

U3A Sapphire Coast

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March 2022 Newsletter

PRESIDENT'S REPORT



Hello everyone, it's March already and Easter soon.

We held our "Welcome back to U3ASC" at Kianinny boat ramp on Monday 14 February with perfect weather, a great venue and a small group of members enjoying conversation. Thanks to all those who attended and a big thank you to Judy for helping to blow up balloons.

During March we celebrate Seniors Week. I am not sure that members are aware that you can pick up the monthly edition of the *Seniors* magazine, free of charge, at Merimbula Visitor Information Centre now at shop 7, 29 Market Street.

Our annual General Meeting is to be held on the 29th March 2022 at 11am, at the Club Sapphire Meeting Room (downstairs). We would like to encourage members to become part of one of our teams, the Programs Team, the Office Team or the Newsletter team, or finally, to take up a position on the Management team. *All Management team positions are up for nomination.*

YOUR HELP IS NEEDED.

If you wish to submit a nomination for a position on the Management team or to become a general team member, please forward your nomination to our Secretary, Carolyn Smith, prior to the meeting on U3ascsec@gmail.com

Membership numbers are slowly increasing, which is so good to see. A reminder to all that to participate in a course you are required to be a member.

Looking forward to seeing you all at the Annual General Meeting

Sue Fowler, President, U3A Sapphire Coast

ENROLLING IN U3ASC COURSES

The details of all courses and one-off events are published on the U3ASC website before the start of each new school year, with an update prior to the commencement of each new school term. New activities can also be published as and when they are arranged, so I recommend that you keep a regular check on our website. Program details can be found at <https://www.sapphirecoastu3a.org/> by selecting the Courses tab.

Current U3ASC members are very welcome to join any of the courses or groups advertised in the current program. To enrol in classes online go to our website and click on Member Login. You will need your Member ID (which is your Member Number) and your password, which you will have chosen as part of joining U3ASC online.

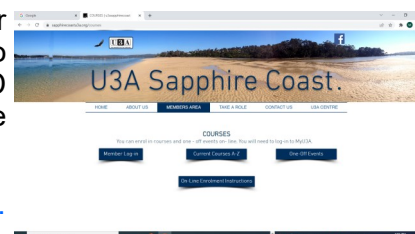
If you have forgotten your password, please email U3ascsec@gmail.com.

Michele Patten, Team Office



Welcome New Members:

Lee Mann
Jim Kelly
Daniel van Der Meulen
David Nicholls
Sue Martin-Smith
Laurence Ritzen
Colin Mann
Suzanne Whiting
Jennifer van Gorder
Peggy Wilesmith
Mary Lea



SIGN-OFF FROM THE COVID SAFETY OFFICER

While the state gets back to the new normal, as Covid Safety Officer I am glad to say that I will no longer be needed. Okay I know what you're thinking, so shall we just say for the time being.

To underline the new rules as they apply to U3A :

- We are no longer required to wear a face mask at Tura Beach Centre;
- There is no longer any density ruling;
- We no longer have to sign in and out;
- No vaccination status required;
- Singing and dancing are allowed.



Of course there are places such as public transport and hospitals where the rules are different so check in at <https://www.nsw.gov.au/covid-19/stay-safe/rules/people-in-nsw#toc-masks-covid-19-safe-check-in-vaccination-evidence-and-registering-a-positive-rapid-antigen-rat-result> if you want more clarification. For example the next time you go to a nightclub you must still sign in....

When I used to teach OH&S I always told my students that the first rule is not to put yourself or others in danger, so if you feel more comfortable wearing a mask, then do so. It's over to us now. Just one more thing, although we no longer have to sanitise please clear up after yourselves in the kitchen - it's just good manners.

Barbara Simmons
Covid Safety Officer - retired

U3ASC ADVENTURE WALKS



Ian and Elle on a reconnaissance walk.

Unfortunately, our walk planned for Thursday 3 March had to be cancelled due to bad weather. Between the rain and COVID, the past year has been very difficult for the good people who go to a lot of trouble to organise these walks every month for U3ASC members.

I would like to take this opportunity to thank these wonderful people on behalf of all of us who get to enjoy the fruits of their labour. They spend many hours planning the location and route, walking the trails, researching the history, writing up the program, arranging a venue for coffee/lunch after, doing the walk again just prior to the day of the event to make sure there are no surprises, and leading the event on the day.

