


U3A Sapphire Coast

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 /U3ASapphireCoast/

August 2022 Newsletter

PRESIDENT'S REPORT



SHARED ONE-OFF ARRANGEMENTS WITH U3A BERMAGUI

I recently attended the first presentation under our new arrangements with U3A Bermagui for sharing One-Off presenters. Under these arrangements, both U3As will aim to share their One-Off presenters with the other U3A, so that we can both offer a more varied selection of One-Off activities to our members than we could otherwise.

The session was a talk at our Tura Beach Centre by Bermagui's Bruce Leaver on the origins of life on Earth with a focus on the fossil evidence in the Pilbara region. It was spell-binding. Not only is Bruce an entertaining and authoritative presenter, but he

came armed with a delightful visual presentation as well.

Bruce has made many similar presentations in Bermagui to consistently large audiences, including "When Birds Ate Horses", "The Inland Sea and Opalised Sea Monsters" and "The Dinosaurs".

The only disappointing part of Bruce's talk was the low turnout. Eight people had enrolled, but only four turned up. (There were two apologies.) Luckily, two extra people arrived who hadn't enrolled. Luckily, too, Bruce is still keen to travel down here to deliver more talks in the future in spite of the low turnout. Let's hope more turn up for future presenters making the long trip from Bermagui.

U3A AND COVID

As you all know, COVID is not going away any time soon. While there are currently no government-mandated rules, there are still some sensible precautions we can all take to ensure a safe U3A learning environment.

The first is for course leaders and presenters at non-Tura Beach Centre venues to consult with participants about what COVID arrangements, if any, they should put in place. The options include mask wearing, social distancing (seated and standing), and the possible use of ZOOM. Morning and afternoon tea shoulder-to-shoulder gatherings also need some consideration.

If meeting in our own premises at the Tura Beach Centre, out of consideration for medically vulnerable members, mask wearing is strongly encouraged. In addition, social distancing should occur as a matter of course, and tea-break gatherings occur outdoors wherever possible, with entry to the kitchen being limited to one person at a time (it might help to bring your own tea or coffee). The back door should also be open for ventilation.

The key thing is that everyone feels reasonably safe, and is.

Paul Strutynski.



Welcome

New Members:

Belinda de Bortoli
Patti Wilkins
Norma King
Jeanette Redden

ENROLLING IN U3A SAPPHIRE COAST COURSES

Learn how to enrol in Courses and One - Off events on-line.

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

Click on the tab: On-Line Enrolment Instructions

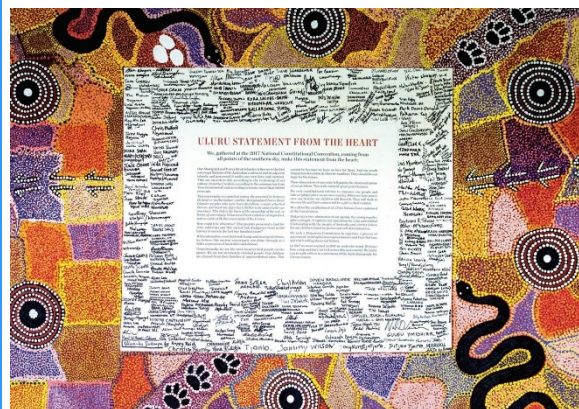
***NEW* ONE - OFF EVENT:**
TAIKO Drumming Workshop with Reiko
Saturday August 27, 2.30 - 4pm

Taiko is Japan's traditional percussion instrument. Become part of a multitude of drums beating in metrical unison to hear the energetic sounds of the taiko drum. This introductory workshop is led by Reiko, an accomplished taiko drummer who teaches with a smile.



