrite (7)
5. Still crackling noise (6)
9. Moor gnus return but not good solarium (7)
10. Laugh at chore containing start of total languish (7)
11. Strange crave flock of pheasants (3)
12. Plant once grown outside country houses in NZ to indicate owners were Roman Catholic (7,4)
13. Climbing a hundred sloping walkway may cause this (5)
14. No rest! Crazy steeples without intersection but with the end of hills (9)
16. Worn within outer garment of painting base (9)
17. I object after the subject (5)
19. Road part of ex NSW Premier I mature method (11)
22. She does curtail (3)
23. Passionate in verb type (7)
24. Sailors' measure of church non-existence (7)
26. Tea, I hear, finishes her drink (6)
27. Most solid remade dearths (7)

DOWN

1. Sounds as if it makes fire in charge of poison (7)
2. Changed great Len handles lost children (6,3,6)
3. Low a foolish woman! (3)
4. Discharge second rate mode perhaps (5)
5. A religious ceremony in cane trams (9)
6. Predict after a home (5)
7. Complementarity made of indecent preened (15)
8. Rugby game played on the flat in ship (6)
12. Copy in circular outskirts, dancing lively (5)
14. Softest nap lacking a smell within (9)
15. Terse fruit lining of yoghurt first (5)
16. Straighten and begin under nothing causes grease for example (6)
18. Highest? Always estimate the start (7)
20. Within meal lacking entree! (5)
21. Anger middles lower party leave later washing (5)
25. Odd skier of title (3)

CROSSWORD #2048 ANSWERS (Mar-25)

ACROSS: 4. Archer 7. Backgammon 8. Oregon 9. Wellington 11. Employ 12. Rav 13. Stow 15. Onyx 16. Acrimonic 17. Stag 19. Cher 21. Tui 22. Barrow 25. Hysterical 26. Alumni 27. Lampoonist 28. Creole

DOWN: 1. Far East 2. Skallywag 3. Nanny 4. A non event 5. Cheap 6. Economy 10. Thrombins 14. Erstwhile 15. Occasions 18. Trailer 20. En masse 23. Romeo 24. Depot

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

NEWSLETTER

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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:
kayeseparovic@gmail.com

U3ASC Website Monthly Focus - 'TAKE A ROLE'

www.sapphirecoastu3a.org

Have you considered offering a Course or One-Off Event? If you have an interest, skill or talent, we would love you to share it with our U3ASC members.

The '**Take a Role**' button on the U3ASC website Home Page will provide you with all the information you might need to successfully plan, promote and implement a new Course or One-Off Event.

There you will find:

- How to contact the Program Team
- Policies on Programs and Events
- Guide to Offering a Course
- Guide to offering a One-Off Event
- Course Event Proposal Form
- Finding/Booking a venue



The Program Team is happy to help you with the process of setting up a Course, and will provide you with support as needed. *Course Leader Resources* are also available on the U3ASC website under the '**Take a Role**' button.

Michele Patten, *Team Office Leader*

TRIVIA / QUIZ ANSWERS

1. 50's. (1951);
2. India;
3. Patrick White;
4. The hummingbird;
5. Slalom;
6. The newly elected Chancellor of Germany;
7. The hyoid bone;
8. Uphill;
9. 'Anora';
10. Venus;
11. 87.

MANAGEMENT COMMITTEE

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