They take us to such amazing places as Sandy Creek – Bournda National Park, Bundian Way – Eden to Quarantine Bay, Ben Boyd National Park – sections of the Light to Light Walk, Moon Bay, Wollumla Goldfields – Yellow Pinch Dam, and Boydtown to Whale Beach, to name a few.

So, sincere thanks to:

- Ann Wykes and Kerrie Dean
- Mike Warren
- Lyn and Peter Wynn
- Jeff Haynes
- Elle Millsteed and Ian Lugton

We also appreciate the administrative support that Helen Stevenson provides to all of us as well. All up they make a great and dedicated team – a valuable asset to U3ASC.

Michele Patten

U3ASC SLOW FOOD APPRECIATION GROUP (SFAG)

NORTH of EDEN GIN TASTING

April 9 12.00 - 2.00

Stony Creek Farm Distillery,
(10kms N of Bega, turn at the sign, off the Princess
H'way.)

Enjoy owners, Gavin & Karen, describe their journey from enterprise & local product to distillation. They'll follow the talk with a private tasting of delicious North of Eden Gins.

BYO Picnic Lunch to share

Cost: nil + buy your own drinks after the tasting.

Numbers limited so BOOKINGS ESSENTIAL

Book by March 14 at dwyerfleur@gmail.com



A SNEAK PREVIEW OF WHAT'S COMING UP LATER THIS YEAR.....



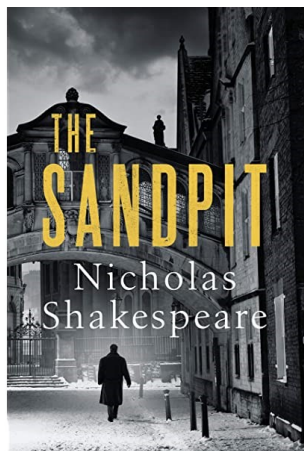
PRIMI PIATTI with CHEF ROSARIO

Rosario, from the home of Slow Food, will prepare Italian finger food from local produce. Some delights include savoury trifle with mushroom & dried olive; polenta with roast vegetable; hand-made spelt bread with Olive Oil, local fish & potato pie...Yum! And, all washed down with locally made wine.

Next newsletter, look out for details of SFAG upcoming events, including:
PASTA MAKING FRIVOLITY, Fabulous,, Fun Food-
GRAZING LUNCH at MILLFORD ACRES, with ethically sourced local produce
CHEESE MAKING & TASTING with local Kameruka Cheese Makers
BREAD MAKING/BAKING
VODKA TASTING....in Merimbula!!

FOURTH WEDNESDAY BOOK GROUP

Our book group met for our February meeting to discuss Nicholas Shakespeare's *The Sandpit*.



This was our summer reading book, an elegantly written thriller about a political journalist, John Dyer, returning from Brazil to provide his young son with an English Preparatory school education at his old school. The school profile has changed in time from middle class English children into one where only wealthy families from "the deepest crannies of international finance, law and politics...laundered their children." Dyer soon befriends an Iranian nuclear physicist at the sandpit while their sons play football together and as he learns of this man's research into nuclear fusion, he becomes entwined in a seamy world of international intrigue with so many of the school's parents representing differing factions and countries focused on the physicist's discovery.

Members of the book group had differing responses to the novel which contributed to a really good discussion particularly about such topical issues.

Elizabeth Stacey, Course Leader, Fourth Wednesday Book Group.

COURSE LEADER PROFILE – JULIE NOVOTNY – COMPUTER COURSE



Photography and walking have always been two of my greatest passions. Since leaving school, (many years ago), I've always worked in the photographic profession in some capacity. After several years of photographing and walking in New Zealand and Australia, I decided to start my own business, called photo123, back in 1997.

During this time, I specialised in school, pre-school, sports, and wedding photography and hired up to 15 staff throughout Sydney and the Blue Mountains. This sparked my interest in computers and all things digital. I'd enjoy learning how a

new program worked and whether it could help my business function more efficiently.

During this time, I also raised a family of three while running the business out of my home for 17 years before selling it and embarking on what I thought would be my retirement!

But I have found that one of my coping techniques for dealing with life's obstacles is to be active and occupied. As a result, I'm always looking for a new challenge to help me expend some of my collected energy. So, when we first arrived in 2013, I joined U3A and began teaching Facebook lessons as well as serving as Publicity Officer. In addition, I was active in the local Chamber of Commerce and the Information Centre.

Then a few years in, I quit volunteer organisations to start a new business that involved networking and an online business directory. This gained me a lot of recognition within the local business community and I would be a great connector for business owners looking for B2B support.