Cost is \$10 (for hall hire and use of taikos and bachi)
Being held at Sapphire Coast Anglican College, Hall, Max Slater Drive, Bega
Enquiries - Contact Sandy (Programs) Mobile 0416228211

***NEW* ONE OFF EVENT:** Friday September 2
Educating Ourselves on Indigenous Issues



Australians may be asked to vote for changes to the Constitution, addressing the issues arising from the Uluru Statement from the Heart. Most of us learnt virtually nothing about Indigenous people and their history at school - or at University for that matter! How prepared are we to vote intelligently as informed citizens? This session is an introduction to the many ways in which we can now learn - through fiction, non-fiction, poetry, film, television, dance and biographies, to name the obvious. There is no longer any excuse for our ignorance. It is hoped that you will come away with a plan for your own education, plus some ideas of how we can share what we learn together.

Course Leader: Heather O'Connor
Time and date: 1.00 - 3.00 Friday September 2
Venue: Tura Beach Centre
Cost: \$5

***NEW* ONE-OFF EVENT:** Thursday September 8
An Interactive Experience @ PANBOOLA now this flood plain has DRIED OUT!



See PANBOOLA as you never have before with our guide Michelle who has a wealth of information which she loves sharing. There's 82 hectares to explore...discover birds, frogs, water dragons and more!

Meet 10.15 in the carpark at Watson's behind Idlewilde Motel on Bullara St, Pambula.

Our tour begins at 10.30am and finishes around 12 noon, a bargain at \$2.50
Why not complete the day with a delicious lunch in Pambula ...did I hear Oaklands?
To find out more phone Sandy (Programs Team) 0416228211 - leaving a message is fine.

***NEW* ONE-OFF EVENT:** Friday September 23
A History of Human Violence

Violence has, and always will be, endemic in human society. In this presentation, Amanda will examine the factors that give rise to violence, and trace, using quantitative and qualitative evidence, the incidence of violence in our long history. Amanda will also talk about the new and surprising patterns that have emerged in the incidence and nature of violence in the current era.



Time and date: Friday September 23 at 1.30
Venue: Tura Beach Centre
Cost: \$3
Course Leader: Amanda Bilstoft amanda@bilstoft.com or 0433129091

WALKING – ADVENTURE WALKING Thursday July 7, 2022

An intrepid group of seven set off to explore the very depths and heights of Goodenia rainforest and the Chalk Hills fire trail up to the peak of Mt Darragh.

A challenging climb over 80 “iPhone” assessed floors into the dry sclerophyll forest at the peak and then a corresponding descent into the temperate rainforest allowed us to gain an appreciation of the vast diversity of flora on offer for the bushwalker. An appreciation was gained of the potential for our 839 eucalypt species to store up to 2.5 Tonnes of carbon per ha per year in woody biomass in wet La Nina years, with yields of up to 215T per ha when harvesting timber. Sadly, we have already destroyed 92% of our white box, yellow box and red gum forests in SE Australia, with major limitations to the restoration of these ecosystems without some aggressive replanting programs. Eucalyptus seeds rarely spread beyond the height of the source tree, while environmental changes involving rainfall variability, ambient temperature increases and carbon dioxide concentrations moving from 280 to 400ppm all contribute to the prevalence of predatory insects and various diseases that challenge the sustainability of our forests. Current estimates are that we might lose up to 40% of what remains by 2050 if we cannot reverse current trends. Increases in carbon dioxide have already been shown in the laboratory to decrease the production of protective phenolic compounds, promote leaf necrosis and delay flowering of our gums with the potential to disrupt pollination processes. Hopefully the estimated 2.5T of microbes found in each ha of our forest soils will work synergistically with our trees to enhance their resilience. We will certainly need them to act as a carbon sink on our continent to help counterbalance the vast loss of tropical forests in other hemispheres and most particularly in the Amazon basin of South America. So yes, we had a lot to think about as we settled into a well-earned coffee and lunch adjournment at Oaklands on our return.

Peter Wynn

P.S. Have a look at *The Carbon Movie* on ABC iView to get a great overview of the carbon cycle.



