

U3A Sapphire Coast

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f /U3ASapphireCoast/

September 2025 Newsletter

President's Report



Hi everyone,

In a recent clean-up of the Tura Beach Centre, we came across copies of our U3A newsletter, going back almost to our beginnings as Sapphire Coast Leisure Learning in 1997. The very first issue is missing, but the second issue, in July of that year, noted that we had 52 members and that we offered nine courses, almost entirely short courses of between three and eight weeks.

We've come a long way since then in terms of membership and course offerings. Currently, we have 380 members (294 female and 86 male) and offer around thirty-eight continuing courses, a couple of short courses, and an average of five or six one-off courses each term.

But more courses would always be welcome, especially by our Program Team which works so hard to make sure you get a large and varied offering each year. And the more members we have, the bigger the pool of skills and knowledge we have to draw from for new courses and one-offs. So, if you know anyone who's considering joining, or anyone who is newly retired to the area, how about giving them a bit of a nudge? If they join after the 1st October, they'll get membership for next year as well as for the rest of this year.

Vale Charles Hodsdon - on a sad note, we recently lost Charles Hodsdon, a member since 2016 and the partner of Judy Brand, our former Treasurer and current Vice President. Our thoughts and very best wishes are with Judy at this time.

Till next month,

Sue O'Loughlin, President

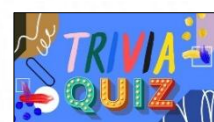
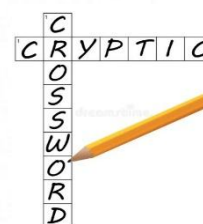
In Appreciation

We would like to acknowledge and extend our sincere gratitude to the two most regular contributors to the U3A Sapphire Coast Newsletter. Every month, Bridget O'Hanlon (**Trivia Quiz**) and John Scrivener (**Cryptic Crossword**) willingly submit their contribution for our enjoyment. This has been ongoing for a very long period, and we hope that it will continue well into the future. Thank you, Bridget and John.

The Newsletter Team



Ian Dowd
Denise Flavey
Jeff Holmes
Deb Matthews
Bronwyn
McElvenny



Coming up: One-Offs / Short Courses



'Felting - an Introduction Workshop'

Wednesday 17 September

1:00 pm - 3:30 pm @ U3ASC Tura Beach Centre

'Beauty Clinic - Pampering & Info Session'

Wednesday 24 September

1:30 pm - 3:30 pm @ Bega TAFE

'Genealogy - Exploring Your Family Tree'

Wednesdays: 1 & 8 October

1:00 pm - 2:15 pm @ U3ASC Tura Beach Centre

'Australian Native Bees'

Wednesday 15 October

1:30 pm - 4:00 pm @ U3ASC Tura Beach Centre

'First Aid Course'

Saturday 25 October

10:00 am - 2:00 pm @ U3ASC Tura Beach Centre

'So you Want to Publish a Book?'

Friday 31 October

2:00 pm - 3:30 pm @ U3ASC Tura Beach Centre

'Taiko Drumming, Tea & Chat for Seniors 2025'

New dates: Wednesdays 8th October; 12th November and 10th December

2:00 pm and 3:30 pm @ The Disability Trust, 156 Newton Road, Bega

To enrol, go to Member Login on our website: <https://www.sapphirecoastu3a.org>

Dancing Paused for now

Well, the 'Do Your Own Thing Dance Group' started with a bang and was amazing fun - but owing to our freezing winter evenings, we just don't have the numbers to keep running it at the moment. We may run the group again in summer (first term) if we get enough enrolments. But for now, we're sitting this one out.



**** ONE OFF ** 'Felting - an Introductory Workshop'**

Wednesday 17 September - 1.00 pm - 3.30 pm @ U3ASC Tura Beach Centre

Cost: \$8 (for room expenses and sundries)



Come along and learn the art of felting with Karen Lyons. A few fun-filled hours will fly as you create a cloche hat in white alpaca fleece - very elegant! Embellish as you go, or Karen can give you ideas for finishing touches once your hat is ready. If time allows, Karen will also show you how to reshape a well-used hat.

Bookings required as numbers are limited. A list of things to bring along with you will be provided once you're enrolled.

