


U3A Sapphire Coast

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 /U3ASapphireCoast/

March 2025 Newsletter

2025 AGM

The U3ASC AGM will be held on **MONDAY 31 MARCH at 11:00 am** at the Club Sapphire, Merimbula, in the lower ground meeting room
(Further information will be emailed shortly)



President's Column



Hi everyone, this is my last column. I'm stepping down at our AGM on 31 March to give someone else a go. It turns out that three years has been enough for me. It's been a wonderful experience working alongside the fantastic bunch of people in the Management Team, and in our other teams as well.

I won't leave a hole because we have someone who has indicated an interest in nominating for President at the AGM. (Though we are still looking for a nominee to be Secretary: see my recent email to everyone). Of course, anyone else is free to nominate for President as well.

I guess my main message on retiring is the importance of volunteerism to our organisation. We need a constant stream (maybe "trickle" is more accurate) of people putting their hands up to keep us operational. It should be at the forefront of every member's mind.

My stated goal on becoming President was to keep things ticking over smoothly. Thanks so much to everyone who worked alongside me to try to achieve that goal.

My warmest regards to all of you,

Paul Strutynski



Coming One-Offs / Short Courses

Wharf-to-Wharf Walk' Project - Trials & Tribulations presentation

Friday 4 April @ the Tura Beach U3ASC Centre

An Introduction to the Game of Croquet

Fridays: 14 & 21 March @ the Tathra Beach Bowling Club

***ONE-OFF* 'Wharf-to-Wharf Walk' Project**

Trials and Tribulations Presentation

Friday 4 April, 1.30pm - 3.00pm @ the Tura Beach U3ASC Centre



You are invited to come and hear the story of this community project from our presenter Mark Darby, a Tathra Lions Club member, a former U3ASC Adventure Walker and one of the coordinators of the 'Wharf-to-Wharf Walk' project. The 'Wharf-to-Wharf Walk' is a 27-kilometre coastal trek from Merimbula to Tathra which can be undertaken as an overnight hike, a day hike or a sections day hike.

Our U3ASC Adventure Walkers and U3ASC Friday Trekkers have some interesting tales to tell about the experiences we have shared on some of our hikes, geographically embarrassed ... no way!

Check out the hyperlink below, there are some great images for those who can't manage the trek <https://www.wharftowharfwalk.com.au>. Enjoy the journey.

Sandy Coates, One-Off Course Coordinator

***NEW* 'An introduction to the Game of Croquet'**

Fridays: 14th & 21st March, 2:00pm - 4:00pm @ Tathra Beach Bowling Club



Croquet is very social game with its early origins beginning in ancient Egypt; it was the introduction of mallets and hoops in the 19th century that led to the establishment of modern croquet as we know it today.

Come along and learn how to play this outdoor game or just watch on the sidelines.

Many thanks to a couple of experienced croquet players from Bermagui who will not only be bringing croquet equipment, but will be guiding us through the hoops.

As Tathra Bowlo is providing free use of their green, participants do need to be U3ASC members or Tathra Beach Bowling Club members.

Enrol online <https://www.sapphirecoastu3a.org/> or for more details, call/message Sandy Coates: 0416 228 211.



Welcome
New Members!

Jenny Bannam
Kate Caish
Cerea Findlow
Ngaire Gordon
Glenda Guest
Reiko Healy
Terese Jesina
Vivienne Lund
Leo Sadlek

'Gourmet Traveller - 2025'

'Gourmet Traveller' is a place for people who love food and exploring the cuisines of the world.

As some of you may already know, I have taken over as leader of the 'Gourmet Travellers' group from our dear friend, Margaret Evans. I am hoping to have a fun year ahead with lots of dining out.

The group will meet on the 3rd Friday of every month, with a different destination each month. I will look forward to input from members as I would like to include some overnight trips away.

So if you haven't already joined/rejoined the group for 2025, please put your name down via the U3ASC website now. New members will be most welcome.



Our next outing will be on Friday 21st March. Once you join the course, you will receive an email with information. Look forward to seeing you all soon.

