

U3A Sapphire Coast

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 /U3ASapphireCoast/

June 2022 Newsletter



Welcome

New Members:

Sophie Warren
Margaret Richards
John Bartlett
John Richards
Kerry McKeown

PRESIDENT'S REPORT



Closer links to Bermagui U3A

The Management Team has had its hands full recently. For starters it's been working on developing closer links with the Bermagui U3A, with an initial focus on sharing One-Off event presenters.

Most of our courses are ongoing courses. The challenge is to also keep putting before you an interesting array of One-Off talks and activities. Occasionally, our One-Off offering has been augmented by a presenter coming down from Bermagui. And sometimes one of our One-Off presenters might go up there (including me), but it's all been ad hoc.

Well now we've both decided to try to regularise our One-Off sharing activities with the hope of adding to the diversity of our course offerings.

There is already some interest by One-Off presenters on both sides. One of the challenges, however, is the distance presenters have to travel between Bermagui and the Tura Beach Centre (TBC) and back again. There is not only the time involved but the petrol cost as well. We're continuing to talk to each other to try to make it a goer, and will keep you informed.

Grant applications

We've also been busy putting together grant applications. The largest grant we're seeking is for the installation of a movable partition in the re-furnished TBC. The idea is to be able to divide the large room into two smaller rooms to allow two classes to operate alongside each other. This would allow us to get more efficient use of the space. We won't know if we're successful till the end of the year.

Return to paying full rent

We've also decided we should start paying full rent again for the TBC. Our landlords have kindly been accepting 50 per cent of our normal rent during COVID because of the drop in our membership. However, with the relaxing of COVID restrictions, and membership on the up again, we felt it wouldn't be fair to continue to trade on their goodwill. So, from July 1 we will be doing the right thing by them as they have by us.

Meeting members

Finally, I would like to meet more members and hear their views on our organisation. Fleur Dwyer has kindly asked me to attend the next meeting of her Slow Food group. Any other such invites are very welcome. Food optional.

Paul Strutynski, President U3ASC



EASY WALKERS

A break from wet weather enabled the Easy Walkers to hike the Mundooi track and be in awe of the sights: a mirror-like Back Lake, the seascape, the lichens and the mosses. Hope you can join us soon,

Sandy and the EASY WALKING crew.



***NEW* ONE-OFF COURSES**

CHARLES DARWIN'S GRAND IDEA

In this talk, Paul Strutynski gives a simple outline of Charles Darwin's world-shaking idea: it wasn't a god that designed human kind, but nature - with a little help from a few billion years.

In the process, Darwin, along with Copernicus and modern scientists, also revealed that, far from being the imagined centre of the universe, humans are just one of countless animal species on Earth; the Earth itself just one of countless planets across a vast universe with no centre.

Coming to grips with humans' sand-grain-sized cosmic insignificance has posed an immense challenge, not only to Christianity, but also to human arrogance more generally. Paradoxically, religion itself has had to evolve to survive.

Travel with Darwin around the world as he finds mind-bending fossils and animal species. And travel with Paul as he takes you on a journey inside the human mind from primordial graspings for how we got here to an insight of genius that revolutionised theology as well as science.

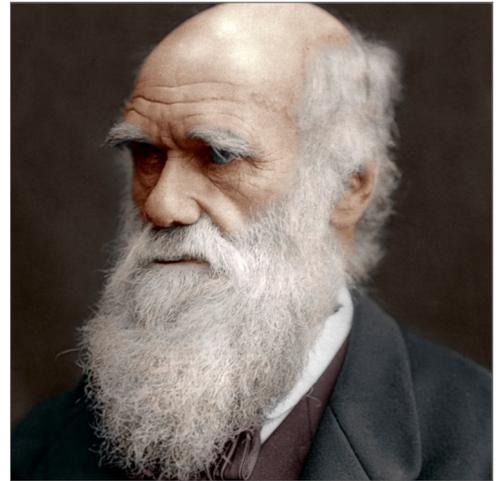
Date and time: Friday July 29 1.00 - 3.00 pm

Venue: Tura Beach Centre

Cost: \$3

Course leader: Paul Strutynski 0413123721 or paul.strutynski@gmail.com

Program Team contact: Sue O'Loughlin 0439809237 or programs.u3asc1@gmail.com



LEGAL AND ADVOCACY ISSUES FOR OLDER PEOPLE

The Seniors Rights Service is a government funded service that provides free legal and advocacy services to older people in NSW. One of its key roles is to raise awareness of the rights of older people.