Karen is generously providing the alpaca fleece free of charge.

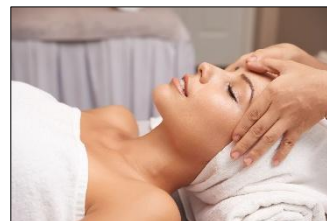
For more information, call Sandy Coates on 0416 228 211.

**** ONE OFF ** 'Beauty Clinic - Pampering & Info Session'**

Wednesday 24 September - 1:30 pm - 3:30 pm @ Bega TAFE, 199 Auckland St, Bega

Feel the need for a FREE pampering session? Spring into this one!

Discover what is on offer at the Beauty Clinic @ Bega T.A.F.E. Thanks to Amy Holt, Beauty Services teacher and her students who are studying Beauty Service Certificate 111, we will be pampered. The choice is yours - a pedicure, a manicure, a facial cleanse with make-up... or if you have the time, all three treatments.



Book online: <https://www.sapphirecoastu3a.org/courses>.

Bookings are essential as numbers are strictly limited. Contact Sandy Coates on 0416 228 211.

**** ONE OFF ** 'Australian Native Bees'**

Wednesday 15 October - 1.30 pm - 4.00 pm @ U3ASC Tura Beach Centre



Apiarist and bushman Stephen Targett is back this year to help us discover the fascinating world of Australian native bees. The former Chair of the Australian Honey Bee Industry Council (AHBIC), Stephen is a member of NSW Apiary

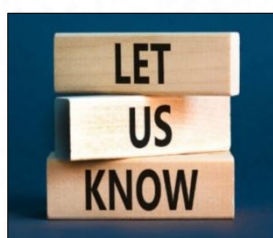


Association (since 2015) and of the Bega branch of the Amateur Beekeeping Associations.

- Come along to explore the benefits of sugarbag bees and the unique qualities of their delicious honey,
- learn how to attract native bees to your garden and create nesting spaces for them,
- gain insights into some of Australia's 2000 native bee species and what makes them so remarkable,
- find out why certain native bees cut precise holes in plant leaves,
- understand the vital role native bees play in pollination,
- Prepare to be amazed by the lives of these little buzzing wonders.

For more information, contact Stephen Targett on 0428 649 321 or Sandy Coates on 0416 228 211.

A Word from our Program Team Leader



Just a quick note about one-off events (and other courses too!). We know you can't always predict whether you're going to make it on the day. But if you can, please let the course coordinator or course leader know if you're not going to be there. It really helps!

Also, if you're attending a one-off event, it's a good idea to either make sure you're enrolled, or let the course coordinator know. That way, if there's a last-minute change or cancellation, you'll be notified. Nothing worse than turning up to find the door locked and no one there!

Jane Thomson, Program Team Leader

Email: englishrose659@outlook.com

**** ONE OFF ** 'First Aid Course'**

Saturday 25 October - 10.00 am to 2.00 pm @ U3ASC Tura Beach Centre



My story - I am a Registered Nurse with 40+ years' experience. Twenty of those years were spent in classrooms/hospitals teaching, lecturing and clinical facilitation of Registered and Enrolled Nurses, and training students in the Vet sector.

I moved from Melbourne to Tura Beach seven years ago, seeking and achieving a work life balance and transition to retirement. Since moving to Tura Beach, I have mainly worked with South Coast Community College and UOW college, teaching Diploma of Nursing and training in First Aid. I still work as a practice nurse in a busy GP clinic in Merimbula, two days per week.

I have recently joined U3ASC and wish to share my experience by offering a FREE 'One-Off', non-accredited 'First Aid' course. The day will start with CPR instruction and hands-on practice with mannequins and training defibrillators. The rest of the session will cover common First Aid scenarios, including chest pain and heart issues, asthma/anaphylaxis, diabetes, stroke, falls, tick bites and other topics, as guided by you.

Review - *"I just wanted to pass on some feedback from our recent First Aid course. Debra, who was conducting our course, was amazing; not only was it incredibly informative; after having done so many of these courses - we know they can be dull by the end of the day - I just wanted to let you know we all walked out of there feeling like it was one of the best courses we have done."*

Events manager - Tura Beach Country Club. 2024."



