

# U3A Sapphire Coast

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## August 2024 Newsletter

### U3ASC History - a look into the past



Bev Smith, Course Leader of 'Art Group on Thursdays', submitted this photo taken at a Christmas break-up picnic at Pambula Beach in the first 2 or 3 years of the Sapphire Coast U3A. This was before the organisation was incorporated and, in those days, it was called Sapphire Coast Leisure Learning (U3A).

We were wondering if any people in the photo are still members!

Second from the right in the front row is Dorothy, our first President, and next to her is Jan, our first Treasurer. Unfortunately, most of those Bev recognises are deceased or have moved away from the area, but over 20 years on, we all look a little different!

If you would like to have a comment on this photo included in the next Newsletter, please reply to: Michele Patten, Newsletter Team - [u3asoffice1@gmail.com](mailto:u3asoffice1@gmail.com).

## President's Report



### Mid-year Financial Review

The Management Team recently did a mid-year review of our finances. And while things are looking reasonable, we are also bracing for possible rent and electricity increases. So, we'll continue to monitor things closely. It did cross my mind, though, that some of you may like to know just where your \$30 annual fee goes. (I'm sure you've all paid it by now!)

For starters, since we rent the Tura Beach Centre, our first expenditure item must be rent. Allied to that is our rates bills, our electricity bills and our water bills. Then there is a regular cleaning bill, and we must also pay for our internet connection.

And as well as expenses related to our rented premises, we have some general administrative expenses such as printing, postage and stationery, and auditor fees. We also must buy property insurance and public liability insurance in case someone has an accident while doing U3A activity (a good reason to pay your annual fee so you're covered). Then there is the occasional need to buy items like a whiteboard, computer or projectors, and the like.

Finally, there is the cost of events such as our Christmas Party, no small expense. As I said, we are still managing to pay our way, but we are also subject to the tyranny of inflation, like everyone else. So, fingers crossed.

**A policy decision** - The Management Team also recently decided that only Assistance Animals, or officially recognised support dogs such as seeing eye dogs, be admitted to the Tura Beach Centre. Straight forward pets are not allowed, for the benefit of the majority of TBC attendees.

Paul Strutynski



Francis Elliott,  
Laraine Fraser,  
Jennifer Heffernan  
Peggy McDonald  
Paul Moreland  
Neil Porter,  
Alan Prowse  
Rowena Spink



### One-Offs / Short Courses / Workshops

**'Is China Really a Threat?' with Paul Strutynski - Friday 16 August**

**'Taiko, Tea & Chat' with Reiko Healy**  
Sunday 25 August & Sunday 22 September

**'Self-Awareness' Workshops with Dianne Perkins**  
Wednesday 4, 11 & 18 September

**'Bonsai - Take 2' Workshop with Graham Cook - Saturday 14 September**

**'Discover Your Inner Fish' with Bruce Leaver - Friday 20 September**

## **'Self-Awareness' Workshops with Dianne Perkins**



Discover your aspirations to exist authentically and assertively in everyday life. Don't miss this wonderful opportunity to engage in a short 'Self-Awareness' workshop' running over three consecutive weeks, beginning Wednesday 4th September.

At the heart of this workshop, first and foremost, is the journey of self-discovery and your way of existing in the presence of others. You will observe and discover yourself in an experiential way, strengthening your inner qualities and living yourself in a more positive and meaningful way. Through a process of writing, this workshop will help you to live your daily life more concretely.

### **Themes:**

Session 1: Wanting to be assertive is natural, but what is the best way?

Session 2: We take an in-depth view as a way of observing our human behaviour.

Session 3: What does an adult need to appropriately assert themselves?

When: Wednesday 4th, 11th & 18th September - 12:30pm-2:30pm

Venue: U3ASC Tura Beach Centre

Cost: \$16 (workbook \$7.00 plus \$3 x 3 sessions)

Register by: Wednesday 28th August 2024

**Facilitator/Educator:** Dianne Perkins has thirty years of training and experience in Adult Personal Development Training Programs; assisting adults to progress personal growth, to sustain deep inner happiness, and to live meaningful and fulfilling lives.