To this end, Justine O'Reilly, Principal Solicitor from Shoalcoast Community Legal Services, and Pennelopy Tan from Seniors Rights Services Advocacy will present a two hour session covering those legal issues that become a concern as we get older.



The discussion will include topics such as:

- Planning ahead (Wills, Powers of Attorney, Guardianship, and Advanced Care Directives)
- Legal issues associated with retirement village and strata living
- Elder abuse
- Avoiding financial exploitation
- Human rights in aged care
- Dispute resolution and how to use complaint handling bodies.

Bring your questions as well. And maybe take advantage of the trip to beautiful Tathra to have lunch afterwards in any of the great eateries Tathra has to offer.

Venue: Tathra Hall, Bega Street, Tathra

Date and Time: Friday July 22 10.00 - 12.00

Cost: \$3

Contact person: Sue O'Loughlin 0439809237

TO ENROL LOG INTO YOUR MEMBER LOG-IN ON THE U3A WEBSITE:

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

**TOUR plus more @ SAPPHIRE COAST HISTORIC VEHICLE CLUB
SAVE the DATE 10.15am TUESDAY JULY 19**



U3A Sapphire Coast members are invited to see what the Sapphire Coast Historic Vehicle Club has on offer. The SCHV club supports the use of veteran, vintage and classic vehicles and motorbikes. The club is in a rural setting and includes large clubrooms, a fully equipped workshop, plus exhibition & education pavilions with over 60 historical cars and a large tool collection. What hidden treasures! This informative tour is arranged on a Tuesday morning which is also a popular day for members to gather and work on their vehicles.

After the tour enjoy a cuppa and have a yarn with some of the vehicle owners who are passionate about their wheels.

It's a 10.15am meet and greet at the SCHV Club with plenty of parking space.

At 10.30am our knowledgeable Tour Guide will lead us through the pavilions.

See you at the **SAPPHIRE COAST HISTORICAL VEHICLE CLUB**, off Settlers Road, South Pambula, about 15 minutes south from Merimbula Airport.

The address is: 15 Greigs Flat Road, South Pambula

COST: \$12 Members \$15 Guest of member. **CASH** on the day

Book online using our U3ASC website **OR** Phone or message Sandy (Programs Team) 0416 228 211

MIDWEEK MONTHLY FILM GROUP

Our film for the Month of May was La Belle Époque chosen by group member Fleur Dwyer (thank you, Fleur!). The storyline is centred around an estranged married couple. The husband Victor, an unemployed illustrator who is sacked when the magazine goes online, and his wife Marianne, a disenchanted psychiatrist who watches virtual reality through her specialised goggles whilst in bed with her lover. A very modern-day, technology-driven lifestyle in stark contrast to the world as it was during La Belle Époque.



Literally translated to “the beautiful era,” Paris' La Belle Époque lasted from 1871 to 1914. During this time, several aspects of Parisian culture saw important developments. In fine art, Impressionist, Cubist, and Fauvist pioneers revolutionised painting, and graphic designers elevated printmaking to a fine art form. Architects executed plans for a new Paris, while writers made their mark with a more modern approach to storytelling.

<https://mymodernmet.com/la-belle-epoque-paris/>

The film sees a return of romance into the lives of the estranged couple as they re-enact a time during 1974 in a café where they first met. Unlike virtual reality, this café, La Belle Époque, and the ambiance of the seventies are faithfully recreated in real-time just like a film set. Through this reliving of a romantic moment in their past, the couple reignites the romance in their present-day relationship.