Debra Miles in association with SCCC, Health Educator/Registered Nurse
Email debannmiles@gmail.com

**** ONE OFF ** 'So you Want to Self-Publish a Book?'**

Friday 31 October, 2:00 pm to 3:30 pm @ Tura Beach U3ASC Centre



Have you written (or are you writing) a memoir, a novel, a work of non-fiction or another kind of book? Would you like to self-publish - perhaps so you can give copies to family and friends, or maybe you want to sell your work?

Experienced self-published author Jane Thomson will take you through everything you need to know, from the steps you need to take to turn your manuscript into a publishable document, to where to publish, to how to get copies of your book

printed at minimal cost and maximum quality. Jane can also give some tips about marketing and sales to those of you who want to go further.

For more information, call Jane on 0437 376 288.

'Art Group on Thursdays' - Painting for Pleasure!



The Thursday Art Group continues to meet weekly but this year, Heather Percival is our new and enthusiastic leader. During the winter months, our numbers can drop but as the photograph shows (*right*), even with only six members attending, we are quite productive.

Membership of the group fluctuates, so if you are interested in a relaxing afternoon of painting with a friendly group, please get in touch with Heather as there might be a vacancy. Her contact details are: email: percivals@aapt.net.au - mobile: 0419 474 375.

Bev Smith, Course Member



The 'Adventure Walking Group' Explores Long Point



Our 'Adventure Walking Group' enjoyed a beautiful day for our August walk, exploring some of the viewpoints around Merimbula. After a cool start, we soon warmed up once we stepped out into the sunshine.

We departed from Merimbula Wharf, then walked a short distance along the road before entering the bush track near Fishermen's Lookout and taking in the panoramic views of Merimbula Bay from the lookout.

Passing Bar Beach, we then followed the Djirringanj Peoples Walk (what about that amazingly over-engineered set of steps!) through the bush to Rotary Park, before looping back along the more modern Lake Street walkway. A short road-walk up Wyeebo Street led us on to the quiet Bingham Lane and another bush track, before emerging onto Collins Street which we followed for a short time before again taking bush tracks down to Back Lake.

After a short break and a spot of bird-watching, we returned up the hill to Cliff Street, detouring for a couple more lookouts, before making our way home via back streets to enjoy some coffee and scones at the Wharf Restaurant.

Many were amazed at the hidden secrets and beauty of our wonderful Merimbula.

Jeff Haynes, Co-leader.
Adventure Walking Group

Photos: Elizabeth Stacey



Are you a Member of U3A Online?

U3A Online is the world's-first virtual University of the Third Age delivering online learning via the Internet.



An individual, independent and autonomous University of the Third Age, U3A Online is a 25-year-old pioneer in online education and self-learning. They offer many other useful resources for older people, especially those who are geographically, physically or socially isolated. They have over 70 Courses on a great variety of subjects.

There are no prior requirements and no tests. You would be learning at home for pleasure, all for a small annual membership fee of \$35. All that's needed to study online is access to a computer, tablet or other device with an Internet connection - and some basic computing skills.

For more information, just go to their website: <https://www.u3aonline.org.au/>



GEMs for Enquiring Minds

A CLOSED MIND GATHERS NO THOUGHT (pro)

Their newsletter '*GEMs for Enquiring Minds*' is one of their many free resources for people who like to keep learning new things.

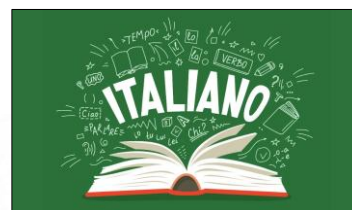
Anyone from anywhere may subscribe - just go to the following the link.

<https://u3aonline.us6.list-manage.com/track/click?u=6695a4cd2b9c9567045967f40&id=c324417bfe&e=259939bf79>

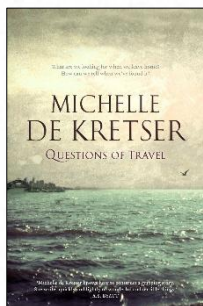
'Italian For Beginners'

If you are thinking of joining an '**Italian for Beginners**' class in 2026, please contact Teresa on 0408 827 794 by the 13th October 2025.