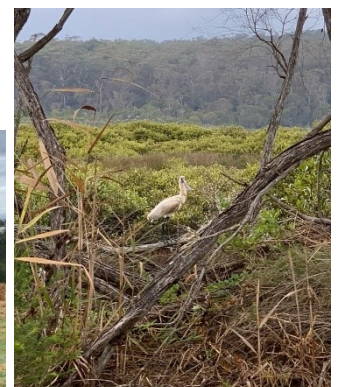
WALKING - ADVENTURE WALKING, Thursday August 4, 2022.



With one eye on the sky, and the other on the bush track, twelve U3ASC Adventure Walkers, showed more bravery than the chicken crossing the road as we set off on a 10km walk through the Pambula bush land, town and Panboola wetlands. The much-expected rain held off for us during the 3 hour walk, but as we all enjoyed a lovely lunch and well-earned cuppa at Toast, down it came and of course we all got wet getting back to the car. All part of the adventure.

Many thanks to Ann Wykes for planning and leading this walk.

Pam Summerell, Group Member



SLOW FOOD APPRECIATION GROUP



Slow Food Group cooking lesson, Monday July 11, with Nelleke Gorton, a teacher, River Cottage Australia guest and Masterchef Australia judge.

On the menu: dough, bread rolls, brioches, quiche and focaccia.

Not only was the class fun and informative, we all really enjoyed the dough making techniques and the tips, which Nelleke gave us along the way. The best part of the class was Nelleke herself, she is warm, welcoming and fun and she generously shares her knowledge of cooking. The moment of the tasting and sharing was a real pleasure and at the end of the day, we all left the class loaded with delightful recipes and a keen desire to follow up on Nelleke's numerous tips.

Thanks again Nelleke and see you soon.

Sylvie Dubrulle.



CRAFTWORKERS' GROUP

In recent months the craft group has been busy in spite of winter ailments, holidays and the scribe out of action.

Lyn has finished her magnificent rug using mono-coloured squares in a great variety of patterns. Clever Gina was able to spin and dye the yarn she used to knit her sleeveless jacket. Judy cut some woollen blankets into small squares then worked out a way to crochet the squares together into an amazing blanket. Beverley is helping to hold the blanket so that the size and colours can be seen. Cheryle is working on a very beautiful woollen embroidery which will be a bell pull in her home.



We welcome new members to the group. If you like to chat, sew, knit, laugh, drink barista coffee and learn from others we would be glad to meet you. You don't have to be clever or have a particular skill.

We meet every Friday in the Tura Beach Country Club from 10.00am till 12.00pm.

Monica Eddleston, Course Leader. Mobile: 0408 794 252

RUMMIKUB

CLASSES ON FRIDAYS AT CLUB SAPPHIRE

An update from the Rummikub Group. Just to let you know that our classes have been suspended for a few weeks until the COVID scare has lessened. I will advise the current Rubbikubers, when we will be recommencing. I will also advise Club Sapphire accordingly.

Please ring the Course Leader on 6495 3911 if you are interested in joining this class as a new member when we recommence.

Thank you,

Joan Callaway, Course Leader

MANAGEMENT TEAM MEMBER PROFILE - Judy Brand - Treasurer



I have been involved with U3ASC since moving to Tura Beach from the NSW country city of Orange in 2015. I have been interested in learning all my life, so I was keen to continue. I have found the U3A to be invaluable for me to meet new friends and become part of the local community.

I was keen to join the Third Thursday Book club. Book clubs are always hard to get into, so I was excited to find there was one with vacancies. I have remained a member of this ever since and have had the opportunity to read and discuss many wonderful books. I have tried to learn a couple of languages, but I only confirmed what I already knew at school. I do not have a talent for languages.

Art and crafts have now become a major part of my life thanks to the Thursday Art Group and Friday Craft Group.

I am not one who usually steps forward to take leading roles but when I read that a treasurer could not be found and there was a danger the U3ASC could not continue, I felt I had to. Early on in my life I was running a small retail business and I soon realised that I needed accounting knowledge to do this successfully. I enrolled in NSW TAFE and gained the Accounting Certificate.

