


# U3A Sapphire Coast

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 /U3ASapphireCoast/

## August 2025 Newsletter

### President's Report



Hi everyone and welcome back to a new term of maximising our joyspan. Okay, it's the latest trendy catchword to sell a book, I know. But it's a useful descriptor for something that is more than just having a long lifespan or healthspan (yeah, another one of those words 😊). And all you have to do to achieve it, according to the author, Dr. Kerry Burnight, is to join, and involve yourself in U3ASC, because what you need for a longer joyspan is, apparently, exactly what

U3ASC provides. She says the key to joy in older age is:

Growth: continuing to expand and explore,

Connectedness: putting time into new and existing relationships,

Adaptability: adjusting to changing and challenging situations,

Giving: sharing yourself with others.

Voilà! Way to go U3ASC for working this out 60 odd years before someone "scoured the findings of 35 years of empirical testing on psychological wellbeing in longevity" to confirm the benefits of what we do.

I'm being facetious, I know, and don't let me put you off reading the actually very interesting and inspiring article referred to us by Michele Patten.

You can find it at <https://apple.news/AZqESv5KWTvCZDQ1jsBsnfA>

Speaking of joy and of giving of ourselves, a note on our course leaders and how we think they should be treated. Because as occasionally happens, situations arise that take the joy out of the giving.

We do not have a formal approach to evaluating the courses our leaders offer. We do not require any course leaders to have teaching qualifications or experience. Our approach is to be profoundly grateful for anything they want to contribute, and supportive of them in making that contribution. Some of our course leaders have been doing what they do for a very long time (in one case, some 23 years, if you can even imagine that).

Evaluation is done by participants either staying or leaving. If you don't like a course leader's content or method of delivery, please just leave the course and allow those who do enjoy it to continue doing so. If your negative opinion is shared by enough others, the course will die a natural death, without anyone getting hurt. Having said that, I'm sure all course leaders welcome constructive feedback delivered with tact and sensitivity. But there's no room in U3ASC for hurtful or unhelpful criticisms.

Be a joyspan enhancer, not a killjoy.

**Sue O'Loughlin, President**



Sandra I'Anson  
Graeme Collins  
Debra Miles.  
Christopher Warren

## Coming up: One-Offs / Short Courses

### **'Eden Spinners Open Day for U3A'**

Tuesday 19 August - 11.00 am to 2.00 pm @ Eden Log Cabin

### **'Taiko, Tea & Chat for Seniors 2025'**

Wednesdays: 20 August & 10 September- 2.00 pm to 3.30 pm @ The Disability Trust, Bega

### **'Mindful Meditation'**

Wednesdays fortnightly: 27 August until 19 November

3:15 pm - 4:15 pm @ U3ASC Tura Beach Centre

### **'Genealogy - Exploring Your Family Tree'**

Wednesdays: 3 & 10 September, 1 & 8 October

1:00 pm - 2:15 pm @ U3ASC Tura Beach Centre



## **\*\* NEW - Short Course \*\* 'Mindful Meditation'**

A gentle REMINDER that this fortnightly course begins on Wednesday 27 August, starting at 3.15 pm to 4.15 pm @ U3ASC Tura Beach Centre.

Book in now, as numbers are limited.

**Mindful Meditation** - we all have this amazing consciousness. When we take time to sit and observe, we notice that emotions, moods, habitual thought patterns, judgements and wanting, have the ability to sidetrack our minds.



In mindful meditation, our mind is not blank but Alert and Present. It is a practice where we learn to see what a skilful use of our time and energy actually is, as it creates a space to expand our awareness. We gradually come to a state of calmness and clarity.

**Neil Curry, Course Leader**

Enquiries: 0484 680 381

## **\*\* Short Course \*\* - 'Taiko, Tea and Chat for Seniors 2025'**

Wednesdays 20<sup>th</sup> August & 10<sup>th</sup> September

2.00 pm - 3.30 pm at The Disability Trust, 156 Newton Road, 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. Bookings are essential. Equipment supplied. Stay for a cuppa and chat in a friendly space.

