

# U3A Sapphire Coast

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f /U3ASapphireCoast/

## March 2024 Newsletter

### PRESIDENT'S REPORT



#### UPCOMING ANNUAL GENERAL MEETING

Our next Annual General Meeting is scheduled for 11.00am on Thursday, March 21, at Club Sapphire in Merimbula. You will have received an email supplying the details. It's where the Management Team reports to members on our past year, and also where we elect a new Management Team for the coming year (the email also tells you what to do to nominate for a position).

In addition, it's also an opportunity for you to give the Management Team feedback on how things have been going, and any suggestions you have for improvement. We can't guarantee we will automatically implement your suggestions, but we'll be happy to discuss them and give them further consideration, if needed, at our next Management Team meeting.

Last year's meeting was pretty relaxed, with lots of input from members on the floor. It would be nice to have a repeat this year.

#### OUR ANNUAL ENROLMENT PAYMENT PROCESS

Speaking of making improvements, the Management Team, in conjunction with the Office Team, is currently replacing our old online annual fee payment process with a new one. I'm sure many of you would have had the odd hassle at times with the old process. The replacement payment process has already been adopted by many U3A's and the feedback has been positive. It's a pity we couldn't have had this process in place at the end of last year and the start of this year, when most people pay their annual fee, but at least it'll be there for the future.

Cheers,  
Paul Strutynski

#### Visit the U3A SAPPHIRE COAST WEBSITE for all the information you need:

Check out all the available Courses and enrol online.  
Renew your membership.  
Access the latest Newsletter.  
Find out the Office opening hours.  
Contact the U3ASC Secretary.  
Find out about the Management Committee or becoming a Course Leader.  
And lots more.

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



### Welcome New Members:

Claudia Tasche  
Peter Atkins  
Lorraine Dargan  
Jo Garton  
Russ Plaice  
Lyn Jacobson  
Christine Ford  
Michael Lewis  
Beth Smith  
Rob Stubbe  
Sandra Stubbe  
Ian Whiter  
Christine Welsh  
Jillian Green  
Melissa Davey  
Carol Schubert  
Jenny Edwards  
Mark Heinz  
Janet Gouvernet  
Charmaine Lageman  
Tracy Twydell  
Sue Wilkie  
Kathy Dack  
Jenny Kimber  
Anne Husking

# AGM

Annual General Meeting

## NOTICE OF THE UPCOMING ANNUAL GENERAL MEETING ..... AND AN APPEAL FOR VOLUNTEERS!

The 2024 Annual General Meeting of U3A Sapphire Coast will be held on Thursday, March 21, at 11.00 am at Club Sapphire. We look forward to welcoming members to this important event – and we especially welcome nominations for committee positions.

While some of the sitting committee have indicated their interest in re-nominating, there are 2 very specific roles that are vacant, and we would especially welcome interest in these positions.

Firstly, I will be stepping down as *secretary*, so this role is available. And while it may sound onerous, the main responsibilities of the position are performed by Team Office, including the maintenance of member records and the data base. So the secretary primarily supports the Management Team, which meets monthly for a couple of hours, 9 or 10 times a year. The secretary prepares agendas, records and distributes minutes. The other aspect of the role is as 'communicator' including distributing Newsletters and other significant information to members, and handling general enquiries. Anyone interested in this position is welcome to contact me for more information on [u3ascsec@gmail.com](mailto:u3ascsec@gmail.com).

Secondly, the Management Team has decided to allocate a committee position to an *Assistant Treasurer*, which will be a position in training. The idea is to distribute the skills base for this very specific role, and be prepared for the eventual resignation of the current treasurer. It will involve learning all aspects of the treasurer's role, including maintaining records of income and expenditure, and reporting and accountability requirements. Judy Brand would be interested in hearing from anyone who would like to be considered for this role on [u3asctreas@gmail.com](mailto:u3asctreas@gmail.com)

And of course, if anyone is interested in a general committee position, your nomination would be welcome, especially if you are a team player committed to working with others to get the job done! Nomination forms were distributed with the meeting notice and need to be returned to the Secretary by March 14 2024.