Participants will be provided with a workbook. Please bring along your favourite pen.

For further information about the workshop or registration, please contact: Dianne Perkins, Course Leader, on 0419 762 935 / Sandy Coates, U3ASC Programs, on 0416 228211.

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## **Follow-up One Off - 'Bonsai - Take 2' Workshop**

Join Graham Cook for a bonsai workshop and learn the fundamentals to the art of bonsai such as potting, pruning and styling the tree. This follow-up bonsai session will be "hands on", a fun and educational event all about the art of bonsai. Learn how to care for and style your own miniature tree. No experience necessary, just bring your curiosity and creativity.

What is included: a bonsai starter tree to work on, a bonsai pot, use of styling equipment such as wire, tools and soil. There will also be the option to purchase additional trees, premium pots and tools on the day. BYO lunch or purchase a bite to eat from the Tura Bakery next door.

When: Saturday, 14 September, 10:00am to 2.00pm

Where: U3ASC Tura Beach Centre

Cost: \$40 cash on the day for a "standard" pot & tree, plus \$3.



For more information, contact Graham on 0428 754 198 or email [bonsaipotterg1@yahoo.com.au](mailto:bonsaipotterg1@yahoo.com.au). Minimum number of attendees is 5 and places are limited.

Program contact: Sandy Coates 0416 228 211, email: [programs@u3asc3.com](mailto:programs@u3asc3.com)

## **'Philosophy for Fun'... is on again!**



'Philosophy for Fun' has finally resumed after a pause of two terms while the class leader, Jane, took an extended jaunt to Greece.

This term, we plan to discuss the meaning of life (what would a philosophy discussion group do otherwise!); free will; how we know what we know (didn't Rumsfeld say "We don't know what we don't know...?"); and other intriguing subjects!

Feel free to drop in for a taster - the class runs fortnightly on Fridays at U3ASC Tura Beach Centre.

**When:** Fortnightly on Fridays, 11.15 am - 1.00 pm.

**Where:** U3ASC Tura Beach Centre

**Cost:** \$3.00

For more information, contact Program Team Leader Jane Thomson on 0437 376 288 or email: [englishrose659@outlook.com](mailto:englishrose659@outlook.com)

## **Volunteering at the University of the Third Age Sapphire Coast (U3ASC)**

May I introduce Gavina Bailey, a soon to be octogenarian and Course Leader of 'Spanish for Beginners' and occasionally 'Spanish for Advanced' students.

Gavina's love of the Spanish culture began in her childhood whilst visiting relatives in the area of Burgos. During her retirement years, she moved from Melbourne to Merimbula.



Having a wide range of interests which U3A Sapphire Coast satisfied, we gained a new member in 1996. After participating in several courses and enjoying other U3ASC events, Gavina decided to give back and started her 'Spanish for Beginners' group which is now in its 6<sup>th</sup> year!

Of late, health issues have interrupted her availability, but a fall and a month recovering in Bega Hospital hasn't dampened her spirits. Gavina is now ready to recommence her 'Spanish for Beginners' classes.

**When:** Weekly classes are on Mondays, 2.30pm - 3.30pm.

**Where:** Gavina's home in Merimbula

Interested? Give Gavina a call on 0400 255 970 to discuss your situation.

To quote Gavina *"The students make me feel better and improve my outlook on life."* Go well, Gavina Bailey, and thanks for being you.

Programs Contact: Sandy Coates 0416 228 211, email: [programs@u3asc3@gmail.com](mailto:programs@u3asc3@gmail.com)



Dear members, you may have noticed recently that for a few days, our U3A Sapphire Coast website was not allowing access to our Course Lists, and members were unable to enrol in any of the courses online.

The technology team has been working to resolve this issue and we are pleased to advise that the Database and One-Off Courses are now accessible to all online. We thank you for your patience and understanding.