Then a few years ago my husband was diagnosed with Parkinson's Disease, I was having a few of my own health issues and then Covid turned up! I know that it has certainly been a difficult few years for all of us.

During this time, I discovered that there was a greater need to once again use my digital skills to support seniors and assist them in gaining confidence and improving their online skills. So, I became involved with the **Be Connected** initiative and am now getting great satisfaction in seeing everyone's confidence grow when I assist them with their digital enquiries.

By teaching U3A Computing Classes and taking on the role of Publicity Officer, it looks like I've come full circle once again. I look forward to continuing my association with U3A.

Julie Novotny
Wise & Connected

AGM
Annual General Meeting

U3A SAPPHIRE COAST

ANNUAL GENERAL MEETING

TUESDAY 29 MARCH 2022 - 11:00AM

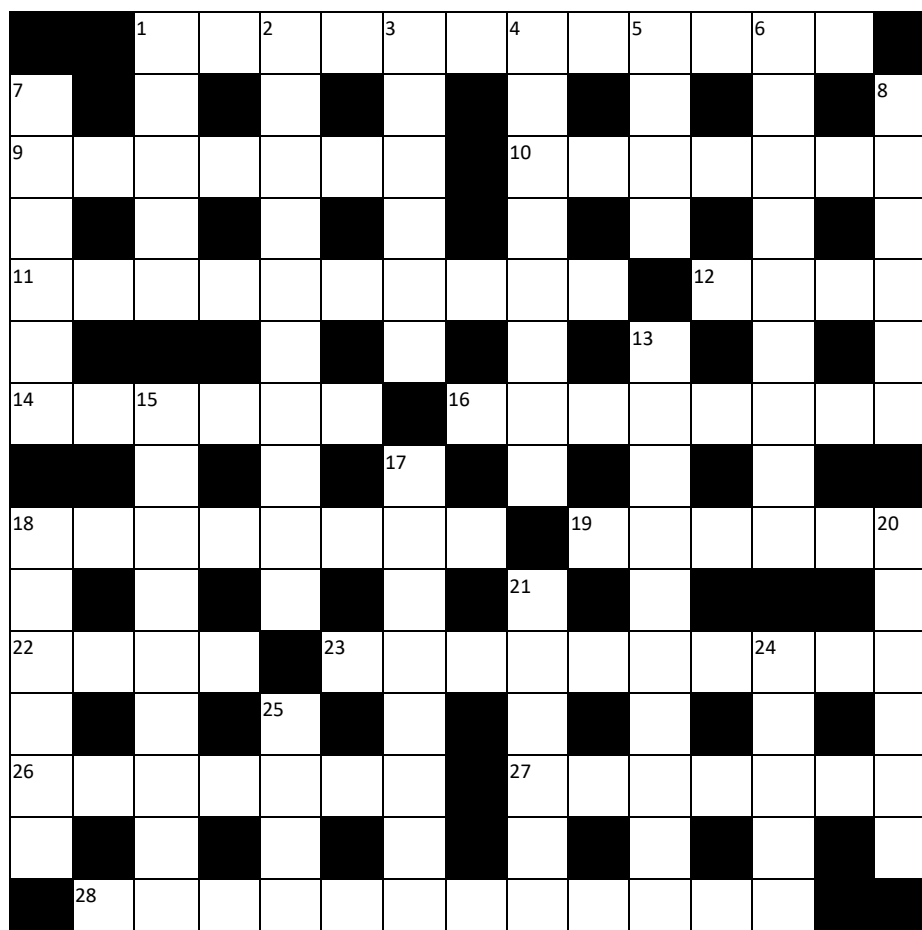
**CLUB SAPPHIRE MEETING ROOM
(DOWNSTAIRS)**

TRIVIA QUIZ by BRIDGET O'HANLON

1. What did artist Harold Thomas design in 1970?
2. There are two words in the English language that contain all the vowels in their correct alphabetical order. Abstemious is one, what is the other?
3. What is tennis player Medvedev's given name?
4. In which year did Australians get colour TV?
5. We are now in which Chinese zodiac year?
6. Which country has hosted the most Winter Olympics?
7. The country of Russia covers 10% of the earth's land surface. True or false?
8. Per the novel by John Fowles, who was Sarah Woodruff?
9. Anagram: which breed of dog is this HEY DOG RUN ?
10. Where is the island of Mindanao?



CRYPTIC CROSSWORD 2015 by JOHN SCRIVENER



Check out next month's
Newsletter for the answers
to this Crossword.

