

U3A Sapphire Coast

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October 2025 Newsletter

President's Report



Hi everybody,

October already, so I'm here to remind you to make sure you mark the date of our Christmas Party - Thursday 27th November - in your calendars. In subsidising your Christmas party by 50%, we're saying 'thank you' to all of you who are members for your continued support and participation in the activities of U3A Sapphire Coast.



Heather Bell
Sandy Burns
Nicholas Mayeux
Steph Pongrass
Belinda Stone
Anne Trebilco

We're always thanking, for good reason, our Course Leaders and the many volunteer team members who manage the various aspects of our organisation. But of course, we'd be nowhere without all of the very many members who turn up, week after week, for the courses and activities we offer and who, of course, keep us financial with their membership fees and TBC use fees.

The Christmas party is also a great opportunity to provide paying business to some of the local organisations who help us out by providing venues free of charge throughout the year - and here I'm thinking mainly of Club Sapphire and the Merimbula RSL. We're sharing the 'thank you' around this year after several years of partying at Club Sapphire, and we're shifting to the Merimbula RSL for this year's party.

Having been involved in the organisation of quite a few of our Christmas parties now, I know that we can never please everyone. Striking a good balance between giving people time to just chat with their friends and making it a special Christmas occasion by providing entertainment, gifts or prizes, etc., is very difficult. And this year, Benita Thistlethwayte, from the Management Team, has put a lot of thought and time into coming up with options that strike that balance as much as possible. We hope you'll appreciate her efforts and have a wonderful time.

In the meantime, we're getting into our final term of the year and there are still some fascinating one-offs on the program, thanks to our great Program Team. Personally, I'm really looking forward to Jane Thomson's Self-Publishing talk on 31st October and to the First Aid Course on 25th October (we've carried a defibrillator around with us for more than a year and I still haven't learnt how to use it!). But I'm sure there are also lots of bee fans out there who will love learning about our native bees from Stephen Targett on 15th October. Whatever you're doing in Term 4, enjoy.

I hope to see you at the Christmas Party.

Cheers,

Sue O'Loughlin, President

Still Coming up: One-Offs / Short Courses



‘Australian Native Bees’

Wednesday 15 October, 1:30 pm - 4:00 pm @ U3ASC Tura Beach Centre



Apiarist and bushman Stephen Targett will help you gain insights into some of Australia's 2000 native bee species and what makes them so remarkable. Discover the fascinating world of carpenter and cuckoo bees! Explore the benefits of sugarbag bees and the unique qualities of their delicious honey. Learn how to attract native bees to your garden and create nesting spaces for them, and more...

‘First Aid Course’

Saturday 25 October, 10:00 am - 2:00 pm @ U3ASC Tura Beach Centre

Come along to learn and gain confidence in your First Aid knowledge and skills with registered nurse and presenter, Debra Miles. The day will start with CPR instruction and hands-on practice with mannequins and training defibrillators. The rest of the session will cover common First Aid scenarios, including chest pain and heart issues, asthma/anaphylaxis, diabetes, stroke, falls, tick bites and other topics, as guided by you. There'll also be an audio-visual presentation.



‘So, You Want to Self-Publish a Book?’

Friday 31 October, 2:00 pm - 3:30 pm @ U3ASC Tura Beach Centre



Have you written, or are you writing, a book? Would you like to self-publish? Perhaps you'd like to give copies to family and friends, or maybe you'd like to sell your work online or locally. Experienced self-published author Jane Thomson will take you through everything you need to know about the process, from the steps you'll need to take to turn your manuscript into a publishable document to how to publish and print in hard copy.

‘Taiko, Tea and Chat for Seniors 2025’

**Wednesdays 12 November & 10 December, 2:00 pm - 3:30 pm
The Disability Trust, 156 Newton Rd, Bega**

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. No experience needed, equipment is supplied. Bookings are essential. Enquiries: Reiko Healy, Course Leader - 0474 065 667.



**For more information or to enrol, visit the U3A website
<https://www.sapphirecoastu3a.org/one-off-events>**

In Appreciation

We would like to acknowledge the wonderful work being done by the voluntary Tura Beach Centre Manager, Rosie Bunton. As part of her role, she has taken responsibility for the interior decorating of the office and the display in the centre windows. We thank Rosie for her ongoing efforts in making the office and windows look so much more attractive and inviting.



We would also like to acknowledge Jen Bannam's decluttering efforts which have contributed hugely to the improvement of the centre's appearance. Jen (Management Team and Team Office) put in many hours of work going through boxes and boxes of old documents and arranging for them to be disposed of properly (i.e. respecting the privacy of members' information), as well as clearing out storage areas and disposing of unwanted stuff, including most recently, our excess chairs.

