

U3A Sapphire Coast

ABN: 85641263291

P.O. Box 798, Merimbula NSW 2548
Ph - 0491 099 570

www.sapphirecoastu3a.org

email - u3ascsec@gmail.com
f /U3ASapphireCoast/

April 2022 Newsletter

PRESIDENT'S REPORT

Hi everyone

As your new President I thought I should tell you a bit about myself and what I want for **U3A**, as I told those who attended the **AGM**.



I'm a former senior Canberra public servant, amongst other things, including working as a ministerial adviser in Parliament House.

In my third age, in **U3A**, I chair our **U3A** weekly "Taboo Topics" political discussion group at Tathra. I've also given many one-off talks on political and related matters, both here and for the **Bermagui U3A**. And I've been a Member of the **U3A Management Team** for the past year. Best of all, I'm married to our **Program Team Leader**, Sue O'Loughlin. So I've had various **U3A** experiences:

as a chair of meetings, course participant, presenter and in management.

As for what I want for **U3A**, I can be fairly succinct. I believe that **U3A** is a fantastic organisation, and I want to keep it that way. So I plan to focus on our core work, which is delivering courses to all of you, and making sure things keep ticking over smoothly. Hopefully this won't be too hard with the truly great Management team I've inherited from Sue Fowler. Beyond this focus on our core work, my other priority will be growing **U3A** and ensuring its financial sustainability. Membership has been affected by Covid, not surprisingly.

In conclusion, I would like to thank Carolyn Smith for the great job she has done as Secretary for years now. The Secretary is often the heart and soul of a committee, and Carolyn has certainly been that. She needs a break, but has kindly consented to staying on as a committee member

Chris Bembrick, who is retiring after many solid years as Treasurer, also deserves his break. His financial advice and sage contributions as a committee member will be sorely missed.

Sue Fowler, who is stepping down as President, has run a very harmonious team and been a pleasure to work with. The great thing is that, like Carolyn, she is staying on as a committee member. Sue is following in the footsteps of past presidents such as Fleur Dwyer and Ian Robertson, who made great contributions as President and still do in their ongoing roles in **U3A**.

Lastly, I want to thank all of you for signing up for **U3A** and paying your annual fees, and to those who go that step further and deliver courses or talks. Thank you, thank you, thank you. Without you we would not exist. If you have any issues or problems with our organisation, email me at: u3ascpres1@gmail.com.

Have a great **U3A** year.
Paul Strutynski,
President, U3A Sapphire Coast

A WALK IN THE PARK

For **U3ASC** dogs and their owners.

Next beach dash is at Lion's Park, Pambula, Monday, 2nd May.
Meet in the carpark @ 9.00am, afterwards at the Broken Oar.
Dogs must bring their owners!



Welcome

New Members:

Mark Farrell
Barbara Battams



On Tura Beach—28 March

U3A SAPPHIRE COAST 2022 AGM

The **U3ASC AGM** at **Club Sapphire** on Thursday 31 March went very smoothly. All those nominated in advance in accordance with the Constitution, were duly elected.



A nomination from Merryn Dowling as Secretary was received prior to the meeting.

There were no further nominations from the floor, and she was also duly elected.

Our new President, Paul Strutynski, spoke very well and was impressive in his realistic vision for the future of **U3ASC** and his role in that. The financial position of **U3ASC** remains secure, primarily thanks to the rent reduction on the **Tura Beach Centre** we have enjoyed during Covid.

See last page of Newsletter for new Committee and their contact details.

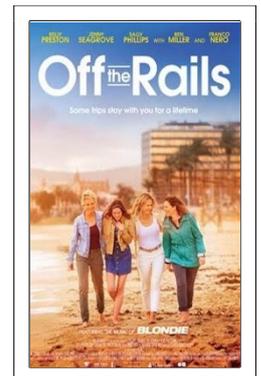
CRITIQUING CINEMA

Critiquing Cinema has had a great start to 2022, and we now have 16 members in our lovely group.

The film for February was **BELFAST**; there were 12 of us who watched and then discussed this film, with some interesting and different points of view being shared and most enjoying it very much.

