

U3A Sapphire Coast

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June 2024 Newsletter

President's Report



In my last column, I talked about the need for our organisation to ensure a steady flow of volunteers to replace people currently running the place, who can only put in for so long. I suggested that anyone who might be interested in volunteering in any capacity to email me to discuss it.

Maybe you might be interested in running a new course, or giving a one-off talk, or maybe doing behind-the-scenes administrative work.

Now I can imagine some people might have thought, "Well, maybe I'll leave it to others to put their hand up. I'm a bit busy at the moment". Well, Newsflash! there were no others who put their hands up. Not one person contacted me. So now it's up to you, those people who thought maybe I'll leave it to others. There is no urgency, but there is the odd vacancy. Plus, a number of people are planning to move on soon and it would be nice to know there's someone ready to step into the breach when needed.

You're welcome to first sit in on any meeting to decide if admin work is for you, plus you'll get tons of help if you want to give a talk.

In the meantime, I'm so grateful for our current volunteers, especially those producing the Newsletter, running our office, developing our course program and the management team. Plus, of course, the course leaders. Thanks to you all.

Paul Strutyński



Welcome
New Members!

David Amery
Angela Bird
Tom Brooks
Sheridan Calleja
Jeanette Hall
Deanne Howes
Julie Moore
Alec Percival
Leanne Straatman
Andrea
Thistlewayte
Benita
Thistlewayte
Claire Walker



One-Offs and Short Courses

Tour Plus @ Sapphire Coast Historic Vehicle Club - Tuesday 18 June

Cyber Security - Friday 21 June

Tai Chi for Beginners - Every Tuesday: 11 June - 9 July

Is China a Threat? Friday 16 August

Taiko, Tea & Chat - Sunday 25 August & Sunday 22 September

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

<https://www.sapphirecoastu3a.org>

Cyber Security

ONE-OFF EVENT: not to be taken lightly nor missed, so book in quickly!

1:30pm - 3.30pm - Friday 21 June at Tura Beach Centre



Seasoned presenters from Bermagui U3A David Monro and George Stone will be sharing their expertise about "Internet Security". This session will focus on password security with demonstrations and questions & answers. It will cover:

- what makes a good password.
- how to store your passwords securely.
- what a "2-factor authentication" is and how it improves the security of your information.
- which 2-factor authentication service to use.

Bring along your device if you like, as there will be an opportunity for a one-on-one at the end of the session.

Book online asap, as class is limited to 20. Need booking assistance, phone and leave a message with your full name 0416 228 211

Sandy Coates - Programs

Many Hands Volunteer Expo 2024



*Pictured at the Many Hands Volunteer Expo at Oaklands Event Centre are:
Judy Brand (treasurer), Michele Patten
and Paul Strutynski (president)*

Course Leaders; Office, Program, Newsletter and Website Team Members; and regular U3ASC members who contribute in a variety of ways such as leading walks for the U3A Adventure Walk group or contributing material to the Newsletter.

Next time you're enjoying a U3ASC Course or event, consider how you might be able to do your bit for our organisation as well. From our experience, we know you'll get back more than you'll give.

Michele Patten - Team Office, Newsletter Team, Website Team

U3A Sapphire Coast was proud to present a stall at this event on 25 May, which celebrated and encouraged volunteerism in the Bega Valley. We were one of about 40 organisations represented at the Oaklands Conference Centre venue.

President Paul, Treasurer Judy, Newsletter Editor Kaye and I manned the stall in two shifts.

Our efforts were rewarded in two ways:

- 1) We had several people express interest in joining our organisation as active volunteers or offering their services to present one-off or short Courses.
- 2) Our stall volunteers were provided with a free lovely lunch and live music entertainment.

We are fortunate to have many volunteers in our organisation - the Management Committee;

Table Tennis or Ping Pong course update

Thanks for volunteering, Gail Rankin, your love of this sport is infectious.

May I introduce this warm and caring woman who stepped up and became Course Leader after coaching the participants of this Short Course during the month of May.

Happy to say 'Table Tennis at Tura Beach Country Club' is continuing on throughout Terms 2 & 3 and perhaps 4 with your presence. All levels of ability are welcome.

Not sure... call Gail 0401 087 710.

Definitely need more people to Ping & Pong!

Thursdays, 1.30pm to 3.00pm at Tura Beach Country Club, in the downstairs room, just ask at reception. Open to U3ASC members and guests.