Merryn Dowling  
Secretary U3ASC

## PROGRAM TEAM REPORT

### Program Team seeking temporary (or permanent!) team member!

Ever thought, I wish U3A would put on a course about... Or find a speaker about... Or maybe you thought, I'd like to contribute to my local U3A, but I'm not sure about the workload? Well, now's your chance to dip your toe in without fully committing. Jane Thomson, our Program Team Leader, will be away overseas until June this year. Although she'll be online, this puts a bit more pressure on the team, and so we're looking for someone to help for three months (or more if you enjoy it!). It's a fun role and not onerous - we just need a little help, mainly with one-off events and speakers. If you're interested, please get in touch with Jane at [englishrose659@hotmail.com](mailto:englishrose659@hotmail.com).



### Spotlight on Bermagui

For those who like to go further afield, Bermagui U3A is running lots of great courses and events this year, including the Conversation Cafe series, in which invited speakers with special expertise present on and discuss a topic of interest. Conversation Cafe's first speaker for the year is on Friday April 5. The invited speaker is Zena Armstrong, a former senior Australian diplomat who has undertaken a myriad of roles including: working in Australia's embassy in Beijing; within Australia's post-war recovery taskforce in Iraq; and with recovery efforts following the devastating 2004 Indian Ocean earthquake and tsunami. For more info, visit <https://u3abermagui.com.au/current-program/>

## PROGRAM TEAM COURSE PROMOTIONS

### Come and try Indonesian!

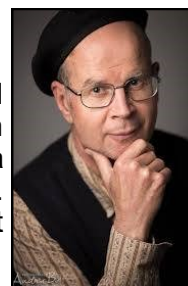


It's not too late to take up Bahasa Indonesia (which simply means Indonesian language). This language is spoken by almost 280 million people in one of our closest neighbouring countries. Tutor Dorothea Polonyi discovered Indonesia back in the mid-1970s, when she spent an idyllic month in Bali, at the end of a "hippie trail" journey from Europe to home in Australia. Ten years later, she decided to study Bahasa Indonesia and Indonesian politics and history at the ANU in Canberra, and then became an academic librarian at the ANU Menzies Library, specialising in all things

Indonesian. Last year she went to Jogjakarta in Java for a language refresher course, and that inspired her to share her interests with others. In the course you'll learn to speak well enough to get around, order food, go shopping, and make friends, and you'll also learn about Indonesian culture. Join Dorothea in discovering this fascinating country and its language on Fridays from 11.00am to 1.00pm at Club Sapphire.

### "Short, funny and deceptively simple"

Is how some would describe the poetry of Peter Bakowski, roving writer in residence and awarded Australian poet. Peter will be giving a reading at the Tura Beach Centre from 12.30pm to 2.00pm, Saturday March 9, during which he'll talk about how he came to be a published poet and his experiences as writer-in-residence in Australia, Europe and Asia. He'll also read a variety of poems and, based on his 42 years of writing poetry, impart practical and philosophical tips about writing poetry with confidence.



### Know your rights as a senior



Join your local Aged Care Advocate at 2 pm on Friday March 15 at the Tura Beach Centre to find out about the Seniors Rights Service. Find out who are they and what they do, as well as how to access aged care services and how to resolve concerns with in-home and residential aged care services. Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people. The Service is free, independent and confidential.

### Want to learn about bees and bee-keeping?

We've all read that bees are vital for the survival of many plants, animals and ultimately humans. For those interested in knowing more about bees and/or bee-keeping, expert bee-keeper Stephen Targett is offering a four-week course beginning Friday March 1, 11.30am - 12.30pm at the Tura Beach Centre. In the course, you'll learn about castes of bees, why bees swarm, the annual life of a hive, bees and pollination, the relationship between bees and flowers, and the intricacies of honey. The course will answer questions such as where do native neon cuckoo bees lay their eggs, what are leaf cutter bees, teddy bear bees or blue banded bees, and why keep bees. It will also look at what equipment is essential to have a hive and the pros and cons of a flow hive.



### Don't let the art form of Model Ship/boat building die....



Ever wondered how they make those replicas of ships and boats? Here's your chance to learn from seasoned craftsman Bernie Watts. Models, simple & more complex, and drawings will be on hand. A few places are available. Come along and join Bernie in his Wolumla Workshop 9.30am on Friday, March 15 & March 22.

