


U3A Sapphire Coast

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 /U3ASapphireCoast/

May 2025 Newsletter

President's Report



Living in Canberra, I always found autumn the most depressing month, because it brought the dread of winter. But living on the glorious Sapphire Coast has turned me into an autumn lover. Waking one morning recently to sunshine streaming in and sparkling on the dew on all of the hills and paddocks in my view made me feel nothing but grateful.

As I'm also grateful to our fantastic Program Team and Course Leaders for the wonderfully diverse range of offerings in this autumn term. One-Offs that run the gamut from Shipwrecks to Map Making Through the Ages, and all of our regular courses as well, of course.

I'm also grateful to all of the new, and old, members of our Management Team. We had our first meeting last Monday and it's obvious that they're a switched-on bunch who will be very active in pursuing opportunities to improve U3ASC for our members.

We will be meeting on the third Monday of every month at 11.00 am in the Meeting Room at Club Sapphire, and we extend a warm invitation to any of you to come and join us, anytime. If you have an issue to raise, a suggestion to make, or just want a better idea of how this organisation works, we will be very happy to see you. And if you can't make it but still have an issue, question or suggestion, please contact any of the Management Team any time. Our contact details are on the website.

Finally, a very big thank you to Alec Percival who, with amazing speed (I'm more used to the sort of handyman who says 'I'll do it, don't nag', and then thinks about it for a couple of years!) has repaired the hole in the wall at the U3ASC TBC and put a door stopper in so it won't happen again.

Now, get out and enjoy this gorgeous autumn weather, if you can.

Cheers,

Sue O'Loughlin

UPCOMING
EVENTS

Coming One-Offs / Short Courses

'Be Emergency Ready' with the Red Cross

Friday 16 May: 1.30 pm - 3.00 pm

'Shipwrecks of NSW South Coast'

Friday 30 May: 1.30 pm - 3.00 pm

'Genealogy - Exploring Your Family Tree'

3 September to 8 October

'Older Person Mental Health First Aid Course'

30 July to 20 August

To enrol, go to Member Login on our website: <https://www.sapphirecoastu3a.org>

One-Off - 'Shipwrecks of the NSW South Coast'

Friday 30 May: 1:30pm - 3:00pm @ the U3ASC Tura Beach Centre



Bodalla Wreck

Photo: courtesy of South Coast History Society

Shipwrecked! Up until the 1950s, ships provided the major link between South Coast residents, farmers and businesses, and 'the outside world'.

Catching a ship, however, was not without considerable risk and, in all, about 200 vessels have come to grief somewhere along the NSW South Coast.

Your presenter, shipwreck historian Peter Lacey, will explore where these shipwrecks occurred and why they occurred. He'll also talk about some of the more interesting of those many South Coast shipwrecks.

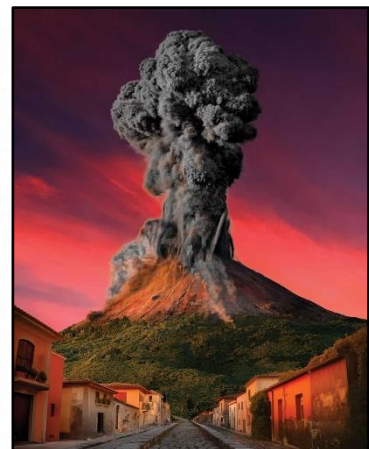
Book online <https://www.sapphirecoastu3a.org/>
or for more information, contact Jane Thomson on 0437 376 288.

'Gourmet Travellers' - Pompeii at the NMA

In early April, our monthly group went to see the exhibition of Pompeii at the National Museum Australia in Canberra. What an exhibition it was; they even had a reenactment of the volcano erupting, which was spectacular but very noisy.

Pompeii is the first time some newly discovered objects have been seen outside Europe, and we saw stunning frescoes, jewellery, sculptures, pottery and other intriguing objects representing everyday life. There were many exhibits to view and lots of information to read. We enjoyed it very much despite it only taking about 1 ½ hours to see the whole exhibition.

Unfortunately, I didn't take photos as I was totally absorbed in the whole thing; however, the Museum's website kindly provided me with one.





**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



We enjoyed a lovely lunch at the Museum before returning home.