Cheers,

Sandy Coates - Programs



The Ancient Art of Bonsai

A few gardening enthusiasts gathered at the Tura Beach centre on the 17th of May to attend a one-off presentation by Graham Cook, a self-taught Bonsai expert who came all the way from Bombala to talk about his passion, the art of growing Bonsai trees - something he has now been doing for over twenty years. The aim of Bonsai, he said, is to make a young, little tree or branch look like an old, chunky, knolly, leaning tree.



Graham brought along a selection of trees from his private collection, and started with the history of Bonsai (a Japanese term which, literally translated, means "planted in a container"). He covered a range of topics - from styling, shaping and pruning your Bonsais, to feeding them, checking them for pest and diseases, repotting them, etc.

Graham also talked about his special hand-made Bonsai pots which he fires at high temperature, so that they can withstand below freezing temperatures.

A big thank you must go to Graham for sharing his passion and expertise

Carole Thomas - Participant

Italian for Beginners

Enthusiastic responses from class attendees

The class is informative, well-paced and enables learning definite articles bearable! The all-female class is fun and we have laughs every week. Teacher is patient and is always ready to help when we require. Highly recommended.

Lisa

I am really enjoying our U3A Italian class. We have a great group of people. Everyone is warm and friendly and we are having a lot of fun together.

Belinda



Passionate teacher! Lively, happy group - committed but with a sense of humour.

Kate

I would like to express my gratitude for this course being available. I appreciate so much that I am learning and getting the ability to read and speak a beautiful language, that being Italian. The skills I have learnt from this course are providing a great starting point for travel to Italy.

Fran

Teresa Hamer - Course Leader
th49@bigpond.com

Review - 'Spotlight on History'

Merimbula Old School Museum on 8 May



A sunny Autumn afternoon greeted us for a behind the scenes tour and an afternoon tea at the Old School Museum, which opened to students in 1875.

Thanks goes to our guides and curator Liz Bretherton who provided a wealth of knowledge and dug out items in storage for viewing. Liz (*pictured left*) wasn't impersonating Micky Mouse, her gloved hands were lovingly laying out a wedding dress of russet coloured satin, impeccably hand sewn in the 1880s.

Thanks to Nancy Richards, a U3ASC member for initiating this event. It was a pleasure working with you.

U3A members are most welcome to attend Merimbula-Imlay Historical Society meetings, held on the last Monday of each month at Merimbula RSL. For more details, email Nancy - nancy.richards@bigpond.com.

Missed this event and wish to know more, check out the MOSM website - www.merimbulahistoricalsociety.org.au.

Sandy Coates - Programs

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



Any advice I have seen about activities in retirement has always included an enthusiastic review of U3A as a place for new learning and for making new friends of fellow retirees. It was certainly the first organisation I joined when we moved to the Sapphire Coast and it has been a wonderful source of new activities and learning as well as a way of meeting fellow lifetime learners and of making some wonderful new friends.

When we join U3ASC, new members are always invited to contribute as volunteers and initially my response may have been the one many may share: “I’m not here all the time”, “I’m helping with the grandchildren”, “we’re about to travel for a couple of months”, “I’m still working occasionally” or “I don’t really think I have anything I can teach or contribute.”

So I have reflected on how many different ways I have been able to volunteer in the 14 years I have been a member of U3ASC and realised how flexible and willing to train and trial all volunteers our organisation is. Any one of you will be able to contribute in these or other ways as I have and we would love to have you try.

Committee/Team member. I joined a small **communications** subgroup of the management committee in the pre-social media days who advertised U3A in the community in many ways, such as contacting the Merimbula News and local radio about U3A events and who took all opportunities to seek new members. Similar roles are often sought by our current management committee and these calls for volunteer help will be found in the monthly newsletter from time to time.

I joined the **program committee** first under Lindy Fisher’s leadership helping the team seek out and support people offering new courses and one-off presentations. I have stepped in to help four other program team leaders in the always ongoing need for volunteer help. Again this is a role which many of you could fit around your active retirement in flexible ways.

I have also responded to pleas for helpers in **team office** and the **newsletter team** (at various times as a contributor, editor and production supporter). I have no particular skills in some of these roles but we have a lot of fun trialling and supporting one another and new volunteers are often being sought.