Teresa Hamer, *Course Leader*



'Book Club - Australian Novel'



The U3ASC '**Book Club - Australian Novel**' meets once a month on the last Friday at 11.00 am at the Tathra Hotel. We meet in the dining room, with the sun streaming in and views of the ocean. A number of times in the season, we have seen whales playing not far out in the ocean.

After discussing the book of the month, we now have not only a coffee, but also what's become a ritual of having lunch and a laugh at around 1.00 pm. Over the last year or so, we have read and discussed novels such as "Cherry wood " by Jock Serong, "The Dickens Boy" by Thomas Keneally, "The Seven" by Chris Hammer, "Stoneyard Devotionals" by Charlotte Wood, "The Lost Man" by Jane Harper and "The Bookseller at the End of the World" by Ruth Shaw, which is actually a New Zealand book, not a novel, about the extraordinary life of Ruth Shaw.

The next meeting will be on Friday 26 September to discuss "Questions of Travel" by Michelle de Kretser, which won the Miles Franklin award in 2013.

We currently have six members and are happy to welcome more.

Penny Blomfield, *Course Leader*. Email - graemepennyblomfield@gmail.com

Scenic Merimbula with... 'Friday Trekkers Walking Group'



"We're continually inspired and motivated to maintain exercise, and good health, as we trek amidst our beautiful coastal surroundings and stunning vistas."

Our leader guides us to breathtaking views of our natural coastline, sprawling inwardly toward the native flora and fauna beyond. Our senses are heightened as they call us to the wonderment of the bush's beauty, its stimulating scent after the rain, and its amazing bird calls. We marvel at the beauty of the glistening sapphire waters as they meet the

horizon; yet again, to our surprise, we might spot a humpback or two and marvel at their spectacular beauty. This is why we look forward to our weekly one-hour brisk walk with Sandy, and why we can hardly wait until the next Friday to experience another new adventure!

Dianne Perkins, Course Member

(Photos: Sandy Coates & Dianne Perkins)

Discovering the Pambula Minefields



A group of 'Adventure Walkers' gathered on Thursday 4 September 2025 at the Pambula Mines Trail and headed off on a vigorous walk and a history lesson. We walked the track through three creek

crossings, and came upon the signs warning of old mine workings, with risks including "serious injury or death". Undeterred, we walked on, were able to look into an excavation running up the hill and saw fences protecting the public from stepping into an abandoned mine shaft. We came upon a timber pole headframe but saw it was close to Pipeclay Creek, so wondered if it was a well for water supply; but research suggested it was the remnants of the Black and Berry mine, which was later owned by the Pambula Mines Company.



Walking further up the hill took some effort as the track was rough and had a steep slope. But the reward was finding a tunnel that was in good condition after over a hundred years. With the aid of a torch, we could see the tunnel extended for more than 20 metres and was likely to have met up with the bottom of a shaft that was sunk from further up the hill. As we wandered back down the hill, we diverted to inspect a number of mine shafts with either protective fences or covers.

At various levels up the slope, we could see galvanised steel tanks just off the track. A big flywheel still stood on a concrete plinth and below it, the remains of a stamping mill. All of these artifacts were from the Pambula Goldfields which were discovered in 1889 by Mr Gahan and his partner who received a government bonus of \$1,000 for discovering the field. The area grew to have hundreds of people working up to 150 leases. ./...

The gold was very different because it wasn't in a "usual" quartz seam and it wasn't coarse enough to form nuggets (despite one track being named "Nugget Trail"). The fine gold was in a kaolin (a clay mineral) which filled the shear zones between large rock masses. As a result, the first efforts at treating the rock only recovered part of the gold. Much money was spent trying different processes or shipping the untreated gold ore to as far as Wallaroo in South Australia, Germany and the UK. After many trials, a cyanide leach process gave good results but this process required expensive capital, so many mines were sold by small owner groups.

It is almost impossible to ascertain the actual amount of gold won from the Pambula goldfield. A report by Rob High in 2008 stated that "official records show a total gold production of 1.5 tons (about 48,000 ounces) but unofficial estimates are around 100,000 ounces of gold".