Our May outing will be at Seahorse Inn, Boydtown, overlooking beautiful Quarantine Bay. Future outings may include luncheon at a local restaurant, a night away somewhere incorporating a show or a film, and we end the year with a fun Christmas Party!

Liz Shaw, Course Leader

Celebrate Service Volunteer Expo - Volunteers Needed

U3A Sapphire Coast will be participating in this expo, to be held at Club Sapphire Merimbula on Tuesday 20 May, from 10:00 am to 1:30 pm.

We will need volunteers to set up, run and pack up the stall, from 8:30 am to 2:00 pm. We expect that we will be able to work in two or three shifts, so you would not need to be there for the full period.

All display and handout materials for the stall will be prepared in advance. If you would like to help with this part of the process, please let us know.

If you are able to assist either on the day or beforehand, please email u3ascsec@gmail.com.

Once we know how many volunteers we have, we will contact you to ask you for your preferred shift time and provide further information.

We'd love to have you join us for this opportunity to promote U3A Sapphire Coast and celebrate our volunteers.

Michele Patten, *Team Office Leader*

The poster for the Celebrate Service Volunteer Expo features the Bega Valley Shire Council logo at the top left. The main title 'Celebrate Service Volunteer Expo' is prominently displayed in green and red. Below the title, the location 'Club Sapphire Merimbula' and the date 'Tuesday 20 May 10am - 1:30pm' are listed. A vertical list of activities on the right side includes: 'Come and explore volunteering opportunities', 'Showcasing services and activities of local volunteer organisations', 'Demonstrations', 'Lunch', and 'Lucky door prizes'. The bottom section of the poster shows several circular images of people engaged in various volunteer activities, with the text 'National Volunteer Week 19-25 MAY 2025 Connecting Communities' at the bottom.

One-Off - 'Be Emergency Ready' with the Red Cross

Friday 16 May: 1.30pm-3:00pm @ U3ASC Tura Beach Centre

The poster features a red banner at the top with the text 'EMERGENCIES HAPPEN: PROTECT WHAT MATTERS MOST'. Below the banner is a photograph of a young girl sitting on a porch with a dog. At the bottom left, it says 'Your Emergency RediPlan' with the URL 'redcross.org.au/prepare'. At the bottom right is the Australian Red Cross logo with the tagline 'the power of humanity'.

With the wet summer and autumn we've been experiencing, floods are probably more on our minds than fire, but of course, there's also high winds, falling trees, accidents, personal emergencies and all the various unpleasant things that can happen when we least expect them. So maybe that's exactly what we should do - expect them. 'Hope for the best, plan for the worst', as they say.

On Friday 16 May, the Red Cross will be giving us a rundown of how to prepare for household and individual emergencies, and explain what they can do to help.

The session will provide information about the local risks and practical ways to prepare, using real life examples and discussion.

Enrol online: <https://www.sapphirecoastu3a.org/>
or for more details, contact Jane Thomson on 0437 376 288.

'Singing in Harmony' - Short Course Becomes Ongoing Course

In our course 'Singing in Harmony', we started our first two weeks with four songs that I have chosen as they aren't difficult. We started with "Knocking on Heaven's Door" and a couple of the members had a go at singing some verses while we accompanied them. Some nice harmonies. Then we had a go with "Crazy Love" by Poco. A bit more difficult but with some practice, it will sound much better. Practice, practice.



Next, we started on "Helplessly Hoping" - a beautiful song from Crosby, Stills and Nash. Starting to sound nice after just the one day. I have encouraged everyone to go onto YouTube and listen to a couple of versions: Suddenly Years Align. <https://youtube.com/watch?v=6pmUabQaVvA&si=rrZPq-UJaz7xCfO>
The Ladies of the Roach Motel. https://youtu.be/qUrXbxhercg?si=Uc_x1U_48WCOrY5
And the superb version by A Girl Named Tom on The Voice auditions. https://youtu.be/oR4llkM6b-U?si=pW_rTDE3WGrhbeKr
We will absolutely nail this song.

Then "Teach Your Children Well", another song from Crosby Stills and Nash. Once again beautiful harmonies and some YouTube examples to listen to e.g. https://youtu.be/EkaKwXddT_I?si=FMAKqKfGNEfsxjVg
We will do well on this song as well.

I encourage all those participating in our 'Harmony Singing' to access YouTube and sing out loud along with the different versions. Singing out loud is going to be our next step. It will help you with your singing. Once again, practice, practice.