CROSSWORD 2015 CLUES

ACROSS

1. A ne'er do well who was oblivious to changes but could tear vehicle and facial expression of the French (3,3,6)
9. Warm blooded vertebrates travel mile about a mile for bridge player's success back (7)
10. Applies mechanical power to speed ratio in East (7)
11. Success! A double junction commencing at in crew at the junction (10)
12. Thus far I get snowman (4)
14. While stout I take no part (3,3)
16. Hat inside easing? Without second getting free of restriction (8)
18. Protects table from meal pact (8)
19. Collides ships (6)
22. Expel old contest without start (4)
23. Connect two parts closely revealed by winter nite (10)
26. Adaptable shoemaker uses inside horrible freeze (7)
27. Bitterness of the first whine contained in two unwell (3,4)
28. Become difficult to control weird goof, tute and workman (3,3,2,4)

DOWN

1. Pardon a wrong and right funny time (5)
2. Plait duets result in trite remarks (10)
3. For instance total east take to be true (6)
4. Chase the ladies? But prudent containing country (8)
5. Pleasant northern drug (4)
6. Dawdling over varied work with the final call (9)
7. Slanders south eastern planet (6)
8. Mixed gins to ease, say accompanying romantically (6)
13. Do the sailor, the worker and Fitzgerald dance in Italy? (10)
15. Express in simpler form ran latest (9)
17. Panelling state in British person (8)
18. Was the argument accepted in the proportional representation of the stove? (6)
20. Decorous said to be the stratum shelter (6)
21. Opinion heard insect on foliage (6)
24. Classic part of until I advance (5)
25. Toot wildly for von Bismark (4)

THURSDAY PAINTING GROUP

Since Covid began the Painting Group has explored many nearby scenic places to paint outdoors in all weather. The Bureau of Meteorology was often correct and we sometimes huddled under BBQ shelters to keep dry and enjoy the sound of the rain on the tin roof while painting. Mostly these mornings were followed by lunch at a nearby cafe so the group was able to enjoy painting as well as some social interaction.

Now it is 2022 and we are back in the Tura Beach Centre with a full group of 12 participants and we are all enjoying working at tables again. However, due to work being done on the Tura car park recently we did enjoy another plein air painting day, and this time the weather was perfect as these photos show.

Beverley Smith, Course Leader



TABOO TOPICS

Taboo Topics at Tura meets each Wednesday at the U3A Tura Beach Centre to discuss a wide range of topics. In the last few weeks these topics included: The war in Ukraine, Planning in our council area, Affordable housing, Grace Tame, Government performance both Federal and State, Question Time and Discrimination legislation. We try to keep the topics current and relevant to our lives. Participants are encouraged to contribute their ideas and suggest topics and the discussion is undertaken in a non judgemental way. We would welcome up to five more participants.

If you wish to join please phone Chris on 0451835736 and he can provide additional information.

Chris Bannerman, Course Leader, Tura Beach Taboo Topics

Bega Valley Shire
library

Seniors Week program

- Family and local history research sessions at Bega Library – Monday 28 March between 10:00am to 3:00pm
- Words and Music at Tura Marang – Friday 1 April, 10:00am
- Words and Music at Bega Library- Saturday 2 April, 10:30am

Book online or call the library on 6499 2217

BE CONNECTED COMPUTER WORKSHOPS – FEBRUARY 2022

Thanks to those who attended the four workshops around the **Be Connected** initiative. During this time, we discussed Why We Need a Strong Password, What is The Cloud, Staying Safe on Social Media, and Taking Photos with Your Digital Device.

I appreciate the chance to put my teaching talents to the test and find out how to effectively engage over 50s when it comes to getting online. I've gained a lot of insight into what you're looking to learn. It's also encouraging to note that individuals who have used the **Be Connected** initiative's teaching resources have found them to be very user-friendly.

Some of the feedback that I recently received from the attendees:

"Thanks, Julie and U3A for providing us with this opportunity."

"This is my first experience with U3A and it was a very nice one."

"I have learnt something new and valuable at every session."

"Julie helps everyone according to their ability."

"We all gained more confidence to use the internet on our various devices."

"Julie has done a great job of the workshops to introduce us to **Be Connected**."

"The range of topics that Julie chose to present to us suited me very well."

"I found the **Be Connected** workshops easy to follow and well-presented."

"I'm very happy to have a better understanding than I did before of security issues and of the cloud."

"Julie clearly loves working with all types of computers and devices, and her enthusiasm during the presentations is really motivating."

