

# U3A Sapphire Coast Newsletter

## September 21



### PRESIDENT'S REPORT – SUE FOWLER



It's that seasonal shift we all look forward to every year, warmer weather, longer days, smiling faces, (hopefully minus masks).

Spring has sprung.

September what a month!

Let's make Term 4 special.

If you have any ideas for new courses that could possibly be held via Zoom, our committee would be very interested.

We have in our possession documents relating to the history of U3ASC. If you are getting bored and have some spare time we are looking for someone to compile all the documents into *"The History of U3ASC"*. If you feel this is something you could get interested in doing please contact one of our committee members.

*Jingle Bells, jingle bells, jingle bells*

Our Christmas Party needs a helper.

If you love to organise fun events please take on the role of being the Christmas Party Organiser 2021. Don't be shy, call our Management team.

I promised myself that I would not make mention of the Covid word, however I read this snippet and couldn't resist sharing it:

### **Standards, Dear Susan, Standards.**

I just attended a U3A class on Zoom. I did comb my hair and glanced at my top that I had worn for the past two days but thought "No one will know" and logged into a good hour session.

Under the table I had on a daggy pair of trackie daks and a pair of slippers - but who could see that? No one I smiled.

As my life becomes more and more constrained by the NSW spread of Delta variation of the Covid virus, I notice the lack of pressure to be a "good housekeeper"- I guess I always struggled with a definition that suited me. "No-one is coming to stay so who cares if the other bathroom hasn't been cleaned or dusted recently", I rationalise.

Yes, the glass in the front door needs cleaning but with no-one knocking, procrastination takes centre stage. And last night's dinner dishes sat on the sink until this morning. I didn't hear myself complain.

This afternoon the weather is beautiful and a walk on the cliff top seems a better alternative to turning the compost.

My mother would be horrified. "Standards dear girl, standards," her censorious eyes suggestive of a certain breed of female guilt.

But Covid has established new ways of living and highlighted what is really important in my life. And housework has fallen well down the priority list.

**Ruth Perrett.**



We were saddened to hear of the passing of U3ASC member, Pamela Lythe. We extend our sincere condolences to her family and friends.

## LEARN LAWN BOWLS

Prior to taking up lawn bowls five years ago, my sport of choice was training and driving pacers. It would be difficult to choose two sports that are more diametrically opposite.

One sitting behind 500kg of horseflesh going 30km an hour amongst nine other horses, to rolling bowls over a level green surface. They do, however, have several things in common. With both sports I have moved around the country and have been readily accepted into the community, met wonderful people and enjoyed participating in a sport regardless of my limited ability.



Lawn bowls is a sport I can play with my parents, siblings, children and grandchildren as it doesn't require strength or speed to be able to participate.

Lawn bowls is a game that makes you think; every day the green is different so you have to work out the line to bowl along and the strength you have to put into the bowls to reach the jack (that little white ball). Then once there are several bowls in the head, (that is all the bowls around the jack) it becomes like a game of chess; you have to work out what your opponents are likely to do and how to counter it. You have good days where everything goes right and others where it all goes wrong. And the big benefit of Tura Beach, is if you're having a bad day, you can always look out at the ocean and watch the whales go by.

Like any sport the hardest thing to do is to get started. You don't need to have your own bowls, all equipment is supplied, including bowling aids for those who can't bend down. To help U3A members who want to learn to play bowls, members of the Tura Beach Bowling Club are helping me coach those taking this course of lessons. The lessons will be held for five weeks, each Friday in October from 10.30am to noon - 1/10, 8/10, 15/10, 22/10, 29/10. We hope to hold the Learn Lawn Bowls course at least twice a year. The cost is \$10 per day for the hire of bowls. Please wear shoes with a flat sole and a hat for sun protection.

Once your confidence grows, if you wish, you can play in any of the weekly competitions, Club competitions and Carnivals.

I look forward to welcoming you to Lawn Bowls.

Ray Redman  
0418 415 426

## U3A ONLINE – GEMS NEWSLETTER

U3ASC members may now have time to explore the interesting articles in the newsletter prepared by the U3A Online group which is available to all (see links below). Recent research summaries are compiled about a range of interests for those in our age group from physical health to emotional and social health, technological articles and some for fun.