There were nine of us for March's film - **OFF THE RAILS**.

Sometimes the films we have to choose from at the time we meet are disappointing - the consensus for this film was that it was below average - very formulaic and predictable. Nevertheless, we still had a good (and fun) discussion about the film, and it makes you appreciate the excellent films even more!



By the way, I'd recommend two films I saw this week - **Nowhere Special** - an understated and beautifully acted and directed film and drama/comedy, **Dog**. Happy movie viewing!

Lorraine Young - **Course Leader, Critiquing Cinema**

COURSE LEADER PROFILE - BRIDGET O'HANLON

As my name suggests I am Irish, from the southern county of Cork. I came to Australia in 1969, before which I lived in London for some years.



I have one daughter, two granddaughters and one great grand daughter, who, naturally, is the best kid on the planet! . I have lived in Sydney, Darwin, the Blue Mountains, Bathurst, Canberra, Forster, Perth and a short while in Melbourne, and moved near my sister in Merimbula seven years ago. My background is in administration, management, business ownership, and TAFE teaching. I was a mature aged student at Charles Sturt Uni and also UNSW, at the ADFA campus.

I joined **U3A** when I arrived in this area and have led courses in Creative Writing and the Trivia Quiz, and currently Poetry for Pleasure.

FOURTH WEDNESDAY BOOK CLUB

Some of the Fourth Wednesday Book Group meeting (finally maskless) at the Tura Beach Centre in March.

Left to Right: Robin Miller, Molly Lehane, Elizabeth Stacey, Sue Mikus, Judy Briggs and Jane Cormack.



The Fourth Wednesday Book Group has been meeting for over six years discussing books the group democratically selects the preceding year. In March we discussed “Once there were Wolves” by Charlotte McConaghy, a young Australian writer who has become quite well known and well received in the USA particularly.

Her book is a fictional account of the ‘rewilding’ of some wolves in the Scottish Highlands and the effects on the farming community into which they are released. A mysterious death of a farmer is intertwined with the story of the woman who is leading the team that are introducing the fourteen grey wolves into the wild.

There are many themes interwoven throughout this story from climate change to domestic violence and though we all learned a great deal about wolves and particularly enjoyed this central theme, we did think there was an overabundance of themes to unravel. The novel has recently achieved an Indie award.

Elizabeth Stacey, Fourth Wednesday Book Group Leader

EASY WALKERS—RESTARTING Friday 27th April



Come and join the **Easy Walkers** of **U3ASC** and commit to becoming a fitter, healthier you. Are you lacking in motivation to get up off your seat? Then meeting us at **9.20am each Friday** is for you.

Easy Walkers meet every Friday in the carpark area at the bottom of Tura Beach Drive and Surf Circle, **TURA BEACH.**

I am a retired Physical Education teacher and personal trainer and prior to your joining us I will ask you to complete a confidential questionnaire to help me assess your level of health & fitness.

Please contact me to have a chat and receive your Health & Fitness Questionnaire by email.

Sandy Coates
Walking Leader

Mobile: 0416 228 211

Email: u3asoffice9@gmail.com

FOLLOW US ON FACEBOOK

for the latest updates and local news events. We would love you to share your experience and photos with us on our FB page.

www.facebook.com/U3ASapphireCoast



***NEW* SOCIAL GROUP FOR 'OUTERNETS'**

Leonie Barrett lives out of reach of mobile phone coverage and reliable internet. She is reaching out to others in U3A who might be in a similar situation - or who, maybe, just don't like using the internet - and who might like to have occasional face-to-face meetings and, in between, land-line chats.

Apart from socialising, members of the group can share strategies for getting by non-digitally in an overwhelmingly digital world. But Leonie is open to suggestions from interested members about how the group can operate.

If you know anybody who can't access this program and who might be interested in this, please put them in touch with Leonie below.

Course Leader: Leonie Barrett

Enquiries: 02 6493 2574 — 05:00pm-06:00pm Private Residence



***NEW* RECORDER FOR INTERMEDIATE PLAYERS**

We are looking for Intermediate players.
(Unfortunately, this group is not for beginners.)