Liz Shaw, *Course Leader*
Enquiries: 0414 374 948

***NEW* 'Pub Rock Singing Group'**



Have you ever wanted to sing some pub rock in a safe environment, make new friends, have fun, release many happy endorphins and contribute to a musical event in a carefree way???

If so, come and enjoy singing with the U3ASC Singing Group on the last Thursday of the month at the U3ASC Tura Beach Centre, from 4.30 pm to 6.00/6.30 pm.

You may then also join the monthly Tathra 'Play and Sing' session at Tathra Hotel on the second Thursday of each month from 5.30 pm to 7.30 pm, which is supported by the Sapphire Community Band, both lead by Paul Daynes.

You must be able to sing in tune, and adjust to a variety of musical keys. Please note this project is NOT A CHOIR, it's for those who just want to sing and enjoy the moment.

Cost: \$3 cash per session to cover room expenses

If you need to find out more, call **Course Leader Paul Daynes** on his mobile: 0479 176 064.

'Adventure Walking Group' - Pambula Beach



The Adventure Walking Group enjoyed a beautiful warm morning for their first walk of the year at Pambula Beach. We welcomed some new members and Jeff Haynes led a group of 11 of us on a loop starting from the carpark at the Pambula Beach surf club uphill to a cleared firebreak behind the houses.

We joined one of the main bush tracks to emerge near the playing fields before crossing the road to explore a network of bush tracks in Beowa National Park. We stopped for a rest in the shade of the bush before following tracks beyond the scout camp and heading down onto the beach.



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

Our final two kilometres of the 8-kilometre walk were on a wide firm Pambula Beach at low tide in a cooling breeze.

We stopped at Aqua near the campground for morning coffee and some cooling ice cream treats.

Elizabeth Stacey
Walking Group Participant

Vale Maggie Benjamin †

26/04/1934 – 10/02/2025



We were saddened by the recent passing of one of our long-term members of U3ASC, including Tura Taboo Topics, Maggie Benjamin. Maggie had been an active and enthusiastic participant in many U3ASC classes over decades. She was a very intelligent woman with a lively mind which stayed with her to the end. Her interests included attending Pambula Baptist Church, bird watching (Maggie was a long time member of the Far South Coast Birdwatchers), art and public affairs.

Maggie was born in southeastern England. When she was 6 and her sister Audrey was 4, they were evacuated in 1940 from their family home in London to escape the German bomber "Blitz". They travelled by train across England all the way to Devon to stay with a fortunately kind family. Maggie's father died during the 1940s. The family lived in poverty in an England exhausted by war.

At only 16 years of age, in 1950, Maggie travelled alone by ship all the way to Australia. On setting foot in Australia, Maggie found work straight away as a secretary. Maggie married a chap named Charlie and quickly had three children: Mark, Greg and Sally. Maggie kept in touch with a large extended family, settling in Merimbula decades ago.

Over the last eighteen months, Maggie's health declined rapidly; she had to move into an aged care home. Maggie enjoyed a full life, of which U3ASC was just one part. Maggie is in Heaven now.

Maggie's Friends in U3ASC

Farewell to Maggie Benjamin

Maggie Benjamin passed away in South East Regional Hospital on 10 February, 2025. Maggie had many friends in the Bega Valley where she was actively involved in several groups over the three decades she lived here. She was involved in the creation of U3A Sapphire Coast and has been an active member since its inception until the last few months when her mobility issues confined her to Bimbimbie.

She was active in forming 'Art on Thursdays' and only left the group when hand problems prevented her from painting. She thoroughly enjoyed 'Taboo Topics', and was an enthusiastic creative writer all her life.

For several years, she helped Bimbimbie residents to write their life stories to give to their children and grandchildren, recording and transcribing them faithfully.

Maggie was born in London. Unaccompanied, at the age of six, she was evacuated, with her three-year-old sister to Devon to be safer from bombs. Except for occasional visits, they were separated from their parents for the next six years. Then, when Maggie was sixteen, she was sent, alone, by ship to Australia. She got a job the day after she arrived.

