

U3A Sapphire Coast

ABN: 85641263291

P.O. Box 798
Merimbula NSW 2548

www.sapphirecoastu3a.org

email - u3ascsec@gmail.com
[/U3ASapphireCoast/](https://www.facebook.com/U3ASapphireCoast/)

September 2024 Newsletter

September Adventure Walking Sandy Beach Creek Walk - Bournda National Park



We had a lovely mild spring day for this beautiful walk that takes in the coastline, Sandy Beach Creek and Bournda Lagoon. Ten of us left the North Tura Beach carpark and walked north through the dry sclerophyll forests to Bournda Island lookout, stopping for the view before descending down the steps, and following the lagoon across the beach.

We joined the track again which has views of the creek through the trees and passes through pockets of rainforest and past beautiful lichen and magnificent orchids on the rock wall. The creek was fairly full, so we didn't complete the circuit by crossing the creek, but after following the creek for a while, climbed up to a lookout and up again to a field studies hut and then back down to Bondi Lake and retraced our path past the lagoon, Bournda Island lookout and through the eucalypts to the carpark.

We didn't see any whales on the walk but also no snakes or ticks!

Lyn Wynn, Course attendee



Yellow Orchids on the rocks

*Photos courtesy of:
Tom Brookes, Elizabeth Stacey*

President's Report



As I said in my last column, while our finances are sound, we are still subject to the tyranny of inflation, just like everyone else.

With that in mind, and following a subsequent rent increase, plus increases to rates, insurance and power, we have decided to increase our annual membership fee next year by \$5 - the price of a coffee - taking it from \$30 to \$35. We felt a smaller increase would not be worth the disruption, while a larger one would be excessive. Bear in mind, too, that we haven't had a fee increase in many years, and that our current fee is one of the lowest in Australia.

The \$3 fee per session for use of the Tura Beach Centre will remain unchanged.

That's all from me for a little while. I'm off on a trip with my lovely wife till the end of October, and Garry Clear, our Vice President, will be Acting President in my absence.

Cheers everyone,

Paul Strutynski



Marion Bush
Regina Evans
Bruce McLachlan
Sharon Perkins
Sue Rowles



One-Offs / Short Courses / Workshops

'Bonsai - Take 2' Workshop with Graham Cook

Saturday 14 September

'Taiko, Tea & Chat' Workshop with Reiko Healy

Sunday 22 September

'Your Inner Fish' with Bruce Leaver - Friday 20 September

'Introduction to Wine Appreciation' with Mike Warren

Thursday - 24, 31 October, 7 & 14 November

'Deep Listening to Nature' with Andrew Skeoch

Thursday 31 October

'Adventures in AI Intelligence' with Nigel Ayling

Friday 1 November

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

<https://www.sapphirecoastu3a.org>

'Taboo Topics' - Tura Beach



Come one, come all to **Tura Taboo Topics**. It's a safe space for political discussions on local, national and international issues.

Tura Taboo Topics meets at U3A's Tura Beach Centre, 10.00 am to 12:00 noon on Wednesdays. We have morning tea too. Just rock up.

Course Leader is Peter Coates - pete74730@yahoo.com.au

When I'm An Old Lady

by Joanne Baily Baxter (1991)



When I'm an old lady, I'll live with each kid,
And bring so much happiness just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!
(When I'm an old lady and live with my kids...)

I'll write on the walls with reds, whites, and blues,
And bounce on the furniture.... wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets and oh, how they'll shout!
(When I'm an old lady and live with my kids...)

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake their head,
And when that is done, I'll hide under the bed.
(When I'm an old lady and live with my kids...)

When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat.
I'll gag on my okra, spill milk on the table,
And when they get angry... I'll run.... if I'm able!
(When I'm an old lady and live with my kids...)

I'll sit close to the TV, through the channels I'll click
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!
(When I'm an old lady and live with my kids...)
And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan, "She's so sweet when she's
sleeping!"