At the time of writing the film was still available on SBS OnDemand at the following link:

<https://www.sbs.com.au/ondemand/movie/la-belle-epoque/2018850371622>

Everyone enjoyed the film and a nostalgic discussion followed involving choosing a favourite time in our lives we'd like to return to.

Kaye Separovic – kayeseparovic@gmail.com
Midweek Monthly Film Group.

ADVENTURE WALKING GROUP



The Adventure Walk that took place on June 2 from Haycock Point to Barmouth Beach was thanks to the guidance of Mike Warren.



After several very chilly days earlier in the week 21 of us began rugged up. Fortunately, the weather turned on a perfect Sapphire Coast winter day with plenty of sunshine and only a slight breeze.

A meandering path, mowed in sections, lead us past wonderful coastal vistas looking across to Merimbula's Long Point, along lovely bush tracks, up and down a few well-placed steps and boulders to arrive at Barmouth Beach – our halfway mark.

Evidently, as they sheltered from a southerly buster in 1797, George Bass wrote: "The bar is one of the prettiest of harbours"....certainly none of us could disagree as we gazed across the sapphire waters glistening, ebbing and flowing ... our own private paradise.

Returning the same way, we headed off to take a look at the newly renovated Pinnacles walking track. Impressively graded and edged paths, sandstone seating and fabulous lookout platforms showcase the spectacular erosion feature that consists of white sands capped with red clay deposited up to 65 million years ago.

A few of the walkers were curious about the geology of the rock and land formations that we viewed. Thanks to Sandy Coates who sent the following link which provides some interesting reading.

<https://atlasoflife.org.au/atlas-naturalists-blog/2019/10/6/geology-with-mick-harewood>



Another wonderful walk...see you next month!
Lisa Appleby



TRIVIA QUIZ by BRIDGET O'HANLON

1. What is a philtrum?
2. Who is the new Chief Minister of NT?
3. The QUAD is a diplomatic network of which four countries?
4. What is legerdemain?
5. What is the favourite food of Winnie The Pooh?
6. Name the first living creatures to be sent into space.
7. Name the only country in the world that ends in 'H'
8. The oldest piece of literature in the world is housed in Iraq and is known as.....?
9. Why does the Olympic flag depict rings of red, black, blue, green and yellow on a white background?
10. Which is the only fruit that has its seeds on the outside?



COURSE LEADER PROFILE – ANITA PAGET



Anita and Neil Paget cutting the 10th anniversary cake for the Monday Mah Jong Group.

Anita and her husband Neil moved to the Sapphire Coast more than 20 years ago and one of the first things they did on arrival was join U3A. Both Anita and Neil later joined the Committee, with Anita taking on the role of Course Co-Ordinator and Neil that of Secretary.

Anita began the Monday Mah Jong group not long after she arrived, teaching many of us how to play this interesting game and continuing to run it, with a short break, up until the recent shutdown with Covid. This group was so successful that the Tuesday group was a spin-off as so many people wanted to play.

Anita has also enjoyed a number of courses over the years, including Qui Kung, Critical Cinema, Book Group, Aqua Aerobics and Bolivia. She also gave of her wisdom and knowledge of the history of our organisation, to the Brains Trust when Fleur Dwyer was President. She was especially helpful as a source of reference as she kept copies of the printed Newsletters produced over the years.

Anita has also contributed to the wider community with her involvement in Probus, also serving on the committee of this organisation.

Anita will be missed by all who know her and value her friendship. Good luck Anita in your new adventure, I know you're already planning on joining a Mah Jong group in the area you're moving to.

Trish Goodwin

SLOW FOOD APPRECIATION GROUP SFAG Lunch at Pividori's

Lunch with other U3A members at the acclaimed Pividori's, on the beach at Tathra. Nicole will discuss their locally sourced products and how they prepare these to ensure freshness and authenticity of flavours.



