

U3A Sapphire Coast

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 /U3ASapphireCoast/

April 2024 Newsletter

PRESIDENT'S REPORT



Here's a brief report on how things went last year as I see it.

The short answer, I think, is not too badly.

I think the Management Team's best achievement was to keep an annual fee increase at bay a further year. There was no increase last year. And there will be no increase this year.

Our \$30 fee must be one of the lowest in Australia, yet we managed to still pay all our bills last year and keep the ship afloat, and things are also looking good for this year as well.

Note that while our revenue from last year remained steady, our bills did not, and have not, remained steady. This means a fee increase cannot be avoided forever.

But, in spite of that, we still have enough money in the bank to cover roughly a year's operation should all revenue dry up.

I should mention that while we ran a deficit of nearly \$6000 in 2023 compared to under \$2000 the previous year, this is a bit misleading, as Judy alluded to.

For one thing, we had to pay two Christmas party bills in 2023 totally \$5000 while none were payable in 2022. In addition, we were receiving a \$2000 subsidy from our landlord in 2022 to help us out with COVID.

Another significant achievement in 2023 was to be able to present a delectable range of course morsels to members throughout the year, thanks to the Program Team and our course coordinators.

I should also mention that while it is technically not last year's initiative, we have upgraded our online annual fee payment system recently. This has been a source of some irritation to members for some years. Hopefully things are much easier now.

So things continue to run smoothly, I think—my goal in coming into this job.

The main ongoing challenge for the organisation as I see it to obtaining a steady stream of volunteers to take over from the steady stream of volunteers who have done their bit for the organisation and need to move on because of family issues, illness or plain burn out. There is no simple answer but it's an issue we need to constantly focus on as we move forward, as we are.

Before moving on, I need to thank some people.

As I said last year, I don't plan to single out individuals since all our volunteers operate in teams. I put a very high value, the highest in fact, on teamwork and I propose to thank our teams, not the individuals within them.

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**Welcome
New Members:**

Sue Gardiner

Rosie Leak

Ray Leak

Timothy Shepherd

Jen Taylor

Ronald Knapman

Mary Knapman

Mellisa Sutton

Gail Ranking

Dave Rankin

Gillian Ross

Firstly, I must naturally thank our course coordinators and presenters, both of ongoing courses and one-off presentations. I know from personal experience that it can be very personally rewarding work, but it is still volunteer work, often very demanding, and I thank them one and all for their sacrifices.

Second, I want to thank our Office Team who often spend either freezing or frying Friday afternoons at our Tura Beach centre helping members, and prospective members with such things as joining, paying their fees etc. They are often the first point of contact for new members, and what a great thing for us as an organisation that it is.

Third, the Newsletter Team. I'm a member of that team, who is basically there as a link between the Newsletter team and the Management team. I don't do any of the work of the committee, but I do observe it. And, again, just like the Office team, we are blessed with an excellent team. I don't need to say anymore because every one of you can see the quality of their work. It is outstanding.

Fourth, the Program Team. They are the link with our coordinators and presenters. They in many cases come up with the courses, the coordinators and the presenters, and who produce the list of available, and often fascinating, courses we all tap into and enjoy. How lucky are we to have them in that critical role.

Finally, my team, the Management Team. What a privilege it has been to work with this team. Not one allows personal ambitions or promotion to permeate their work. All are courteous, respectful of others, and willing to work with others for the greater good. My job could not have been easier, not more pleasurable.

Finally, a quick thank you to Terry Prouse who maintains our website, promptly and effectively. Thank you so much Terry. Also to Kay Separovic who volunteered to step in as back-up to Terry. Also a huge thanks to our extremely able Secretary, Merryn Dowling, who is stepping down. She is a loss.

Well, that's all for me. Thanks again for turning up. See you in a year.

Cheers,

Paul Strutynski, President U3A Sapphire Coast

monarch butterflies will not attempt to fly in the rain

because the rain drops will damage
their delicate wings
they will rest
and wait it out
it's self preservation

it's okay to rest
during the storms
in your life
take all the time
you need
you will fly again
once the storm passes

SHARYN MARSH



Have you tried a SHORT COURSE yet?

