


U3A Sapphire Coast

ABN: 85641263291

P.O. Box 798
Merimbula NSW 2548

www.sapphirecoastu3a.org

email - u3ascsec@gmail.com

 /U3ASapphireCoast/

Nov. 2022 Newsletter

PRESIDENT'S REPORT

Our poor old Tura Beach centre!



As you know, the centre was involved in a car crash recently. Luckily, no-one was hurt, except the centre and the errant car. Also luckily, we are still able to use the main room of the centre, though we must come and go via the back door.

We are waiting a structural engineer's assessment and report, not to mention the final repairs. So quite some time could lapse before things are back to normal. (Repairs are covered by the landlord's insurance.) The door between the main room and the office is

barricaded on the office side to prevent entry. So please be careful to open it only the couple of inches needed to access the main room's light switches.

And as you know from a recent email to all members, U3A office staff who attend the centre on Friday afternoons to help people with new memberships

or renewals and take bookings for our Christmas Party have temporarily decamped to the Sapphire Club between 1:30 and 3:30pm on Friday 11 and 25.

Christmas party

Just a further reminder that the Christmas party is scheduled for Wednesday November 30 at the Sapphire Club. A U3A-subsidised three-course Christmas lunch with entertainment will cost you \$20. Bookings close on November 13. You can book on Trybooking www.trybooking.com/CDEZW or by visiting the just-mentioned office staff on Friday afternoons. Numbers thus far are low and we need more bookings to justify proceeding with the event. So, if in doubt, take the jump.

Less red tape?

The Management Team is currently reviewing our need to use attendance records for courses.

Our practice has been to keep a record of who attends courses, primarily so that we can confirm the claimant attended on the day in question should an incident arise, that may involve insurance.

We also have an incident report pro forma on our website which course leaders must fill out, and we're wondering if the incident report alone will suffice for reporting purposes.

Course leaders, and one-off presenters, can find the incident reports under "Take a Role", then "Course Leader Resources", and should always have a hard copy with them. Watch this space for the outcome of the review.

Paul Strutyński (President) u3ascpres1@gmail.com

U3A Sapphire Coast, along with our sister organisation Bermagui U3A, covers most of the Bega Valley Shire and is a great way to meet other retired people and make new friends across the entire Shire. U3A is a not for profit, world wide movement which fosters shared learning in a friendly, non-political, non-sectarian atmosphere.

No educational qualifications are required to join U3A; your 'school of life' experience is all that is required. Because everyone is a volunteer, being a member and taking part in our program is extremely affordable.



Welcome

New Members:

- Michael Frost
- Cathy Merriman
- Sue O'Neill
- Jeannie Higgins
- Peter Staubli
- Deb Staubli

PROGRAM TEAM REPORT

As you can see in other parts of this Newsletter, we still have a number of great sounding One-Offs happening before the end of the year, and I hope you'll throw your support behind the people who so kindly volunteer their time and know-how to run and/or organise these. It's been really encouraging to see larger numbers attending recent One-Offs - perhaps reflecting people returning from winter travels.

As Program Team Leader, I'm grateful for the support I get from all of the team, but I do want to give a special shout-out to Sandy Coates, who has done a fantastic job of organising such a large number, and great range, of One-Off activities, this year.

For those wondering when they'll be able to enrol in next year's courses, I'm about to email all current course leaders to find out what their intentions are for next year, hoping of course that they'll all continue what they've been doing. Once I have that information, I'll do what we call the roll-over for 2023, and you'll be able to enrol after that - provided you've renewed your U3ASC membership - probably in early December.

If any of you reading this newsletter might be considering putting your hand up to run a course next year, please ring me on 0439 809 237 to talk about it. Remember a course Doesn't have to be a full-time commitment - it can be anything from a One-Off session or workshop, through to a short course of maybe a few weeks to a full course. Also remember, you don't need to have teaching qualifications or experience - just a knowledge of your subject matter and a willingness to share that with others.

