


U3A Sapphire Coast

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December 2023 Newsletter

PRESIDENT'S REPORT

A Farewell

I want to farewell a key member of the Management Team, Sue O'Loughlin, who is stepping down after working with three Presidents, as our Program Team Leader, and as a deliverer of courses in her own right - all because of an ongoing, though benign, illness.

In spite of her pain, Sue's contribution to the life and work of those Management Teams has been, in the words of current and former colleagues, "outstanding"; and always accompanied by a smile, when underneath she wasn't always smiling. (Carolyn Smith has written elsewhere in this newsletter about Sue's contribution to the Program Team.)

The thing is, Sue isn't the only one in our organisation who has contributed mightily - many have done even more - and many of those have also been suffering from a major personal illness, or had aged parents to care for, or ill spouses, or have children with mental issues, and so on. In fact it is common. And yet those people keep stepping up to the plate - because someone has to in order to keep the organisation afloat.

So bear in mind that many of our volunteers could use a time out or sub. Volunteer, volunteer, volunteer. Please.

Thank you Sue, and especially thank you to all the Sues in our U3A, now and in the past.

The end of another year

It's been terrific this year working with the Management Team: a selfless group of team-oriented people with an organisation-wide focus.

Membership numbers are up by one third post COVID (though they would have naturally risen anyway), with promotional flyers going up on community notice boards to boost things further.

Ongoing course numbers have held up post COVID, and one-off course numbers have shot up, thanks to our Program Team.

Our Newsletter Team continues to churn out gems each month, while our Office Team continues as a rock of support for members.

We've consolidated links with Bermagui and have regular one-off presenters visiting us from there.

And we avoided any fee increase this year - and next - while still maintaining a healthy bank balance.

Don't forget to enrol

Finally, U3Aers, don't forget to pay your annual fee for 2024. We've kept it low for you (one of the lowest in Australia I think). But because the fee is very low, we need everyone to pay so we can cover our costs. Help us to keep helping you.

Merry Christmas to you all
Paul Strutynski, President



Welcome

New Members:

Sue McCallum
Sue Harrison
Barb Grundy
Juliana Simonds
Lynda Collins
Trish Garrad
Robin Murray
Jenny Morrison



FROM THE MANAGEMENT TEAM:

The Management Team meet on the 4th Thursday of the month, and this month there were several resolutions impacting on members. Here's an update:



Bigpond. Members with Bigpond email addresses are inconsistently having their Omails blocked by bigpond. Given we don't know when this occurs, we will maintain a separate mailing list for members with bigpond.com and bigpond.net.au email addresses. This means recipients may receive emails twice. If you do not wish to be included on this list, or if you wish to use an alternative email address, please advise Merryn - u3ascsec@gmail.com.

Guests at U3A Courses and Events. Guests will in future pay the same attendance fee as members at all courses and one off events. This alleviates the embarrassment sometimes caused for our course presenters in asking for different fees from participants, and simplifies administration. We encourage our guests to become members!

Correspondence Protocol. The following correspondence protocol was adopted:
All correspondence, including emails, sent under U3A Sapphire Coast auspices should clearly indicate its authority. This authority comes from the identified positions of President, Vice President, Secretary, Treasurer, Program Team Leader or Team Office Leader. Team membership should be indicated, for example 'Member, Team Office' or 'Member, Newsletter Team'

Merryn Dowling,
Secretary.

HELLO FROM JANE THOMSON, the new Program Team Leader



Hi, I'm Jane Thomson and I've just taken over the role of Program Team Leader from the awe-inspiring (you wouldn't believe the amount of stuff she's had to keep on top of) Sue O'Loughlin, who's just retired. I've been a member of U3A since around 2019, led the Writing Group for a while, and now lead Philosophy for Fun, a light hearted discussion of the ideas that drive our world. I'm a retired researcher, keen traveller, novelist and blogger.

Living on a property, U3A has been fantastic in opening up opportunities to meet people down here on the coast and stay mentally stimulated...there's probably material for at least ten novels in all the interesting things I've learned since joining (but nothing confidential!).