Link to U3A Online GEMS monthly newsletters:

<https://www.u3aonline.org.au/content/gems>

Link to free subscription to GEMS newsletter:

[https://us6.list-manage.com/subscribe?  
u=6695a4cd2b9c9567045967f40&id=e4a1948877](https://us6.list-manage.com/subscribe?u=6695a4cd2b9c9567045967f40&id=e4a1948877)

## GEMS for Enquiring Mind

A CLOSED MIND GATHERS NO THOUGHT proverb

Hi Elizabeth, Here's your September 2021 issue [forward to a friend](#)

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[Physical Health GEMS](#)

[Emotional Health GEMS](#)

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Are you a member of U3A Online? If not, we invite you to check out the online Courses on our [website](#)

We have over 70 Courses on a great variety of subjects. There are no prior requirements and no tests. You would be learning at home for pleasure all for a small annual membership fee of \$A30.

### RESEARCH GEMS

Your choices: Your quality-of-life. Links to brief, readable research summaries, published in the last 30 days, that may help to improve your quality-of-life (NB If you read only the first and last paragraphs of each research report you'll normally get the key take-away message.)

#### Physical Health GEMS

- o [After 60 years, scientists find the missing link in our body's blood pressure control](#)
- o [People with stroke who walk 30 minutes per day may have 54% lower risk of early death](#)
- o [Study reveals missing link between high-fat diet, microbiota and heart disease](#)
- o [Metabolism changes with age, just not when you might think](#)
- o [Scrap the nap: Study shows short naps don't relieve sleep deprivation](#)
- o [Drinking sufficient water could prevent heart failure](#)
- o [It's never too late to get active](#)

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#### Emotional Health GEMS

### THIRD THURSDAY BOOK CLUB



Lindy Fisher

It is somewhat misleading for me to claim to be the Course Leader of our Book Club because everyone contributes. In November each year, we each nominate a book for the upcoming year and lead discussions about the book in the month it is read. We have no limitations as to genre, author etc. Of course we don't all have the same reading preferences, which leads to some robust discussions and more importantly, expands our reading experience. We first met in February 2016.

My first book club experience was in Papua New Guinea. A group of locals and expats met monthly; providing a wonderful distraction from work and security issues associated with daily life in Port Moresby, as well as introducing us to some amazing books. I was keen to replicate this experience when I moved to the Sapphire Coast. Unfortunately for me, the existing U3A book clubs were very popular and both had waiting lists. There was no other option but to establish a new book club!

Any avid reader can start or join a book club, it is all about the love of reading. I am an advocate of life-long learning and U3A provides us all with the opportunity to do so. It happens that I have worked in the education sector for most of my career, initially in the public sector and eventually morphing into education consultancy and advisory services in developing countries.

If you're interested in joining our friendly group of readers please do not hesitate to contact me. My details are provided on the U3A website <https://www.sapphirecoastu3a.org/>

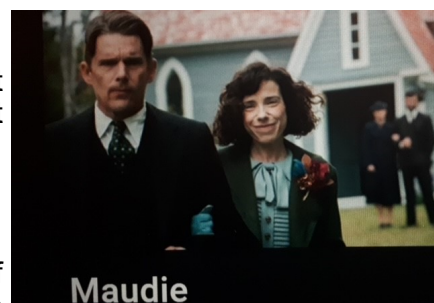
Lindy Fisher, Course Leader

### MID WEEK MONTHLY FILM GROUP

The film our small dedicated group watched for the month of August was Maudie directed by Aisling Walsh. Everyone found the film thought provoking, delightful and inspiring.

"The whole of life already framed, right there."

So says Maudie when looking out of a friend's window towards the end of the film and we as the viewer, at that moment, realise that we have also watched the life of Maudie through a frame, the frame of the screen. In this way, the film is quietly self-reflective and you often find yourself responding in unexpected ways.