We would love to hear from you and discuss your ideas.

Sue O'Loughlin - 0439 809 237

programs.u3asc1@gmail.com

Program Team Leader

ENROLLING IN U3ASC COURSES

The details of all courses and one-off events are published on the U3ASC website before the start of each new school year, with an update prior to the commencement of each new school term.

New activities can also be published as and when they are arranged, so I recommend that you keep a regular check on our website.

Program details can be found by selecting the Courses tab.

[LINK to courses](#)



REVIEW OF OUR VISIT TO MERIMBULA POO PONDS



The word is out ...Merimbula Poo Ponds at the Sewerage Treatment Plant do NOT have a foul odour!

An interesting experience was had by all and many a question was answered. Thank you to Jason Darcy and his team for showing us around.

We certainly have a greater appreciation of the operation, the process and the

management of Merimbula STP.

Sandy Coates, Program Coordinator



ONE-OFF COURSES

- **Paper Plane Workshop**
Course Leader: Sandra Coates
Friday, November 18, 1:00-2:30pm
- **Merimbula Estuary Ramble**
Course Leader: Sandra Coates
Tuesday, November 22, 1:30-4:00pm
- **Pambula River Oyster Cruise**
Course Leader: Bermagui U3A
Friday, November 25, 9:00-11:00am
- **The Trojan War**
Course Leader: Sue O'Loughlin
Friday, November 25, 1:30-3:00pm



[LINK to one-off courses](#)

ONE OFF: PAPER PLANE WORKSHOP

Meet in the courtyard of Candelo café for coffee or a smoothie, and learn how to construct a variety of paper planes. Share your own favourite model and learn new ones such as: The Flying Wing, Javelin, Annular Wing, Loopy, or Cyrano. Then we'll adjourn to Candelo Park for flight testing.

Bookings are required for notifying the café of expected numbers; you might even consider coming early to have lunch? This is a free event with paper provided, so give your inner child an outing and come and play.

Leonie Barrett

Date: Friday, November 18, 2022

Time: 1:00pm

Location: CANDELO GENERAL STORE & CAFÉ, 48 William St, Candelo

Book: online at www.sapphirecoastu3a.org or text/message Sandy Coates on 0416 228 211 Program Team.



ONE OFF: MERIMBULA ESTUARY RAMBLE

Tuesday, November 22, 1.30pm – 4.00pm

Merimbula Estuary Ramble followed by a BYO picnic afternoon tea. Paddle along the edge of Merimbula Lake at low tide in search of hidden treasures like Moon snails, Sea Slugs, Shrimps, Hermit crabs, Rose-petalled Bubble snails, Octopi ... there's always special things to find.



We are fortunate to have two marine educators Alan Scrymgeour and Liz Allen to lead our ramble, providing assistance to find and identify the treasures of the sea. Come along and be part of this FREE EVENT 1.30 to 4pm with your AFTERNOON TEA! Make sure you bring reef boots or other footwear you don't mind getting wet. Also, wear clothes and sunglasses to protect you from the sun. Bring your phones for recording what you have discovered whilst rambling. Let's have some fun!



Date: Tuesday, November 22, 2022

Time: 1:30pm start

Location: Spencer Park, Merimbula

Book: online at www.sapphirecoastu3a.org or ring/message Sandy 0416 228 211 Program Team Co-Ordinator.

CAPTAIN SPONGES MAGICAL OYSTER TOURS

Bermagui U3A has invited interested U3A Sapphire Coast members to join them for a morning on Pambula Lake, discovering the secrets of oyster farming (and tasting the freshest oysters you'll ever have). Discover the secrets of beautiful Pambula Lake, learn about oyster farming, the river estuary and more with Captain Sponge (aka Brett) on board his oyster punt. This is a two hour oyster tasting, bird watching, oyster husbandry cruise.



These are the freshest oysters you'll ever eat! Departure time is 9:00 am but allow time for boarding, and pack your hat and sunscreen.

Some may like to lunch afterwards at one of Pambula's many eateries.