I'm looking forward to giving something back to U3A next year, and also to exploring new ideas for one-off events and courses. It'd be great to be able to offer an even wider variety in 2024 and to get more people joining up as either course leaders or participants. We have such a wealth and diversity of experience down here on the coast, it'd be lovely to share it. If you have an idea for a one-off event or course, do please get in contact with me (englishrose659@hotmail.com) and let me know, I'd love to hear from you!

CRAFT GROUP

We have come to the end of another busy year. Rosie is knitting warm cowls for her sisters in the U.K. Whether our Christmas is hot, wet or mild all the craft girls wish everyone a lovely time with family and friends.

If you are thinking of joining our happy crew next year, you are most welcome. We meet every Friday at the Tura Beach Golf Club at 10.00 a.m.

Monica 0408 794 252



THANK YOU, SUE O'LOUGHLIN AND FARE WELL...



Sue O'Loughlin

As a long-term member of the Program Team, I would like to acknowledge the amazing amount of time and effort, that Sue has put into being a team member and ultimately, Leader of the Program Team.

Sue exemplifies the selflessness and dedication that are required of a team leader and has led by example throughout her time with our team. Her quiet and thoughtful approach to maintaining team cohesion and integrity has resulted in the well-rounded program of courses that is currently available for members.

Thank you Sue on behalf of both the Program Team and our members. You have indeed made a difference to U3A Sapphire Coast and your input has added great value to our organisation.

Wishing you good health and happiness as you move into the future – fare well and we look forward to seeing you enjoying yourself as a course participant and if we're really lucky, heading up a class or two.

Carolyn Smith, Management Committee member

U3A by Dot Bew (member of the Writers' Group)

Some people take early retirement
It comes like a bolt from the sky
Or gradually creeps up upon them
They don't get the chance to ask why.
But they are suddenly tied to a home base
With a partner, a house and a car,
And so much free time on their hands
That their thoughts turn to travels afar.

Then they pick up their local newspaper
And note what's occurring that day.
See a line that is heading a sentence,
What is happening at your U3A?"
"U3A" they ask with a shudder
"Is that something like UFO,
Or is it a new kind of restaurant
Three courses, eat in or to go"

So they 'phone the accompanying number
And ask for more details to date.
Come to our monthly tea party,
Just bring yourself and a plate!
So they go, and find to their pleasure,
That folks are as normal as they.
Just furthering their education
To improve their minds so they say.

There are so many subjects to choose from,
Like French or writing or art,
Jazz and Tai Chi and Italian,
It's hard to know just where to start.
If you like to go walking with others,
You can do that or line dance or swim.
There's aerobics or teddy bear making,
Or maybe you'll choose Mandarin.
Whatever you choose you'll be happy,
Though your tutors all work for no pay.
Their reward is to hear you all saying,
"We learnt this at our U3A.



HELP WANTED

By Timothy Tocher

Santa needs new reindeer.
The first bunch has grown old.
Dasher has arthritis;
Comet hates the cold.
Prancer's sick of staring
at Dancer's big behind.
Cupid married Blitzen
and Donder lost his mind.
Dancer's mad at Vixen
for stepping on his toes.
Vixen's being thrown out -
she laughed at Rudolph's nose.
If you are a reindeer
we hope you will apply.
There is just one tricky part:
You must know how to fly.

Poem provided by Bridget O'Hanlon,
Poetry for Pleasure



See you at the U3A Christmas Party on Wednesday 13. The Newsletter Team looks forward to catching up with fellow U3A members and celebrating our achievements in 2023.

ART GROUP ON THURSDAYS

Painting for pleasure!

It's almost the end of another year for the Thursday art group of painters, but we will be continuing in 2024. There are no vacancies at present, but anyone interested can always put their name on the waiting list.



The amazing work done today by the Group, November 30th 2023.

Beverley Smith
Mobile: 0475 506 156

FOURTH WEDNESDAY BOOK GROUP

The Fourth Wednesday book group has been meeting for eight years and with a yearly list of at least nine books we've read, enjoyed and discussed over seventy books. We recently met at Oaklands for our final discussion of the year where we also shared possible choices for our 2024 reading list.

In the last part of this year two of the books we've chosen have been from the spy and detective mystery genre many of us enjoy. *Slow Horses*, the first of the "Slough House" series of spy novels by Mick Herron, involves a group of failed spies who are desperate to escape back to their usual field of action. It is a humorous twist on the usual heroic characters of espionage fiction but with a fast moving well plotted story.