### MIRA MIRA

Would you like to know about Pambula-Merimbula Lions Club's major community project to create a Multi-generational Inclusive Recreational Area (MIRA) in Tura Beach? The site of this project is next to the carpark on the corner of Tura Beach Drive and Surf Circle, Tura Beach. The aim of MIRA is to create a free, safe, inclusive community space that is suitable for a variety of age groups, abilities, heritage and cultural backgrounds. If you would like to know more and have an opportunity to contribute to the concept design, come along to this session on Friday April 5, 2.00 - 4.00pm, Tura Beach Centre. Afternoon tea will be provided.



## PROGRAM TEAM COURSE PROMOTIONS (Continued)

**Save the Date... 1.30pm, Wednesday, May 8**



See what's behind the scenes at Merimbula Old School Museum with Curator Liz Bretherton. A ONE-OFF opportunity to experience our local history and learn about the methodology of its preservation. There'll be a guided tour and a Q & A session followed by afternoon tea!

### Coming up in May...Bonsai

Bonsai is the ancient Japanese art of growing and shaping miniature trees in containers, developed from the traditional Chinese art form of *penjing*. On Friday, May 17, Graham Cook will be presenting on the history of Bonsai, cultivation, suitable species and potting techniques, and fertilisation and methods of application (he'll also bring some trees along with him!). Graham has over twenty years' experience of Bonsai and maintains his own large collection. He has tertiary training in Agriculture and Biology, is a regular participant in Bonsai club activities, and makes Bonsai pots.



Jane Thomson  
Program Team Leader

### ONE-OFF - MIRA TURA BEACH COMMUNITY PROJECT & CONSULT 2024

Would you like to know about Pambula-Merimbula Lions Club's major community project to create a multi-generational inclusive recreation area (MIRA) in Tura Beach?

The aim of MIRA is to create a free, safe, inclusive community space suitable for a variety of age groups, abilities, heritage, and cultural backgrounds. The proposed site for the project is located next to the carpark at the corner of Tura Beach Drive and Surf Circle.

If you would like to know more about this project and have an opportunity to contribute to the concept design, come along to this information session.

Where: U3ASC Tura Beach Centre

When: 2.00pm - 4.00pm Friday April 5 – registrations close March 28

Cost: \$3 cash on the day to cover facility costs, afternoon tea provided.

**ENQUIRIES:** Course Coordinator Tracy Fleming

Email: [tracyintura@gmail.com](mailto:tracyintura@gmail.com) Mobile: 0419 410 990

Program Team Contact: Sandy Coates Email: [u3ascoffice9@gmail.com](mailto:u3ascoffice9@gmail.com)



The site of this project is next to the carpark on the corner of Tura Beach Drive and Surf Circle, Tura Beach.

## TUESDAY AFTERNOON MAH JONG GROUP

We are a small group of Mah Jong Players, some of us have been playing for years whilst others a few months. Complete beginners are very welcome and will be shown, in easy steps, how to play and grasp this tile based Chinese game. Mah Jong is similar to the card game Rummy and is a game of skill, strategy, luck and definitely keeps the brain active.

We meet every Tuesday from 12.30 to 15.30pm at the RSL Club, Merimbula, in the ground floor small meeting room. Sessions are free, but the Club requests that we buy a drink to enjoy during our break.

Please contact our Course Leader, Patricia Witton, mobile 0401 654 306 or email: [wittonpatricia@gmail.com](mailto:wittonpatricia@gmail.com) for more information or to let her know you would like to come along and join in the fun.

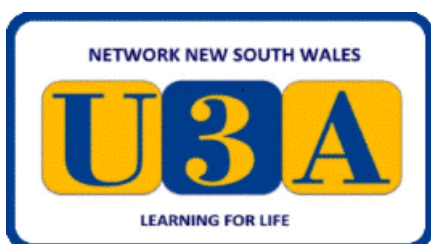


## GOURMET TRAVELLER GROUP

Mark Heinz, one of Gourmet Travellers five new members, is seen here about to enjoy a wonderful lunch at the Seahorse Inn at Boydtown, with 18 new friends who gathered there for Course Leader Margaret Evans' first Gourmet Traveller lunch for 2024. And what a superb venue it was, fine dining in the delightfully scenic area nearby the sea was enjoyed by all. The five lovely new members who attended were all welcomed by Margaret, whose course has been operating for almost a decade. Now that speaks for itself.