Joanne Bailey Baxter
(1930 - 2018)
via Heartfelt Creations

One Off Review - Taiko, Tea and Chat

The 'Taiko, Tea and Chat Workshop' on Sunday 25 August was a hit! Don't despair if you weren't there, as a second workshop is being held from 2.00 pm to 4.00 pm on Sunday 22 September at the Tathra Surf Club, and it's FREE, thanks to a grant from Australia Post.

Reiko, with her passion for Japanese culture, will have you drumming in unison in no time.

A few comments from those to attended:

Renée. *"Reiko's enthusiasm and passion was infectious. The immersion in part of Japanese culture was a joyous experience."*



June. *"It was so lovely to meet new people in such a friendly, fun environment. Thank You and to U3A for giving me this opportunity."*

Peg. *"What a fabulous session, I really loved it and look forward to the next one in Tathra."*

Book online www.sapphirecoastu3a.org/member-log-in or call/msg 0416 228 211 - only a few places are available.

Sandy Coates, Program Team
programs3asc3@gmail.com



GIVE GOLF A GO
@ TURA BEACH COUNTRY CLUB
SUNDAY 13TH OCTOBER 2024 @ 1:00PM

**FREE INTRODUCTORY DAY FOR ALL
NEW GOLFERS (BOTH ADULT & CHILDREN)**

**FREE GROUP COACHING BY TBCC PROFESSIONAL -
LORAIN LAMBERT**
plus a few holes of GOLF with our friendly members, followed by
REFRESHMENTS in the Clubhouse

ALL EQUIPMENT PROVIDED
BOOKINGS ESSENTIAL BY MONDAY 7th OCTOBER

 To register visit the TBCC Pro Shop or
call on 02 6495 9068 

Volunteering at the University of the Third Age Sapphire Coast (U3ASC)



When I moved to the Sapphire Coast almost eight years ago, I was semi-retired and keen to find a way of meeting members of the community. I became a member of U3ASC as a means of doing so. I joined the 'Wednesday Book Group' and helped with an introduction by Elizabeth Stacey, the 'Wine Appreciation Group' under the leadership of the wonderful Lindy Fisher. I met some fabulous people in these groups who remain good friends and my retirement experience has been enriched by these relationships.

Later I joined the Programs Team and became the Leader for the following two years. Having had experience in university administration, I loved the role and enjoyed the spirit of collaboration with the other team members. It was rewarding work and great to see U3ASC members responding and attending courses the team and the hard-working course leaders had worked to establish.

After vacating that role, I had time to involve myself in other activities and established the 'Midweek Monthly Film Group' which continues to be a lot of fun.

I also volunteer as an editor for the monthly Newsletter and I'm learning, with the help of the very tech savvy Terry Prowse, to maintain the U3ASC website.

U3ASC has been instrumental in offering me an opportunity to contribute as a volunteer and to feel a valuable part of a learning community that continues to enrich my life.

Kaye Separovic

Table Tennis is back!

Table Tennis has restarted in the downstairs room at Tura Beach Country Club after a three week break due to refurbishment. It's on at 1.30pm every Thursday from 5 September for the rest of the year.

You don't need to watch the Table Tennis Olympics to learn this game. Table Tennis enthusiast Gail Rankin is your coach, and all levels of ability are welcome.

Not sure? Call Gail on 0401 087 710 to discuss.

WHEN: Every Thursday from 1.30 to 3pm

WHERE: Tura Beach Country Club, downstairs room (ask at Reception)

COST: \$3 per session

For more info or booking assistance, contact Sandy Coates on 0416 228 211.



The Writers' Group

We are a diverse collection of keen writers who meet every Tuesday at 12.45 pm at the U3ASC Tura Beach Centre; we enjoy not only an outlet for our own work, but also fascinating gems from the other members. If you have something to say, then we will provide a comfortable, supportive environment for your work. You will see from the following piece exactly what I mean.

