

# U3A Sapphire Coast

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## November 2023 Newsletter



### PRESIDENT'S COLUMN

#### Our Promotional Flyer

Any day now the Management Team will start posting our new promotional flyer on community notice boards in the shire.

You'll recall earlier in the year that we decided to try to entice new members by getting some appealing A4 flyers produced that let people know we exist and encourage them to join.

One of our members, Helen Stevenson, donated her graphic design skills to help us knock them up (some others offered to help as well). They're being printed as I write.



## Welcome

### New Members:

Stuart Richardson  
Bob Unger  
Valeccia Challe  
Glenis Feltham  
Carmen Morgan  
Di Perkins

They feature photographs of senior people enjoying themselves with gay abandonment (well, with smiles on their faces anyway) and an invite to join them and share in their fun (and learning).

Keep an eye out and let us know if we've missed any good spots to post them.

### The Christmas Party

We say every year that Christmas seems to have come around so quickly this year. That's because it always does. And, as usual, that means the U3A Christmas party.

You will have received your invite by email. It's on Wednesday December 6 at midday at the Sapphire Club in Merimbula (same venue as last year).

We're subsidising the cost of the meal to you, so it's only \$20 for two courses. Non-members will have to pay \$35, around the non-subsided cost.

Bookings on <https://www.trybooking.com/CMFFY> or at the Tura Beach Centre on Fridays 1:30 – 3:30pm, and before November 26. Bring a gender-neutral gift (homemade, upcycled or recycled) for a Secret Santa.

### Course Leaders' Thank You

The Program Team is hosting a thank you morning tea for current course leader and one-off presenters.

You all know how important they are to our operation. This is just to let you know that we do acknowledge their valuable contributions from time to time.

### Membership Renewals

It's also that time of the year to start thinking about renewing your annual membership for 2024.

The Management Team has decided to leave the \$30 annual fee unchanged. But that means we need everyone to pay their \$30 so we can pay our bills.

It's the single best thing you can do to help keep our organisation afloat.

Paul Strutynski.

# ONE OFF

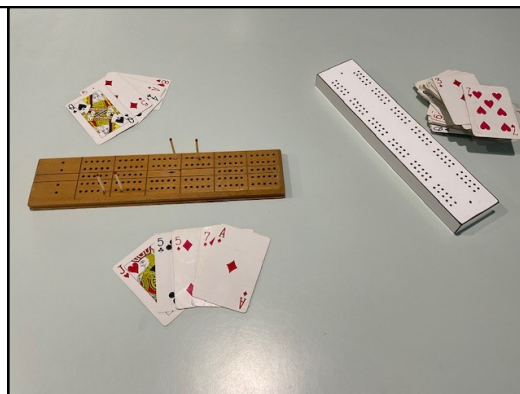
Paint and sip - Make your Mark - Friday November 10  
Artificial Intelligence Presentation - Friday, November 17  
Cribbage - Friday, November 24 & December 1&8  
Understanding Bushfires - Friday, December 13  
Mobile Phone Photography - Wednesday, February 7&14 (2024)

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

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

**Players Wanted for CRIBBAGE, a 17<sup>th</sup> century card game.  
Try it out with 3 introductory classes.**

A cribbage board can come in many shapes and sizes. It may look complicated and puzzling to be part of a card game but, in fact, it's just a quick way of scoring the game. Points won in cribbage are often small - 1 or 2 points - and it would be annoying to have to write them down each time a score is made. So, the points are scored using pegs on the board, which are moved forward in the holes when a score is made. Of course, I particularly like my own cribbage board which was made by a friend with a drill who was also a cribbage enthusiast.



I first learned cribbage from my father as a child and we usually played it on holiday as a family, so it has an affectionate place in my heart. It conjures up a vision of hot summer days and a Christmas tree which was often in the corner of the room we played cribbage in.

It may sound complicated but it's easy to learn in one sitting and fun to play. So come along and join us. You may even want to acquire a cribbage board of your own!

Belinda Jermyn – new Course Leader CRIBBAGE

When: Friday November 24, and Friday December 1 & December 8.

Time: 2pm to 4pm

Where: U3ASC Tura Beach Centre

Cost: \$3 per session

Enquiries to Course Leader - Belinda Jermyn mobile 0417947166

or email [belindaj626@gmail.com](mailto:belindaj626@gmail.com)

Book online or call 0416228211 Sandy Coates Program Team

**UNDERSTANDING BUSHFIRES – A not-to-be missed ONE-OFF  
Wednesday December 13 2023.**



With this summer predicted to be not just potentially, but probably, a devastating bushfire season, it's never been more important for us all to understand exactly what bushfires are, how they behave, and how to plan and prepare for them.