## Report on 'Adventure Walking' - 1 August



### Circuit walk: Merimbula, Mirador, Tura Beach

Jeff Haynes led a group of 14 from Short Point at 9 am, west through bush and backstreets above Back Lake before crossing Merimbula Creek by bridge; then northward along melaleuca-lined bush tracks past the southern extent of Mirador. Jeff pointed out historic tram bridge abutments made from boulders, used to transport stone to Merimbula in the 1800s.

We stopped for tea along the trail before continuing on to Tura Beach, up Nolan Drive, then down Tura Beach Drive and a secluded greenway between Tura Circuit and Surf Circle. Crossing Surf Circle, we returned to Short Point along Mundooi sand track under melaleuca canopy.

Reaching our starting point, we bought coffees from the caravan and settled into conversations to complete our 9 km morning walk.



### **Tom Brooks** - Adventure Walk participant



### **July 24 U3ASC Newsletter - Correction**

*Unfortunately, the author of the Adventure Walk article in the July Newsletter was incorrectly attributed. It was in fact written by our intrepid walk leader, Mike Warren. Many thanks Mike for both the walk and the article, and apologies for the error.*

## Report on 'Cribbage' - a card game from yesteryear

I started the Cribbage class/club at U3ASC because I had fond memories of playing it with my father and brother as a child. Most of the people in the club have similar stories from their childhood and haven't played for many years. We are so happy to be playing again and are really quite addicted now as adults.

We are a small and friendly bunch and are happy to teach new people and reintroduce those who haven't played for a while.

There is a voluntary rule in Cribbage called Muggins, where if a player misses points in their own hand and another player sees them, then the second player can score the points as their own! We unanimously decided not to play this rule as we wanted to just enjoy the game and are more interested in seeing everyone make the most of their hands.

Cribbage is an old English game that has its roots in the 16th century and as such, is quite different from most modern card games, so those who like cards will find it interesting.

Please come and join us on the second and fourth Friday afternoons of the month at the U3ASC Tura Beach Centre; we would be very happy to see you. The class is in the afternoons as I am usually not well in the mornings and so I can't attend many of the classes available at U3ASC.

**Belinda Jermyn** - Course Leader  
Email: [belindaj626@gmail.com](mailto:belindaj626@gmail.com)

*Editor's note: In establishing the Cribbage class in the afternoon, Belinda was mindful that other members may also have difficulties attending morning classes, particularly those who like card games.*



## U3ASC Tura Beach Centre Housekeeping

With the chilly winter weather upon us, it is to be expected that the air-conditioning at the Tura Beach Centre is being used regularly.

The displayed lock-up procedure includes ensuring that the air-conditioner is turned off before the Centre is closed; 99.9% of the time, this is occurring. However, a concerned member has brought it to our attention that on at least one occasion recently, this did not occur, and the air-conditioner was left on overnight.

So, just a friendly reminder to check this before you leave.

Many thanks,

**Michele Patten** - Team Office

### BEFORE LOCKING UP, HAVE YOU?...

- ✓ Switched off ALL the lights
- ✓ Turned off the air-conditioner
- ✓ Switched off the fans, including the exhaust fan in the toilet
- ✓ Closed the blinds
- ✓ Returned the chairs and tables to their storage space
- ✓ Tidied up the space
- ✓ Attended to the dishwasher (as per the displayed procedures in the kitchen)
- ✓ Checked that the back exit door is closed and locked
- ✓ Checked that the screen doors are NOT locked

## U3ASC Book Library - Volunteer/s Needed

The U3ASC Management Committee has approved the purchase of a new shelving unit to enable the U3ASC Book Swap Library to be relocated to the main room in the Tura Beach Centre. This unit will make the library more visible and readily accessible to members.



Carole Thomas has taken on the project and identified suitable, affordable shelving, either from Bunnings, Officeworks or Ikea.

Unfortunately, it is very expensive to have it delivered to Merimbula. So, we are seeking the services of someone who has a ute (the flat-pack is about 2 metres long), and who might be going to Canberra or Bateman's Bay (or anywhere else where one of these stores is located) in the near future, to pick the unit up for us.

The shelving unit will also need to be assembled and secured to the wall for safety purposes. Again, we are seeking a volunteer who could help us out with this.