The lunch will commence at [12.00 on Friday, June 17](#) (please note the date and day corrected from our last newsletter)

Check out the lunch menu at:

<https://www.pividoris.com/wp-content/uploads/2022/01/Pividoris-Lunch-Menu-20220128.pdf>

Book with Chris & Bernie Watts, by June 14 with this email: tumberine1@gmail.com

Slow Food Cooking Class - Yeast Baking: various breads, brioche and focaccia



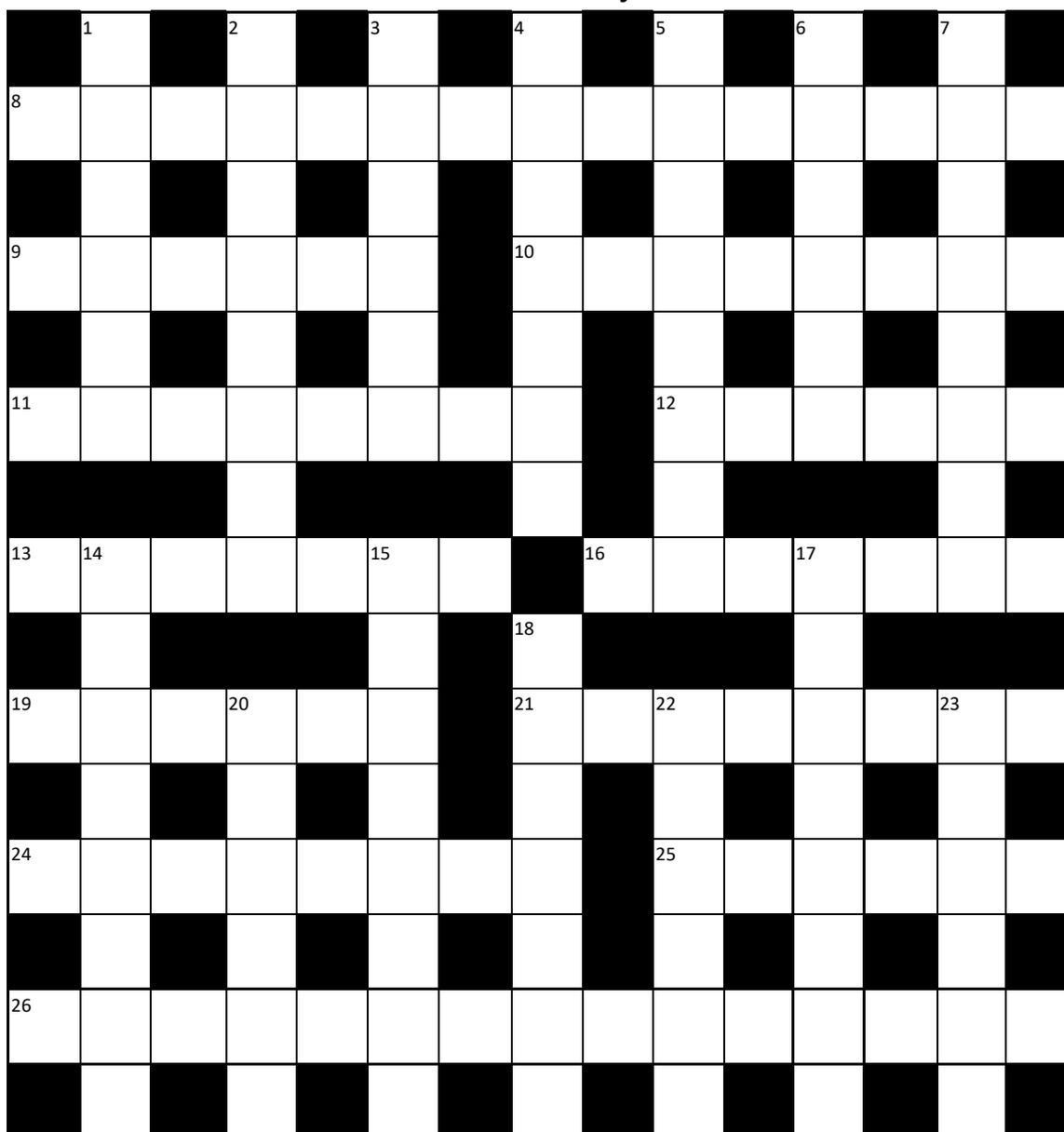
A fun afternoon at Tanja with Nelleke. Sit around the dining room table, knead and interact with Nelleke whilst producing savoury and sweet results ready for eating around 4.00pm.