It's a great way to dip your toe in the water and see if something interests you without having to sign up for a full course. And it's also a great way for us to see if there's enough interest in a topic to run a longer course!

Coming up we have two new short courses to whet your appetite. For more details check the U3A Sapphire Coast website, Current Courses A-Z. If you have any difficulty enrolling online for a course or event, Team Office will be happy to help. You can find them at the U3A Sapphire Coast centre at Tura Beach between 1:30 & 3:30 pm on Fridays during term time, or email u3ascoffice1@gmail.com

Explore the origins of the universe! Astronomy Talks with Dr Allan Ernest

In this series of four talks, astronomer and physicist **Dr Allan Ernest** will present on:

1. Astronomy and the Universe: An Introduction
2. The Dark Side of the Universe
3. An Introduction to Gravity, General Relativity and Gravity Waves
4. Cosmology: The Origin and Evolution of the Universe

This is a rare chance to hear from an internationally recognised researcher and speaker on the science of the universe. Sounds a bit challenging? Don't worry, as an occasional cruise ship presenter Dr Ernest has plenty of experience bringing this fascinating area of science to the layperson.

When: 1:45 – 2:45pm on Wednesday 29 May & 5, 12, 19 June.

Where: U3A Sapphire Coast Tura Beach Centre

For more info and to enrol, see the U3A Sapphire Coast website or contact Team Office.

Ping Pong and Table Tennis

Social ping pong and table tennis for those who like to stay active. All equipment supplied, just bring your enthusiasm! Want to give it a go? Book online or contact Sandy Coates, Programs 0416 228 211

When: 5 sessions, starting 1:30 – 3pm on Thursday 2, 9, 16, 23 & 30 May.

Where: Tura Beach Country Club, downstairs room.

Update on Mobile Phone Photography course

For those enrolled or interested in Mobile Phone Photography - unfortunately the course leader Beth Smith is unavailable due to work commitments for most of the year then travelling, so her very popular short course won't be on in 2024. Perhaps some time in the future? We hope so.

Update on Seniors' Rights Information Session

Unfortunately the Seniors' Rights Information Session on 17 March had to be cancelled due to very low enrolments. If you would be interested in attending a session later in the year, let us know (Jane Thomson, Program Team Leader, englishrose659@hotmail.com) and if we get the numbers, another session may be arranged.

Upcoming One-Off Events

The Ancient Art of Bonsai

Bonsai expert Graham Cook will present on the ancient Japanese art of Bonsai – that is, the art of growing and shaping miniature trees in containers. Graham will cover the history of Bonsai, how to cultivate trees, select suitable species, potting techniques and fertilisation. He'll bring some trees and pots with him, as well as information on Bonsai activities for anyone who wants to take their interest further.

When: Friday 17 May, 1:30pm to 3pm

Where: U3A Sapphire Coast Tura Beach Centre

You can find more info and enrol on the U3A Sapphire Coast website, or contact Graham at bonsaipotterg1@yahoo.com.au

Spotlight on Local History

Take a tour through local history at the Merimbula Old School Museum. Join curator Liz Bretherton as she shows you behind the scenes of preserving the past, and view the magnificent display of oyster plates from around the world, part of over 300 in the collection. Afternoon tea provided!

When: Wednesday 8 May

Where: Merimbula Old School Museum, on Main Street opposite the RSL Club

For more info and to enrol, see the U3A Sapphire Coast website or call/message Sandy Coates on 0416228211.

The Cambrian Explosion

Geologist Bruce Leaver will discuss the fascinating phenomenon of the Cambrian Explosion, a sudden explosion of complex animal life forms that took place roughly half a billion years ago, and gave birth to the diversity of life we see today.

When: Friday 17 May, 1:30pm to 3pm

Where: U3A Sapphire Coast Tura Beach Centre

For more info and to enrol, see the website or contact bruce_leaver@yahoo.com.au

Suicide Prevention For Seniors Program

Would you like to learn how to help prevent suicide? This program provides evidence-based accredited training and practical strategies in suicide prevention, including how to have a conversation with empathy, determine whether the person is having thoughts of suicide, and support the person with a safety plan and referral. In addition, this training will teach you about the common causes of suicidal behaviour and particular issues surrounding suicide in older adults, including risk and protective factors.

