


U3A Sapphire Coast

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 /U3ASapphireCoast/

May 2024 Newsletter

PRESIDENT'S REPORT



Two quick thoughts this month.

The first is the importance of everyone paying their \$30 annual fee. We need it to pay rent, electricity, cleaning, rates, and water bills, amongst other things. Plus, the bills go up every year. Some people still haven't paid this year's fee, but payment of the fee is not optional, it's essential. In fact, you shouldn't be attending U3A courses if you haven't paid it. It's easy to keep putting it off, but the year is a third of the way gone and it's time to do the right thing. Please help us to keep helping you.

The second thought is to give you some feedback on the main issue of discussion at the AGM at the end of March: how to ensure a steady stream of volunteers to take over from our existing volunteers (such as me) who need to move on because of family issues, giving others a go, illness or plain burnout. I suggested it in my annual report as the main ongoing challenge for our organisation.

There is no problem at the moment, but it is an issue that the Management Team will be keeping to the fore, especially since several Team members, including me, will probably be finishing up at the end of the year. The challenge is to get people to put their hands up, and there was much discussion at the AGM about how to do that, with former President Fleur Dwyer making a spirited contribution. It's now up to the Management Team to actively pursue the issue with the membership.

It's also up to you. I understand that most of you are unable to volunteer for various reasons. But some will have the capacity to do so: to serve on the Office team or Program Team or Newsletter team or Management team (or run it!); or run an ongoing course or give a one-off talk. Email me at any time if you'd like to discuss the possibility, I'm all ears.

Paul Strutynski.



Welcome New Members:

Anneke Paijmans
Dina McCoombe
Trish Westmore
Sonja Vucic
Leonie Blomfield
Andrea Hale
Jude Hanton
Rod Hanton
Karen Lott
Peter Martin
Val Martin
Sue Galea

**ONE OFFS
AND
SHORT COURSES**

Spotlight on Local History - Wednesday 8 May
The Ancient Art of Bonsai - Friday 17 May
Tour Plus @ Sapphire Coast Historic Vehicle Club - Tuesday 18 June
Ping Pong and Table Tennis - Every Thursday 2-30 May
Astronomy Talks with Dr Allan Ernest - Every Wednesday 29 May - 19 June
Tai Chi For Beginners - Every Tuesday 11 June - 9 July

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

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

TAI CHI FOR BEGINNERS

NEW SHORT COURSE - 5 classes Tuesdays on June 11, 18, 25 and July 2, 9



Learn the principles and health benefits of Tai Chi. The class will consist of gentle warm up exercises, Tai Chi movements and cool down exercises all based on Dr Paul Lam's Tai Chi style.

The series of movements taught include Tai Chi for Arthritis and the beautiful Lotus sequence.

This is a short course comprising five lessons of an hour each over five consecutive weeks.

When: Commencing 11 June on Tuesdays, 3:00 – 4:00pm

Venue: U3ASC Tura Beach Centre

Cost: \$3 cash per class

Course Leader: Linda Kavanagh

Email: ldkavanagh@gmail.com or phone: 0457 533 048

Bookings needed as this class is limited to 12 participants.
For assistance with booking contact Sandy Coates, Programs
Call/message 0416 228 211

TOUR plus @ SAPPHIRE COAST HISTORIC VEHICLE CLUB

ONE-OFF EVENT: Tuesday 18 June 2024

Come and see what this club has to offer.

The Sapphire Coast Historic Vehicle 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 owners who are passionate about their wheels.

It's a **10:00am** meet and greet with our Tour Guide at SCHV Club which has plenty of parking space. SEE you at the SAPPHIRE COAST HISTORICAL VEHICLE CLUB, off Settlers Road, South Pambula, about 10 minutes south from Merimbula Airport. ADDRESS is 15 Greigs Flat Rd, SOUTH PAMBULA.

Why not SHARE THIS EXPERIENCE and bring a guest or two.
COST \$12 per person, cash on the day.

Book on line using our U3ASC website
or phone/message Sandy 0416228211 Program contact.

U3ASC ADVENTURE WALKING

On Thursday 1st May on a fresh autumn day, ten keen walkers met at the Merimbula Aquarium and Wharf for a lovely two hour walk around some of Merimbula's hidden tracks.

Commencing from the wharf, Jeff Haynes lead us along a residential street to the beginning of the Long Point Track. The main wildlife along this track was golden orb spiders which were in abundance, webbing from tree to tree. Some looked very well fed.