July 11 commencing at 1.30pm.

Car-pooling to travel to Tanja for those who are interested. Fee: \$40 per person. Places are limited so booking is essential. Book with Sylvie with this email:

mansynette@gmail.com, by June 30.

CRYPTIC CROSSWORD 2018 by JOHN SCRIVENER



CROSSWORD 2018 CLUES

ACROSS

- 8. Capture twice swallowing, as container using whatever methods are available (5,2,5,3)
- 9. Pictures here in foci nematode (6)
- 10. Resident army unit boss with copper and bridge support (8)
- 11. Bite I on the best (8)
- 12. Brawn say mollusc (6)
- 13. Infer end regulation band (7)
- 16. Be stand builds nests in the ground (3,4)
- 19. From the mat in the cot he emerges (3,3)
- 21. Fresh horses relative sides climbs up (8)
- 24. I doubt whether a Cowdrey hundred occurred in this Queensland community! (8)
- 25. Not confident about sun-cure less hundred (6)
- 26. Fictional mariner who was unethical originally! (6,3,6)

DOWN

- 1. Royal Australian container vegetable (6)
- 2. One who cries out loud at newspaper poster (8)
- 3. State half of William Joyce on a cricket team! (6)
- 4. Current noble narrative (7)
- 5. Goods total chap tends cattle (8)
- 6. Adapts forms (6)
- 7. Another way to eke death is to pay close attention to (4,4)
- 14. No comic after energy, perhaps utilitarian (8)
- 15. Geographical term gives freedom from narrow restrictions (8)
- 17. George Washington's horse, NZ bay or acacia species (8)
- 18. Crisp eating! Such persons tend to be political-ly strongly left-leaning (7)
- 20. A hundred members on upward slopes (6)
- 22. Sweet and spoken deer (6)
- 23. Inertia on the hill nearly left (6)

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

OR Kaye: kayeseparovic@gmail.com

GOURMET TRAVELLER

Margaret Evans' Gourmet Traveller group held a delightful Mother's Day lunch at Oaklands Restaurant on May 20, when good friends, good company and convivial conversation overflowed within the congenial surroundings of the flower strewn garden outside, so appropriate for a Mother's Day atmosphere.



Enjoying the day were, left to right: Patricia Gillies, Jan Jarvis, Margaret Evans, Bernie Watts, Chris Watts, Colin Mann, Lee Mann, Sylvie Dubrulle, Wal Wolzak, Lesley Weeks, Jan Sadlier, Amanda Williams, (absent) Pauline Houghton, Roy Houghton, Robyn Hallows, Pauline Allen, Bev Smith.

Margaret commenced her Gourmet Traveller group in 2014, before serving as U3ASC Vice President during 2015. This popular group, now eight years old, is one of our longest serving groups and a fab little story of success.

Congratulations to Margaret and her group. Anyone wishing to join the fun is always welcome. Visit the U3A website to check it out.

MAY CROSSWORD 2017 ANSWERS

ACROSS

1. Plateau 5. Dreary 8. Monastic 9. Entrap
10. Goannas 11. Reed 13. Thus 14. Innovate
17. Macaroni 18. Note 20. Trot 22. Gentile
24. Accede 25. Lemonade 26. Slides 27. Yorrell

DOWN

1. Pool 2. Analgesia 3. Extras 4. Unconditionally
5. Dressing 6. Ester 7. Real estate 12. Theatrical
15. Vengeance 16. Congress 19. Dimmer 21. Trend
23. Idol

TRIVIA QUIZ ANSWERS

1. The space between the nose and the upper lip
2. Natasha Fyles
3. Japan, USA, India and Australia
4. The skilful use of one's hands while performing conjuring tricks.
5. Honey
6. Fruit flies
7. Bangladesh
8. Gilgamesh
9. Because at least one of these colours appears on the flag of every nation on the planet
10. The strawberry



MANAGEMENT COMMITTEE

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