Bruce Leaver has delivered this One Off already in Bermagui and has kindly agreed to also do it for us before the worst of the bushfire season hits.

Bruce has an extensive background in fire management. He has a Bachelor of Science (Forestry) Degree which included subjects in physics, chemistry, botany and bushfire science. His career

was in forestry, and national park and heritage management in NSW, SA, Tas and the Commonwealth. He served on the NSW Bushfire Council Co-ordinating Committee, the SA Bushfire Prevention Council, and the ACT Bushfire Council (twice, with a 15 year gap). He has experience in all levels of fire control and fire protection management from basic crew to wildfire controller.

Those of us who have attended Bruce's other talks for us can recommend him as a presenter. He is incredibly knowledgeable, easy to understand and entertaining. And this time, it's on a subject that should be mandatory learning for all of us in regional Australia.

Enrol soon. Bring any guests you like (just let me know their names in advance). This is information that should be available to everyone.

When: Wednesday December 13 12:30pm – 2:00pm.

Where: Tura Beach Centre

Cost: \$5 (to cover Bruce's expenses and venue use)

Enquiries: Sue O'Loughlin 0439809237 or [programs.u3asc1@gmail.com](mailto:programs.u3asc1@gmail.com)

DON'T WAIT ... local photographer Beth Smith has offered a 2 session **MOBILE PHONE PHOTOGRAPHY SHORT COURSE** on Wednesday February 7 & 14 2024. The class size is limited to 6 members, so, if you're interested, enrol soon!

See details on our website: <https://www.sapphirecoastu3a.org/courses>

Course List A-Z

Mobile Phone Photography

Enjoy 😊 and thank you Beth, per Sandy Coates, Program Team

A note from Beth:

Hi everyone. My name is Beth Smith. I recently retired from teaching after a 33 year stint and was given the opportunity to be part of the photography team for Surf Lifesaving Australia.

My hobby has now turned into an obsessive passion and lifestyle choice. My work has been published and I have been fortunate enough to photograph and meet many of the athletes. I love my cameras and love to learn how to use them more effectively. I also know that, these days, most of us use our mobile phone to take photos as we usually have it handy, and it's much easier than lugging a camera around.

I would really enjoy being able to show you some tips on how to improve your photography using your phone and its existing settings. I make no claim to be any form of expert on this, but can offer to share what I do know about photography and technology. I can also show you some easy settings and editing skills to enhance how you take your photos in the first place, and how to present them after.

I'm offering to share any/all skills and information with you over two sessions on Wednesday, February 7th and 14th from 12.30 to 2.30pm. If you have any questions, contact me on 0421758193, or Sandy Coates on 0416228211.



### MINDFULNESS IN EVERYDAY LIFE



The mindfulness training to be present in the moment, allows us to choose how we behave, breaking us free from autopilot mode. Often an over energetic nervous system keeps us stuck in a flight or fight reaction.

Recently science has discovered the Vagus nerve which joins the gut, heart, lungs and brain. We can use our awareness of our diet, compassion and breath to calm our autonomic nervous system and move into the parasympathetic system.

This will enable us to reduce anxiety, manage stress and embrace happiness. Through practice we can change our relationship with every aspect of our life.

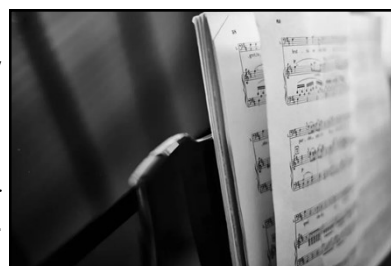
This is a monthly class held every third Wednesday at the Tura Beach Centre, next session November 15, 2023 @ 1:00pm – 3:00pm.

Contact: Neil Curry at [neilcurry49@gmail.com](mailto:neilcurry49@gmail.com)

### ONE TO ONE BRIEF TUTORING

Wanted - someone to teach me how to use a music app to store all my ukulele music on a Samsung tablet. There are a couple of us who are interested in this.

And, although it can't be done as a one-off tutorial, our advertising for this service brought a request for German language classes. Can anyone out there help with that?



Contact: Sue O'Loughlin at [programs.u3asc1@gmail.com](mailto:programs.u3asc1@gmail.com)

## PHILOSOPHY FOR FUN



How hard can it be to find philosophy jokes?

