

December 2024 Newsletter

Just a quick message from Program Team...



... to say a big **'Thank You'** to all the **Course Leaders** who gave up their time and expertise to run a U3ASC course this year. You're truly wonderful!

A special mention to those who are bowing out this year (Dorothea Polonyi (Indonesian), Helen Stevenson (Adventure Walking), Fleur Dwyer (A Walk in the Park), Beverley Smith (Thursday Art Group) who is handing over to Heather Percival, and Gail Rankin (Table Tennis) who is handing over to Stephen Withall. If I've missed anyone, please don't be offended.

Also, to our **One-Off and Short Course Presenters** who've carved time out of their busy lives to come and delight us for a few hours or more: Alan Ernest, Stephen Targett, Beth Smith, Bernard Watts, Dianne Perkins, Liz Allen, Michael Warren, Peter Bakowski, Nigel Ayling, Graham Cook, Andrew Skeoch, Bruce Leaver, Reiko Heiley, and of course our own Paul Strutynski and Sandra Coates. We're hoping to get many of you back again next year.

Finally, to those of you who've put your hand up to run a course next year - well done!

And if you do have an idea for a one-off event, short or long course for 2025, now is the time to get in touch so I can get the ball rolling. You can contact me on 0437 376 288 or englishrose659@hotmail.com.

Jane Thomson, Program Team

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President's Column



It's the end of another year and I would like to thank you all for helping to keep our U3A community vibrant all year.

Enjoy your Christmas break, but don't forget while on your break to pay your \$35 annual membership fee for 2025, still one of the lowest in the country. (Fleur

Dwyer, a past President, advises that the U3A in the town she just moved to in Victoria charges \$75.)

Note that our rules say you have to be a financial member to be able to participate in courses. As a result, you need to have paid our modest annual fee for 2025 before courses start in the first week in February.

The end of a year also means the end of yet another year of loyal duty by our volunteers who run the show: whether it's as part of the Management Team, the Newsletter Team, the Office Team, or the Program Team. Some of these wonderful people have been doing this work for years now and need a break but, as yet, haven't found too many replacements. Just as they stepped forward when others needed a break, so they now need someone to step forward and take the load off them.

Any civic-minded people out there? The Management Team's contact details are in this newsletter. Shoot off an email to one of us.

Enjoy your break,

Paul Strutynski



**Welcome
New Members!**

Denise Burdett
Robyn Claibourne
Annemarie Fantham
Richard Hickey
Georgia Hughes
Margaret Lukian

REMINDER - Program Team Volunteers Needed



VOLUNTEERS NEEDED!

In last month's Newsletter, we put out a call for new Program Team volunteers. Perhaps some of you have been thinking about it, but haven't got round to putting up your hand yet.

U3A Sapphire Coast can't continue to provide interesting new Courses or maintain effective communication with the existing Course Leaders unless we have enough members to help.

Please email the Program Team Leader, Jane Thomson, at englishrose659@hotmail.com TODAY to let her know that you care and are willing to help. Thank you.



U3ASC Tura Beach Centre Office Hours

As is our standard practice, the U3ASC Tura Beach Centre Office will be closed for the upcoming school holidays. **The last day the Office will be open in 2024 is Friday 20th December from 1:30 pm to 3:30 pm.**

However... next year, the Office will OPEN a week before school resumes ON FRIDAY 24th JANUARY 2025. We are doing this by popular demand, so that those who can't manage online, can renew their membership and enrol in the 2025 Courses before they are due to begin in Term 1.

If you are happy to work online, you can renew your membership on the U3ASC website <https://www.sapphirecoastu3a.org/> - anytime from NOW.

You can enrol/re-enrol in 2025 Courses on the U3ASC website from 1st January 2025. You can find instructions on how to do this on the website under the "Join Now or Renew" button on the Home page.