Alto, Treble, Bass & Descant are all welcome to play a wide selection of music, including Early, Classical & Modern.

When and Where: Fridays 1.30 - 3.30 Private home **TBA**

Course Leader: Heather Bond, heatherbond1@hotmail.com

***NEW* SPANISH FOR BEGINNERS**

This is the first beginner's class in Spanish that has been offered for a while, so is a great opportunity for those who have been wanting to learn this beautiful language.

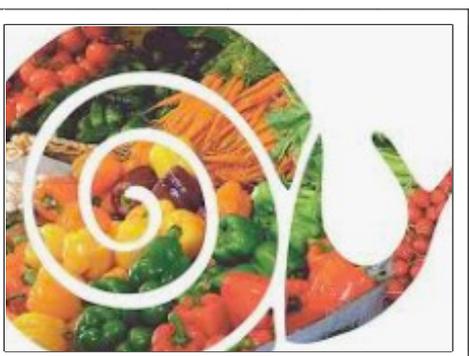
You'll need to bring a paperback Oxford Spanish-English Dictionary, a notebook and a pen. You'll also need to be prepared to keep up with the work if you are absent from any classes for any reason apart from illness.

Day and time: Monday 2.30 - 3.30

Venue: Gavina's home

Cost: \$5 (includes photocopying)

Course Leader: Gavina Bailey gavinabailey569@gmail.com



U3ASC SLOW FOOD APPRECIATION GROUP (SFAG)

Join us for a demonstration and talk by the owner about the Niagara Lane Cheese Making enterprise at Kameruka. This will be followed by lunch at Candelo General Store. 4th May @ 10.00am - 1.00pm

Numbers are limited. **Bookings** to Lyn McKendrick by 22nd April at: lynmckend@gmail.com

Book for both: (a) the Cheese Making demonstration, and also (b) the lunch at Candelo Store.

PROGRAM TEAM REPORT

PHOTOGRAPHY CLUB

I had requests for a photography class passed on to me last year and have tried hard to find someone to lead it, or at least to lead a one off. I've approached all of the wonderful photographers I know in **U3A** but none felt they could take on a class.

And then the wonderful Cate Caddy suggested having a club instead of a course. Details could be worked out by the members, but the general concept would be that members go somewhere nominated by a facilitator (a role that could be shared around the group), take photos, then meet back at the Tura Centre to share the photos on the big screen, and to offer constructive feedback to each other.

If this sounds like something you'd like to be part of, please let me know and let's see if, together, we can make it happen. programs.u3asc1@gmail.com

BASKETWEAVING ONE OFF

Six of us had a wonderful day in Sandy Gordon's beautiful garden last Tuesday, producing melon baskets - so called because you start with two intersecting circles of grapevine forming a sphere like a melon. It was, surprisingly, a quite simple process when you have an expert guiding you. The hardest

part was making the god's eye that binds the handle and rim of the basket. Most people got the idea quickly but my brain had taken a



holiday and it took Sandy, Helen and Joyce to show me several times each. I thank them for their patience.



Once the structure was fleshed out with willow ribs, it was absolutely therapeutic to sit under the trees weaving with whatever materials took our fancy - many types of flax, red hot poker leaves, ginger lily leaves...

Many thanks to Sandy for a wonderful day, that included her amazing lime syrup muffins for morning tea. I'm sure we'll all treasure our baskets for a very long time.

For those who only made the waiting list this time around, Sandy will consider running another workshop in spring.

Sue O'Loughlin, **Program Team Leader**.

PROGRAM TEAM FAREWELL

Sue O'Loughlin hosted an afternoon tea with the **Program Team** to farewell a former **Team Leader**, Linda McMorrow, who is moving to Perth and will be sorely missed. Other team members, Elizabeth Stacey and Rosie Bunton, were also farewelled and the **Program Team** is seeking new volunteers to replace them.