The program takes 3 hours, online via Zoom, and is free, funded by the Australian and NSW Governments. It's for anyone who works closely with older people, including carers, professionals and concerned family members or friends.

For more information or to register, visit www.anglicare.org.au/suicideprevention

RUBIK'S CUBE BEGINNER'S METHOD COURSE

Would you consider being a U3A Sapphire Coast Course Leader for a Rubik's Cube Beginner's Method Course or would you just like to have a red-hot go at solving the Rubik's Cube? Barry Lynch has taught a course on the Rubik's Cube Beginner's Method at U3A Redcliffe, creating tutorial videos in the process. He is offering them on his Cryptic site.

The Beginner's Method requires students to commit six short algorithms to memory, and this is a wonderful exercise for the brain. Using these algorithms, students will train their minds and fingers to work together, just as they would if learning to play the piano.

The course was very successful at Redcliffe, and Barry was thrilled when some of his U3A students told him they enjoyed showing their skills to their grandchildren. Now they will be able to watch the YouTube videos with their grandchildren on their home TV, so that they can all enjoy learning together. Any such bonding is one of the ultimate enjoyments a grandparent can experience, and U3A members, with all their knowledge, are uniquely set up to enjoy this.

This would be a wonderful course to include in our U3A programme. Besides learning the algorithms, students will also learn all the usual terms and techniques, and will be well prepared to take on the faster (expert) method, if they wish.

To keep these videos separate from Barry's Cryptics ABC videos, he has put them in the category for subscribers only. Subscribers are notified whenever new videos are added.

Of course, as with Cryptics ABC for ALL, these tutorials will be free to watch on YouTube, and no U3A club or any of its members will have to pay anything. Barry's only wish is to add more enjoyment for U3A members.

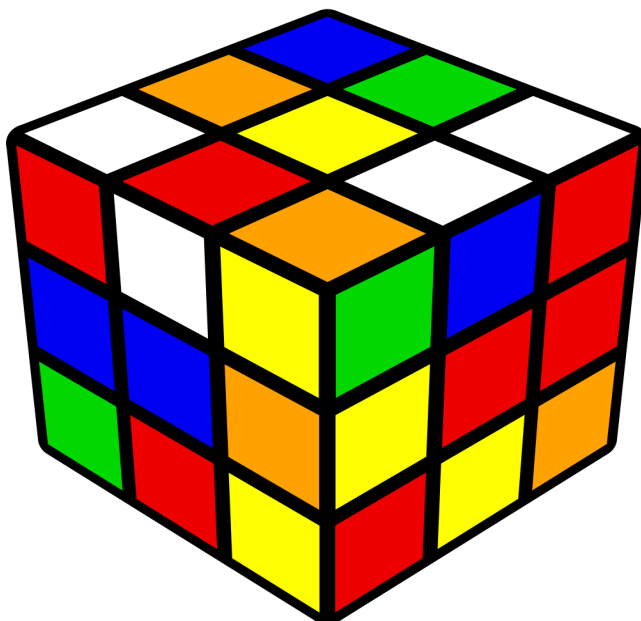
The tutorials are designed so that the Course Leader does not need to know how to solve the Rubik's cube, in order to run the course. The only prerequisite is that all students will need to front up with a Rubik's cube (original colours please – white, yellow, green, blue, red, brown) for the first lesson. Kmart usually supplies them for about \$20;

A reminder that the site name is Cryptics ABC for ALL, and the link is https://www.youtube.com/channel/UC2whB5I_IHbNSLeW6BfDvng

Jane Thompson
Program Team Leader



Barry Lynch.



BEEKEEPING WORKSHOP - A BUZZWORTHY SUCCESS!

I recently attended an informative workshop led by Apiarist Stephen Targett who is very passionate about his bees and their hives and with good reason. Bees are a vital part of our ecology and crucial in pollination of our fruit trees, vegetables and the beautiful gardens we enjoy so much. Stephen was a commercial beekeeper for 28 years before selling his business and still manages 10 of his own mainly for honey and pollination in Spring.