**Reiko Healy, Course Leader**

Enquiries mobile: 0474 065 667

## **\*\* ONE OFF \*\* ‘Eden Spinners Open Day for U3ASC’**

**Tuesday 19 August - call in at your leisure between 11:00 am & 2:00 pm**

**Eden Log Cabin, 38 Maling Street, Eden**

‘Eden Spinners’ invite you to come along and join them at the Eden Log Cabin for an insight into their craft and the history of the Log Cabin.

“Our spinning group was formed over 30 years ago, but the craft of spinning goes back thousands of years. Even though it is no longer essential to spin fibres by hand, the craft is so enjoyable that it is widely practised throughout the world to this day”.

Eden Spinners will have a display of some of their creations for you to see; and you will be able to observe them spinning, and have a try at it yourselves. Tea, coffee and cake will be provided. Everyone is most welcome.

For more information, please contact Gina Hannan.

Email: [gina.hannan@gmail.com](mailto:gina.hannan@gmail.com)

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

or for more details, call/message Sandy Coates: 0416 228 211.



## **‘Older People’s Mental Health First Aid’**



A big Thank You to Kath Miller for starting our journey into the area of **“Older People’s Mental Health First Aid.”** So much knowledge to embrace, so much life experience to share, what insights we all proffer within a respectful, non-judgmental space.

For those who wanted to attend but could not due to various reasons ... stuck in Bali, medical appointments, grandchildren to pick up, Covid concerns ... check out this chart - “How are you going” - another resource that Kath plucked out of her hat.

From the grateful group of U3ASC attendees.

**Sandra Coates,**  
Program Team

## **‘Linguistics’ - Paused for Now**

Please note this course is on HOLD for Term 3 as Course Leader, Malcolm Privett, is on Sabbatical leave and resumes in Term 4, Friday 17 October.



## **'Gourmet Travellers' Group - July Outing**



The Gourmet Travellers' group met at the Legacy of India Restaurant in Merimbula for our July get-together. We had two amazing menus from which to choose, Indian and Nepalese, which made choosing a dish a delightful challenge. Hmmm, which one?

Needless to say, with good food, good wine and a great group of wonderful

people, our lunch was a big success, and a lovely way to spend a Friday afternoon.

**Lesley Weekes,**  
*Gourmet Travellers' Group participant*

## **'Taboo Topics' Tura Beach**

In the warm U3ASC Tura Beach Centre, we provide a safe space for discussing current political, economic and social issues. We aim for a mix of issues impacting our local area, the national scene and international level.

After an hour discussion, we break for a half hour morning tea. Then for the next half hour, we have "soapbox" (where you can bring up any issue bugging you) - followed by a poem or two, and jokes, and then often, discussion of animal issues (creatures great and small). The emphasis is on enjoyment and light heated humour - even in the depths of winter and winds of August.

**Peter Coates, Course Leader**  
Email: [pete74730@yahoo.com.au](mailto:pete74730@yahoo.com.au)



## **Flexibus - On Demand Public Transport**

Most of you would be familiar by now with the sight of the On-Demand Public Transport blue coach, but some members may not be aware of the services it offers. The Flexibus On Demand Public Transport (developed by Sapphire Coast Buslines in collaboration with Transport for NSW) was launched on 28 November 2018, and runs 3 services:



**Bega service** - anywhere 2.5 km of the town centre.

**Tura Beach, Merimbula, Pambula service** - anywhere 6 km of the town centres.

**Eden service** - around Eden township and Eden Cove.

Hours of Operation are 9:30 am - 2:30 pm weekdays (no service on Public Holidays). A one-way trip starts from \$2.30. Half price fares available for concession card holders.

For more information about the service, or to book your trip, go online <https://scbuslines.com.au/public-bus-services/flexibus-on-demand/> or call (02) 6495 6452. You can also download their App (Flexibus Sapphire Coast). Enjoy the ride!