The location is the Pambula Lake Jetty and Boat Ramp at "Broadwater" just off the Princes Hwy.

Min: 10. Max: 22.

Enrolments close on November 11.

The trip is on November 25, from 9:00 - 11:00 am.

If you're interested go to u3abermagui.com.au and click on the orange button 'Register Now'.

Cost: \$40 paid in advance by credit card or bank transfer on receipt of invoice after enrolment.

THE TROJAN WAR



New ONE-OFF EVENT: Friday November 25 at 1:30pm

The Trojan War is one of the best-known tales of Greek mythology but was it fact or fantasy or a combination of both? Today the terms 'Achilles heel' and 'Trojan horse' are common expressions often used without understanding their origin.

This presentation charts the story originally ascribed to Homer and guides us through the causes, the events and the outcome of the war with some images and artefacts surprisingly held in Australia.

Course Leader: David Wardle

For further information contact: Sue O'Loughlin programs. u3asc1@gmail.com or 0439 809 237

Venue: U3A Tura Beach Centre

Cost: \$3.00

Book online OR at the Sapphire Club, between 1:30 and 3:30pm

MEET THE CHEF AT TIDAL RESTAURANT

Owners Fi and Gavin, say: "we just love everything there is about the Far South Coast and absolutely delight in being able to showcase the amazing produce from our fabulous region".

Come along and enjoy the company of other like minded U3ASC slow foodies whilst experiencing classically, French trained chef Gavin Swalwell's lunch. Tidal products are local and sourced ethically to create "the best possible dining experience."

Reportedly, Tidal's food is the best in the Bega Valley, perhaps, for good reason...join us to make your own assessment.

Date: Thursday, December 8

Location: Beach St, Merimbula

Time: 11:30am for a presentation & conversation with the chef, for lunch at 12.30pm

Cost: Expect to pay \$20 for Entree; \$40 for Main & \$15 for Dessert. Glass of wine \$10

Book: Your place or for more information: dwyerfleur@gmail.com



ONE-OFF REVIEW - IS GULAGA A VOLCANO?

Who would have thought that, to establish whether Gulaga is/was a volcano, you'd have to start 250 million years ago with the break-up of Pangea and the rift that ultimately created the Tasman Sea? To a time when Merimbula was some 400 km inland and mountains were thousands of feet higher - or not even mountains at all!



But that's what it takes and Bruce Leaver took us on a fascinating journey through the next 150 million plus years via subjects such as the different types of volcanoes, the different rocks that come out, or don't come out, of the different types of volcanoes, how you can identify long gone volcanoes in a landscape, the erosion rates (very, very, fast) of volcanoes, and where all that eroded stuff went to.

The ultimate answer to Is Gulaga a Volcano? Bruce's answer is No. It's an igneous intrusion associated with a much larger volcano that eroded away some 90 million years ago.

And if you don't understand that, come to one of Bruce's talks next year and I'm sure you'll catch up. He has some 14 talks he's willing to give for us on topics as diverse as the emergence of grasses and fungi on the planet to (the one I'm hanging out for) When Birds ate Horses.

Sue O'Loughlin - Program Team Leader

"Mindfulness" One Off Event



We have had a number of well attended one off events over the last few weeks. Last week around 20 people had the pleasure of hearing Neil Curry talk on the subject of Mindfulness. Neil stressed the importance of slowing down and paying attention to your surroundings and what you are doing. He also referred to the connectivity of everything in our environment. It was all presented so that it was easy to see how it could be related to our everyday lives.

It was also interesting to hear how he used the practice in his own life. He took us through two exercises that are designed to help concentration and relax that were simple and easy to do. All in all, it was an enjoyable afternoon and I hope he will be able to do another talk next year.

Sue O'Loughlin - Program Team Leader

U3A PROFILE – Sue Fowler

After leaving our jobs in Melbourne, my husband and I first leased a caravan park in Myrtleford, North East Victoria for approximately ten years. We then purchased a ski lodge in Marysville managing and catering for up to 60 guests.