Richard Osman's *The Thursday Murder Club* is the first of another successful series with a different perspective on the usual murder mystery genre with the setting in an upmarket retirement village where a group of friends meet weekly to discuss unsolved murders and are drawn into solving a local mystery. The characters developed in both these novels and series are key to their success and the enjoyment of the reader. The books inspired detailed discussions of the twists and turns of their plots and of the background and careers of both authors. We look forward to another year of enjoyable reading and discussions.

Elizabeth Stacey, Course Leader

FILM REVIEW – THE MAN IN THE HAT



The opening music to this delightful film sets the mood for an hour and thirty minutes of enchantment, symbolism and compassion. Selected by one of our members, Nikki, the film has very little dialogue as we follow a small fiat traveling around southern France:

"It is set in rural Southern France, and co-stars a Fiat 500, a Citroen Dyane and a bicycle. And a photograph".

Our group watched the film on SBS OnDemand:

<https://www.sbs.com.au/ondemand/movie/the-man-in-the-hat/2108578371668> but unfortunately, it may be no longer available on this platform by the time we publish the December Newsletter, however you can watch it on other platforms for \$4.99 (YouTube, Apple TV and Google Play).

Some reviewers suggest the film represents a journey remembering life's most enjoyable and poignant moments in anticipation of imminent death, and there are many delightful moments throughout this journey. The mysterious photograph may represent the woman the man in the hat hopes to join in the afterlife, maybe, maybe not. Whatever way you choose to interpret this film, it remains a joy to watch.

Here's one review, but here are many others if you search: <https://peterviney.com/film-theatre-reviews/the-man-in-the-hat/> *"It's steeped in symbolism, it would take a massive essay to try to untangle it, and I'd have to watch it many times (but I will), and it doesn't matter. It's a journey, a life. The central character drips compassion. The story is a spiral within a spiral."* Just like our lives?

Kaye Separovic



See you in 2024

Midweek Monthly Film Group

TURA BEACH CENTRE HOUSEKEEPING

DISHWASHER

We have introduced a simple system for ensuring that our kitchen and its crockery and cutlery are kept in a clean and hygienic state. It involves the following double-sided sign that is attached to the front of the dishwasher:

DIRTY	CLEAN
Please continue to put in dirty items, then run dishwasher Then turn this sign over.	Please empty before putting in dirty items. Then turn this sign over.

The signs appear to be self-explanatory. However, some people are failing to empty clean items from the dishwasher before putting in dirty items, and/or forgetting to “turn the sign over”. This is an essential step so that the next group to use the centre know what the current status of the dishwasher is.

RUBBISH

If the kitchen tidy bin is approaching full, please empty into the relevant garbage bin just outside the rear door of the centre. Then replace the tidy bin liner/s, that are located on the shelf above the bin. The garbage bins need to be put out on Tuesday for collection by Council on Wednesday morning. Then on Wednesday they need to be brought back in. If you are at the Centre on these days, it would be good if you could check that this has been done.

PLEASE!

The above duties cannot just be left to the Team Office volunteers who come in on Friday afternoons. They are there to assist members and take care of administrative duties. I am sure we can each take responsibility for keeping our centre in a condition that can be enjoyed by all.

Michele Patten, Team Office

SLOW FOOD APPRECIATORS' GROUP EVENT

Bianchini Gelati, Pambula was filled with U3A Sapphire Coast members and guests on Wednesday November 8.

Dana, the shop's owner and gelati chef, gave us an insight into how the gelati is made and how she sources local in-season produce for the different flavours. We were inspired by her passion and hard work, but the next part was even better. We got to taste some of the unique blends of fruits and other delicious ingredients in her gelati, such as “candied cumquat and gingernut biscuit”, “quince, coconut and Cointreau”, “orange and cardamon”. Some of us then bought full serves of gelati, either in lieu of lunch, or to take home for a special dessert.

Old black and white photos of Dana's family, including her Italian grandmother, are a feature of the shop's décor. So Italian food is definitely in Dana's genes, and with her chef background, gelati was a natural choice.

Michele Patten, participant.