**Carole Thomas**



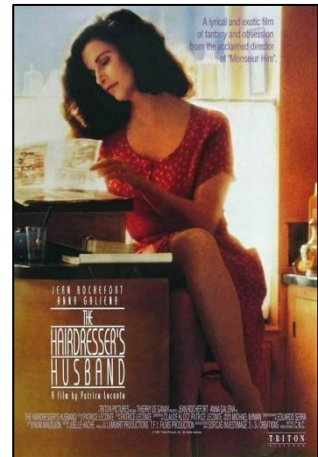
## REVIEW

### Midweek Monthly Film Group - 'THE HAIRDRESSER'S HUSBAND'

<https://www.sbs.com.au/ondemand/movie/the-hairstressers-husband/1562007107984>

This month's film is one like no other. It can be obsessively romantic, erotic, eccentric, sad, tragic, funny and wonderful, all at the same time. French Director Patrice Leconte's films have been described as follows:

*"What they have in common is his gift for inventing unforgettable characters. Some are remarkable only in their ordinariness. They have this in common: They're fascinating".*



His other films include: "[Monsieur Hire](#)" (1989); "[Ridicule](#)" (1996); "[The Girl on the Bridge](#)" (1999); "[The Widow of Saint-Pierre](#)" (2000); "[My Best Friend](#)" (2007)... no doubt all worth watching. Do yourself a favor, sit back, relax and be wonderfully entertained.

Review: <https://www.rogerebert.com/reviews/the-hairstressers-husband-1990>

**Kaye Separovic**

Midweek Monthly Film Group

### TRIVIA / QUIZ by Bridget O'Hanlon

1. What is the most populous city in Canada?
2. How many muscles are there in each human finger?
3. The Australian Thylacine, thought to be extinct, is commonly known by what name?
4. Two planets have no moon, Mercury and ...?
5. There's a lot of talk these days about Superannuation. In what year was it introduced?
6. 'Clowder' is the collective name for a group of ...?
7. Name the second book of the Old Testament.
8. From which country does Emmental cheese originate?
9. Name the lowest point on the Australian mainland
10. A fresh egg will float in water; a stale egg will sink. True/False?



**EVERY FRIDAY**

**AFTERNOON**

**at the Tura Beach Centre**

**from 1:30 pm to 3:30 pm**

(except Public Holidays  
& School Holidays)



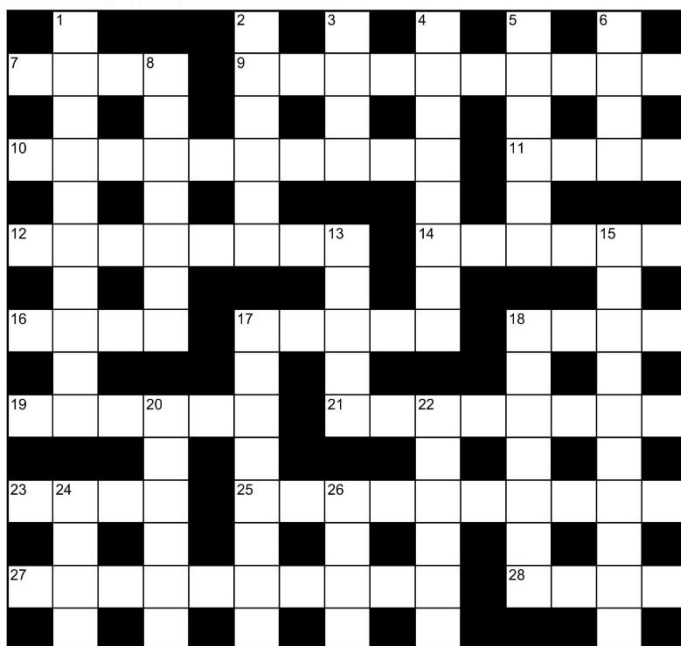
Come in if you need help to enrol  
or to register for one of our classes;  
or just for a cuppa, a chat,  
or to meet our volunteers  
and other U3A Sapphire Coast  
members