Next stop was Merimbula in 1988. *Alley Katz* was our next purchase. It was a coffee shop/pizza restaurant. In 1992 we moved into Real Estate, purchasing Merimbula Lake Real Estate in 1997 and three years later also purchasing South Coast Strata for approximately 21 years.



I currently hold a Real Estate Agent licence, Stock and Station licence, Business agent licence and Strata Management licence. We sold both our businesses and retired about three years ago.

On retiring I was looking for an interest and came across U3ASC which I joined in 2018, later enrolling in beginners French which I am still struggling with.

I was approached and asked to take on the role as President. At first I was a little hesitant to say the least but I convinced myself that if I could deal with the personalities I did during my strata management era then I could handle this position. It was a very challenging time during Covid but with the great team members supporting one another we got through that very difficult time.

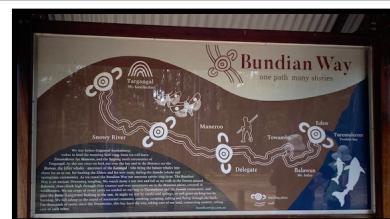
I retired from the Presidency due to family commitments. I enjoy volunteering and working with new friends, currently I am involved with the program team and management team.

I would like to encourage any member to volunteer, it is very rewarding.

Sue Fowler

WALKING - ADVENTURE GROUP WALK

Yuin Country - Cattle Bay to Quarantine Bay, part of the Bundian Way. On a sunny but cool November morning a small group of us braved a strong south westerly wind coming off the recent snows to hike along part of the Bundian Way in Eden.



The walk started at Cattle Bay in Eden next to the old tuna cannery site named for where, in the past, cattle were unloaded to swim to shore. We remarked on signs of the building of the wave attenuator in this area which is part of the upgrading of the Eden port.

To reach Corcora Beach we climbed a steep path out of Cattle Bay and clambered down again to the edge of the bay passing along both Corcora and Bungo beaches on the way to Quarantine Bay.

We hiked along the well-marked Bundian Way to enjoy the views of TwoFold Bay from the many lookouts where we could read story boards depicting local points of interest and their significance to the area.

Ian Lugton pointed out points of interest and informed us about the natural features as we walked and on the return journey Ian challenged us to some steep cliff climbing (which *he* termed minor deviations). We covered the six kilometers at a good pace and enjoyed warming food and coffee back at the Sprout Eden Café.

Elizabeth Stacey
Adventure Walking Group Member.



CRAFTWORKERS' GROUP



Barbara has finished her beautiful tapestry depicting the tall houses on the Dutch canals. It reminded us all of the home of Anne Frank and her courageous life. Barbara has a special framer in Nowra who does all her special pieces.

The conversations were fast and varied as usual last Friday. We solved all the problems facing the world. Putin, the U.N. The Italian Elections, shopping in Phuket, Marks and Spencer Vs Tesco, renewable energy, the economic problems of the U.S and the U.K. not to forget all the current social issues of Australia. (Too many to mention here).

If you would like to join us at the Tura Beach Country Club on Fridays at 10.00am. bring your hand work and join our friendly group. We love new faces.