From Wednesday 30 April, 'Singing in Harmony' will continue as an ongoing Course. Look forward to seeing everyone at the U3ASC Tura Beach Centre on Wednesdays - 12:30 pm start. New members welcome!

Chris Hammond, *Course Leader*

To enrol and check dates (as the course runs for 3 out of 4 Wednesdays in the month), please visit <https://www.sapphirecoastu3a.org/> or contact Chris Hammond on chrisinharmony@hotmail.com

Interested in Knowing More About your Health?



The Combined Pensioners and Superannuants Association (CPSA) of NSW will be providing FREE 'Zoom' and 'Face-To-Face' Health Education Sessions for seniors throughout the year on a wide range of topics, including falls prevention, oral health care, diabetes awareness, medicine management, arthritis management, healthy bones and osteoporosis, health bladder and bowel habits and stroke safety.

If you'd like to attend a Zoom session, you can register by clicking on the "Register your Interest" button on the form on the CPSA website, <https://cpsa.org.au/free-health-information-sessions-for-the-elderly/register-for-a-free-health-education-session/>

You can also find the date for each Zoom session and register by sending an email to health@cpsa.org.au or for more information on any of these free sessions, contact Health Promotion Service for Older People Coordinator, Habib, on 0404 548 063.

'Adventure Walking Group' - North Tura Beach Area

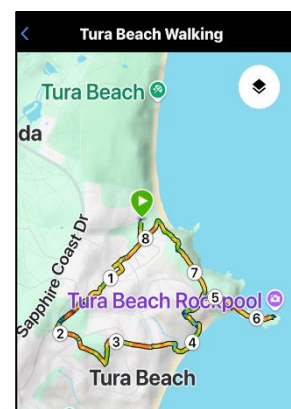
Our walk in April explored the fire trails, by-ways and tracks of the North Tura Beach area.

Debbie Schubert led us on an 8 kilometre walk from the Dolphin Cove beach access carpark, along a bush track and grassy lanes, to a denser bush area where she described a hazard reduction burn that she had participated in. We then followed the fire trail and wide lanes towards the golf course which we skirted, and followed the grassy lanes to the beach.

We rested on a section of the 'Wharf to Wharf Walk' trail overlooking the beach before finally exploring Reggie's Lookout and viewing the effects of the big seas we have had over the last months.

We finally enjoyed a coffee break at the Tura Beach Country Club.

Elizabeth Stacey
*Adventure Group
Co-Leader*



'Croquet' Up and Running

After two introductory sessions of Croquet @ Tathra Bowlo, a core group of us have decided we'd love to continue playing.

We have shared the cost of purchasing a Championship Croquet set and are organising coaching assistance on a monthly basis. We're now a regular class, held from 2.00 pm - 4.00 pm on the 1st and 3rd Fridays of each month. A couple of places are up for grabs should you like to give it a try.



For more information, contact Sandy Coates on 0416 228 211.



Welcome
New Members!

Sylvia Goodacre
Libby Hepburn
Wendy Kennedy

U3ASC 'Weekly Friday Trekkers' Reboots this Term



Come join this fun-loving group as we trek some of the most scenic areas on the Sapphire Coast. Enjoy discovering a variety of walking/hiking trails whilst being in the safety of others.

A reasonable level of fitness is required as we trek at a steady pace for at least an hour... occasionally more!

For additional information, refer to the U3ASC website, 'Current Course List A-Z Course' or call/msg mobile 0416 228 211 for a call back.

Special thanks go to Mark Derby who presented his One-Off 'Wharf to Wharf Walk Project - Trails and Tribulations' at our Tura Beach Centre on Friday 4 April; his dedication to ensuring the success of this project was truly inspiring and his commitment is ongoing after an initial 3-year workload of 30 hours a week. Our U3ASC 'Friday Trekkers', 'Adventure Walkers' and many others have certainly benefited from your efforts, Mark. Well done.

('Wharf to Wharf Walk' is a Tathra and Pambula-Merimbula Lions Club joint project in cooperation with NSW National Parks & Wildlife Service and Bega Valley Shire Council.)