We look forward to seeing you all next year,

Michele Patten / Marg Nicoll
Coordinators, Team Office



'Do Your Own Thing' Weekly Dance Group 2025

U3ASC 'DO YOUR OWN THING'
WEEKLY Dance Group

Other exercise classes aren't quite right?
Find it hard to exercise alone?
Unfit but love to dance around?

Then this group may be for you.

There's no leader as such - just you and the music in a room with a small group of other people (4-8)

DANCE AS IF NO-ONE IS WATCHING

You're responsible for knowing your own limitations.

Take breaks as often as you need, and bring along a water bottle to stay hydrated.

The group will meet every Friday from 3:30 to 4:30pm, starting from the 7th of February 2025, at the Uniting Church Hall, Gipps St, Bega.

For more information, contact Leonie on 6493 2574. Please leave a message and your call will be returned.

Not sure what to expect? Come along and find out...

Coming Up Next Year... Unfit (or not) but like to dance around? Find it hard to exercise alone? Then this group may be for you!

There's no leader as such (although there is a facilitator) - just you and the music in a room. Shake it around, have fun, and dance as if no one is watching. But don't forget your water bottle, and make sure to stay within your own limitations.

The group will meet weekly on Fridays, 3.30pm to 4.30pm, at the Uniting Church Hall in Bega, starting from the 7th of February 2025.

For more information, contact Leonie Barrett on 6493 2574; (leave a message if she's not there and she'll call you back).

Enrolment online for this and other courses will be available from 1 January 2025.

Course Leaders 'Thank You' Afternoon Tea

On Saturday 7 December at the Tura Beach Centre, the U3ASC Management and Program Team hosted an afternoon gathering to celebrate the time and effort our Course Leaders invest during the year to lead a variety of courses which are enjoyed by all our members. It was also an opportunity for all to catch up before the Festive Season.



*Thanks
a Million.*



Adventure Walking 7th November 2024

Behind the Pambula Dunes with Debbie



U3ASC group members met at Aqua Café carpark at the Pambula Beach Caravan Park for a 9:00 am start. This easy walk of about 2 hours duration took us through a mix of single track, fire trails and beach walking.

From the café, we headed west a few hundred metres alongside Pambula Beach Road. Then we turned north, using a somewhat defined track towards the wetlands. Once we skirted the lagoon, we hit well defined fire trails until our turn-around point. Here, we made our way onto the beach for our return walk.

After a group photo opportunity at the Pambula Beach lookout deck, we finished off with coffee at the Aqua Café.

Many thanks to Debbie Schubert for planning and leading our really enjoyable walk.

Michele Patten
Course participant

WOMEN OVER 50

ARE YOU STRUGGLING TO FIT EXERCISE IN TO YOUR LIFE?
Researchers at the University of Sydney are running a study to measure the impact of the Active Women over 50 program.

What does the FREE program involve?

- 2 health coaching calls from a physiotherapist
- access to online resources
- motivational messages to increase your physical activity
- access to a private Facebook group to connect with others (optional)

Who can join?
To be eligible, you need to be a woman aged 50+, living in NSW, healthy enough to take part in regular physical activity, and have access to the internet.

For more information
www.activewomenover50.org.au
sph.activewomen@sydney.edu.au
(02) 8627 6242
Or scan the QR code to learn more



 THE UNIVERSITY OF SYDNEY 

U3ASC Christmas Party 2024



Our U3ASC Management Team did its usual wonderful job of organising the Christmas Party, and the Club Sapphire, as it has for the past couple of years, really did us proud with a festive table setup; great service and food; and incredible tolerance as they hustled to accommodate at the last-minute half a dozen people whose registration for the function didn't seem to have worked.

Around 110 people enjoyed the company, the music so kindly provided by the Wobbles Ukulele Group, the meal, the trivia quiz and the record number of Lucky Door Prizes; (I think it came in at about 18).