The story touches on the lives of two outsiders shunned by their respective communities, as they are drawn together by necessity and gradually forge an unusually supportive and affectionate relationship "I like you, you need me" says Maudie. The cinematography is superb and gives the film a visual authenticity in relation to the environment of Nova Scotia and the harsh living conditions the characters endured there. The subdued lighting and shadowy feel in the cottage convey life without any electricity and accentuate the smallness of the cottage they shared. The film is based on the actual life of Maud Lewis who had severe physical deformities due to arthritis. However, she manages to paint with her one 'good' hand, and paint she does, the walls, the doors, the cupboards, and canisters, etc., in the cottage. You could only admire her courage, insight, and capacity to see beauty in the world combined with her feisty insistence to maintain her independence. Definitely a film worth watching on SBS On Demand during lockdown.

September's Midweek film will be advised in due course and the Zoom link-up is working well in spite of my incompetence.

Kaye, Wal, and Sylvie.



### Dementia Australia's Dementia Action Week—20-26 September

Dementia Training Australia News – Dementia Awareness Month:

<https://dta.com.au/dementia-awareness-month-dta-website-news-piece/>

### AUGUST CROSSWORD ERROR

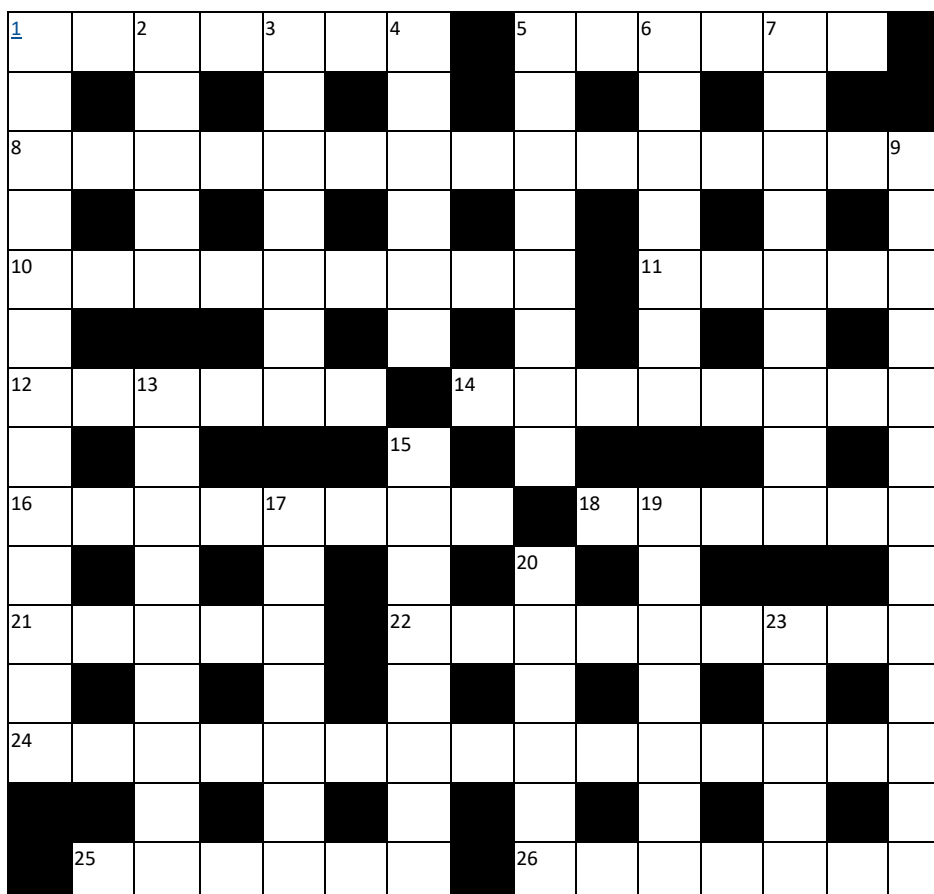
There was an error in the clues for CRYPTIC CROSSWORD 208 published in the August U3ASC Newsletter. In 34 Across '10' should be replaced by 'A circus performer.' The remainder of the clue is OK.