A big 'Thank you' to both.

SLO (Sapphire Life Organisation) and U3ASC



During the recent cleanup of the U3ASC Tura Beach Centre, it was discovered we had seventeen white plastic chairs we did not need. The Management Team made a decision to donate these excess chairs to a local organisation called SLO (Sapphire Life Organisation) which has put them to good use, as you can see on the image (left).

SLO provides a hot meal each Tuesday night at 5.00pm from their food trailer outside their pantry at 78 Main Street, Merimbula. This

meal is provided free or if you prefer, you can make a donation. A sit-down service (in our donated chairs!) is provided, or a take-away option is also available. Apparently, meals are prepared by local chefs who offer their time and culinary skills to this great initiative.

It's good to see our chairs being used to assist this valuable service.

U3ASC Management Team

Pictured right is Wheelers Chef, Art Tiglao, preparing Chili Con Carne for the free Tuesday dinner at SLO. Art is kindly donating his time during his day off.



[slo] SAPPHIRE LIFE opportunities

FREE HOT MEAL

or by donation to help support others in our community

Every TUESDAY 5-6pm

AT THE SLO FOOD TRAILER
78 Main Street, Merimbula

SLO pantry is open

Monday - Friday
10am - 2pm

Contact Phil
0478 437 057

Genealogy - Exploring Your Family Tree



*Participants were: Denise Serrig, Jacqui Goodman,
Patricia Hamilton, Di Perkins,
Martin Thomas, Stephen Withall
Apologies: Trish Garrad, Deb Matthews*

We have now had three sessions commencing 3rd September to explore family history and how to start and develop your family tree. The sessions are very interactive and have developed into a workshop where we explore and find ancestors as a group.

The sessions started with an outline on how to start the task of finding our ancestors using various references and sources. A methodical approach is required, as much information includes dates and locations here and overseas, such as in the United Kingdom. Some sources are, besides birth, marriage and death and burial records, shipping and immigration registers and convict and legal decisions.

Our group of seven participants has brought along questions and queries - where to look and how to record. Thus, we are now developing the sessions into a monthly workshop where existing and new persons can join us as we explore our family heritage.

For example: this session, we went on the internet and found the convict records for a George Perkins and his brother Robert. (These records are accessible online and access is free). It was fascinating and enlightening to learn he had been transported to Tasmania in 1833 on a ship, the *Isabella*. His crime was "*attempting to kill a gamekeeper*"! He, along with his brother, were convicted in the Rutland Assizes Court in England. Later, he is recorded working as a convict in Tasmania. The search continues.

Australia is fortunate to have many sources of information such as "Trove", the online branch of the National Library; Australian military personnel records from various wars and State Civil Archives (births, marriages and deaths). We also explore some of the online family history applications and software packages.

We plan to continue our workshops with tentative dates of the second Wednesday of each month (to be confirmed). **Please NOTE:** New members are most welcome at whatever stage you are in your research, and even if you have not even started, we can get you started to catch the family History Bug.

For Information: I commenced researching my family history when I was 18 years old and have been developing my tree on and off for some fifty-five years. For a short time, I was a General Manager of Genealogy Society of Victoria. My journey has meant I have met or corresponded with many people (cousins, etc) that I would have never met. I am very happy to help you along this journey of discovery.

Neil Walker, Course Leader
neilwalker15@telstra.com

U3ASC LIBRARY

A BOX SET OF MAYA ANGELOU'S BOOKS were donated to our library several months ago. Someone has borrowed them and they have not been returned. Whoever has them, please return them for others to enjoy.

Thank you!



**Thank you, Karen Lyons, for an awesome afternoon
of fun and felting - we loved it!!**



Women at work!



Karen, felter extraordinaire "Not bad for a beginner, Di"



Di "You can leave your hat on"



Fran "Wonderful, fun filled first experience of a U3A course. Thank you!"



Cherie "Water, water everywhere ... I'm drowning this hat"



Sandy "I produce my own fleece"



Sue "Surely my head isn't this big!"

'Beauty Clinic Pampering & Info Session' - Review



Two groups of three U3ASC women were fortunate to experience the joys of being pampered by Amy Holt and her students at the Beauty Clinic at Bega T.A.F.E. Two of our little group chose pedicures whilst one chose a manicure. The students were very professional and welcoming and the treatments were thorough. It was pleasant having a relaxing time out while our feet or hands were receiving the best care.