Barbara Simmons, Course Leader

Email: bjs1210@hotmail.com

"AYERS ROCK"

by Mary Knapman



My name is Mary. It is 1955 and young people were on the move. The three-month trip was a long time in the planning for four intrepid twenty-four-year-old nurse friends Wilma, Ruth, Marge and me. We planned to drive a 1937 Plymouth of dubious mileage from the car pickup point at Kyogle to Alice Springs. The final destination Darwin. After weathering much opposition from several of the parents, we set off but not before learning how to change a tyre. We had no knowledge of the Bush Tucker Man's pronouncement *Whenever you think everything is OK when travelling in the outback, it jumps up and bites you*. We arrived in Alice Springs heady with success and confidence.

"Why don't we go to Ayres Rock", shouted Wilma impulsively. "Where is that", the three of us asked. "Oh, about three hundred miles south-west of here".

We were carried away with the suggestion. The police were notified and organised a licence for us to travel to the Aboriginal sacred site. We proceeded to arm ourselves with maps and other tourist information. No-one thought of a compass. That was our first mistake. But we carried enough petrol in large drums to get there and back. The sun was out so what could go wrong?

The signs to the rock were small and written on cardboard but the excitement grew when we first sighted the monolith. It was massive. We'd been driving on a very rough red, winding and sandy, single track. The map indicated only three homesteads on the way. A feeling of outback remoteness enveloped us as we drove away from civilisation, periodically catching a glimpse of the rock as we wound our way towards it.

We were speechless at the immensity of it when we finally drove up to the base of the rock. It was there to be climbed. At the top, alone with a magnificent view for hundreds of miles, we savoured every moment. Then the weather suddenly changed. An ominous, cold wind was blowing. The sky grew heavy with black clouds fighting for space. So, we decided to head back to Alice Springs and continue our journey to Darwin.

Halfway to Alice, it started to rain. The sky grew darker. Day turned into night. But we expressed confidence in our car. Although it was not a four-wheel drive, we made good progress until there was a loud crunch. The clutch seized. From that moment, we could only drive in first gear. Rain continued to fall. The track became heavy.

That night, we camped alone in the mulga. With just enough dry wood from the night before to set a fire, we enjoyed the last of the sausages for dinner and half a potato each. The talk was all about our visit to the rock and how wonderful it was. Rain continued through the night.

After a breakfast of porridge, we set off in the direction of Alice Springs in first gear. Wilma said, "We should have seen the sign to Alice by now. Could we have missed the turning?" "No", the rest of us answered. "No way", and refused to give it another thought. This was our second mistake. So, we continued to limp towards Alice Springs (we thought) and realised we may arrive later than we had expected. It was a miserable, silent meal of cold rice that night but we had a happy musical evening with me on the mouth organ.

In the morning, the car would not start. "All we can do is wait. Someone will come by soon. After all, this is the only track to the rock", said Marg. Ruth walked out into the rain to take photos of nothingness. The rest of us tried to start an already dead engine. We all turned in early with the expectation that another car would come by in the morning.

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.../.

Breakfast was porridge with no milk. A piece of petrol-permeated fruit cake followed. It had been sitting on the petrol drum. Marge suggested we start walking but Wilma thought we ought to stay with the car. At least, we could sleep dry there. "Someone is bound to come along soon", she said cheerily. The rest of us agreed. It was to be another night in the outback. "Don't forget we promised to go the local dance on Saturday night", I reminded them. No one acknowledged we may be lost.

The morning started with all bran and water plus more fruitcake. I silently worried that if we had taken the wrong turn, no-one would find us, but immediately dismissed the thought. This was not 1855.



"There's a car coming", shouted Ruth, suddenly appearing out of the scrub. We prepared to give them a warm welcome. A Volkswagen Kombi van with an elderly couple pulled up beside us. "We followed your tyre tracks", they said. They had made the same mistake we had. "Are you ok?" they asked. "No, our car has broken down. We can't go anywhere".