Italian for Beginners Gruppo #1

It was with much trepidation that I agreed to facilitate an Italian for Beginners group in 2020. I was following in the footsteps of the amazing Franco Svampa, who together with his late wife, Caroline, had been facilitating an Italian course for many years. Even though both my parents were Italian, I had grown up speaking the dialect of Veneto and my knowledge of Standard Italian, let alone the many grammatical rules (and exceptions to the rules) was far from perfect.

So, after convincing myself that I did know a little more than those U3A members who enrolled in the course and, armed with a program called BBC Talk Italian, I began what has been a truly amazing and rewarding 4 years with a fantastic group of people.

We have had lots of fun learning this beautiful language together; we have chatted in Italian with Italians in our community; shared beautiful Italian meals together; became expert “Zoomers” during Covid; and some of us spent 2 weeks studying Italian with Caterina on the shores of Lake Como in May this year.

The group has seen quite a few changes in membership since 2020. I would like to take the opportunity to congratulate Fleur Dwyer, Tracy Fleming and Gai Jacobs who have been with the group for the entire 4 years. *Ben fatto e complimenti!* Thank you to all members of the group for your constant affirmation and support you showed me through some difficult times.

Next year I will facilitate a new Italian for Beginners class as well as see Gruppo #3 into their third year. Sadly Gruppo #1 will meet for our last formal lesson on Thursday December 14. So great is their love of everything Italian, the group has decided to meet once a month in 2024 to continue our weekly *chiacchierate*, of course, in Italian. *Grazie! Ci vediamo!*

Teresa Hamer



NOVEMBER ONE-OFF: AI (Artificial Intelligence)



George Stone from Bermagui U3A gave us an interesting workshop about Artificial Intelligence, commonly referred to by the acronym AI. George provided a history of AI and recommended exploring You Tube and Future Talk podcasts for extensive discussions of the new technologies.

He shared a series of links to useful AI sites.

Future Tools <https://www.futuretools.io/> - a gateway to a range of sites for various aspects of AI

Bard from Google <https://bard.google.com/chat>

Bing from Microsoft <https://www.bing.com/>

Image Creator from Microsoft <https://www.bing.com/images/create>

Microsoft Designer <https://create.microsoft.com/en-us/designer-templates>

ChatGPT from Open AI <https://chat.openai.com/>

Leonardo AI – AI image Generation <https://leonardo.ai/>

Elizabeth Stacey, participant.

ONE OFF REVIEW – PAINT ‘N’ SIP



On Friday, November 10 at 1.30 pm a group of hopeful, creative members joined our artistic hosts, Sue and Helen for an inspiring Paint n’ Sip session in the U3A Tura Beach Centre. After a glass of bubbles, we were ready to unleash our creative potential using an array of the artist materials provided – canvases, pastels, paints, items to create different textural effects on the paint surface, brushes and of course, the expertise, enthusiasm and guidance of our hosts. A silent hush fell over the room as we all immersed ourselves in the creative process and this was the result:



It was great fun and everyone took home a masterpiece. Many thanks to Sue and Helen for providing us with an opportunity to unearth the artist within.

Kaye Separovic
Group Member.

ONE OFF

Understanding Bushfires - Friday, December 15

Mobile Phone Photography - Wednesday, February 7&14 (2024)

Model Ship Building, an introduction to the art - Friday, March 15&22 (2024)

To enrol in a one-off course go to Member Login on our website:

<https://www.sapphirecoastu3a.org/>

U3ASC BOOK SWAP LIBRARY

I'd like to remind our members of the bookcase in the kitchen in the U3a Tura Beach Centre where you are welcome to swap or borrow books or simply leave a favourite novel or non-fiction book for your fellow book lovers to enjoy. Please feel free to come into the kitchen to browse the shelves in the library and borrow a few books to read over the holiday break.

Kaye Separovic, Book Nerd.



CRYPTIC CROSSWORDS AT REDCLIFFE U3A.



“Cryptic crosswords don’t make sense!”

You have probably heard this comment from others, and you may have said it yourself.

And everyone is right – in a manner of speaking!

In fact, if a cryptic clue makes sense to you before you have learnt a little about them, then you are wrong. Sorry!

You see, there is trickery going on here. You must always ignore any meaning of the clue as a whole, and you need to understand the compiler’s tricks.