In our second term of Philosophy for Fun we've been testing this out. The result? Not that hard, but they're all terrible. More on that in a moment but, apart from philosophy humour, we've been discussing such burning issues as what's better than democracy, whether there's really such a thing as 'your truth', why Married with Children means the end of civilisation as we know it, and if beauty really is in the eye of the beholder (trust me, it isn't).

Classes are held on fortnightly Fridays from 11:15am to 1:00pm with a break for cake (can you have your cake and philosophise about it too?).

And here is the lamest philosophy joke you ever heard:

'Descartes takes a lady friend out for a date to a swanky restaurant, and tells her to order whatever she wants. So, she picks the lobster thermidor for \$500 a pop. Descartes meanly says, 'I think not!'. And promptly disappears. Because, you know, I think therefore I am? I don't think therefore...oh well, forget it. If you have a better one, come along to Philosophy and share it.

Jane Thomson  
Mobile: 0437 376 288.

## SCRABBLE – BE SOCIABLE!

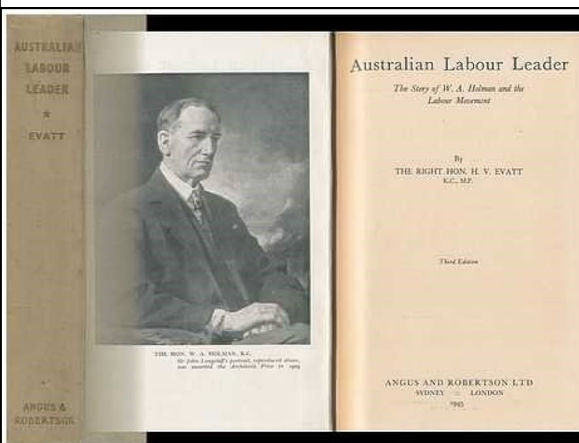
Come and pit your word brain against like-minded people. We meet on a Wednesday afternoon between 1:30pm and 4:30pm, and usually have a couple of games, with a cuppa in between.

Held at the moment in a private home, come and join us!

Contact: Jennie Smith  
Mobile: 0407 928 404  
Email: [cleotigger444@gmail.com](mailto:cleotigger444@gmail.com)



## REQUEST FROM NAN ANDERSON'S DAUGHTER



Usually, I'm based in Sydney and, among other things, using the Fisher Library at the University of Sydney. I have (in Sydney) one of their books at the moment but it is very fragile and I'm hoping to track down a replacement in better condition, as I think it is important that the University retains access to at least a physical copy which may then also potentially be digitised.

It seemed possible that someone on the coast here might have a copy and be willing to donate it to Fisher. Copies do exist in other libraries such as the NLA and Parliament, but ideally USyd would have one too. (In better condition.)

This is its citation:

Evatt, HV, 1940, *Australian labour leader: the story of W.A. Holman and the labour movement*, Angus and Robertson, Sydney.

Contact: Mardi Kennedy [indigobooks@mac.com](mailto:indigobooks@mac.com)

## OCTOBER ADVENTURE WALK

The wild winds of October delayed our walk for two weeks but a number of us were keen to explore the area of Bournda behind the Red Hill Road turnoff from Sapphire Coast Drive. A surprising number of activities are situated there with the Men's Shed, the Manna Park Organic Community Garden and an Anglican Camp area.

Though the Red Hill Road is closed off to vehicles for future bridgework, the bridge is sound and we investigated the underlying structure (see photo) with its large original logs. Mike Warren led us through parts of the Bournda Nature Reserve on tracks forged by hikers, kangaroos and motor bikes under some enormous trees and wooded areas. We stopped for a break after 3 kilometres and made our way back via Red Hill Road, one of us bringing a local inhabitant back with us, a friendly tick. It's definitely that time of year so beware!

Arriving back at our starting point the group visited the community garden and admired the gardeners' produce.

Elizabeth Stacey, Adventure Walking Group member.



## FILM REVIEW - BLADE RUNNER FINAL CUT.

Blade Runner is a 1982 science fiction film directed by Ridley Scott and is an adaptation of Philip K. Dick's 1968 novel *Do Androids Dream of Electric Sheep?* The film is set in a dystopian or a failed utopian future (Los Angeles of 2019), in which synthetic humans known as replicants, are created by the Tyrell Corporation to work off-world in space colonies. These synthetic humans remind me of the Synths in the television series HUMANS where this supposedly artificial life form develops feelings and a desire to survive, thus becoming a threat to human existence. In both of these scenarios, Synths and Replicants are exploited and used by humans until they rise up against them to fight for their freedom.