Mr and Mrs Drummond then checked their compass and discovered that indeed we were heading in the wrong direction. At their invitation to travel with them, we gathered a few belongings and some food and piled into the back. We had, however, not anticipated sleepless nights squashed together in the cabin of a Kombi van. After helping Mr Drummond (who by now showed signs of asthma) out of many bogs on the way back, we realised that we had helped each other.

There were no signs at all to see on the way back. They had indeed been washed away. We had spent eight days in the mulga and the hot shower in Alice was indescribable. The police officer on duty drily said, "You wouldn't have died of thirst anyway after the worst rains in seventy years".

When my nephew stood up to tell news in primary school some weeks later and said, "My Auntie Mary has just climbed Ayres Rock", he was told to sit down and stop lying.

Here 2 Help

Adult Literacy and Numeracy

Volunteers needed

Did you know that 43% of the Australian population do not have the literacy skills to cope with everyday life?
Want to help?

You will need -
Good levels of literacy and numeracy skills and a Current Working With Children Check.
Training and resources supplied.



Tura Marrang Library
Wednesdays 3.30pm - 5.00pm

To apply or obtain more information contact
cayce@bmc.org.au



Welcome



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



TRIVIA / QUIZ by Bridget O'Hanlon



1. What starts with F, ends in F and has no F?
2. What is another name for 'The Dog Star'?
3. Charlotte Wood, author of 'Stone Yard Devotional', has been long listed for which prestigious literary prize?
4. What spice is traditionally used in Goulash?
5. What is the stage name of Stefani Germanotta?
6. The smallest penguins in the world live in which Australian state?
7. How many athletes did Australia send to the Olympics in Paris - 260, 360 or 460?
8. Angus Robertson won this year's People's Choice Archibald Prize for his portrait of whom?
9. In the year 79CE, an eruption of Mt Vesuvius destroyed Herculaneum and which other city?
10. The walrus belongs to which sub group - bear, elephant or dolphin?

(Answers on last page)



Midweek Monthly Film Group 'A Great Friend'

Our film for the month of August was "**Les Choses Simples**" or "**A Great Friend**", a light hearted French film about two very different men who forge a delightful friendship in spite of their differences. The scenery and cinematography are superb and there are some wonderful moments full of grace and good humour. If you'd like to laugh out loud, you can catch it on SBS OnDemand.

A review:

<https://bmamag.com/2024/04/04/a-great-friend-les-choses-simples-alliance-francaise-french-film-festival-2024/>

"... its many laugh-out-loud moments are so exquisitely timed that audience laughter doesn't drown out the dialogue (or the well-translated and well-timed sub-titles).

This movie is truly a gem. Though the dialogue is superb, the visual storytelling power of the big screen manifests here in beautiful ways, with riveting on-screen chemistry between all the leads."