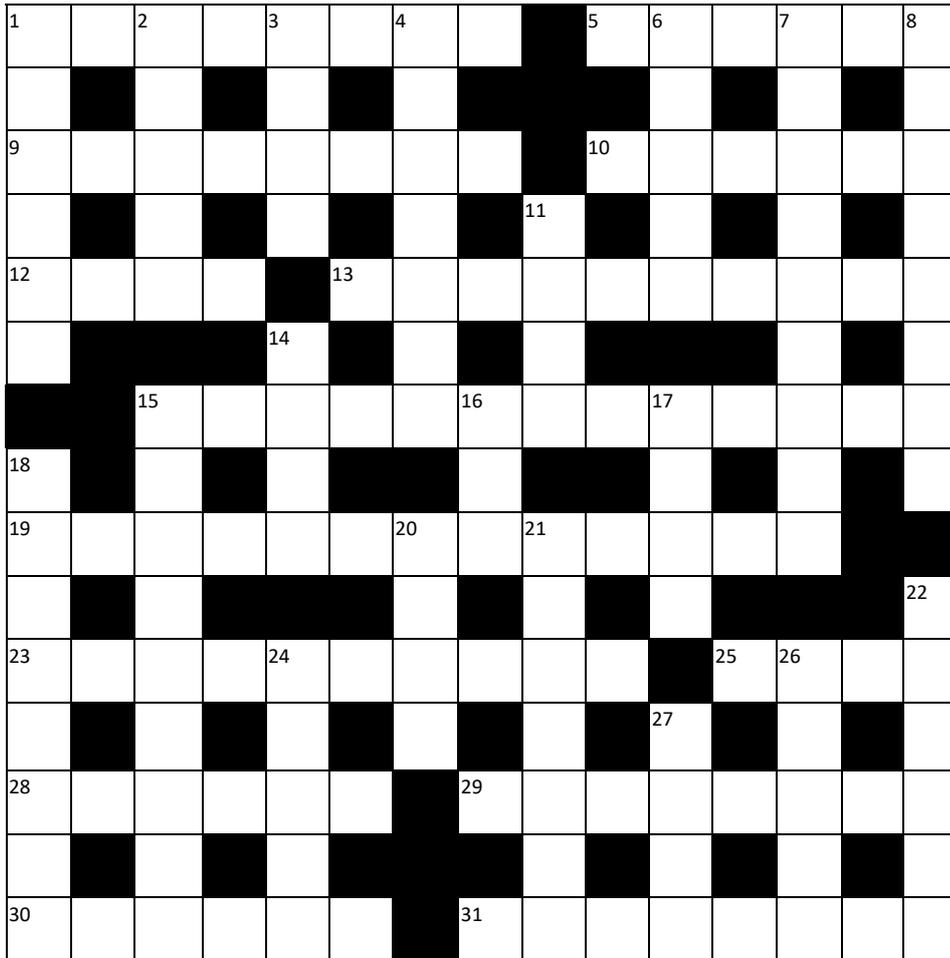
If you are willing to provide administrative and creative support to our course leaders and the **U3A Organisation** by either joining our **Program Team** or **Team Office** please contact:

Sue O'Loughlin, **Program Team Leader**
at: programs.u3asc1@gmail.com OR
Margaret Nicholl, **Team Office Leader**
at: u3ascoffice4@gmail.com



Sue Fowler, Carolyn Smith, Linda McMorrow and Sue O'Loughlin

CRYPTIC CROSSWORD 2016 by JOHN SCRIVENER



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

CROSSWORD 2016 CLUES

ACROSS

1. COVID is same as in poem (8)
5. Engages in a sport while receiving stolen goods (6)
9. Religious garment said to be left over (8)
10. Cold zone of row god (6)
12. Instead in travel sensation (4)
13. It is less severe to add US university, grocery and square atom (10)
15. In excellent health because correct because of water drops (2,5,2,4)
19. Disclose a secret drop of vegetables (5,3,5)
23. Sit to drain provides customs (10)
25. Old fortress in the Iliac race (4)
28. Cyclist invites in a bandit (6)
29. Secular short term worker at 14 Down (8)
30. Oil calcium girl (6)