Course leader. On joining U3ASC I had attempted to enrol in a book club but at the time, these were long standing and had full membership. Jennifer Dessens and I agreed to establish a new group with each other as backup if we weren’t available for a meeting. Our Fourth Wednesday Book Group is now in its ninth year and other members regularly stand in to coordinate the group. This sharing of coordination occurs with many of our course groups allowing course leaders flexibility to set up courses as well as to pursue the many activities and roles we fill in retirement.

I took over as course leader for what I renamed **Critiquing Cinema** for two years until a grandparenting role intervened and I was able to pass this role onto much more knowledgeable course leaders. The group was very active in the pre-covid years and my leadership was one I took on with very little background in the area but more as an organisational role where I could do background research/googling of the movie each month and draw on the expertise and knowledge within the group attending. Again this is often the case with our courses where course leaders can act in a coordination role drawing on the expertise of the group and I’ve been able to help in other courses in this way. We are still seeking a course leader for this type of cinema group and would welcome and support anyone who would be interested to take up this role.

./...

.../. **One-off presentations.** Over the years of my membership I've given several one-off presentations and helped other members prepare for their presentations. The program team is always supportive of anyone willing to share their interests and knowledge with other members and, frightening as it may seem, we are a very supportive audience and welcome the opportunity to learn from our knowledgeable members.



Sapphire Coast U3A welcomes all people who are willing to help in a variety of roles that may or may not match their previous life or job experiences and may occur for whatever period of time they have available. We are very flexible in fitting roles to people's availability and will train members in roles with which they are unfamiliar. Please volunteer!

Elizabeth Stacey

TRIVIA/QUIZ by Bridget O'Hanlon

1. What is the busiest airport in the world - Atlanta, Heathrow or Dubai?
2. Mount Wellington overlooks which Australian capital city?
3. What is a Shinkansen?
4. Which planet has a mass of more than 2.5 times the mass of all other planets combined?
5. Have you had an affogato lately?
6. Who is credited with the invention of the first motor car in 1885?
7. Which Australian native animal is left-handed?
8. Why was Waanyi writer Alexis Wright in the news in May 2024?
9. Who is the only athlete to win Olympic gold medals in both the 100m and 400m?
10. How many colours are in a rainbow?



Film Review - "Cloud Atlas"

Currently streaming on ABC iView:

<https://iview.abc.net.au/show/cloud-atlas/video/ZW3999A001S00>

This film stays with you for days after watching as you begin to reflect upon the connections in theme, often linked through time between scenes and a common moral issue. These moral issues appear to be timeless as history between 1849 and 2346 repeats itself in the form of corruption, savagery, violence, slavery and greed but throughout it all, the human spirit and desire for truth, love and freedom triumph. Compassion and human connection shine in spite of the seemingly dire circumstances an individual may find themselves in as past, present and future fuse their personal history within an historical overview. Past lives and the legacy left are carried forward into a present life ensuring their influence is eternal. In this way, all human life is valued as characters continue to bring the influence and the love they have lost, into their everyday reality.

Ultimately, I came away uplifted after watching this film and highly recommended a second viewing.

'Our lives are not our own. From womb to tomb, we are bound to others. Past and present. And by each crime and every kindness, we birth our future.'