Our time, though not rushed, passed quickly and ended with an informative tour of Bega T.A.F.E. We found that one end of the building was highly industrial while the quieter side was taken up by aged care students. There are, of course, many courses run at the Bega Campus. And upstairs, the Barracks Restaurant is open on Tuesday nights during the term and is staffed by hospitality students.

It was a lovely afternoon and I know I will be booking in again for another one of their reasonably priced treatments after the break.

Sue Middlewood, Pampered Attendee

Note - as there was a waitlist for this One-Off "Beauty Clinic and Pampering & Info Session @ Bega TAFE", watch out for a rerun in November.

Sandy Coates, Course Coordinator



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**



Justice of the Peace (JP) Drop-in Service

Every Tuesday, 11:30am - 1:30pm

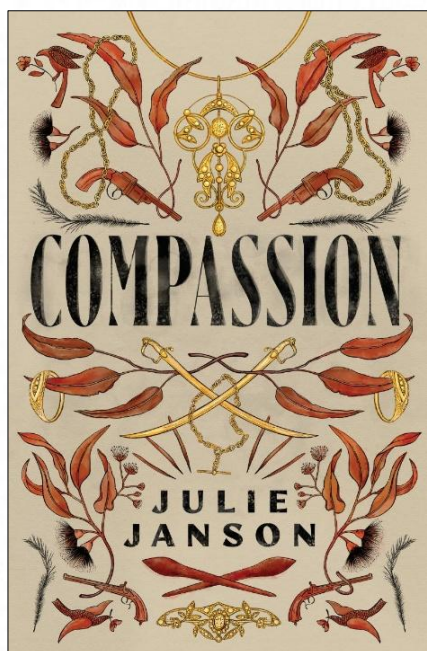
You can now access the services of a JP
at Tura Marrang Library.

No need to book, just drop in.



Bega Valley Shire
library

Report from the Fourth Wednesday Book Group - 'Compassion'



The Fourth Wednesday Book Group recently read and discussed 'Compassion' by Julie Janson, chosen after she had spoken about it at the Tathra Writers Festival in 2024. It was generally found to be an interesting account of the often brutal handling of Indigenous tribes as well as convicts during early colonial times, but it was written in a style that many found initially difficult.

It tells the story of a white fathered Aboriginal girl coming to physical maturity and attempting to escape the attentions of the farm owner she works for, as well as trying to escape the alternative of oppressive discipline and incarceration that she endures. The story tells about her experiences while trying to find her mother and her place among the local tribes, and about the life she leads, escaping from the law.

It was the side of the colonial society that was glossed over or ignored in much of the history that we studied, and Julie Janson writes her story based on that of one of her ancestors who went on trial for stealing livestock in early New South Wales.

Comments from some of the group included:

Kathy Sims: "For me, 'Compassion' was a difficult book to get into because initially I found it difficult to follow. At about one third of the way, it became a lot easier as the characters became more familiar. I liked the book. It challenged me - the story was not about evoking pity for Indigenous people, rather it gave me an insight into what colonial life was like from an Indigenous perspective. I admired Nell's ability to keep going, even optimistically, in the face of many obstacles. I felt the book improved my understanding of Indigenous relationships and the effects of colonisation on the people".

Jacqui Goodman: "I really struggled with this book. It was certainly well written and maybe that was just too much for me at that time. I think I'm feeling more mortal and consequently, any privation, any hardship, any conflict and abuse of power, gets to me. It's historical fact that we, white settlers, practised so-called "gentle genocide". It's something to be acknowledged as true and not denied. If things were better for our First Nation people these days, it would be easier to read. But it's not and I'm sorry. I had to stop reading for a while, but I did eventually finish it and the plot did get easier and was more welcome reading. I've listened to Julie Janson on ABC radio and like her very much".

Jennifer Dessens: "The strong characterisation and immediate sense of place made for a good read, especially in presenting that time in colonial Australia. Hard for all!"

Roz Hansen: "I really struggled to finish 'Compassion' but did finally get to the last page. I became very bored and irritated by the story. Didn't seem to go anywhere other than more of the same language, appalling treatment of females, constant reference to female anatomy, and personal struggles one after another. Whilst I was shocked by the white colonists' treatment of Aboriginals, etc. I found the ending flat and all I could feel was - and so what? Why have I got this far in the book and feel totally deflated and uninspired? Enough said. Obviously. I didn't like the book at all!"