DOWN

1. Holiday direction hesitation (6)
2. Programming language of ancient prophet (5)
3. She lives within her umbrella (4)
4. Desiring to do something irritating (7)
6. Musical six featured in Greek letter (5)
7. Numbers of RC dignitaries (9)
8. Lifeless deer and grandmother beginning tiring (8)
11. Colour tree at the territory (4)
14. Spoken alternative and its beginning (4)
15. Ardour from drawings to movies (9)
16. Like 11 Down sounding like a Welshman (3)
17. Our sun is one brilliant person (4)
18. Intended only for the initiated east drunkard's name (8)
20. Cheer hard ball (4)
21. Am close country course plastic solvent (7)
22. High is old composer (6)
24. Perfect plan starting laughter (5)
26. Hundred gold soldier-dog (5)
27. Said to be downloaded in a church (4)

TRIVIA QUIZ by BRIDGET O'HANLON

1. What Christmas-themed ballet premiered in St Petersburg, Russia in 1892?
2. What is the only number that cannot be written in Roman numerals?
3. Which city was formerly known as Byzantium?
4. The Red Kite is the national bird of which UK country?
5. The Trojan War occurred somewhere between 1200 - 1100BC. Who was the famous hero of this war?
6. What is a baby echidna called?
7. How many funnels did the Titanic have?
8. In the Military/NATO phonetic alphabet what is the code for 'M' ?
9. Shaving thickens hair. True or False?
10. In which year did Shane Warne take his 700th wicket on Boxing Day?



SENIORS WEEK EXPO

U3ASC participated in the **Seniors Week Expo** held at **Club Sapphire** on Thursday 31 March. It was to be held outdoors on the open bowling green, but the inclement weather saw a last minute shift to the indoor auditorium.



U3ASC volunteers
Michele, Carolyn and Marg.

Several **U3ASC** members prepared materials, set up our display and chatted with those who were interested in our stand.

We handed out lots of brochures and even signed up one new member on the day. There were many interesting presentations during the event, such as talks on the community garden at the Club and Foraging, an Exercise Class, and a 'Take Your Brain Dancing' display.



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
Elizabeth: eastacey@bigpond.net.au



Julie adds a computer display
to our U3ASC stand.

The second **U3ASC LEARN LAWN BOWLS** course has just been completed. We now have 11 **U3ASC** members who have participated in the introduction to **Lawn Bowls**.

Course Leader, Ray Redman, has invited graduates from both courses to a "roll up" to compare notes on Friday 8th April. **U3ASC** would like to thank Ray and Bowling Club members of **Tura Beach Country Club** for providing this opportunity for **U3ASC** members.



Tura Beach Country Club Bowling Greens

MARCH CROSSWORD 2015 ANSWERS

ACROSS

1. Rip Van Winkle 9. Mammals 10. Machine 11. Attainment
12. Yeti 14. Sit out 16. Escaping 18. Placemat 19. Barges
22. Oust 23. Intertwine 26. Elastic 27. Ill will 28. Get out of hand

DOWN

1. Remit 2. Platitudes 3. Assume 4. Womanise 5. Nice
6. Loitering 7. Smears 8. Seeing 13. Tarantella 15. Translate
17. Wainscot 18. Proven 20. Seemly 21. Belief 24. Iliad
25. Otto

TRIVIA QUIZ ANSWERS

1. The Nutcracker
2. Zero
3. Istanbul
4. Wales
5. Achilles
6. A Puggle
7. 4 (one was a dummy)
8. Mike
9. False - it only seems coarser because it doesn't taper
10. 2006.

MANAGEMENT COMMITTEE

President	Paul Strutynski:	u3ascpres1@gmail.com
Vice President	Garry Clear:	garrypcug@gmail.com
Secretary	Merryn Dowling:	u3ascsec@gmail.com
Treasurer	Judy Brand:	u3ascctreas@gmail.com
Office Team Leader	Marg Nicoll:	u3ascoffice4@gmail.com
Program Team Leader	Sue O'Loughlin:	programs.u3asc1@gmail.com
Publicity Officer	Julie Novotny:	connect@wiseandconnected.com.au
Member	Sue Fowler:	suepfowler1@gmail.com
Member	Carolyn Smith	csmith1611@gmail.com