After this I joined the Australian Taxation Office. I was fortunate to be given the opportunity to do a degree in Taxation Law with a major in accounting sponsored by the ATO. The HECS debt was paid by the ATO so long as I passed each unit so there was a strong incentive to do well.

It still has been a learning curve for me in the role of Treasurer. I have been grateful for the ongoing support of the previous treasurer, Chris Bembrick.

WRITING - THE WRITING GROUP (ALL GENRES)

Let me start with a quote from Maeve Binchy, a writer who made **real** money from her work! Well, it's something to think about:

"Writing can be very lonely, and you can get great attacks of self-doubt. So in a way it makes sense to bond with a group of like-minded people who have also set out on the same kind of journey. For one thing, it will stop you thinking that you are the only person in the world mad enough to believe that there's a book in you, and for another, it means you will meet sympathetic people instead of dealing with those who think you are crazy."

We are that group. We meet each week at Potoroo Palace in the summer and U3A TBC in the winter for coffee and cake, discussion, reading our work and even writing.

We have homework set which you can do or not, we bring in longer works for critiquing which you can do or not, we do exercises in the meeting which again you can do or not. In other words, you get from this group what you need. It's our job to be supportive, enthusiastic and that's what we are.

So, the next time you say "I haven't got time to write" then maybe a few boundaries will release the block and send you down paths in your imagination you never knew existed.

You'll find us every Tuesday at 1.00pm at Tura Beach Centre, writing, talking, laughing and looking relieved to discover it's not just you that's maybe a little mad.

Barbara Simmons – standing in for Course Leader Jane Thomson while she's away getting more writing inspiration.

NATIONAL SCIENCE WEEK AUGUST 13 – 20 SAPPHIRE COAST SCIENCE FESTIVAL 2022

Presented by the Sapphire Science Hub, Bournda EEC and Atlas of Life, the 2022 Sapphire Coast Science Week will focus on life along our coasts.

If interested, you can check out the events and activities online at:

<https://atlasoflife.org.au/2022-national-science-week> Some of them are free!

Good news!! Liz Allen who is leading the Spencer Park Tidal Ramble during Science Week has agreed to run a U3A Sapphire Coast Tidal Ramble for us in November when its warmer date to be confirmed.



MIDWEEK MONTHLY FILM GROUP



This month's film was chosen by Barb – thank you Barb – and was selected to coincide with Naidoc Week. The film was *Emu Runner*, and it is still available on SBS OnDemand:

<https://www.sbs.com.au/ondemand/movie/emu-runner/2043615299716>

The action takes place in an isolated indigenous community in New South Wales and revolves around the sudden loss of a mother and the subsequent aftermath and grief felt by the family, and in particular, Gem, the youngest daughter, the emu runner. The film exposes the fragility and consequences of creating stereotypes or making premature judgements when engaging with indigenous communities. It has a lovely here and now pace with a delightful focus on country and indigenous kinship.

Kaye Separovic, Course Leader.

U3ASC VISIT TO SAPPHIRE COAST HISTORIC VEHICLE CLUB

What a treat we had on Tuesday July 19 when a group of us visited the Sapphire Coast Historic Vehicle Club off Settlers Road, South Pambula. I'm sure we all expected to be blown away by many of the wonderful, rare and expensive vehicles housed there. But I, for one, had no idea of the fascinating history and stories attached to so many of those amazing vehicles.

We began with Vice President, Ian Showman giving us a very interesting background introduction to the formation and developing history of the Club itself.

We were then treated to a riveting commentary by Neville Leach who had a depth of knowledge about the vehicles housed in the Learmont Pavilion. Spellbinding stuff, I just wish I'd videoed it so I could listen/watch it again. So much to take in! In an era when "incredible" is a greatly overused word ...so many of those stories were just that.