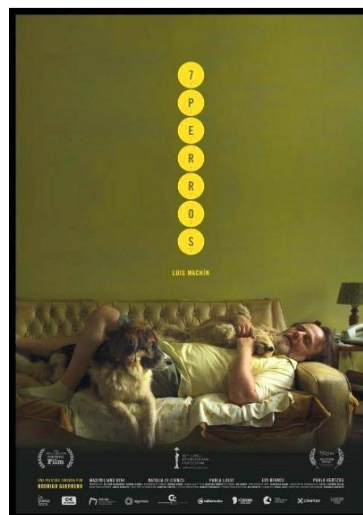
Elizabeth Stacey,
Fourth Wednesday Book Group



Midweek Monthly Film Group - 'SEVEN DOGS'

<https://www.sbs.com.au/ondemand/movie/seven-dogs/2441166403651>

This month, our group watched a film with a title involving seven dogs, but this Argentinian film was about so much more than that. It portrays a concern for those who have lost a partner later in life as they face the reality of living without them, and what that means on a daily basis. For Ernesto, the main character in the film who lives alone in a large block of units, it means the care and the companionship of his seven dogs. The film explores issues of loneliness, compassion, friendship, and the importance of community when one is left on their own to face the challenges of ageing and chronic illness. And of course, how pets can play an invaluable part in our welfare.

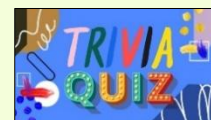


A Review:

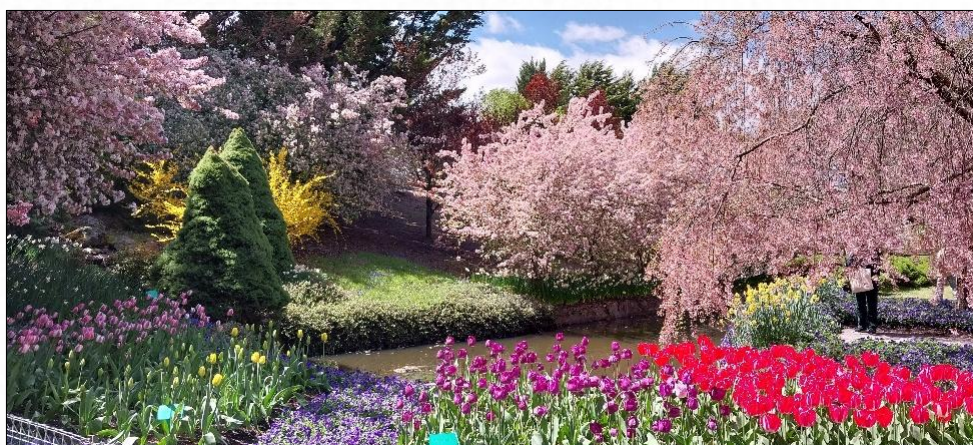
<https://soundsandcolours.com/articles/argentina/a-canine-family-becomes-the-catalyst-for-human-connection-in-the-argentine-film-seven-dogs-66335/>

Kaye Separovic, Course Leader
Midweek Monthly Film Group

TRIVIA / QUIZ by Bridget O'Hanlon

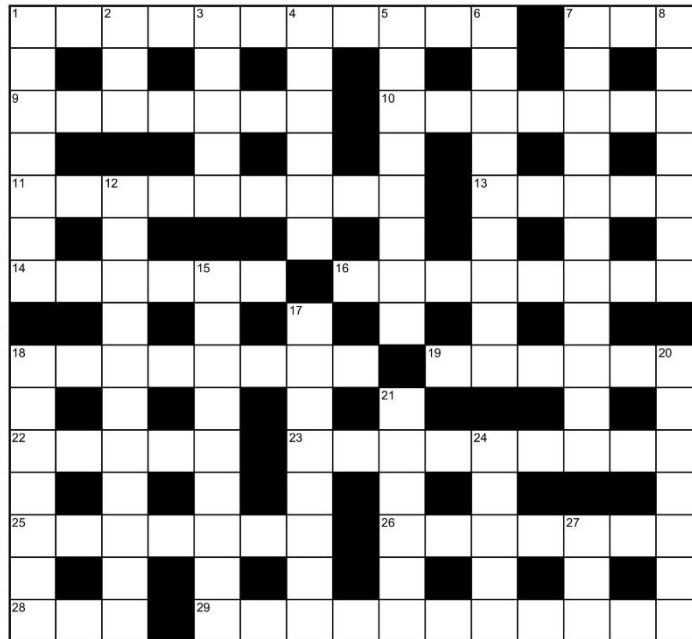


1. In which country is the Inca sanctuary of Machu Picchu?
2. Who wrote "Slaughterhouse Five"?
3. What is the largest planet in our solar system?
4. Wiradjuri and Dharawal Country are in which Australian state or territory?
5. Which nut is used to make marzipan?
6. What same four-letter word can you add to the end of these words to form new words?
BREAK, LONG, CREW, RUBBER, BOTTLE
7. What is the only human organ that is fully grown at birth?
8. Which female swimmer in August 2025 tied with Ian Thorpe as Australia's most successful world championship gold medallist, with 11 wins?
9. Translate the French expression 'de trop' into English.
10. The sousaphone is similar to which other musical instrument?