If you would like to join Margaret Evans' GOURMET TRAVELLER Group and have a delicious lunch in lovely surroundings and top it off with a fine wine or coffee or something to suit your taste, then join up online or give Margaret a call. She'll let you know what's needed to come along to the March lunch at Camel Rock Brewery and Restaurant next to the Historic Montreal Gold Fields site at Wallaga Lake, near Bermagui.

Email; [margaretevens22@bigpond.com](mailto:margaretevens22@bigpond.com)  
Phone: 0488 951 172



Please find below a link to the latest edition of **U3A NEWS**.

**U3A NEWS** is the official newsletter of the U3A Network – NSW and is published four times a year.

<https://nsw.u3anet.org.au/newsletter/>



## ADVENTURE WALKING GROUP

The adventure walking group was fortunate to have a beautiful summer's day for their first walk of 2024 on Thursday, 1st February. We met at Bournda Park Way north of Lake Wallagoot and were led on a walk to Games Bay by Kerrie Dean and Ann Wykes. We walked through a bush track to join wide fire trails to the very pretty bay where we stopped for morning tea. Apart from the many large goannas we disturbed on the trail we had the trails and the bay to ourselves in this lovely part of our coastal bush.

A couple of us hurrying back to early appointments added some excitement by missing the opening to the narrow bush track on return but thanks to the good organisation of this group we were successfully directed to the track by use of smart phones, online maps and helpful group members. A good lesson for us all and the reason we are asked to carry a pack with water, snacks, rain gear, mobile phones and a personal first aid kit (including sun screen, insect repellent and bandaids) and to wear hats and good walking shoes.

Elizabeth Stacey, Course participant



## FILM REVIEW - All of Us Strangers

It's difficult to begin how to describe this extraordinary film that resonates on many levels as it explores themes of script writing, imagination, loneliness, intimacy, love, longing, grief, cultural attitudes to sexuality, and ultimately, death. More than any of these themes, it's the emotional impact the film has on you that stays with you as you relive the tender vulnerability of the characters, their isolation and their grief; their longing for connection and acceptance.

This is not an easy, entertaining film, but a refreshingly brave portrayal of authentic emotions not often seen on the big screen.

See it if you're brave enough; it's showing at The Picture Show Man.

A review:

<https://www.empireonline.com/movies/features/all-of-us-strangers-ending-explained/>

Kaye Separovic

Midweek Monthly Film Group





## MOBILE PHONE PHOTOGRAPHY

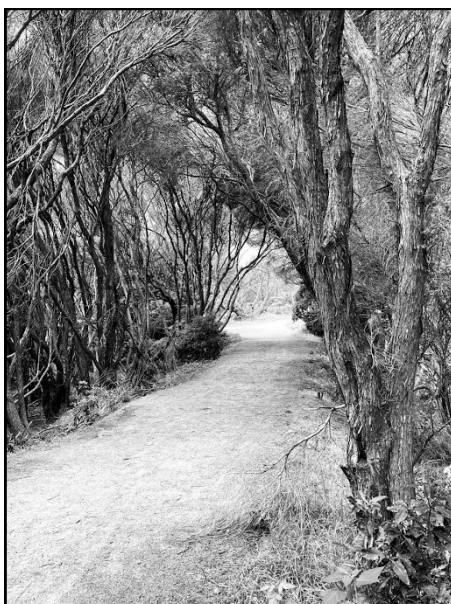
A beautiful day was ordered, and arrived in perfect time for the Mobile Phone Photography Course in February. Excited happy snappers gathered at the agreed site and we all channeled our inner adolescent to be glued to our devices for the next couple of hours!

Learning to 'see' not just 'look', lighting, composition, framing and moving ourselves, not the subject became the focus (pun intended) of the first little while. Then, learning about the wonderful variety of things we could do on our phones even before we took the photos was amazing. So good to see everyone challenging themselves and enjoying the process. Also fabulous to see was the way all participants helped each other, discovering, sharing and exploring. (A big thank you to Warren for his Android skill input!). Learning to look 'beyond the frame' to the unwanted items in the background which aren't part of the photo telling story was a big one - we don't need to see the toilet sign on the path!

Learning then inside the room, to take selfies, lighting, angles, relaxation for posing, and a host of other 21<sup>st</sup> Century requirements of our modern era of mobiles, provided many enjoyable laughs while learning. Editing photos was then practised, and pre photograph editing explored. More laughs and many exclamations of excitement ensued when it was discovered that wrinkles can be a thing of the past! Also discovered was how black and white portrait photography can absolutely showcase the character of a face.