Winter wonderland at Falls Creek:  
cross country skiing on Heaphy Spur

Photo: courtesy of Marg Hayes

## CRYPTIC CROSSWORD #2053 by John Scrivener



### ACROSS

7. Small dwelling and close (4)
9. Refusal to accept about affectionate sibling hoping to get from sun at church (10)
10. Light up sick hesitation in consumed (10)
11. Make less serious the 5th letter spoken more than once (4)
12. Mails after a long time (8)
14. Lost alarmingly the Queen's horse minder (6)
16. Gracious sort (4)
17. Stay away from a gap (5)
18. Arthropod not in a religious denomination (4)
19. Stops patterns of squares (6)
21. Abundance of land unit slaughter (8)
23. Hoes but in footwear (4)
25. 50 teets in pram perhaps to 10 Across on roadside (10)
27. Do signets sin and become penurious? (10)
28. Chant after gins! (4)

### DOWN

1. Hi within swish? Not deep (10)
2. Attempting to be annoying (6)
3. Commences a spot in Antarctica? No, another land mass (4)
4. Orbiting body of flower love identification (8)
5. Who do kids obey? Apparently not without ends (6)
6. Decapitate 23 Across tighteners for top 4 in pack (4)
8. Corrode in Edward? But reliable (7)
13. The hill owned by the magistrate brings wild weather (5)
15. Surprisingly set to contain fish and people on the edge of the plateau (10)
17. Two fools in the killer (8)
18. 14 Across uses them as steady and primarily soft (7)
20. Customer service swallows slope and washes (6)
22. Scatter small and small bag sounding (6)
24. Detest head covering in the East (4)
26. Water grass is spoken study (4)

### CROSSWORD #2052 ANSWERS (July-25)

#### ACROSS

1. Magnification 9. Simpleton 10. Tonal 11. Eclat 12. Road light 13. Fiddles 15. Tenner 18. Lean to 20. Historic 23. Astounder 24. Villa 25. Glean 26. Extending 27. Transformists

#### DOWN

1. Masterful 2. Gambled 3. Inlet 4. Interest 5. Annual 6. Intellect 7. Nonagon 8. Allot 14. Lithuania 16. Recharges 17. Libretto 19. Ant nest 21. Rallies 22. Adders 23. Anger 24. Venom

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

# NEWSLETTER

## Production Team:

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## Contributions & Feedback to the Newsletter

can be emailed to our **Editors**  
by the 1st Thursday of every month.

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AND Kaye Separovic:

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## U3ASC Website Monthly Focus: **CONSTITUTION & POLICIES**

[www.sapphirecoastu3a.org](http://www.sapphirecoastu3a.org)

U3A Sapphire Coast is bound by its Constitution and has implemented policies to guide its operation. Before decisions are made by the Management Committee or any action taken by Members, it is advisable, if not essential, to consult these documents. They are readily available on the U3ASC website. Both are found on the Home Page from the drop-down menu under the "About Us" button.



**For the Constitution**, click on the "Constitution" button, where you will be directed to click on a further button to download the most recently amended version of the Constitution (15 April 2023).

**For the Policies**, click on the "Policies" button, where you will find two further buttons: "General Policies Decided by Committee" including Membership, Privacy, Disclaimer for U3A Courses and Activities, Funding, Remuneration for Leaders or Committee Members, Awards, Submitting a Course Proposal, Handling of Moneys, Relations with other Organisations, and Using the U3A Centre at Tura Beach; and

"Policies on Courses and Events" including General Principles, Funding and Costs, Content, Non-members offering Courses or Events, Who may attend Courses and Events, Policy Exceptions and the U3A Principles.

Changes to the Constitution can only be made by members at the AGM or at a Special General Meeting in accordance with the requirements of the Constitution. The Management Committee can review, add or amend policies at any time. The policies on the website were current as at 2016, and will be reviewed by the Management Committee and updated shortly.

**Michele Patten**, *Team Office Leader*

## TRIVIA / QUIZ ANSWERS

1. Toronto
2. None. Fingers are controlled by muscles in the palm and forearm
3. Tasmanian Tiger
4. Venus
5. 1992
6. Cats
7. Exodus
8. Switzerland
9. Lake Eyre
10. True

## MANAGEMENT COMMITTEE

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