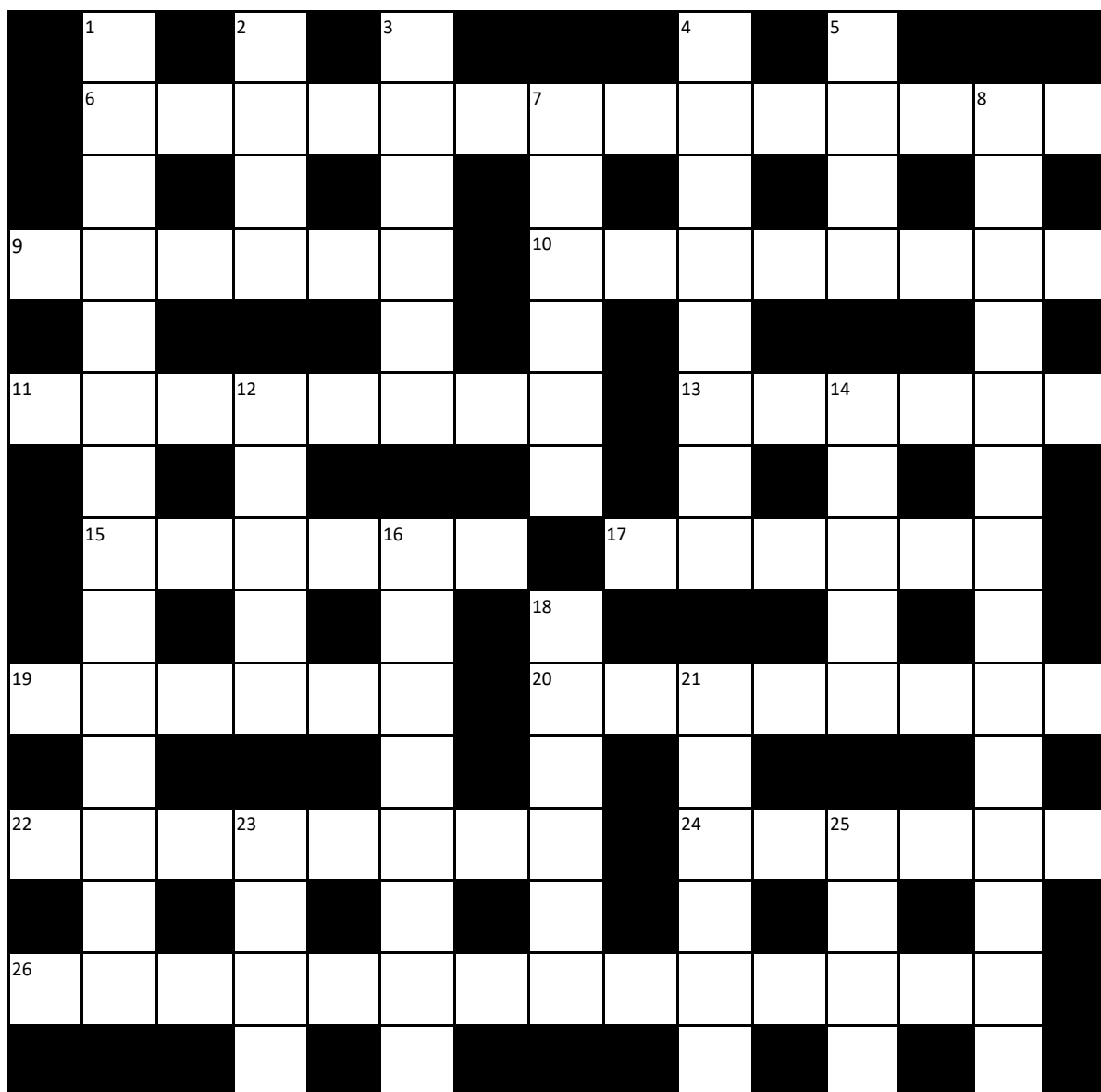
Any enquiries please contact, Monica on 0408 794 252 or monicaeddlestone@gmail.com

TRIVIA QUIZ by BRIDGET O'HANLON

1. I am a plant. Harvested young I am an edible vegetable. Left to grow I am very fibrous and used as a scrubbing sponge. What am I?
2. Approximately how long does it take for the light from the Sun to reach Earth ?
3. Which is the only blood type that is compatible with all the others?
4. Which is Shakespeare's shortest play?
5. Andrew McDonald is the head coach of which Australian sports team?
6. In which country is the world's tallest statue?
7. Are you guilty of Tsundoku?
8. What is the only number that can't be shown in Roman numerals?
9. Dogs sweat by panting T/F?
10. Name the Secretary General of the United Nations