Stephen gave three engaging and educational sessions including beekeeping for the beginner, the fascinating world of bees, the role of the queen in hives, worker bees and drones, identification of the different types of cells within the hive and honey production. He also shared some slides on native bees and their habitats. Did you know there are around 2000 native bee species endemic to Australia? We had a taste test at the conclusion and it was interesting to taste the different types of honey produced from the bees depending upon the various trees they are pollinating and gathering their nectar from.

Participants left inspired to transform their own green spaces into havens for bees and other pollinators. U3A Sapphire Coast would like to thank Stephen for his willingness to share his knowledge on bees. A further Spring One-Off Bee Hive interactive field visit is planned. This interactive workshop will demonstrate a live working hive and further knowledge and education on owning and managing your very own bee hive.

For further enquiries contact Sandra Coates Programs Team, Mobile: 0416 228 211

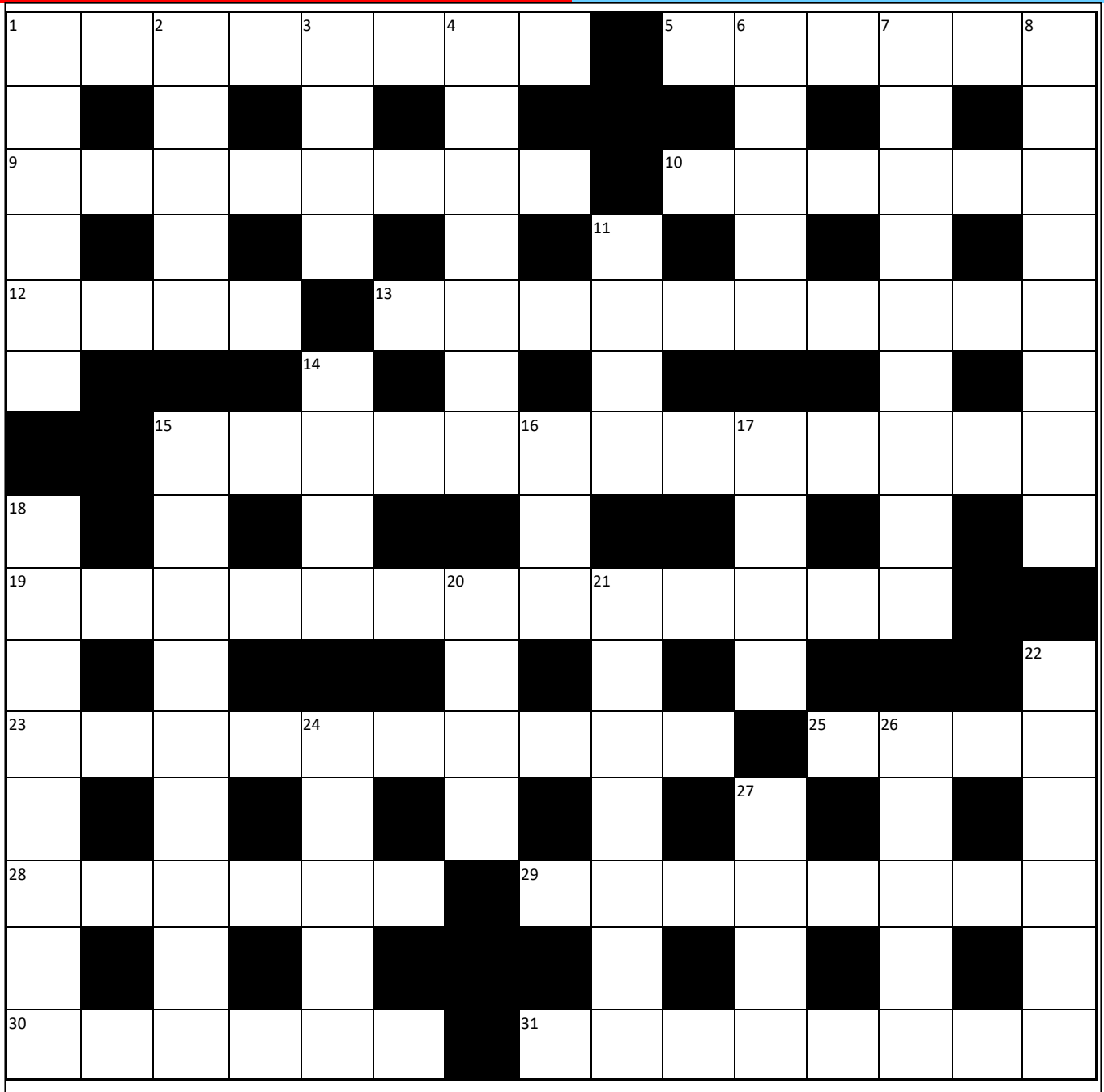
Julie Russell

Course attendee.

TRIVIA QUIZZ by BRIDGET O'HANLON

1. The film 'Titanic' was released in 1987, 1997, or 2007?
2. How many zeros in a billion?
3. What is a pangolin?
4. In Perth WA, the Canning River merges with the _____ River before exiting into the Indian Ocean?
5. The Orlov, Heart and the Sancy are all famous what?
6. Which car company did Lewis Hamilton recently join?
7. 'Hell is empty and all the devils are here' comes from which Shakespeare play, which was his last?
8. Which anniversary of the Sydney Opera House was celebrated in October last year?
9. Which is Hong Kong's largest airline?
10. Which two spices are the most popular in the world?





ACROSS

1. Turned about, say (8)
5. Braved qualifier (6)
9. Snake cubes a fierce Queen (8)
10. Seminar dressed for the summer! (6)
12. Final foot shape (4)