If you are in a position to volunteer for either of these jobs, please contact: Michele Patten - Team Office, [u3ascoffice1@gmail.com](mailto:u3ascoffice1@gmail.com)

**Welcome**

Come in. We're  
**OPEN**

**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

## Do Birds Dream of Marigolds?



*She'd been dreaming  
about marigolds  
imagining herself as a bird  
flying through her world  
gathering valuable items  
to construct her nest  
bits of experience  
a broken wing of a dragonfly  
written words  
golden threads of love  
seaweed strands  
marigold petals  
memories  
all coming together  
woven and contained  
in her nest of grief.*

**Kaye Separovic**

## TRIVIA / QUIZ by Bridget O'Hanlon



1. If the skin is the largest organ in the body, what is the second largest?
2. How many countries are there on the continent of Africa - 34, 44 or 54?
3. In which sport might you use a shot called a boast?
4. Thomas Keneally was awarded the 1982 Booker Prize for which novel?
5. Who has been the longest reigning king/queen in history?
6. Which metallic substance is sometimes known as quicksilver?
7. What flower is the State emblem of Queensland?
8. Which Superhero is known as Peter Parker?
9. What do the opposite sides of a dice always add up to?
10. Which fruit is a Cox's Orange Pippin?

(Answers on last page)



## Midweek Monthly Film Group 'Language Lessons'

Trailer: <https://www.youtube.com/watch?v=NWga6ES5znU>

This month, our dedicated group watched the film 'Language Lessons' streaming on SBS OnDemand: <https://www.sbs.com.au/ondemand/movie/language-lessons/2327434307931>

Described as a comedy drama, the film covers complex life issues inclusive of death, trust, grief, friendship, kindness and generosity. These themes are handled well and are infused with subtle humour.

It also offers a heads-up for Zoom technology when used as a means of connection and education when distances or circumstances prevent a face-to-face meeting in real time.

The story quickly engages the viewer emotionally as life events unfold for the two main characters during the course of their Spanish lessons. These events draw out personal qualities in and between the characters, giving the film an authenticity and an emotional honesty not often seen on screen.

A review: <https://www.palacefilms.com.au/language-lessons>

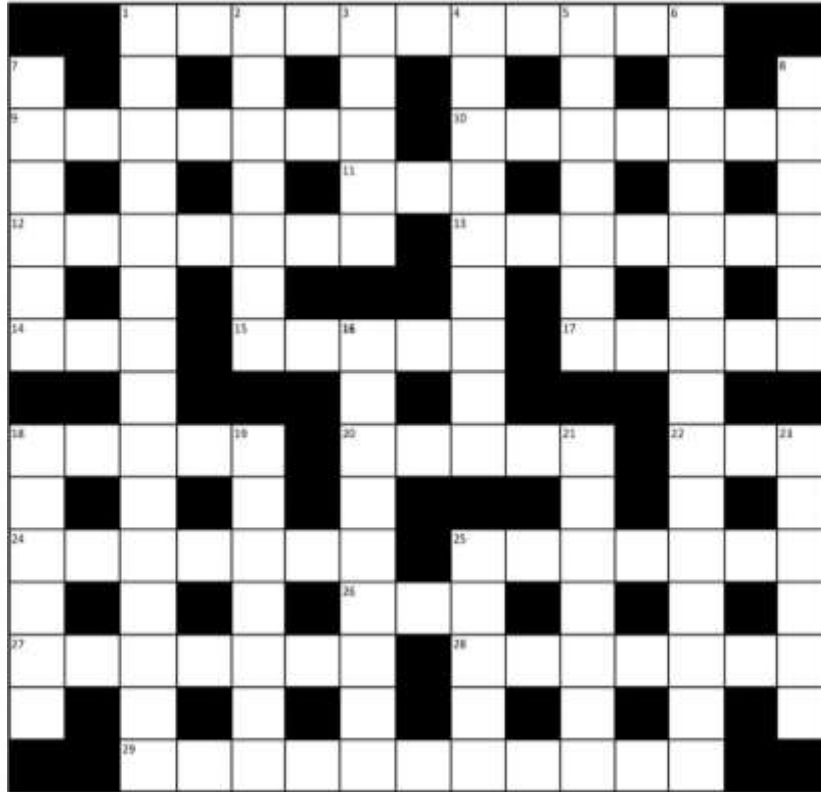
*"Upending classic meet-cute tropes, this clever and unassuming film effortlessly shifts between comedy and pathos, echoing the ups and downs of life. Bittersweet, honest and fresh, Language Lessons is a disarmingly moving exploration of friendship and connection."*