As well as raising her own family of three, she fostered several children, some for long periods. She continued to work in that field, setting up an emergency childcare service.

Maggie had many friends in our region, as well as in U3ASC. She was a great listener and a faithful, sensitive, caring friend.

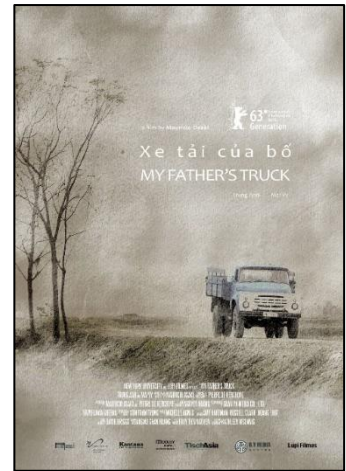
Laurel Johnson



Film Review

'My Father's Truck'

Directed by Maurice Osaki



Streaming on SBS OnDemand

<https://www.sbs.com.au/ondemand/movie/my-fathers-truck/2397107779712>

This short fifteen-minute film is set in the countryside of Northern Vietnam. It's a story of 10-year-old Mai Vy who skips school one day to be her father's assistant in his truck taxi business.

Mai Vy is initially so excited to be helping her father and away from the boys who bully her at school. However, she is soon confronted with some of the harsh realities of life, poverty and morality, as she learns how things in the wider world operate. It is a delightful, tender film and won't take up much of your time to watch.

Due to its age, and perhaps short length, I couldn't find many reviews of this film, just one:

<https://neweuropemoviedistribution.com/movies/my-fathers-truck/>

Kaye Separovic, *Midweek Monthly Film Group*

Our U3ASC has a New Facebook Page!



U3A Sapphire Coast has a new Facebook Page! Owing to technical issues, the old one proved unusable, and so we set up a new page to let you - and people in the Bega Valley - know about our activities.

Yes, I know - lots of us aren't on Facebook for various very good reasons, but for those who are, we hope it will be a way to promote our wonderful programs a bit more broadly in the community.

Here's the link, for those of you who'd like to check it out

<https://www.facebook.com/profile.php?id=61571685673648>

If you'd like to follow us, even better - it can be very lonely being a brand new page on Facebook!