Mike Warren, Course Leader



Midweek Monthly Film Group - 'UPON ENTRY'

<https://www.sbs.com.au/ondemand/movie/upon-entry/2383119427739>

This month's film is a 2022 Spanish drama directed by Alejandro Rojas and Juan Sebastián Vázquez (in their directorial debut feature). It stars Alberto Ammann and Bruna Cusí alongside Ben Temple and Laura Gómez. The plot concerns the unexpected and unusual questioning the couple - (Diego, a Venezuelan urbanist, and Elena, a contemporary dance teacher from Barcelona) - are subjected to at the Newark Airport upon moving from Barcelona to the United States to start off a new life together.



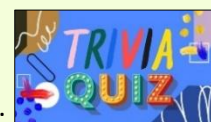
When I last came through customs I was in my twenties and returning home from twelve months overseas. I remember I had an animal hair fly whisk from Africa to declare but not much else. I was simultaneously amused and overjoyed to hear the broad Australian accent of the customs officer. Mine was a very different experience from that of Diego and Elena. Their encounter places the viewer in an empathic position but as the plot develops, doubts about just how well we can know someone, or even ourselves, begin to creep in. The ending is a surprise for the characters and the viewer. However, I was left with a lingering feeling of foreboding about their future together. Well worth a watch, particularly if you are planning a visit to the land of the free.

A Review: <https://www.europafilmfestival.com.au/films/upon-entry#>

An excellent explanation of the plot can be found at: https://en.wikipedia.org/wiki/Upon_Entry

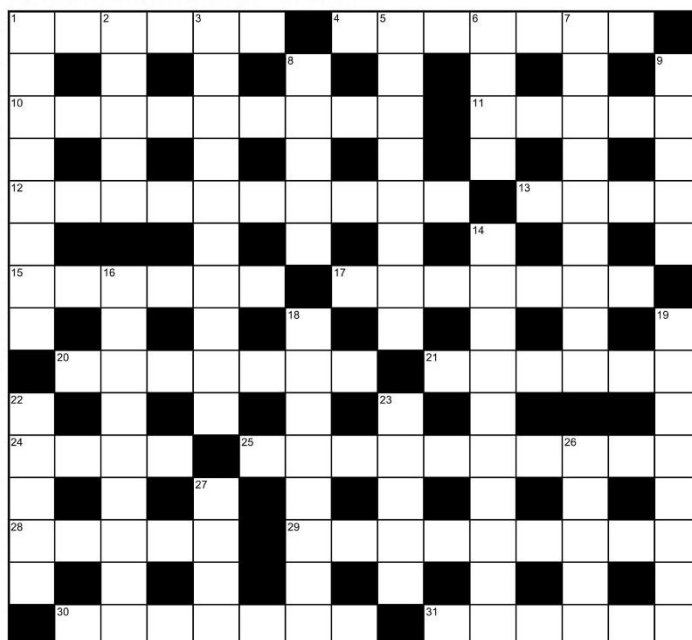
Kaye Separovic, Course Leader
Midweek Monthly Film Group

TRIVIA / QUIZ by Bridget O'Hanlon



1. Name Pablo Picasso's famous anti war painting, now exhibited in Madrid.
2. Where is Montego Bay - Bermuda, Jamaica or USA?
3. Name the smallest member of the bear family.
4. Downton Abbey is set in which county - Hampshire, Kent or Yorkshire?
5. CSR Sugar is the main sugar refinery in Australia. What does CSR stand for?
6. What is Roland Garros?
7. Which oranges are most commonly used for marmalade?
8. What do you call a person who is fluent in several languages?
9. How many funnels were on the Titanic?
10. What is the nickname given to planets which have the closest conditions for life as Earth?