Once you do, it is like opening the door of a darkened room, and enjoying the sunshine.

Cryptics ABC for All, is a website I created to teach these tricks, and demonstrate solutions.

Each tutorial teaches one new trick and then follows it up with sets of practice exercises on that trick only.

To round off the course, you are presented with sets of full puzzles containing a mixture of tricks. Just giving you the answers wouldn’t help much, so I use my 35 years’ teaching experience to demonstrate how and why I arrive at these answers.

I advise you to progress through my “easy” puzzles to “medium” and “hard”.

However, to become truly proficient, you should buy a magazine with puzzles graded into easy, medium and hard, and practise all the easy ones before attempting my medium ones. I used Christine Lovatt’s bi-monthly magazines for all my examples.

I honestly feel that my course is the best way of learning cryptic crosswords!

There is no cost to any U3A or member, but if you like the videos, please consider clicking the “SUBSCRIBE” icon. Apparently, visitors are more likely to look at a site with many subscribers.

CRYPTIC CROSSWORDS Free tutoring on YouTube - Barry Lynch

To raise the site, either copy and paste the link: https://www.youtube.com/channel/UC2whB5l_IHbNSLeW6BfDvng
or Google search:

Cryptics ABC for All

Then:

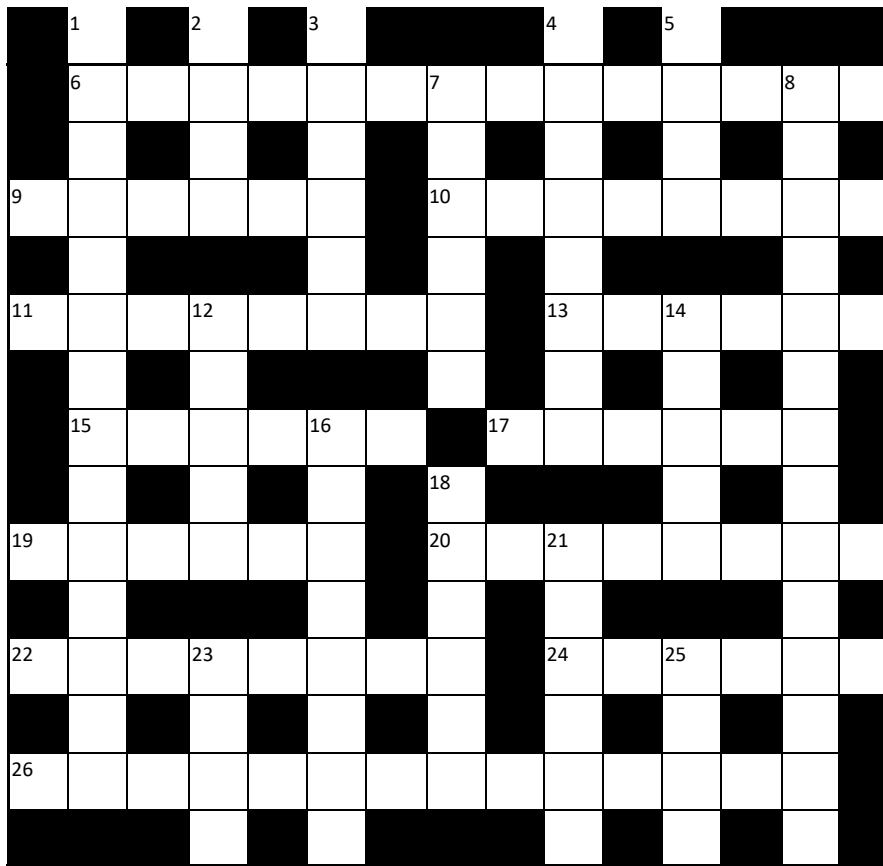
Click Playlists, Contents-Start, View full Playlist.

All Tricks taught live by video examples.
All Exercises and Puzzles solved live on video.

Enjoy your journey into the wonderful world of cryptic crosswords.

Cheers
Barry Lynch.