I really enjoyed leading this course and appreciated the enthusiasm and willingness to embrace the unknown from all participants. I have received some fabulous photos and great feedback, so I'm hoping that, moving forward, we can continue to all put our new skills to use with more confidence.

Beth Smith



# ONE OFF

An Introduction to Bees - Friday, March 1, 8, 15, 22

Spencer Park Critter Wade - Thursday, March 7

Poetry Reading with Peter Bakowski - Saturday March 9

Know Your Rights as a Senior - Friday March 15

Model Ship Building, an introduction to the art - Friday, March 15&22

MIRA, MIRA Where are you - Friday April 5

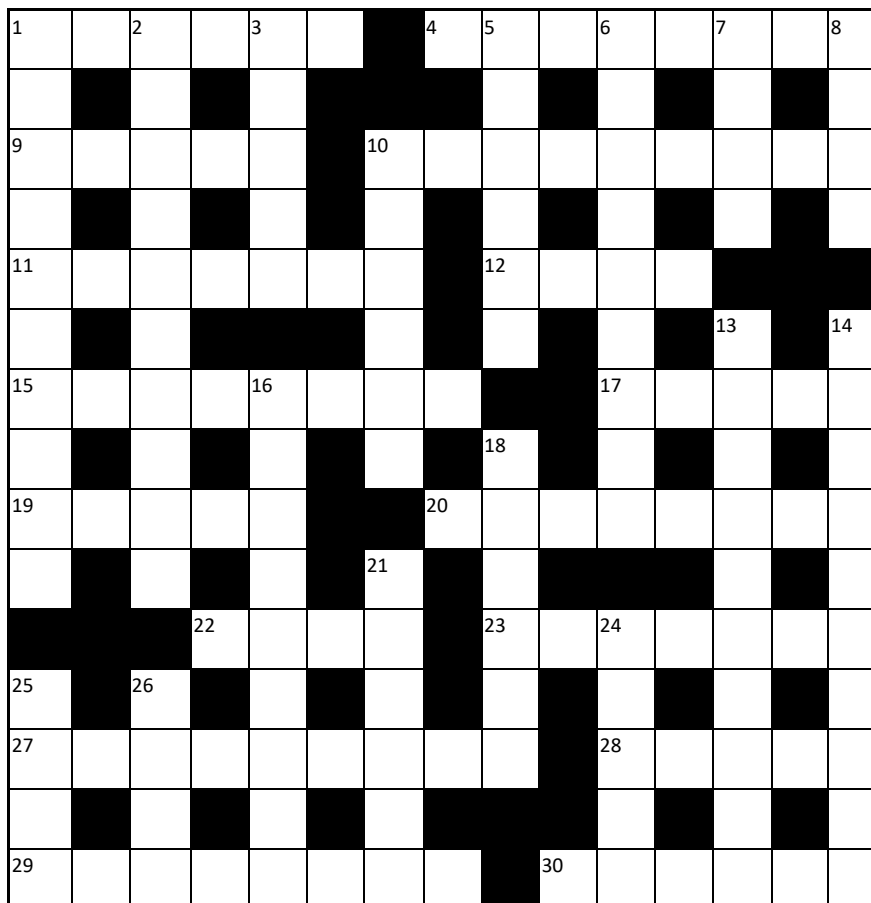
Merimbula Old School Museum - Wednesday May 8

Bonsai - Friday May 17

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

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

# CRYPTIC CROSSWORD 2037 by JOHN SCRIVENER



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

## CRYPTIC CROSSWORD 2037 CLUES

### ACROSS

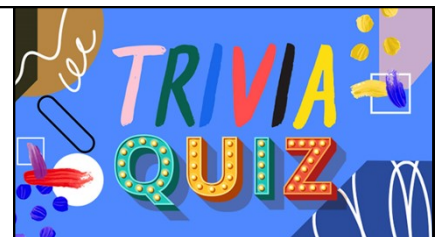
1. From United States meetings (6)
4. Go by left document (8)
9. Congregations of bad people in directions involving intersection (5)
10. Separate into parts and start of district inspector's section representative (9)
11. Banned integrated circuit within poor quality it (7)
12. See perhaps place (4)
15. Expressing while putting counterfeit money into circulation (8)
17. Informal surprise for the US soldier's dog (5)
19. Mad N. American bird which started yesterday (5)
20. Witches and worker reach agreement (8)
22. Thus back to black powder (4)
23. Herbal medication got up by joint (4,3)
27. Is it in the kitchen where a criminal shoots? (5,4)
28. Theatre within 'Too Late the Phalarope' radio (5)
29. Carry design pressed on paper (8)
30. Decent sound pursued (6)