CRYPTIC CROSSWORD 2023 by JOHN SCRIVENER



ACROSS

1. 6. Profanity disguise may cheer sexy fun, MC? (6,2,6)
9. Charm nearly everyone and capture (6)
10. Take and sell maybe bony (8)
11. Colloquially red question Sullivan for example (8)
13. Oil needed! It sounds like a bad smell within city boundaries (6)
15. Or stop soldiers (6)
17. Behind the ship a strict word (6)
19. Agricultural machine used by the soccer player (6)
20. The professional's business makes perfect (8)
22. Dunk a mat doctored in this city (8)
24. Numismatist started keeping every little old foreign coin! (6)
26. State of mind at the newspaper and sure strange taken before operations (5,9)

DOWN

- 1 Scrambled the foe between instrument and dance for the most attractive woman (5,2,3,4)
2. Cure linen colour (4)
3. Guides in bush erstwhile (6)
4. Sins of enclosures (8)
5. Cannot eat dried eggs! Begin to give up (4)
7. Hoarder you start unhappiness (6)
8. Muddled hand sleek cache. How different can you get? (5,3,6)
12. Projecting and showing self-esteem (5)
14. An occurrence for the lady by the territory (5)
16. The roots of average cuts (8)
18. Neat tree (6)
21. Calculate first after 5 directions (6)
23. Reverse destiny's frame of mind (4)
25. It is said that vase can gain (4)

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

Newsletter

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 Kaye: kayeseparovic@gmail.com

U3ASC CHRISTMAS PARTY

Wednesday November 30, 2022 at Club Sapphire Commencing at 11:30am.
There will be a three course Christmas lunch at noon.

Bring your dancing shoes as Paul Daynes' band will be playing, as well as other entertainment we have organised.

Members - \$20 per head
Purchase your own drinks

Bookings close on November 13, through:
Trybooking EVENT www.trybooking.com/CDEZW

Alternatively, you can book in person at the Sapphire Club, between 1:30 and 3:30pm on Friday.

Please notify the event organiser (u3ascsec@gmail.com) of any special dietary requirements before November 13.



CROSSWORD 2022 ANSWERS

ACROSS:

8. Traverse 9. Thorax 10. Cirrus 11. Transmit
12. Assassin 14. Gerund 16. Hood 17. Elder 18.
Save 19. Immune 21. Scavenge 23. Training 26.
In toto 27. Kalaru 28. Fruition

DOWN:

1. Brainstorm 2. Overland 3. Trusts 4. Belt 5.
Stranger 6. Mouser 7. Magi 13. Nodes 15. Navigation
17. Emeritus 18. Steatite 20. Urinal 22.
Animus 24. Real 25. Gift

TRIVIA QUIZ ANSWERS

1. A loofah
2. 8 minutes (+19 seconds)
3. 'O' negative
4. The Comedy of Errors
5. The Australian Cricket Team
6. India. The Statue of Unity (180m)
7. Buying books and not reading them, but letting them pile up on the nightstand! (Japan)
8. Zero
9. F. They regulate temperature by panting. They sweat through their footpads
10. Antonio Guterres

FOLLOW US ON FACEBOOK

Follow us on our FB page to stay up to date with the latest updates and local news events. We would also love you to share your experience and photos with us on our FB page.
www.facebook.com/U3ASapphireCoast



MANAGEMENT COMMITTEE

President	Paul Strutynski:	u3ascpres1@gmail.com
Vice President	Garry Clear:	garrypcug@gmail.com
Secretary	Merryn Dowling:	u3ascsec@gmail.com
Treasurer	Judy Brand:	u3ascstreas@gmail.com
Program Team Leader	Sue O'Loughlin:	programs.u3asc1@gmail.com
Publicity Officer	Julie Novotny:	u3ascpublicity@gmail.com
Member	Sue Fowler:	suepfowler1@gmail.com
Member	Carolyn Smith:	csmith1611@gmail.com
Member	Roger Harris:	rogercharris@bigpond.com