Thank you so much Neville and Ian.

We wrapped up this extremely enjoyable outing with coffee and doughnuts courtesy of Sandy who organised the day.

Jan Jarvis.



TRIVIA QUIZ by BRIDGET O'HANLON

1. What is an antimacassar?
2. What is the Dickin Medal awarded for?
3. What is the name of the space telescope which takes better pictures than Hubble?
4. Where is the world's largest pyramid?
5. Horses can't vomit. True / False?
6. Is Russia in Europe or Asia?
7. According to the proverb, what makes Jack a dull boy?
8. Why is Abdulrazak Gurnah, novelist and academic, famous?
9. What are baby giraffes called?
10. In golf who is the current British Open Champion?



TEAM OFFICE NOTES

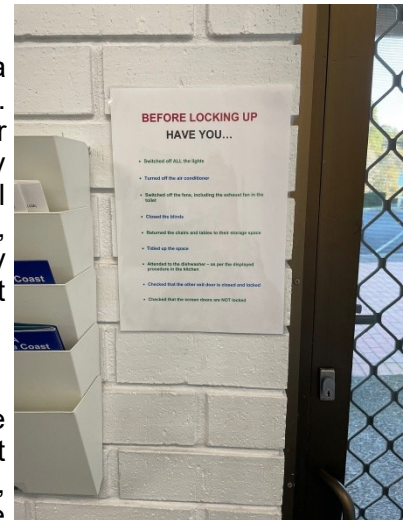
COURSE ATTENDANCE RECORDS

Attendance records are required to be accurately maintained for all classes and completed with names of the members in attendance, Course Name and Class Date.

Sheets can be downloaded from the U3ASC website: <https://www.sapphirecoastu3a.org/course-leader-resources> or collected from the Tura Beach Centre office. The Program Team can assist Course Leaders to access either blank attendance forms or forms with enrolled participants pre-printed. Completed Sheets are to be returned to the Tura Beach Centre in hard copy, or electronically to Team Office at u3ascoffice1@gmail.com before the end of each Term. These sheets are accountable for record keeping purposes and entered by Team Office onto the U3A Sapphire Coast OneDrive. Many thanks to those Course Leaders who always complete and submit their sheets promptly. We look forward to receiving the outstanding completed sheets soon.

TURA BEACH CENTRE LOCK UP PROCEDURE

There have been some concerns raised lately about the way the Tura Beach Centre has been left after classes have been conducted there. These include leaving lights, fans and/or air-conditioner on, blinds open, or rear door being left open or unlocked. These omissions are obviously security issues, so need to be addressed urgently. We would like to ask all course participants to take responsibility, along with the Course Leader, for ensuring that the lock-up procedure is completed effectively after every class. Please refer to the updated checklist that is posted beside both Exit doors to assist you with this very important task.



U3A SAPPHIRE COAST LAPTOP

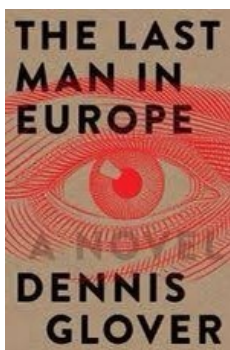
Some might say that our laptop has been lost, but I'd prefer to say that 'we are temporarily unsure of its location'. We have been told that the last person known to have possession of the laptop returned it to us. However, we have been unable to confirm who exactly it was returned to. If you have any information which might assist us in locating its whereabouts, we would be very pleased to hear from you. We desperately need it so that our Team Office volunteers can do the required admin work on their roster days.

Michele Patten, Team Office u3ascoffice1@gmail.com

4TH WEDNESDAY BOOK GROUP

The Last Man in Europe by Dennis Glover

The 4th Wednesday Book Group discussed Dennis Glover's fictional biography of George Orwell at their July meeting. The book title was the original name Orwell chose for his final book "Nineteen Eighty-Four" that has had such an impact on the generations that followed him. Based on extensive research of Orwell's life and papers, Glover explores the life of Eric Blair (Orwell's real name) from his Eton school days and his early devotion to socialism, exploring and writing about the working classes, to his despair at the emergence of totalitarian regimes in the decades before and after World War 11.