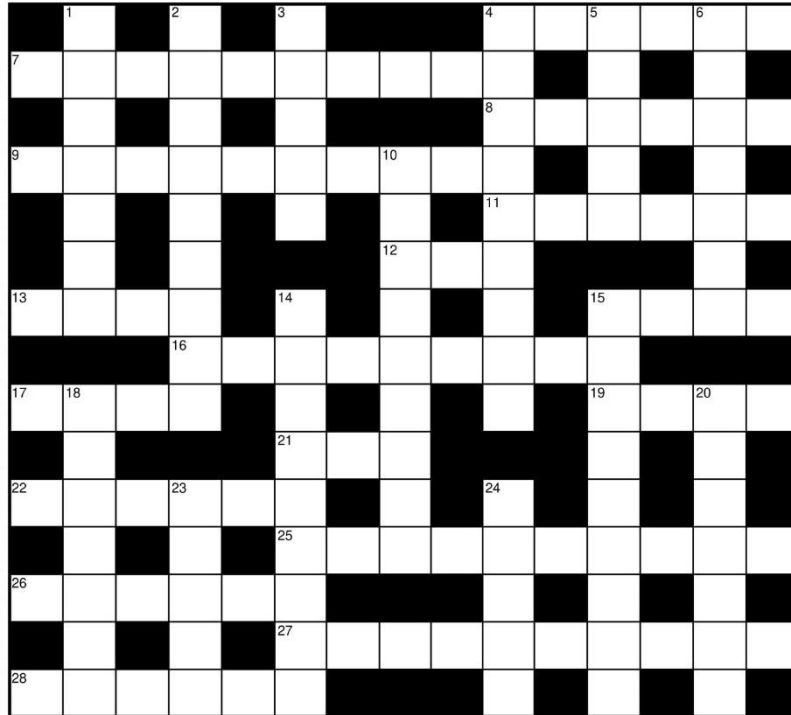
Jane Thomson, *Program Team Leader*

TRIVIA / QUIZ by Bridget O'Hanlon



1. What is sodium chloride?
2. What is a sobriquet?
3. What do the initials NBN stand for? National Broadband N.....
4. Kampala is the capital of...? (Hint - remember Idi Amin?)
5. Which treaty was made at the end of WWI?
6. Which language would Jesus most likely have spoken?
7. Tennis Grand Slam tournaments are held at Wimbledon, the US Open, the Australian Open and which other?
8. The Toreador song comes from which Bizet opera?
9. Captain Cook landed in Australia on 29th April - in what year?
10. Which is the largest city in the world by population?

CRYPTIC CROSSWORD #2048 by John Scrivener



ACROSS

4. Reach right for old warrior (6)
7. Support ham game (10)
8. Place and find metal in it before it has almost gone (6)
9. Capital fit in good hundred (10)
11. Use measure ruse (6)
12. Toyota of Hebrew's rabbi (3)
13. Hoard wot's up? No, back (4)
15. Stone on two unknowns (4)
16. While I ran comic it engendered bitter hatred (9)
17. Mid waste water ran wager animal (4)
19. American singer not quite a celestial being (4)
21. NZ bird begins thrush under Invercargill (3)
22. Man-driven container at drinking place argument (6)
25. Chesty liar out of control (10)
26. Old members take dyeing crystal at start of night (6)
27. Satirist light loves rattly tins (10)
28. Leer at company, perhaps of mixed race (6)

DOWN

1. Korea, for example, in fare a stall (3,4)
2. Slightly naughty child who totally immersed in the heavens may skip school (9)
3. Girl in New York is tended by her (5)
4. Unsuccessful occasion after a while by the first lady of the territory (1,3,5)
5. Not expensive bird sound (5)
6. Money business perhaps! (7)
10. Blood enzymes from snob mirth (9)
14. Former shrew tile (9)
15. Events of the military boss of north and south who swallows up electronic product manufacturer (9)
18. Pulled along advertises film (7)
20. Mixed-up men fool every start totally (2,5)
23. He loves Eastern room (5)
24. Store smoke perhaps at intersection (5)

CROSSWORD #2047 ANSWERS (Jan/Feb 2025)

ACROSS - 1. Riesling 5. Tudor 9. Ammonia 10. Assents 11. Instrumentation 12. Treaty
14. Arrestor 16. Confetti 18. Strict 22. A hard nut to crack 24. The line 25. Torsion 26. Natal
27. Restless

DOWN - 1. Realist 2. En masse 3. Loner 4. Near me 5. Testament 6. Dentist 7. Rosiner
8. Manners 13. Treadmill 15. Attuned 16. Chasten 17. Nearest 19. Imagine 20. Takings
21. Statue 23. Caret

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

NEWSLETTER

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Making the Most of the U3A Sapphire Coast Website

www.sapphirecoastu3a.org

This article is the first in a series this year to help familiarise you with some aspects of our website that you may find helpful.

U3A Sapphire Coast Tura Beach Centre BOOKING CALENDAR

This can be found on the website home page by clicking on the **U3A Centre** tab, and then on the **Centre Bookings** drop-down tab. There you can view the **Centre Booking Calendar** to either:

- Check when a particular Course or event is operating at the Centre;
- Select a suitable date/time to run a U3A course or event;
- Check when the Centre will be open to access the U3A book and DVD library.

If you wish to book the Centre for a U3A Course or Event:

- Check the time and date you are seeking is available;
- Email your booking request to the Booking Coordinator by clicking on the Booking Coordinator button.

Michele Patten, Team Office Leader

TRIVIA / QUIZ ANSWERS

1. Table salt; 2. A nickname; 3. National Broadband Network; 4. Uganda; 5. The Treaty of Versailles; 6. Aramaic; 7. The French Open; 8. Carmen; 9. 1770; 10. Tokyo

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