Although made in the 1980's, this film has so much to say to us today as we grapple with issues of human identity, the reality of climate change, the influential power of large multinational corporations, the creation (and threat) of artificial intelligence and the prospect of travelling to outer space, or off world, as it is referred to in the film. Characters appear to be alone and without an intimate partner; one of the characters, JS Sebastian, literally 'makes friends' in the form of animated puppets. Strangely, it is the replicants and not the human characters, who demonstrate compassion and love for one another; leaving the viewer to wonder if anyone in the film is, in fact, a human being. Well worth another look, if like me, you have the DVD somewhere in your old collection, if not, you'll find it on Netflix, where you can also catch the sequel, Blade Runner 2049.

See <https://www.theguardian.com/film/2015/mar/14/why-blade-runner-is-timeless> for another review.

Kaye Separovic  
U3ASC Member.



## REVIEW – NOMADIC CONTINENTS ONE-OFF BY BRUCE LEAVER

Bruce's talk was, as always, illustrated with 174 excellent slides – which gives you some idea of the amount of material he covered, and the difficulties of summarising it meaningfully for those of you who didn't get to his talk.

So, I'm going to be fairly meaningless about it all and just talk about a couple of my personal take aways.

Even though cartographers had noticed centuries earlier that the continents looked as if they once fitted together (particularly Africa and America), they had no idea how their separation could have happened. It wasn't until the 1970s (yes, that recently) that there was final understanding and acceptance of the processes of continental drift and plate tectonics. I also find it slightly mindboggling that the coming together and separation of the continents has happened over and over again through the long history of our planet – and will happen again. If we're still alive in 50,000 years (I just made that number up – a very long time anyway), Australia will once again be joined to Indonesia as it drifts north at 7.8 cm a year (I might have made that number up too). But you get the drift – yeah, a pun!

And yes, maybe here is where I should talk a bit about the science but I'm not going to. If you'd like to know about the science, email me on [programs.u3asc1@gmail.com](mailto:programs.u3asc1@gmail.com) and I'll send you the file of Bruce's slides.

As a lover of Lessons in Chemistry by Bonnie Garmus, I can't resist adding another story to the huge, mainly untold story of women's contributions to science. The paradigm shift in earth science thinking that led to understanding and acceptance of plate tectonics was made possible by Marie Thorpe in 1953. She painstakingly waded through oceans of sonar soundings and hand plotted them onto a chart (this was pre-computers) that showed the spread of the ocean floor out from the 10,000 mile long mid Atlantic Ridge. Can you even imagine a chart showing a 10,000 mile ridge, let alone one hand plotted?



I'm sure you'll all be amazed to know that Marie's findings were dismissed as 'girl talk', while the male geoscience establishment, as those establishments did, egregiously plagiarised her work and took all the credit. Marie was finally recognised for her work in 1997.

As always, a hugely informative talk by Bruce. Check the U3A Program, and article in this newsletter, for details of his next one, on Wednesday December 13. It's on a massively important subject, bush-fires and how they behave.

Sue O'Loughlin  
Email: [programs.u3asc1@gmail.com](mailto:programs.u3asc1@gmail.com)  
Program Team

## U3ASC TURA BEACH CENTRE (TBC) KITCHEN



We are going to have a spring clean of the TBC kitchen. Many of the grocery items are well past their use-by date.

If your group has food items in the kitchen, e.g., tea, coffee, milo, sugar, biscuits, milk, that you want to keep, please check these for use-by date, and clearly mark them as belonging to your group.

For future reference, please write the date of opening on any long-life milk, so that it can be discarded when no longer safe to use.

As a health and safety precaution, all items not claimed or past their use-by date will be discarded on Friday November 24.

Thank you for your assistance with this matter.  
Michele Patten and Marg Nicoll, Team Office Coordinators.

## REVIEW – MERIMBULA MARINE RESCUE ONE-OFF HELD ON TUESDAY OCTOBER 31.

A visit to Merimbula Marine Rescue base in the Anglers Club, Spencer Park delivered in spades. The professionalism, knowledge and experience these volunteers shared was of the highest level. We are in good hands.

Marine Rescue NSW not only saves lives on the water but assists the boating community by providing a rapid response 24/7 and by offering safety and education training to the boating public.