### DOWN

1. After supporter of century I appear in total imaginatively (10)
2. Firm decision about mixture (10)
3. Greek letter and ill sound is melodious (5)
5. Help! The fool is the start (6)
6. Sounds like 12 Across looking frightful! (9)
7. Celestial bodies alternative starts between stars (4)
8. Right in sunburn at the lake (4)
10. Container in character romantic meetings (6)
13. Excited slathers! Be feeling great excitement (10)
14. Origin of constructed birch plate (10)
16. American singer with bloody back inside sports-persons without Western beginning (3,6)
18. So passionate threw out after the mound (6)
21. On the way move aimlessly but worked hard (6)
24. Did not 21 Down animal? (5)
25. Scrambled a wrongful act on fast walk (4)
26. Kournikova played back and forth (4)

## TRIVIA QUIZ by BRIDGET O'HANLON

1. Name the sea off the northern coast of Queensland.
2. What is the purpose, according to myth, of a gargoyle?
3. Do seagulls drink sea water?
4. Where is your tibia?
5. What nationality is three times Formula One World Champion racing driver Niki Lauda?
6. What is the largest animal to ever live on planet earth?
7. What is the chemical symbol for silver?
8. People born between 1928 and 1945 are called the ——— Generation ?
9. Who are Professor Georgina Long and Professor Richard Scolyer?
10. Who wrote 'Charlie and the Chocolate Factory'?





# Newsletter

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Sub-Editor: Elizabeth Stacey - [eastacey@bigpond.net.au](mailto:eastacey@bigpond.net.au)

**Contributions & Feedback**  
to the Newsletter can be sent to the  
Newsletter Team by the 1st Thursday of  
every month. Send by email to:  
Trish: [u3ascoffice8@gmail.com](mailto:u3ascoffice8@gmail.com) AND  
Kaye: [kayeseparovic@gmail.com](mailto:kayeseparovic@gmail.com)

## JOIN "A WALK IN THE PARK" U3ASC DOG WALKING GROUP!

Love Dogs? Love Walking? Then get your paws into motion.

Are you a dog lover looking for some furry companionship and human friendship during your walks? Look no further! The Walk in the Park Dog Walking Group is the perfect community for you and your canine friends. Come and socialise your pup: Let your dog make new friends and enjoy a social atmosphere with other dog lovers.



**When:** Monday, March 18 @ 9.30 am.

**Where:** Tathra Beach: Meeting Point in the car park {just past the caravan park on the ocean side, turn right at speed sign onto bitumen track}.



**How to join:** Come along and talk to Fleur or [email: dwyerfleur@gmail.com](mailto:dwyerfleur@gmail.com)

## JAN/FEB CROSSWORD 2036 ANSWERS

### ACROSS

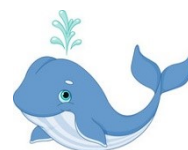
1. Lamp posts 6. March 9. Gird up ones loins 10. Rain  
11. Attainment 13. Particle 14. Tea set 16. Pepper  
18. Immersed 21. Mendacious 22. Snip 25. As old as  
the hills 26. Since 27. Tormentor

### DOWN

1. Lager 2. Murkier 3. Pour 4. Smoothly 5. Seesaw  
6. Malingerer 7. Raiders 8. Hesitated 12. Side-saddle  
13. Pap smears 15. Ambusher 17. Pontoon 19. Singlet  
20. Tissot 23. Poser 24. Thee

## TRIVIA QUIZ ANSWERS

1. The Coral Sea
2. To ward off evil spirits
3. Yes
4. Lower leg bone
5. Austrian
6. Blue whale
7. Ag
8. The Silent Generation
9. Joint Australian of the Year 2024.  
(melanoma treatment pioneers)
10. Roald Dahl



## MANAGEMENT COMMITTEE

### President

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