### U3A TRIVIA QUIZ by BRIDGET O'HANLON

1. Is Afghanistan in the Middle East?
2. Which planet in our solar system has the most moons?
3. Which 1952 event brought London to a standstill and killed 12,000 people?
4. Who composed 'Clair de Lune'?
5. The biathlon combines which two sporting activities?
6. In which year was Beijing's Tiananmen Square massacre?
7. For what do we remember Valentina Tereshkova?
8. What was the official motto for the Tokyo Olympics 2021?
9. Who is Australia's Home Affairs Minister?
10. Who plays Aretha Franklin in the upcoming film 'Respect'?

### CRYPTIC CROSSWORD 209 by JOHN SCRIVENER



### CROSSWORD 209 CLUES

#### ACROSS

1. He manages your property in your absence while cook away! (7)
2. Won speaker's hesitation and rouses game from cover (6)
8. Listen attentively to puncture above anyone backs (5,2,4,4)
10. I hear a substance used in varnish number 500 and it resounded (9)
11. Hundred branch ascent (5)
12. Closer first natal organ and again hollowed! (6)
14. Actors love this and some people leave this to the last (4,4)
16. Off the planet! Makes the door useless (8)
18. Sheep's voice and skinny sounding whalebone (6)
21. Amusement cure (5)
22. At the beginning of supper father said "Obtain drink and pasta"! (9)
24. Addidas near a loo, perhaps no longer active (4,2,1,8)
25. I, say, allow hole in garment (6)
26. Sequence of rulers heard noisy wine (7)

#### DOWN

1. Removed as too old but top girl sounds as if you consumed first doughnut (13)
2. Corrects tides (5)
3. Question nimble movement beheaded sideways! (7)
4. Assistant tax includes record (6)
5. Covered in gore and the ends of diablo mood tied (8)
6. Fruit of cot pair (7)
7. Destroy time period and time removed from dictate (9)
9. Vessels square against friend considerably (13)
13. Barty and Rosewall lazy? Forget start conductor! (9)
15. In accordance with a law heard money holder you worker (8)
17. Game which tall Ben plays (7)
19. Did the Victorian river make Barassi sore? (7)
20. Christian name of two PMs and a playwright and a right within grasp (6)
23. Parts catches one unawares (5)



## BACK IN ZOOM FOR OUR BOOK DISCUSSION.



In August's lockdown, the 4<sup>th</sup> Wednesday book group joined into a familiar Zoom discussion space which had been our place for book discussions during 2020's lockdown and ongoing restricted gatherings. We came to our discussion with greater ease technologically than previously and though not all group members wanted to Zoom, they emailed their comments about the book to us and served as our discussion starters. Those who joined in participated comfortably with the technology with comments shared and discussed as easily as when we meet face to face and possibly more easily than meeting mask to mask.

Our book this month was Kate Grenville's *A room made of leaves*, a fictionalised "secret memoir" of Elizabeth Macarthur's life in the first colony of New South Wales. Grenville uses the real written artefacts of John Macarthur's wife such as her letters that have survived and embellishes these into an account of a much greater contribution Elizabeth made to early colonial life, in particular in helping establish our sheep industry. We enjoyed Kate Grenville's ability to make Australian history accessible through her stories and her descriptions of the land, its natural beauties and its inhabitants in their first encounters with the colonists. The book title refers to a place within the beauty of the bush where a real friendship between William Dawes and Elizabeth is developed by the author into a (fictional) romantic liaison.

Elizabeth Stacey, Course leader 4<sup>th</sup> Wednesday book group.

### U3A TRIVIA QUIZ ANSWERS

- |  |                             |
|--|-----------------------------|
| 1. No, Central Asia                        | 6. 1989                     |
| 2. Saturn                                  | 7. The first woman in Space |
| 3. The Great Smog of London                | 8. 'United by Emotion'      |
| 4. Claude Debussy                          | 9. Karen Andrews            |
| 5. Rifle shooting and Cross Country Skiing | 10. Jennifer Hudson         |

**CROSSWORD 209 ANSWERS** – by popular demand these will be published in the October U3ASC Newsletter

## 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](mailto:u3ascoffice8@gmail.com) or  
Elizabeth: [eastacey@bigpond.net.au](mailto:eastacey@bigpond.net.au)

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