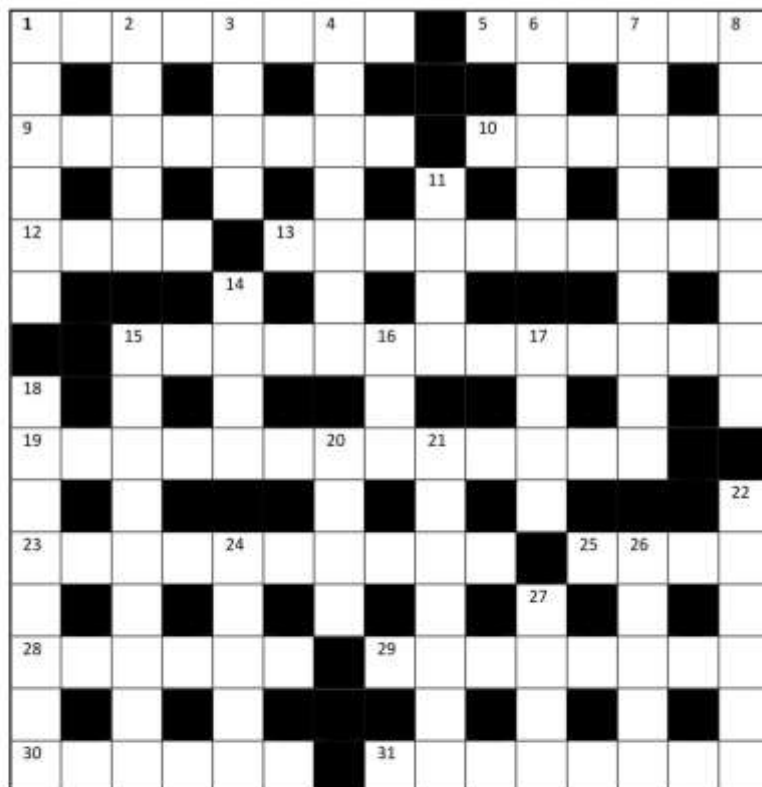


A review:

<https://www.forbes.com/sites/erikkain/2012/10/27/cloud-atlas-review-a-gorgeous-mess/?sh=104233b2483e>

Kaye Separovic - *Midweek Monthly Film Group*

CRYPTIC CROSSWORD #2040 by John Scrivener



CROSSWORD #2040 CLUES

ACROSS

1. Predicting golf warning to fisherman's action (8)
5. The impudence to begin Open race (6)
9. Dice with horse broken for public health system (8)
10. Pigment from Anne is back (6)
12. One abode (4)
13. A time exactly of chaps' intersection alteration (10)
15. Odd that I train cosy CID (13)
19. Perhaps refer GI to fixed amount of cooling (13)
23. Curt country maybe cut short (10)
25. Ensemble of country lover less Pat (4)
28. Number, perhaps ten, Chinese principle (6)
29. Small tube surrounds free grating (8)
30. First lady of territory with first spectacular happenings (6)
31. Supporter of short notice close to natural time starts (8)

DOWN

1. Alternative sum of a celebrated (6)

2. Many possibilities in a circle starting round at dawn with eleven (5)
3. Bird ready to fire (4)
4. Trousers walk (7)
6. Can age hit sister? In the middle of taking stock (5)
7. Hanker to partake of food on or near Nottingham (4,5)
8. Play part included in the amount of the tradition (8)
11. Disintegration of the beheaded bear (4)
14. Can be ill-advised to get into the car in this dress! (4)
15. In illness thus truncated effect (9)
16. Informally thou and Australian musician Paul does not commence (3)
17. Discard around a surprise attack (4)
18. Make-believe before verb, say (8)
20. Goodies at ends of avenue via street pass (4)
21. Called off shattered board and alien (7)
22. Bird, cat, tree and intersection (6)
24. Can uncle try instead today? Begins but stop (3,2)
26. Old official who supervised in the east ever perhaps (5)
27. Advanced in years off landing place (4)

MAY 2024 CROSSWORD #2039 ANSWERS

ACROSS - 6. Long in the tooth 9. Mantel 10. External 11. Pathetic 13. Origin 15. Droops 17. Amalfi 19. Bamboo 20. Riveting 22. Agnation 24. Cradle 26. Protectionists
DOWN - 1. Cloak and dagger 2. Gnat 3. Gilet 4. Rest room 5. Pour 7. Trench 8. Traditionalist 12. H-Bomb 14. Islet 16. Province 18. Brunei 21. Vacant 23. Alto 25. Also

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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AND

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TRIVIA / QUIZ ANSWERS

1. Atlanta
2. Hobart
3. A Japanese bullet train
4. Jupiter
5. A dessert in which a vanilla ice cream is drenched with a hot shot of espresso coffee
6. Karl Benz
7. Kangaroo
8. She is the first writer to win the prestigious Stella Prize twice
9. Michael Johnson
10. Seven

Bega Aged Care Services Information Day

Learn more about Aged Care Services and meet your local Seniors Rights Service advocates. We are a community organisation dedicated to protecting and advancing the rights of older people.
Free, independent and confidential.

**Wednesday 19 June
10:30am – 1pm**

**St John's Anglican Church Hall
12 Church Street Bega**

Free Morning Tea Provided.
No booking required. All welcome.

SeniorsRightsService.org.au 1800 424 079  **Seniors Rights Service**

MANAGEMENT COMMITTEE

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