President Paul Strutynski thanked the people who had been most involved in the organisation of the function (Carolyn Smith, our Secretary; Judy Brand, our Treasurer; Jane Thomson, our Program Team Leader; and yours truly who just kind of gets roped in on occasions). As he reminded everyone, all of those people are volunteers. He took the opportunity to appeal once again for people who have the capacity to volunteer some of their time to step up so we can keep U3ASC going as the great organisation it is.

Thank you again to *The Wobbles* and thank you also to the following businesses who so kindly donated goods for our prizes: Kristie's Hair Design, Bega; Sea Spray Hair & Tan, Tura; Affinity For Hair, Bega; Direct Chemist Outlet, Bega; Plevy's Pharmacy, Bega; Betta Electrical, Bega; Candelo Books, Bega; Woolworths, Tura and Bega; Big W, Bega; K Hub, Bega.

We hope all of you have a happy, healthy Christmas and we look forward to seeing you all again for Term 1 in 2025.

Sue O'Loughlin
Christmas Party attendee



REVIEW

Film Review *'Let Them All Talk'*

<https://www.sbs.com.au/ondemand/watch/2380100675836>

How does one begin to *talk* about this film? Initially so frustrating with its seemingly superficial, unforgiving and bitchy characters, once close college friends, unearthed from the past and reunited on the luxurious Queen Mary II as it sails from America to the United Kingdom. Why has the successful novelist Alice chosen these old friends to accompany her on a voyage that could be her last?

It reminded me of Woody Allen's films with its obscure narrative of emotionally crippled and neurotic characters, but it is much more than that. As in life, the film reveals the power and significance of storytelling and the impact it can have on our lives. At times, I could have been forgiven for thinking Steven Soderbergh was gently satirising Allen's films but all is revealed in the closing stages of the film, and it's well worth the wait. Persevere and watch it to the end, you won't be disappointed.



It stars Meryl Streep, Dianne Wiest and Candice Bergen, and they are all wonderful.

Thank you, Nikki for bringing my attention to this film!

Review:

<https://www.vulture.com/article/review-let-them-all-talk-meryl-streep-on-the-queen-mary.html>

"We want to spend more time with these people, but the movie, like the cruise - and, as it's suggested by the end, like life itself - has a very strict timeline."

Kaye Separovic, Midweek Monthly Film Group

kayeseparovic@gmail.com

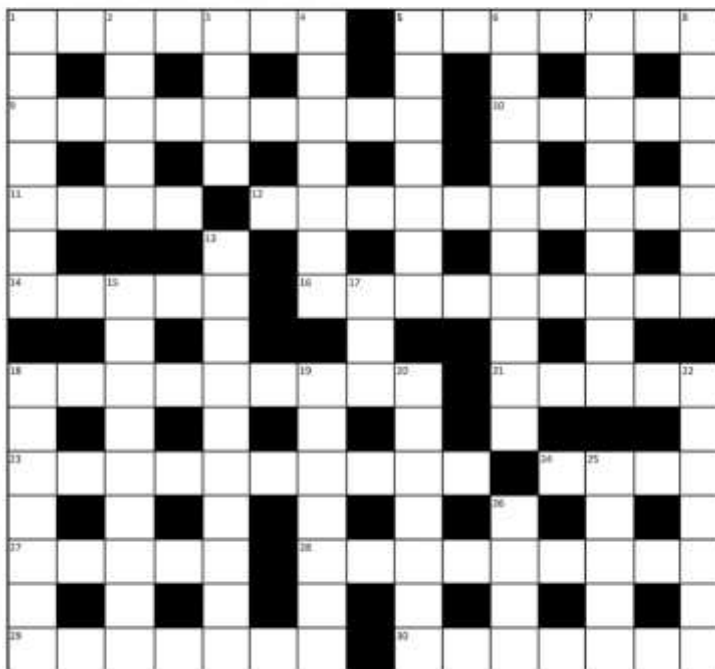
TRIVIA / QUIZ by Bridget O'Hanlon

1. What colour is a polar bear's skin?
2. The gold mining town of Hill End is in which Australian state?
3. In texting what does SMS stand for?
4. Cambodia was previously called?
5. The British English word 'spondulicks' is slang for what?
6. What is Shakespeare's longest play?
7. Which Australian island was named after a Dutch explorer?
8. The first Rugby League season in Australia was in 1908, 1918 or 1928?
9. Malbec, Grenache and Sangiovese are all varieties of which fruit?
10. Which planet in our universe has the most moons?