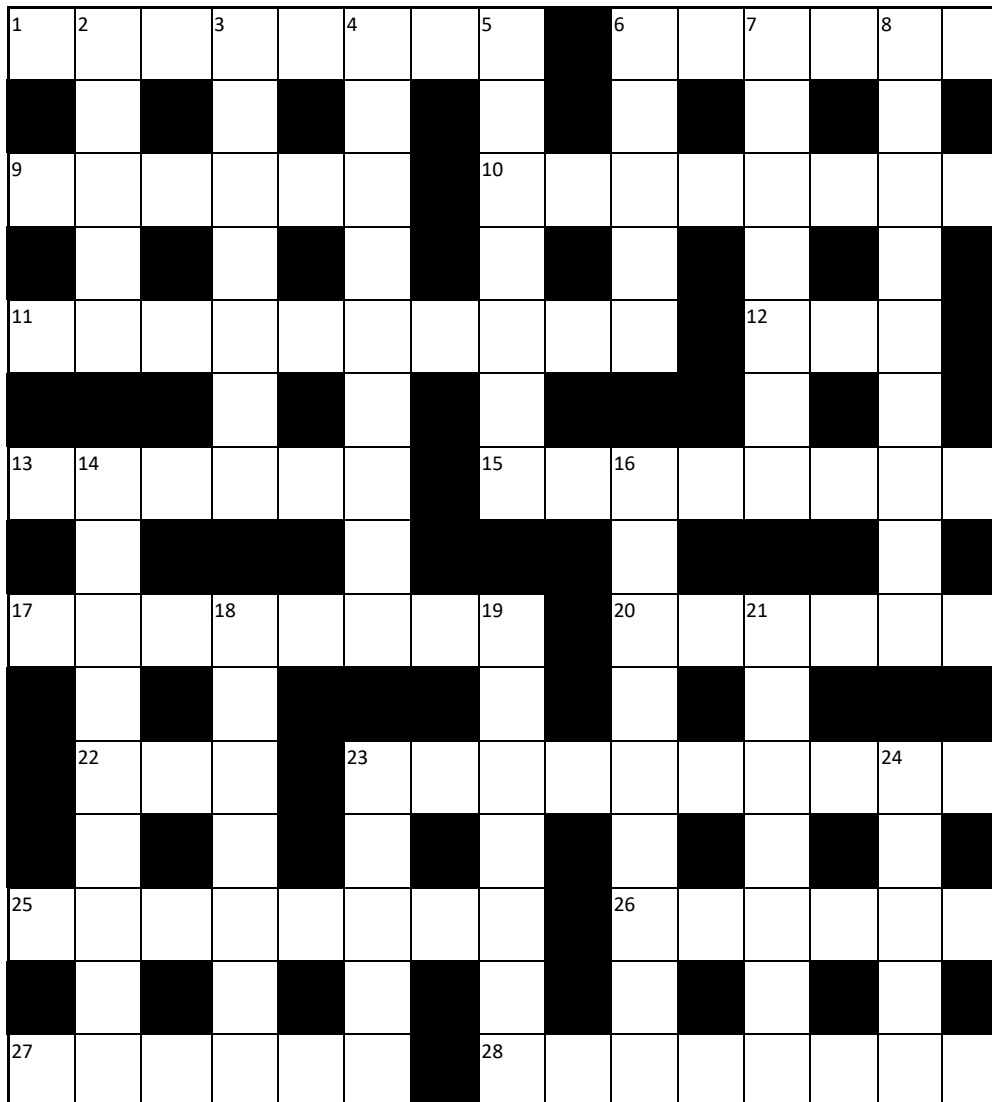


At the centre of literary and political circles of the time as an author, literary editor, fascist fighter in Spain and wartime writer and broadcaster for the BBC, the book's exploration of Orwell's ideals and writing are a fascinating reflection of his times. The development of his final successful publications of "Animal Farm" and "Nineteen Eighty-Four" are explored and described in great detail, particularly in the context of wartime and post war privations of life in Britain, his personal life and his declining health and early death.