For those who couldn't attend Mark's presentation, you may refer to the enhanced 'Wharf to Wharf Walk' website: www.wharftowharfwalk.com.au

Sandy Coates
'Friday Trekkers' mother hen



REVIEW

Midweek Monthly Film Group - AI

This month, our dedicated team of film enthusiasts explored the concept (and the looming reality) of Artificial Intelligence. Firstly, and by way of an introduction, we listened to a podcast about the reliability and trustworthiness of AI as featured on *The Philosopher's Zone* on the ABC's Radio National on following the link below:

<https://www.abc.net.au/listen/programs/philosopherszone/ai-reliability-and-trust/105004676>



Secondly, we watched two startling documentaries on AI that charted its development in America and beyond as follows:

<https://iview.abc.net.au/show/four-corners/series/2023/video/NC2303H015S00> and/or

<https://www.sbs.com.au/ondemand/tv-program/sex-war-robots/1026388035998>

... with an additional option of watching a few episodes of a television series called **Humans** <https://7plus.com.au/humans> on 7plus which is a streaming service available at no cost once you register. In this series, humans use life-like looking robots as household help, slaves really.

And finally, we watched the film **Blade Runner** currently streaming on SBS OnDemand:

<https://www.sbs.com.au/ondemand/movie/blade-runner/2386967619954>



Although released in Australia in December 1982, the film, directed by Ridley Scott, is uncannily prophetic with its robot Replicants working as slaves off-world, flying electric cars, climate change and the extraordinary power of large corporations. The term Blade Runner refers to the method used to detect a Replicant, declared illegal on earth after a rebellion off-world, with detection resulting in 'retirement' or execution.

All food for thought as technology and AI become an even larger and all-encompassing influence on our lives, and do we trust it?

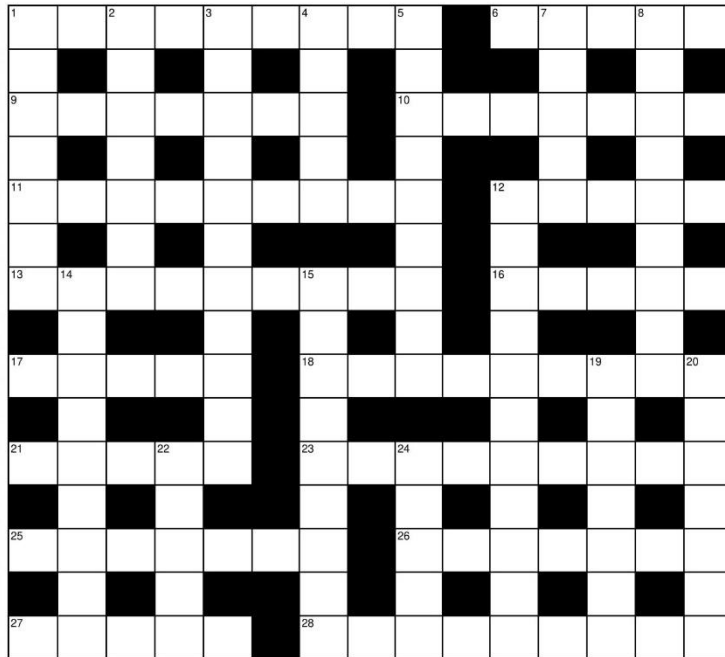
Kaye Separovic
Midweek Monthly Film Group

TRIVIA / QUIZ by Bridget O'Hanlon

1. Where would you find The Forbidden City?
2. We hear a lot from America about DEI hires in the workplace. What do these initials stand for?
3. What is the largest snake in the world?
4. In what year was the \$1 coin introduced into Australia?
5. Name the only tennis player to have completed a career golden slam in both singles and doubles.
6. What is the most commonly used letter in the English language?
7. Which gas is responsible for Neptune's blue colour - helium, hydrogen, methane or oxygen?
8. What is the lowest natural point in Australia?
9. We know what opposite means, but what does apposite mean?
10. Name the Greek goddess of victory.