We extend a special thank you to MMR Unit Commander Bill Blakeman (who incidentally has been named as a finalist in the Safety category for the 2023 Community Achievement Awards NSW & ACT) and Deputy Unit Commander Sonia Teston for such an interesting presentation and for showing us over the facilities. These included the training room, the radio control centre and the two rescue vessels.

Merimbula Marine Rescue is funded by the NSW Government's levy on boat registrations and boat licences, but this provides less than half of annual operating expenses. The rest needs to be raised locally, so MMR Volunteers also organise fundraising activities such as Bingo at the RSL, BBQs, and raffles.

Like U3A, Marine Rescue NSW needs volunteers. If you are interested and want to find out more, contact Membership Officer Bob Ainsworth on 0418 275 793.

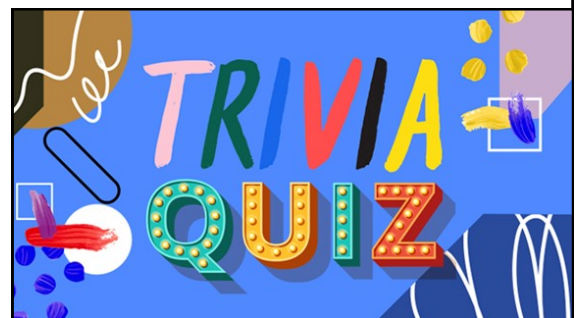
And, by the way, morning tea and those lollies went down well but I'm not mentioning who felt seasick whilst on a moored rescue vessel.

Sandy Coates – Program Team

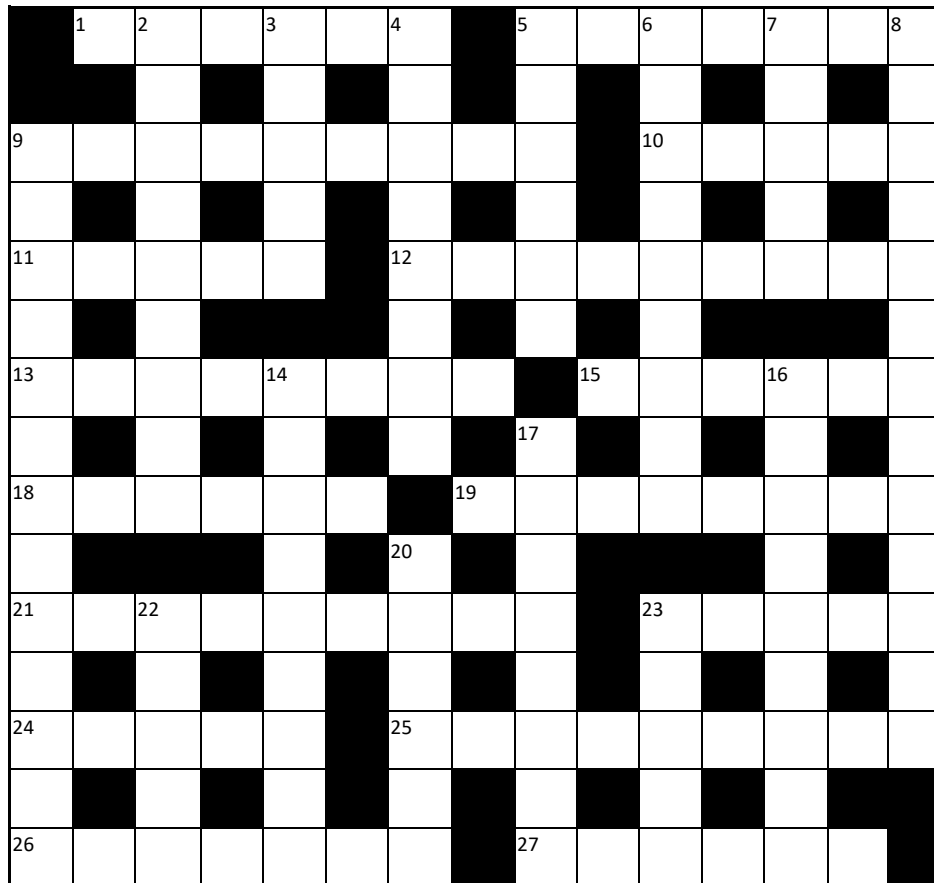


## TRIVIA QUIZ by BRIDGET O'HANLON

1. Which country are goji berries native to?
2. Which organ is affected by hepatitis?
3. What is a cacophony?
4. What is the world's largest breed of horse? (Hint: English breed)
5. Who released the song 'Heart of Glass' in 1979?
6. The island of Mauritius is in which ocean?
7. Erie is the Greek goddess of what?
8. How many career grand slams has Novak Djokovic won to date?
9. Who recently replaced Daniel Andrews as Premier of Victoria
10. What is a mullion?