A magnificent show of Spring colours at the Tulip Top Gardens in Sutton, ACT

CRYPTIC CROSSWORD #2055 by John Scrivener



ACROSS

1. Get to know food shortage, with north replaced by south, swallows one fibber (11)
7. Bird both ways (3)
9. Sir mail perhaps likeness (7)
10. Conduct chemistry procedure of 7 Across speed (7)
11. Hated by teachers but at home sport of the church maybe (9)
13. Degree thus fundamental (5)
14. Asks a lot of questions while cooking (6)
16. At in aim for and remove by suction (8)
18. Fish home in water right one hesitation (8)
19. Revolutionary ending sneers. Good health! (6)
22. Religious teacher who started several wars about momentous issues (5)
23. Good moral constitution but colloquially can be like a clown! (9)
25. Dried fruits are right first-class transgressions (7)
26. Repeat actions of termite, rat, echidna (7)
28. At sea bosun incorporates for navigation our star (3)
29. Sex, sin, slut and energy at this WA town (6,5)

DOWN

1. A recreation seeking information by indirect means (7)
2. She is keeping quiet (3)
3. French town that is 3 times 50 maybe! (5)
4. Taken into custody in 3 Down. A double right before 3 Down's summer (6)
5. Attentiveness which the investor likes if large (8)
6. Initiate in hi stables (9)
7. See through prefix across child carer (11)
8. Sugar syrup of trace maybe the 3 Down's (7)
12. I'm, you say 50, in a regular stopping place for incitement (11)
15. Hoodlums are rink liars (9)
17. Not home throws vagabonds (8)
18. Fool queen and Eliot declares (7)
20. Snake present perhaps (7)
21. Desire to inflict suffering on another by rotten mail from church (6)
24. Australian agency in the harem I attend! (5)
27. The whole beheaded dance (3)

CROSSWORD #2054 ANSWERS (September-25)

ACROSS

1. Creeps 4. Scruple 10. Ostracize 11. Owner 12. Stationery 13. Time 15. Odious
17. Snuck up 20. Streams 21. Pamela 24. Rare 25. Predicates 28. Carol
29. Instigate 30. Strange 31. Aghast

DOWN

1. Crossbow 2. Extra 3. Platitudes 5. Cheering 6. Upon 7. Longitude 8. Giant 9. Breed 14.
Scratching 16. Interpret 18. Smarting 19. Pass test 22. Brace 23. Adish 26. Tiara 27. Flea

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**
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kayeseparovic@gmail.com

U3ASC Website Monthly Focus: ONE-OFF'S AND SHORT COURSES www.sapphirecoastu3a.org

There are several ways on the U3ASC website to easily find what is available in the way of One-off's or Short Courses, as opposed to just clicking on the COURSES button and going through the entire list.

ONE-OFF COURSES

On the home page, you can click on the ONE-OFF EVENTS button. Alternatively, you can click on the MEMBERS AREA on the home page, then select ONE-OFF EVENTS from the drop-down menu.

Here, you will find a good overview of the One-off Courses including the date. If you find one that appeals, you can then Log-in (by whichever way you are most comfortable) and enrol.



Another way you can access One-off Courses is to click on the COURSES button on the home page, then click on the One-off Events button. This takes you to the full database entry for the course, giving additional information including cost, location, contact person, etc. You are able to Log-in directly from this page by clicking on the Login button towards the top of the page to enrol in the One-off Course of your choice.

SHORT COURSES

For Short Courses, you will need to click on the MEMBERS AREA on the home page, then select SHORT COURSES from the drop-down menu. Here, you will find a good overview of the Short Courses, including the date. You can then enrol in the Short Course of your choice.

Michele Patten, Team Office Leader

TRIVIA / QUIZ ANSWERS

1. Peru 2. Kurt Vonnegut 3. Jupiter 4. New South Wales 5. Almond 6. NECK
7. the eye 8. Mollie O'Callaghan 9. One too many 10. a tuba

MANAGEMENT COMMITTEE

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