(Answers on last page)

CRYPTIC CROSSWORD #2046 by John Scrivener



ACROSS

1. Nonsense may clear the vision (7)
5. Bird's starting price appears to move swiftly (7)
9. Tennyson called it a "low-built, mud-walled, barbarian settlement" but it is actually wooden without hesitation and University of Canterbury as well (9)
10. Weight and gore! Music written using conventional keys (5)
11. Begins after lesson starts ordinarily besides (4)
12. Probationer Dad's reversed publisher less hall (10)
14. Bird and the French name of book (5)
16. Healer but she cannot help the criminal (9)
18. Territory within charges of habitual procedures (9)
21. Duct of some toucan a light bird (5)
23. Promises fool, you said and hurried to churches (10)
24. Fight pole (4)
27. Specific things time socks (5)
28. Perfect example of two maths/physics symbols and cat rises in the middle! (9)
29. Changed gallery in mud (7)
30. Clear the end of six depression (7)

DOWN

1. Specialist may rave at new member (7)
2. Truncated keys contain millimetres of TV awards (5)
3. Adjacent to backward instrument (4)
4. Wild pot shot at an area over a mantle plume (3,4)
5. Clean, for example, return of whip for punishment (7)
6. Present at one zero hop! (10)
7. Interpretation but can tear apart it with charged radical (9)
8. Stew lid and stew most uncultivated (7)
13. Punter crew at track start improved (10)
15. I left trains for the left move (9)
17. Garden implement sounds like Christmas call (3)
18. Acid measure beginning and cat spirit (7)
19. Vie, cheat and look after (7)
20. Unproductive step without parking vex (7)
22. Most generous gifting with end direction replaced with tea say! (7)
25. Consideration of actor Vincent (5)
26. Places wind badly (4)

CROSSWORD #2045 ANSWERS (November 2024)

ACROSS

1. Messmate 5. Bantam 10. Lulls 11. Insolvent 12. Connectors 13. Thor 15. Merc 16. Bar sales 19. Restrain 20. Rush 23. Stop 24. Attainment 26. Modernist 27. Evade 28. Dinner 29. Hostages

DOWN

1. Malice 2. Silence is golden 3. Mastercard 4. Taints 6. Able 7. The whole shebang 8. Mattress 9. Astream 14. Astringent 17. Presumed 18. Pigtail 21. Castro 22. Steers 25. Erse

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

NEWSLETTER

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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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TRIVIA / QUIZ ANSWERS

- 1 - Black; 2 - NSW; 3 - Short Message Service; 4 - Kampuchea; 5 - Money; 6 - Hamlet; 7 - Tasmania; 8 - 1908; 9 - Grape; 10 - Jupiter (79 moons)

MANAGEMENT COMMITTEE

President	Paul Strutynski	u3ascpres1@gmail.com
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Program Team Leader	Jane Thomson	programs.u3asc1@gmail.com
Member	Roger Harris	rogercharris@bigpond.com
Member	Lesley Weekes	lesleybythesea@gmail.com

Mahjong #2

Two of our former regular players passed away in November. Condolences to the families of Judy Ridgeway and Del Gannon. R.I.P.

Our last day for 2024 is Monday 16th December; our first day back is Monday 3rd February 2025.

Louise McGrath, *Course Leader*



Pictured above are the girls enjoying our Monday afternoon Mahjong