Our group had an interesting discussion about the impact of Orwell's novels on our times and how many of the ideas he wrestled with in his writing are like so many we struggle with today: the manipulation of news, the predictability of acceptable fiction, a defensiveness of the left as defined in the cancel culture of today and the continuing power, aggression and restrictions on personal freedoms of extreme leaders from Putin to Trump.

Elizabeth Stacey, Course Leader

CRYPTIC CROSSWORD 2020 by JOHN SCRIVENER



CROSSWORD 2020 CLUES

ACROSS

1. Very swift and came across Milne character and integrated circuit (8)
6. Cricketer cooking mixture (6)
9. Counter blow (6)
10. Instrument's range-record book (8)
11. Be aware of mobile download and repeat words containing alphabetical beginning (10)
12. Place of learning whose beginnings are now undisclosed (3)
13. Improve taste of spring for example (6)
15. Pilfer foreign coin starting vengeance irrecoverable (8)
17. Grating walk in the territory (8)
20. Small crab (6)
22. Short rest of cloth (3)
23. Without effort posture of defence important on our shores (10)
25. Sends document in haste. Tree energy as stated very loud (5,3)
26. Polish again? Abrupt check (6)
27. Coincidence of 12 Across to the boy (6)
28. Reduce if fat core ails! (8)

DOWN

2. Furnish direction and sharp remark (5)
3. Ends game bluff and castles are physical exertions (7)
4. Reserve tire perhaps with sound of taste for example (9)
5. I hear TV instalments of grains (7)
6. Malady the French cornet (5)
7. Will left cricket match consumed (7)
8. Administrative authority who was former English four inside dainty (9)
14. Prolongation of emotional strain after eggs, say (9)
16. Abnormal world body about birth containing old city (9)
18. Affect greatly when I am paper maybe (7)
19. Illicitly deal in lots of vehicles (7)
21. Tradesman and vertical Queen (7)
23. One hundred and fifty belonging to a joker (5)
24. Rob a groove (5)

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



**FOLLOW US ON
facebook**

Follow U3A Sapphire Coast on our facebook 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 facebook page.

www.facebook.com/U3ASapphireCoast

PROGRAM TEAM NEWS

U3A SAPPHIRE COAST ZOOM

U3ASC is still maintaining a subscription to Zoom which allows people to hold Zoom meetings longer than the 40 minute maximum allowed with the free version. Zoom recently introduced a new security measure that involved sending a code to an email address that no-one in U3A could access so we've had our knickers in a knot for a while trying to get around the problem.



We think we've done it by getting zoom to change the email address to one we can all access if needed. So, if you need to use Zoom (and with Covid behaving the way it is, it may well be an option some of our presenters will consider once more) please contact Sue O'Loughlin on 0439 809 237 or programs.u3asc1@gmail.com for the new email (which doubles as our Zoom user name) and password.

U3A BERMAGUI



**U3A
Bermagui
& District**

We have for a long time referred to U3A Bermagui as our sister organisation in our advertising materials. So, it's great to know that the sisters are talking again (wish it was that easy with my sisters!).

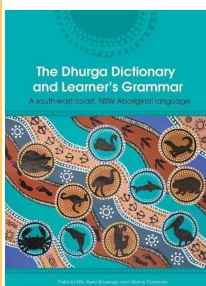
Our first One-Off talk by a U3A Bermagui presenter, Bruce Leaver, was wonderful according to those who attended, including our President who refers to this talk in his report.

If you missed this one, there will be more from Bruce, on a variety of topics. So, watch the program and this Newsletter for news of them.