13. Informer of unusual electronic worm common in suburbia (5,5)
15. Mend treatise victory for sales help (13)
19. Stall for broken-down cars of metal consumed (13)
23. US, UK and Oz sub agreement on journey sounding right drunk (10)
25. Agitate knight eating first tomato (4)
28. Love set-up in the beginning (6)
31. Drink and the sound of an early social reformer (8)

CRYPTIC CROSSWORD 2038 by JOHN SCRIVENER

DOWN

1. Metal of a business degree officer (6)
2. Profane arsenic includes and approximates (5)
3. Ireland in banter interminably (4)
4. Hear within service but not bad cutter (7)
6. Aspiration of padre, a minister (5)
7. Hear Ernie use foul language at some other place (9)
8. Did James scold his financier re the interest on his money? (4,4)
11. Similarly Pacific tree-wine (4)
14. Falter without beginning state (4)
15. Scrapping sailor and I use lotion wildly! (9)
16. Add-up child (3)
17. Whow! Lean crookedly (4)
18. Cuspidor spoon holding one teetotaller (8)
20. Gorge your meals roughly (4)
21. Invade your privacy in start of total bad manners (7)
22. Cyanide fear perhaps. Not there surely (6)
24. Drink in silver container we are all disappointingly (5)
26. Press a US city (5)
27. Sore, I say, pen of Euler's constant (4)

Newsletter

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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 AND
Kaye: kayeseparovic@gmail.com

JAN/FEB CROSSWORD 2037 ANSWERS

ACROSS

1. Forums 4. Passport 9. Nests 10. Dismember 11. Illicit
12. Site 15. Uttering 17. Corgi 19. Loony 20. Covenant 22.
Soot 23. Rose hip 27. Range hood 28. Opera 29. Transfer
30. Chaste

DOWN

1. Fancifully 2. Resolution 3. Music 5. Assist 6. Spectacle
7. Orbs 8. Tarn 10. Dating 13. Breathless 14. Birthplace 16.
Roy Rogers 18. Torrid 21. Strove 24. Sloth 25. Trot 26. An-
na

TRIVIA QUIZ ANSWERS

1. 1997
2. Nine
3. A mammal otherwise known as a scaly anteater
4. Swan
5. Diamonds
6. Ferrari
7. The Tempest
8. The 50th
9. Cathy Pacific
10. Pepper and Mustard

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