From the lookout at the end of this track we had a beautiful vista north and south along the coast all the way to Green Cape. We returned along the track to Cliff Street and followed that to the roundabout to Short Point, stopping to take in the coastal views of Middle Beach from two vantage points along the way. We then followed the dirt track down to Short Point where we stopped for morning tea.

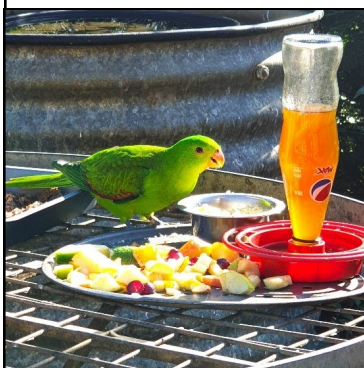
From this point we followed the edge of Back Lake for a while before taking a short climb up to Lakeview Avenue. Walking behind the houses we came out at the junction of Lakeview and Cliff Streets where we crossed over onto another track running between houses and emerging at Queen Street via Wyebo Lane. From here we walked back down to the wharf for a well- earned cup of coffee, scones and cake.

Helen Stevenson
Course Leader.



GOURMET TRAVELLER

A Place for People who Love Food and Exploring the World



A Gate Crasher invites its beautiful self to join Margaret Evans' Gourmet Traveller's lunch party at Kangarutha's wildlife preservation park just before the Tathra fires.

Some simply magic moments can become a joy to remember forever, as Margaret's photo shows

You can join in Gourmet Traveller fun by going on line or calling Margaret on her mobile: 0488 951 172.

Here 2 Help
Adult Literacy and Numeracy

VOLUNTEER TUTOR INFO SESSIONS

Here 2 Help
Adult Literacy & Numeracy

Tura Marrang Library - 17 & 24 April from 3.30pm - 5.00pm
Ph: 0425 314 023

Logo Valley State Library
NSW TAFE

TURA TABOO TOPICS



Come one, come all to Tura Taboo Topics. It's a safe space for political discussions on local, national and international issues.

If you are feeling the loss of Merimbula's **own hardcopy** newspaper Tura Taboo Topics is one way to re-engage with local issues.

Tura Taboo Topics meets at U3A's Tura Beach Centre, 10.00am to 12.00 noon on Wednesdays. We have morning tea too. Just rock up.

Peter Coates
Course Leader
Email: pete74730@yahoo.com.au

AMAZING GREYS AT THE BERMAGUI UKE MUSTER.

The inaugural Bermagui Uke Muster was on Saturday, 27th April. The U3ASC Ukulele Group, The Amazing Greys, had practised their twenty-minute set for weeks ... and weeks ... and, on the day, we were Amazing (says she, a member of the group, modestly).

It was a wonderful weekend, with uke groups from as far afield as the Central Coast and Canberra and the Blue Mountains. Lots of laughs, and great music. Loads of fun with communal strum alongs.

And none of it possible without our teacher and leader, and musician par excellence, Paul Daynes. Believe me, we all know just how lucky we are to have him in our U3ASC. Thank you Paul.



If anyone out there has thought about giving uke a go, do give it a try. Paul is great at managing the different needs of players at different levels. And the best part is, no-one else can hear you so you never need to feel embarrassed even if all you can do is strum every song with one chord.



Sue O'Loughlin
Uke Muster Attendee.



CONVERSATIONAL FRENCH won't be running in Term 2 as the course leader will be in Europe. It is proposed that the course will recommence in Term 3.

CRAFTWORKERS' GROUP at Tura Beach Country Club - time has changed from 10:00-12:00 to 11:00-1:00.

BOLIVIA GROUP ON THURSDAY 1pm to 4pm is now at the RSL. No cost. Contact - Sue Birks 0427 113 558. All welcome.



FILM REVIEW MOTHERING SUNDAY

Streaming on SBS OnDemand: <https://www.sbs.com.au/ondemand/movie/mothering-sunday/2294852675978>

This film is based on a book of the same name by Graham Swift; other films by Swift that have also been adapted to films are *Waterland* and *Last Orders*. In this film, Jane Fairchild is the first character we meet, an orphan in service as a maid in the home of an aristocratic English family, the Nivens who have lost sons during World War 1. We, the viewers, see the world through the eyes of Jane, as she shares her birds eye view of the family who employ her, after all, who but the oppressed, know their oppressors better than they know themselves?