**Kaye Separovic**  
Midweek Monthly Film Group  
[kayeseparovic@gmail.com](mailto:kayeseparovic@gmail.com)





## CRYPTIC CROSSWORD #2042 by John Scrivener



### ACROSS

1. Austere but short state wine first in charge (11)
9. Road sub-stratum dance as time (7)
10. Body part of earlier weaponry (7)
11. Be maybe age (3)
12. Smoother of edges for complete run (7)
13. Zero one siren perhaps rowdier (7)
14. Write with jutting out wall section (3)
15. Teacher starts religious and basic brainy instruction (5)
17. Reflective persons in yoyo gismos (5)
18. Country crockery (5)
20. Direct ox (5)
22. Discharge curve (3)
24. Checkmate! Finish wild animal (3,4)
25. Excitement of medieval tale (7)
26. Lovely even in commencing wreath (3)
27. Gift now (7)
28. Large bottles are standard on prow of ship (7)
29. Eccentricity of street mountains in Scotland (11)

### DOWN

1. Scour and blend lions? Mainly male affliction of distinguishment (6,9)
2. Swimming Greek youth class of warship (7)
3. Between groups lay to rest (5)
4. Immature insect inside ready to march off (9)
5. Maybe retry if scare (7)
6. When seeking impossible goal drink tea and vocalise colourful weather patterns (7,8)
7. Shakespearian character gives medal to Harry Potter's mate (6)
8. Stings trading centre in ship (6)
16. WA city where vehicle is almost for sale for weight (9)
18. Ghostly cry around three quarters of keep (6)  
A friend hurt in the middle of being non-professional (7)
21. Slope paper and run amok (7)
23. Cricketers should stay within its fold (6)
25. Steal firearm (5)

### CROSSWORD #2041 ANSWERS (July 2024)

**ACROSS** - 1. Archaic 5. Bragger 9. Australia 10. Rhodo 11. Also 12. Zoological 14. Taser  
16. Sweetmeat 18. Greengage 21. Orris 23. Attritions 24. Stir 27. Doubt 28. Imbricate  
29. Nostrum 30. Evident

**DOWN** - 1. Adamant 2. Cusps 3. Airy 4. Callous 5. Braille 6. Abrogation 7. Good cheer 8.  
Roomlet 13. Transistor 15. Spectrums 17. Wag 18. Gladden 19. Animism 20. Ennoble 22.  
Serpent 25. Trace 26. Pipi

*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.

Trish Dive: [u3ascoffice8@gmail.com](mailto:u3ascoffice8@gmail.com)

AND

Kaye Separovic:

[kayeseparovic@gmail.com](mailto:kayeseparovic@gmail.com)



## TRIVIA / QUIZ ANSWERS

1. The liver
2. 54
3. Squash
4. Schindler's Ark
5. Louis XIV (72 years)
6. Mercury
7. The Cooktown Orchid
8. Spiderman
9. Seven
10. Apple



## Travelling for specialised health care? There's help available.

The Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS) provides financial support to people from regional, rural and remote NSW to access specialist health care.

Patients may be eligible if they travel more than 100km each way or over 200km weekly.

In most cases partners or carers are also supported.

Patients receive subsidies for travel and accommodation costs such as:

- private vehicle travel
- public transport
- taxis
- air travel (with pre-approval)
- private accommodation or Airbnb
- not-for-profit or commercial accommodation

Ask your GP or healthcare worker or call IPTAAS on 1800 478 227.

## MANAGEMENT COMMITTEE

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