## CRYPTIC CROSSWORD 2034 by JOHN SRIVENER



### CROSSWORD 2034 CLUES

#### ACROSS

1. Refrain of central part sounding to us (6)
5. Inadvertent bowl by kangaroo? (4,3)
9. Irreverent talk of spy Mabel at first hand (9)
10. Gravity taking us to zest (5)
11. Publish progeny (5)
12. Force open for performance within. Right for one who exercises a skill repeatedly? (9)
13. Press it is said to express a question of heavy timber (8)
15. Pinches outside-in birds! (6)
18. One of 4 Down to tilt the queen (6)
19. Australian musician who sounds as if the weight he consumed was the start of illness! (8)
21. Naughty? Does the short girl exist and own ? (9)
23. Perhaps seaside opera (5)
24. State he said "I could have cultivated the soil" (5)
25. Else different prudent (9)
26. He is knowledgeable, for example, and great beginning culmination (7)
27. Smoke jacket (6)

#### DOWN

2. School boss, old weight, grave marker (8)
3. Right up ease for Indian money! (5)
4. Gosh! Deep troubled farm worker (8)
5. The French may begin new perhaps and be non-expert(6)
6. Wrong thing not right but she wears it (9)
7. Wets multiple socks! (5)
8. Delay, taint and scare perhaps after expert (13)
9. Old union obtained from his prime tribe (7,6)
14. For what? We envelop Hereford less 500 (9)
16. In match in early start of innards (9)
17. All in to seize her (8)
20. King was hark-less potassium and ancient (6)
22. Informal language and used to abuse another person (5)
23. Short and rough bullock for example (5)

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



# Newsletter

Chief Editor: Michele Patten - [u3ascoffice1@gmail.com](mailto:u3ascoffice1@gmail.com)

**Contributions & Feedback**  
to the Newsletter can be sent to the  
Newsletter Team by the 1st Friday of  
every month. Send by email to:  
Trish: [u3ascoffice8@gmail.com](mailto:u3ascoffice8@gmail.com) AND  
Kaye: [kayeseparovic@gmail.com](mailto:kayeseparovic@gmail.com)

POEM submitted by BRIDGET O'HANLON, Course leader - Poetry for Pleasure

## Judgment Day

On Judgment Day Saint Peter stands,  
A list of virtues in his hands.  
As all the souls in silence wait  
To see who'll pass through heaven's gate.  
"You'll enter first," he says, "if you  
can swear your heart was always true.  
And you were constant to the end,  
A steadfast, loyal, devoted friend.  
Never spiteful, never mean,  
Unchanging through good times and lean.  
With no desire but this: to be  
allowed to love eternally."  
And this is why Saint Peter's hand  
Throws wide the heavenly portals, and  
With wagging tails and shining eyes  
The dogs walk into paradise.

*Millicent Bobleter*

### OCT CROSSWORD 2033 ANSWERS

#### ACROSS

6. Stair 7. Treatise 8. Unpleasant 9. Amen  
10. Presumes 11. Plait 12. Parallelogram 15. Basis  
17. Detracts 18. Oder 19. Tenderiser 20. Permeate  
21. Items

#### DOWN

1. Bad loser 2. Treadmills 3. Feat 4. Strata 5. Assent  
6. Suntrap 7. Transcendence 11. Prosthesis  
13. Realises 14. Mothers 15. Budget 16. Shrimp  
19. Teal

### TRIVIA QUIZ ANSWERS

1. China
2. The liver
3. A harsh, discordant mixture of sounds
4. The Suffolk Punch
5. Blondie
6. Indian
7. Chaos, discord
8. Eight
9. Jacinta Allan
10. A vertical bar between panes of glass in a window



### MANAGEMENT COMMITTEE

<b>President</b>	Paul Strutynski:	<a href="mailto:u3ascpres1@gmail.com">u3ascpres1@gmail.com</a>
<b>Vice President</b>	Garry Clear:	<a href="mailto:garrypcug@gmail.com">garrypcug@gmail.com</a>
<b>Secretary</b>	Merryn Dowling:	<a href="mailto:u3ascsec@gmail.com">u3ascsec@gmail.com</a>
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