CRYPTIC CROSSWORD #2054 by John Scrivener



ACROSS

1. Scary moves (6)
4. An ethical principle but earlier a small amount (7)
10. Shun zero size encompassing broken cart (9)
11. Decapitate former foreign minister who has the property (5)
12. Office materials said to be unmoving (10)
13. A minute arachnid perhaps who waits for no man (4)
15. Repulsive end of commodious (6)
17. Unobservably move towards Puck and the sun perhaps (5,2)
20. Masters in a form are rivulets (7)
21. She may be found in a Canadian tree maybe (6)
24. Uncommon in lightly cooked red meat (4)
25. Before reads out material to be taken down in writing missing intersection and affirms (10)
28. Commencing cocktails at royal office lounge at Christmas (5)
29. Initiate current month at one barrier (9)
30. Odd street and mountains (7)
31. Shocked by a bewildered stag at hotel

DOWN

1. Old weapon angry at the tie (8)
2. More of weird rate 10 (5)
3. Cliches of the plate I dust (10)
5. Brightening rich gene (8)
6. Soon after for a higher level happening (4)
7. Maybe lid tongue can give the angular distance from the equator (9)
8. Huge soldier insect (5)
9. Be red and reproduce (5)
14. Missing from race because itchy? (10)
16. Explain how perhaps to reprint French and (9)
18. While clever to start I'm no good at stinging! (8)
19. Necessary to get a driving licence. Sat with pests? (4,4)
22. Support two (5)
23. Colloquially a man's comment about a pretty lady but actually a supreme lord (5)
26. Ars gratia raises jewellery within (5)
27. Insect who masticates leaf (4)

CROSSWORD #2053 ANSWERS (August-25)

ACROSS

7. Shut 9. Resistance 10. Illuminate 11. Ease 12. Postages 14. Ostler 16. Kind 17. Avoid
18. Sect 19. Checks 21. Massacre 23. Shoe 25. Streetlamp 27. Stinginess 28. Sing

DOWN

1. Shallowish 2. Trying 3. Asia 4. Asteroid 5. Parent 6. Aces 8. Trusted 13. Storm
15. Escarpment 17. Assassin 18. Stables 20. Cleans 22. Sperse 24. Hate 26. Reed

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

NEWSLETTER

Production Team:

Carole Thomas: blackbrumby@gmail.com

Michele Patten: u3ascoffice1@gmail.com

Contributions & Feedback to the Newsletter

can be emailed to our **Editors**
by the 1st Thursday of every month.

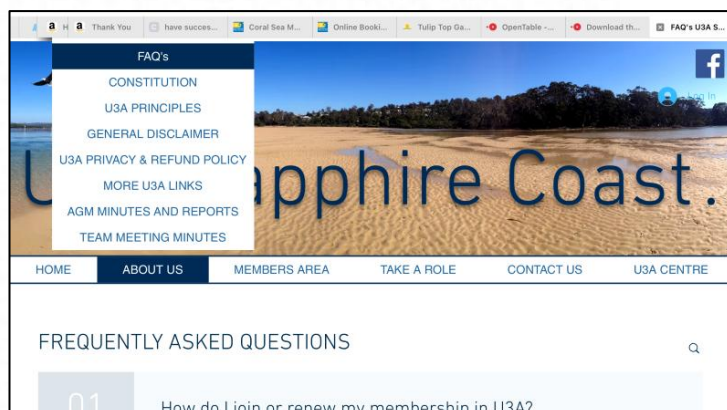
Trish Dive: u3ascoffice8@gmail.com

AND Kaye Separovic:

kayeseparovic@gmail.com

U3ASC Website Monthly Focus: **FREQUENTLY ASKED QUESTIONS (FAQs)**

www.sapphirecoastu3a.org



If you have a query in relation to U3A Sapphire Coast, a good place to start looking for answers is the FAQ's section on the website. On the homepage, there is a button marked "ABOUT US". In the drop-down box under this button, you will find the "FAQ's" button.

Click on this button and you will find answers to the following questions:

- How do I join or renew my membership in U3A?
- How do I find what classes are on?
- Can I enrol in a class without registering on the website?
- When do classes start?
- What if the class has no vacancy?
- The password I received doesn't work?
- How do I become a volunteer Course Leader?
- What are the Tura Beach Centre Office hours?
- What happens if I am injured during a U3A activity?

If you have other questions, please contact the Secretary at u3ascsec@gmail.com.

Michele Patten, Team Office Leader

**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

TRIVIA / QUIZ ANSWERS

1. Guernica 2. Jamaica 3. Sun Bear 4. Yorkshire 5. Colonial Sugar Refinery 6. Both a stadium and a Grand Slam tennis tournament in France 7. Seville 8. A polyglot 9. Four 10. Goldilocks

MANAGEMENT COMMITTEE

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