"Julie also mentors us individually at our own level during the sessions, so that we each get the most out of it."

"The online material was excellent (though quite basic)."

"We probably benefited as much, or more, from Julie's personal IT knowledge"

"Thank you very much for conducting the course. **Be Connected** is a great initiative."

Thank you for your interest. You have inspired me to continue supporting over 50's to get online.

Don't forget that you can take a range of different courses for FREE, online and complete them at your own leisure. If you do decide to Join Up to the **Be Connected** website, be sure to select 'Wise & Connected' as your 'Support Centre.'

Later this year, I'll be running some more workshops, and maybe, I'll be able to revive the popular Computer Classes that Judith, Karl, and our dear Andy used to run. But, for the time being, I really need to spend some time with my husband while he is still mobile, so I'll be doing some travelling during the winter months.

Here are some additional support links that may be of benefit to some of you:

LINK to the eSafety Site where you will find a lot of information on staying safe online.

LINK to an eSafety Guide where you can learn about the latest games, apps and social media, including how to protect your information and report inappropriate content.

If you are on Facebook then you can also follow my FB page where I will be posting some additional useful information and workshop updates. **<https://www.facebook.com/WiseAndConnected>**

Thanks again for this opportunity.

Julie Novotny

Business Owner at Wise & Connected

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SOUTH COAST HISTORY SOCIETY FILM SCREENINGS

South Coast History Society is starting the year with another new initiative: the screening of some of the very best history-based films, one every month starting in March. They will be screened at The Picture Show Man in Merimbula and, and U3ASC members have been invited to participate. Peter Lacey, President, of South Coast History Society has sent the following details:



"We're starting on the morning of **Monday March 14th** with '**Brassed Off**', that engaging and often hilarious movie about a Northern England coal-mining town, its Colliery Brass Band...and the attractive, young, female Flugelhorn player who arrives in town and blows up a storm. This will be followed on **April 4th** by The Australian classic "**Rabbit Proof Fence**". And "**Darkest Hour**", the acclaimed British World War II biography of Prime Minister Winston Churchill, will be screened on **May 9th**.

Tickets to all of these first 3 movies cost just \$12 (that's \$12 for all three movies, not \$12 per movie) – so attending is affordable. But **PRE-BOOKING IS ABSOLUTELY ESSENTIAL**. Simply call 0448 160 852 (and please have your credit card handy). [The Picture Show Man cinema has two wheelchair places; if you require one, simply let us know when booking.]

Each movie will be preceded by a short explanation of the history that provided the background setting to the movie. This should add to the enjoyment and understanding of each movie, and will provide a glimpse into some particularly interesting times and events from our past history.

We look forward to welcoming many of your members on March 14th.

P.S. There is an added incentive to those who book early. The first 30 people to book will each receive (courtesy The Picture Show Man) a 2-for-1 voucher to attend a regular movie at The Picture Show Man. Oh, and did I mention that these Monday morning screenings of history-based films have been made possible as a result of our receiving generous support from the Mumbulla Foundation?"



Sunday March 13th 2022
EAT MERIMBULA
On the foreshore at Fishpen
10:00am to 2:00pm

TRIVIA ANSWERS

1. The Aboriginal Flag
2. Facetious
3. Daniil
4. 1975 (test pattern 1974)
5. The Year of the Tiger
6. USA
7. True
8. The French Lieutenant's Woman
9. Greyhound
10. The Phillipines

FEBRUARY CROSSWORD 2014 ANSWERS

ACROSS

6. Three blind mice 9. Hawaii 10. Treating 11. Agrarian
13. Notary 15. Thirty 17. Alumni 19. Esteem 20. Yuletide
22. Advocate 24. Unlace 26. Self-sufficient

DOWN

1. Straight as a die 2. Area 3. Gemini 4. Internal 5. Emit
7. Latent 8. Contraindicate 12. Arise 14. Tumut
16. Tympanum 18. Myself 21. Launch 23. Oafs 25. Lien

MANAGEMENT COMMITTEE

President	Sue Fowler
Vice President	Garry Clear
Secretary	Carolyn Smith
Treasurer	Chris Bembrick
Asst Treasurer	Judy Brand
Office Team Leader	Marg Nicoll
Program Team Leader	Sue O'Loughlin
Member	Paul Strutyński

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Newsletter

Contributions & Feedback

to the Newsletter can be sent to the Newsletter Team by the 1st week of every month. Send by email to either:
Trish: u3ascoffice8@gmail.com
or
Elizabeth: eastacey@bigpond.net.au