CRYPTIC CROSSWORD 2035 by JOHN SCRIVENER



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

CROSSWORD 2035 CLUES

ACROSS

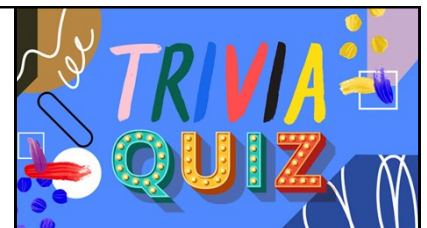
6. Gift in chemical process? But 100 missing in the description (14)
9. Starts after people and revolutionary Indian (6)
10. Cigars of American singer who twice loved Eliot? (8)
11. Attentiveness between West End! (8)
13. Numerals of a horse and race (6)
15. Hotel alternative but excellent Roman poet (6)
17. Much enjoy sauce (6)
19. A rogue who controls the 2-up game (6)
20. A bird inside subject of us is very short at any time (8)
22. In the mind the guys count (8)
24. It is said that Red Indians number and cause to exist!(6)
26. Trivial that maybe I sin with bone cradle (14)

DOWN

1. Sea fall! For 26 Across for example (4,2,3,5)
2. Long poem begins early placement in China (4)
3. Singular 25 Down sounding to sow again (6)
4. Cheap travel at bovine time (8)
5. He expresses reaching back and forth (4)
7. Stimulate former quote (6)
8. Several make decoration or duster from bird (7,7)
12. Deserves body part poles (5)
14. A veil in operation (5)
16. English classer not thorough (8)
18. Caused to vacillate in the wind maybe (6)
21. Partner sounds to be at the southern tennis (6)
23. Steal back instrument (4)
25. Energetic boy breaks silence and begins to go back (4)

TRIVIA QUIZ by BRIDGET O'HANLON

1. Vegemite has turned 100 this year. Which local company now owns Vegemite?
2. Who was the first Englishman to see the coast of Australia?
3. With the help of technology the Beatles have released a new song. What is the title of this song?
4. 'Without a Fight' won this year's Melbourne Cup. Name the winning jockey.
5. Australia is heading into another Covid wave. What number is this wave - 6th, 7th or 8th?
6. There is only one country that naturally has lions and tigers. Name the country
7. Which fairytale character could spin straw into gold?
8. What does the circadian rhythm regulate?
9. In which year did the Berlin Wall fall?
10. In which state are the Warrumbungle Ranges?



Newsletter

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Contributions & Feedback
to the Newsletter can be sent to the
Newsletter Team by the 1st Thursday of
every month. Send by email to:
Trish: u3asoffice8@gmail.com AND
Kaye: kayeseparovic@gmail.com



The **2024 U3A NETWORK NSW ANNUAL CONFERENCE** will be proudly hosted by Eastlakes U3A on April 8 & 9 2024, at the Belmont 16s Sailing Club on beautiful Lake Macquarie. Please find below, a link to the Conference Package that contains all the details, including the Conference Program, workshop options, Keynote Speaker details, registration details and post conference tour options and accommodation links.

[CONFERENCE PACKAGE LINK](#)

Information will also be regularly updated on the U3A Network NSW website:
<https://nsw.u3anet.org.au/>

U3A Sapphire Coast Members are welcome to attend in a private capacity, but will not be representing U3A Sapphire Coast. Registrations open in TryBooking on Monday November 13 and participation is limited. Bookings close on March 15 2024. There is a link in the Conference Package to the TryBooking registration portal. Manual registration details are also included in the package.

NOVEMBER CROSSWORD 2034 ANSWERS

ACROSS

1. Chorus 5. Long hop 9. Blasphemy 10. Gusto
11. Issue 12. Practiser 13. Ironwood 15. Robins
18. Heeler 19. Tognetti 21. Misbehave 23. Tosca
24. Idaho 25. Otherwise 26. Egghead 27. Reefer

DOWN

2. Headstone 3. Rupee 4. Sheepdog 5. Layman
6. Nightgown 7. Hoses 8. Procrastinate 9. British
Empire 14. Wherefore 16. Intestine 17. Together
20. Harold 22. Slang 23. Terse

TRIVIA QUIZ ANSWERS

1. Bega Cheese
2. William Dampier
(Shark Bay WA 1699)
3. 'Now and Then'
4. Mark Zahra
5. Eighth
6. India
7. Rumpelstiltskin
8. The waking/sleeping cycle
9. 1989
10. NSW



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