The film exposes issues of wealth and class and of how these socio-economic advantages inevitably provide access to the literature of the day collected in the shelves of the libraries of the English upper classes. Jane, having access to the Niven's extensive library, learns how 'literature' might be written for a specific reader, how a life of adventure on the seas for boys, conditions them for war. This exposure to the written word also provides Jane with an opportunity to educate herself and ultimately, to break through the English class barrier by becoming a writer herself.

The story is infused with love, loss, beauty and grief as Jane looks back upon her time as a maid as she begins her life as an author amid a new era of social change. The cinema photography is magnificent, and the intimate play of light, poignantly beautiful. It also has a star studded cast.

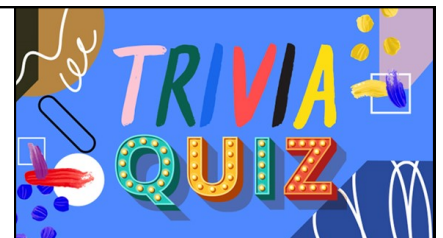
A review:

<https://rogersmovienation.com/2022/04/05/movie-review-the-loses-of-the-great-war-overwhelm-everyone-on-mothering-sunday/>

Kaye Separovic
Midweek Monthly Film Group.

TRIVIA QUIZ by BRIDGET O'HANLON

1. Of which art movement was Salvador Dali a proponent?
2. What is the only even prime number?
3. In which city did Hoadley's Chocolates make the first Violet Crumble in 1913?
4. What is the world's largest carnivore?
5. There are four strokes in an individual medley swim race - Butterfly, Breaststroke, Freestyle and ...?
6. Which landlocked Asian country is about the same size as Western Australia - Afghanistan, Kazakhstan or Mongolia?
7. Which child of Queen Elizabeth II does not share a name with a former monarch?
8. What is the lightest element on the periodic table?
9. Which religious leader once worked as a night club bouncer - Desmond Tutu, Dali Lama or Pope Francis?
10. Which actress grew up with a pet lion - Tippi Hedren, Melanie Griffiths or Jane Fonda?



VOLUNTEER



NOW'S YOUR CHANCE TO CONTRIBUTE TO U3A SAPPHIRE COAST!

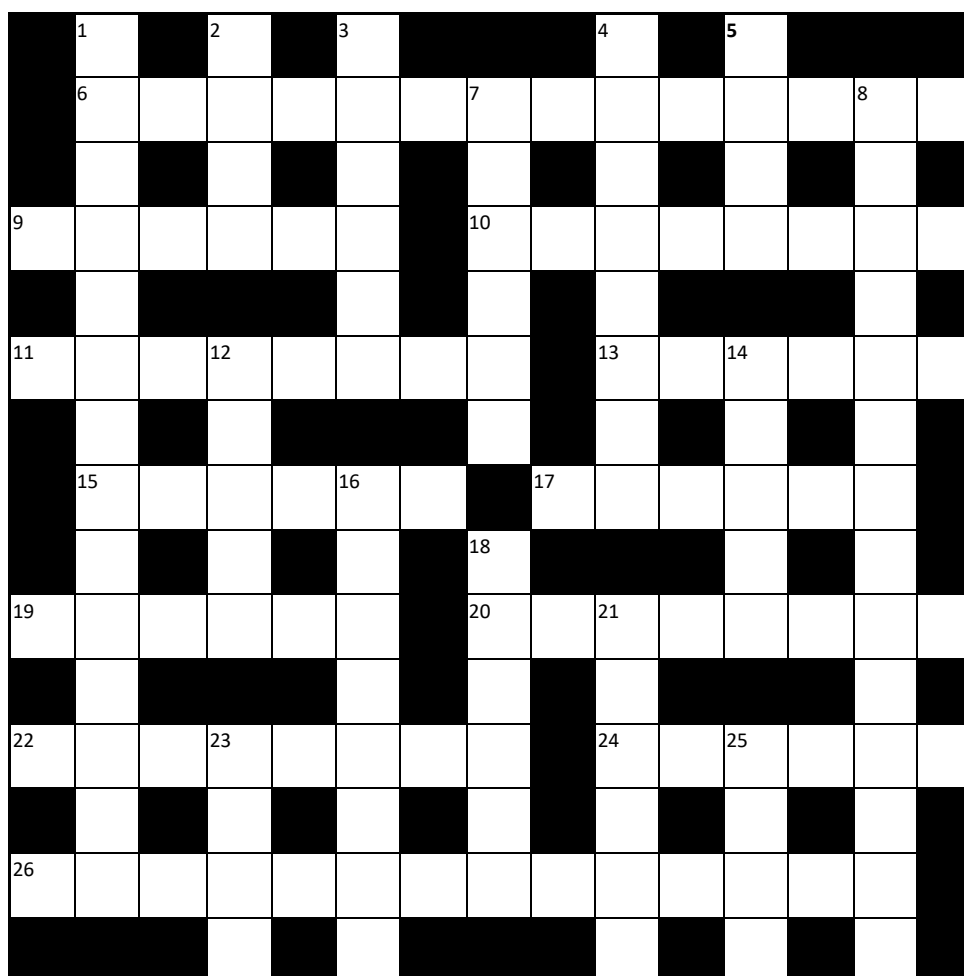
We would like to invite you to take part on our stand at the following events:

SOCIAL JUSTICE ADVOCATES MOTHERS DAY EVENT at Pambula Markets on 12 May

BEGA VALLEY MANY HANDS VOLUNTEER EXPO at Oaklands on Sat 25 May.

If you can help, please contact Michele Patten on u3ascoffice1@gmail.com or 0428 947179

CRYPTIC CROSSWORD 2039 by JOHN SCRIVENER



CRYPTIC CROSSWORD 2039 CLUES

ACROSS

- 6. Old desire which leads rough thine body part (4,2,3,5)
- 9. Gibson swallows worker on the shelf (6)
- 10. Former bird of Alabama outside (8)
- 11. Inadequate way to refer back (8)
- 13. Beginning in groin maybe (6)
- 15. Native in start of desert pomegranate seed becomes limp (6)
- 17. AA film? Mixed in Italy (6)
- 19. Plant two sounds (6)
- 20. Compelling fastener in first garment (8)
- 22. Silver state descent line (8)
- 24. Miner's box gently (6)
- 26. But those who shield us from foreign competition have not strict poise! (14)

DOWN

- 1. Garment and knife intrigue (5,3,6)
- 2. Bug flavour back (4)
- 3. Large back to allow edible offal (6)
- 4. Rots more? Place of relief! (8)
- 5. Flow penniless he said (4)
- 7. Coat ditch (6)
- 8. Conservative from winding trail-station and small identity (14)
- 12. Has been over mentioned by first weapon (1-4)
- 14. Little land is rented (5)
- 16. Area of interest for van Gogh (8)
- 18. In SE Asia manage within be and I (6)
- 21. Virginia, she is unable and devoid of thought (6)
- 23. Voice in Papal touch (4)
- 25. Besides the heart of English trumpeter Alison (4)

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

Newsletter

Chief Editor: Michele Patten - u3ascoffice1@gmail.com
 Sub-Editor: Elizabeth Stacey - eastacey@bigpond.net.au

Contributions & Feedback
 to the Newsletter can be sent to the Newsletter Team by the 1st Thursday of every month. Send by email to:
 Trish: u3ascoffice8@gmail.com AND
 Kaye: kayeseparovic@gmail.com

Here 2 Help


Adult Literacy and Numeracy

Volunteers needed

Did you know that 43% of the Australian population do not have the literacy skills to cope with everyday life?





Want to help?

You will need -
 Good levels of literacy and numeracy skills and a Current Working With Children Check.
 Training and resources supplied.



Tura Marrang Library
Wednesdays 3.30pm - 5.00pm

To apply or obtain more information contact
cayce@bmc.org.au

APRIL CROSSWORD 2038 ANSWERS

ACROSS


1. Converse 5. Adverb 9. Boadicea 10. Lesson
 12. Last 13. Grass mower 15. Advertisement
 19. Procrastinate 23. Tripartite 25. Stir 28. Origin
 29. Huntsman 30. Nonage 31. Beverage

DOWN

1. Cobalt 2. Nears 3. Erin 4. Shearer 6. Dream
 7. Elsewhere 8. Bond rate 11. Asti 14. Aver
 15. Abolition 16. Tot 17. Elan 18. Spittoon
 20. Sate 21. Intrude 22. France 24. Aging 26. Tampa
 27. Styne

TRIVIA QUIZ ANSWERS

1. Surrealism
2. Two
3. Melbourne
4. The polar bear
5. Backstroke
6. Kazakhstan
7. Andrew
8. Hydrogen
9. Pope Francis
10. Melanie Griffiths



MANAGEMENT COMMITTEE

| | | |
|----------------------------|------------------|--|
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