CRYPTIC CROSSWORD #2050 by John Scrivener

CROSSWORD 2050 BASE



ACROSS

1. Old sound of can type and a ruse? (9)
6. Maori valour internal opponent (5)
9. Enticed brief employment Edward (7)
10. Where there are runaways without a gas left (7)
11. Golfer's delight! If of a sock throw the pair away! (4,2,3)
12. Turns over formal opening for edges (5)
13. Resile, less one, around petty annoyance of interchange of positions (9)
16. Of an infective agent and of an image circulated rapidly on the net (5)
17. Mixed gin that is for clever people (5)
18. Available materials are about origins (9)
21. Boat's severe end (5)
23. While of one mind but not full of spirit (9)
25. Did father and a cane cure all? (7)
26. Prickly daisy of the Scots (7)
27. Gemstone starts before early rising you like (5)
28. Surround the measure instrument (9)

DOWN

1. Go with strange chert in North America where I have captured you! (7)
2. Memory you said lustily starting legendary founder of Rome (7)
3. Doctor tout with Britain giving action caused by a person (11)
4. Highway say with love of a cowboy exhibition (5)
5. Maybe classes and ease say without end (9)
7. Cut-up lime pith begins urge (5)
8. Rape alone? Uses 10 Across (9)
12. Preferential treatment of four via mist? (11)
14. Occur as result of flat, both too and eight say! (9)
15. Lucky fish in strong music (9)
19. Perhaps ten carat in Europe! (7)
20. Three Andrews and in Blue Mountains (7)
22. Prepared to study last one (5)
24. Bizarre insect of an integrated circuit (5)

CROSSWORD #2049 ANSWERS (April-25)

ACROSS: 26. Ashamed 5. Static 9. Sunroom 10. Chortle 11. Nye 12. Cabbage tree 13. Cramp
14. Sleepless 16. Undercoat 17. Theme 19. Carriageway 22. Doe 23. Intense 24. Absence
26. Claret 27. Hardest

DOWN: 5. Arsenic 2. Hansel and Gretel 3. Moo 4. Demob 5. Sacrament 6. Abode 7. Interdependence
8. Sevens 12. Caper 14. Spongiest 15. Pithy 16. Uncoil 18. Everest 20. Inner 21. Wrath 25. Sir

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

NEWSLETTER

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Contributions & feedback to the Newsletter

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by the 1st Thursday of every month.

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AND Kaye Separovic:

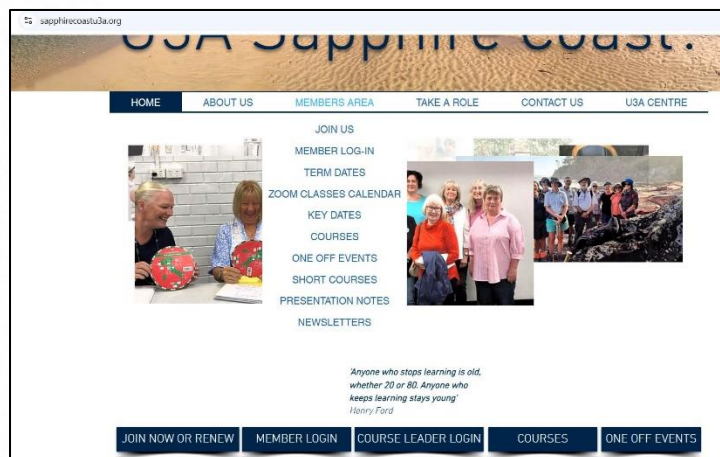
kayeseparovic@gmail.com

U3ASC Website Monthly Focus - 'COURSES'

www.sapphirecoastu3a.org

New Courses are being added to the U3ASC Course List all the time. Now is the time to think about what ongoing or new U3ASC Courses might interest you this Term, and take action online.

On the U3ASC home page, you can access Courses either by clicking directly on the "Courses" button below the photos, or by clicking on the "Members Area" tab above the photos. Here you will find not only the general Courses list ("Current Courses A-Z" button), but also specific information on upcoming 'One-Off' and 'Short' Courses. Just click on the relevant button.



Having decided what course/s you would like to try, you can enrol by clicking on the "Member Log-In" button in the 'Members Area'. Here you can proceed by going straight to the "My U3A Member Log-in" button, or if you need some help to enrol online, you can click on the "On-Line Enrolment Instructions".

Make the most of your Membership by trying something new today!

Michele Patten, Team Office Leader

TRIVIA / QUIZ ANSWERS

1. Beijing;
2. Diversity, equity, and inclusion;
3. the anaconda of South America;
4. 1984;
5. Serena Williams;
6. E;
7. Methane;
8. Lake Eyre;
9. Apt in the circumstances or in relation to something;
10. Nike

MANAGEMENT COMMITTEE

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