This month we're advertising another One-Off talk by a U3A Bermagui presenter who has been generous enough to offer her time to travel down to Tura to present especially for us. You'll find details of Heather O'Connor's talk on 'Educating Ourselves about Indigenous Issues' in the program. See also the article in this newsletter.

Not all presenters are able to make the trip from Bermagui to Tura, but they are still happy to welcome our members to their Bermagui talks. As part of our reciprocal agreement, we've arranged for U3A Bermagui members to attend any of our One-Off talks where there are vacancies and our presenter can't travel to Bermagui (and vice-versa).

So, if you're interested in perhaps attending a U3A Bermagui One-Off talk, check out their website at www.u3abermagui.com.au. If any of their talks appeal, you can enrol online. Bermagui members will be given priority but any vacancies can be filled from our membership (your U3A Sapphire Coast membership will be checked and confirmed with Bermagui before the talk). Below are a few of the upcoming talks that have vacancies available to U3A Sapphire Coast members.



CREATING THE DHURGA DICTIONARY WITH PATRICIA ELLIS

Monday 22 August, Bermagui Community Centre

This is a repeat of a popular presentation in which Patricia, a language teacher and eldest sibling of the authors of the dictionary, talks about the background and history of the creation of the dictionary.

PROGRAM TEAM NEWS (continued)

AN INDIGENOUS TALK AND WALK WITH GARRY CAMPBELL



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

Talk - Thursday August 25 10.30 - 12.30 at the Bermagui Community Centre, Bermagui
Walk - Thursday September 15 10.15 - 12.15 Bermagui, Wallaga Lake and Camel Rock

Description: This class consists of two parts: first the talk and second, the walk. Garry Campbell is a traditional owner and custodian and has spent his life in Bermagui and Wallaga Lake. He will talk about the past, present and future of the Wallaga Lake Koori Village. He will also talk about the sacred and historical sites that we have in our area and their importance and need for their preservation and protection.

Cost: \$4 and morning tea will be provided.

In the second part of Garry's class, following up on his earlier talk, Garry will lead us to the important indigenous sites now listed by the National Trust. Weather permitting, we will travel in convoy and walk around Camel Rock, Wallaga Lake and Bermagui.

Meet and greet in the carpark of the Bermagui Community Centre at 10:15am for a 10:30am start. Wear sensible clothing and shoes. BYO snack and drink.

U3A Sapphire Coast has been able to reciprocate with three of our presenters being happy to present their One-Offs to U3A Bermagui as well as to us. A huge thank you to Paul Strutynski, David Wardle and Amanda Biltoft. Amanda and David will be presenting their One-Offs at TBC in September and November so watch out for news of them, and check the program online to enrol.

Sue O'Loughlin, Program Team Leader

JULY CROSSWORD 2019 ANSWERS

ACROSS

1. Amortise 5. Buffet 10. Australia 11. Carat
12. Easel 13. Metronome 14. Recent past
17. Toff 20. Yass 21. Sole trader 23. Maintains
25. Adieu 27. Trace 28. Cleopatra
29. Dreamy 30. Beanpole

DOWN

1. Amateurlly 2. Ousts 3. Terylene 4. Salem
6. Uncool 7. Far too old 8. Title 9. Bad taste
15. Castigate 16. Province 18. Fortunate
19. Bread pan 22. Stream 23. Muted 24. Sieve
26. Intro

TRIVIA QUIZ ANSWERS

1. A piece of cloth over the back or arms of a chair to protect the fabric from dirt.
2. Animal bravery in war. (Founded during WW11)
3. The James Webb Telescope (owned by NASA)
4. Mexico. The Great Pyramid of Cholula
5. True
6. Both. The Ural Mountains mark the border between Asia and Europe
7. All work and no play.
8. Abdulrazak Gurnah Won the Nobel Prize for Literature 2021
9. Calves
10. Cameron Smith

MANAGEMENT COMMITTEE

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