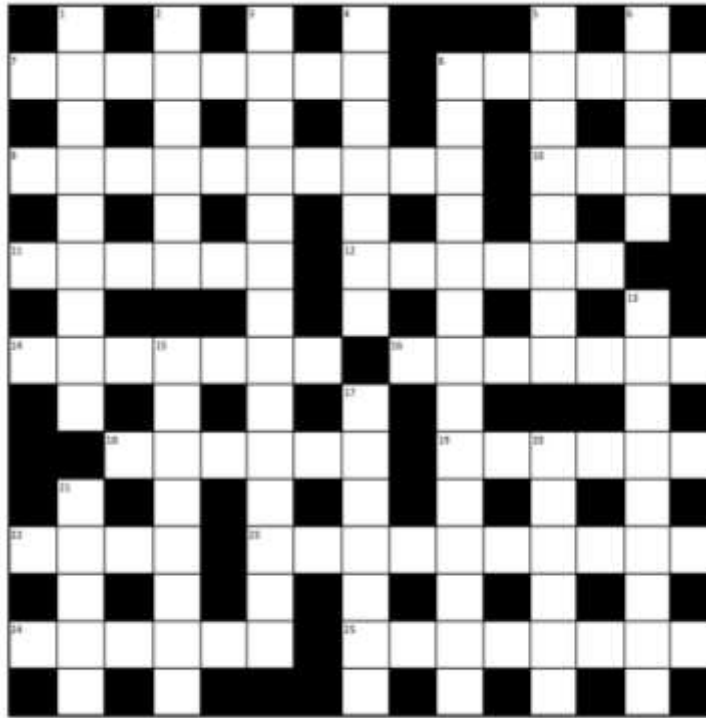
Kaye Separovic

kayeseparovic@gmail.com

Midweek Monthly Film Group



CRYPTIC CROSSWORD #2043 by John Scrivener



ACROSS

7. End train derailed family time to discuss the day's events (2,6)
8. Why say feats give protection? (6)
9. Go our lemon! 7 Across not necessarily here (6,4)
10. Nuclear weapons made here in rain? (4)
11. Storm above! The bridge or the Lilo? (4,2)
12. Take Danes and put last first for yummy cake (6)
14. Former golfer Sam contains key start and went furtively (7)
16. Illustration on an Australian bench! (7)
18. Involve end of sudden end (6)
19. Measure head to stamp a design (6)
22. Greek letter at state of bent building-site (4)
23. I am impolite in old money and unwise (10)
24. Cheek on volume unit (6)
25. Devotee taking third from young horse under (8)

DOWN

1. Promenading on the way and undulating (9)
2. Insignificant person cut outside the hotel (6)
3. Analysis of repent and ration it (14)
4. Reliable and uncomplaining private soldier (7)
5. Administrator can be pompous (8)
6. Not in the right place of way beam (5)
8. Any louts and muesli all together! (14)
13. Slaughters many fields (9)
15. Girl said "You friend once a year" (8)
17. Remove some clothes and leave without being noticed (4,3)
20. Still speaking Celtic garbled or bent (6)
21. Decider from elfin allspice (5)

CROSSWORD #2042 ANSWERS (August 2024)

ACROSS

1. Calvinistic 9. Ballast 10. Forearm 11. Era 12. Rounder 13. Noisier 14. Nib 15. Rabbi
 17. Yogis 18. China 20. Steer 22. Arc 24. End game 25. Romance 26. Lei 27. Present
 28. Flagons 29. Strangeness

DOWN

1. Colour blindness 2. Leander 3. Inter 4. Infantile 5. Terrify 6. Chasing rainbows 7. Oberon
 8. Smarts 16. Busselton 18. Creepy 19. Amateur 21. Rampage 23. Crease 25. Rifle

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

NEWSLETTER

Production Team:

Carole Thomas - blackbrumby@gmail.com
Michele Patten - u3asoffice1@gmail.com

Contributions & feedback to the Newsletter

can be emailed to our Editors
by the 1st Thursday of every month.
Trish Dive: u3asoffice8@gmail.com

AND

Kaye Separovic:
kayeseeparovic@gmail.com



TRIVIA / QUIZ ANSWERS

1. Photograph
2. Sirius
3. The Booker Prize
4. Paprika
5. Lady Gaga
6. Tasmania
7. 460 (3rd highest number after USA and France)
8. Marcia Langton
9. Pompeii
10. Bear



Save the date

2024 NSW Local Government elections

Saturday, 14 September

Voting is compulsory

Visit elections.nsw.gov.au/lge24
or call 1300 135 736



MANAGEMENT COMMITTEE

President	Paul Strutynski	u3ascpres1@gmail.com
Vice President	Garry Clear	garrypcug@gmail.com
Secretary	Carolyn Smith	csmith1611@gmail.com
Treasurer	Judy Brand	u3asctreas@gmail.com
Program Team Leader	Jane Thomson	programs.u3asc1@gmail.com
Member	Roger Harris	rogercharris@bigpond.com
Member	Lesley Weekes	lesleybythesea@gmail.com