

U3A Sapphire Coast

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April 2023 Newsletter

PRESIDENT'S AGM MESSAGE



Thank you for turning up. AGMs are not known as fun events and that's understandable because they normally consist of people standing at the front droning on. I will be no exception.

There's a number of things I want to cover on behalf of the Management Team. One is to mention some of the things I think we have achieved this year. The second is to mention one or two of the challenges facing us over the rest of the year. And third is to say thank you to the many people that deserve recognition and thanks at events such as this.

First, our achievements, modest as they are.

On the financial front, one achievement has been to keep an annual fee increase at bay. We conducted a rough survey of around 25 U3As up and down the east coast and found our fee was near the bottom, with the average nearly double ours. Even so, we decided to keep it that way - for now at least. It means running a deficit, but we have money in the bank to cover such things for quite a while, as well as unforeseen contingencies.

Speaking of the deficit, I should mention that it is lower than it would otherwise have been, had we been paying full rent over the course of the year, which we haven't thanks to the generosity of our landlord in these COVID times. The deficit would otherwise have been around \$5,000, which is around the same as the deficit we would have had in 2021 had we been paying full rent that year as well.

A second achievement has been to develop closer ties to Bermagui U3A with the hope of broadening the range of courses and one-off presentations we are able to offer members. As a result, we've had a number of Bermagui presenters come down here and present some very interesting one-off courses. We hope to continue and build on this very pleasing development.

A third achievement has been to eliminate the need for course coordinators to keep class attendance records and check attendance at each meeting. This had been deemed necessary for insurance purposes, but we managed to eliminate the need after discussions with the insurer, while, importantly still ensuring members are protected by insurance.

But we still have challenges ahead. The main one is recovering from COVID. Prior to COVID, we had between 500 and 600 members. At the height of COVID our numbers dropped to half that or less. They have recovered somewhat, to 360. But it's not the resurgence we had hoped for.



Welcome

New Members:

Sally Woods
Kay Leishman
Mary Armstrong
Louise Witheridge
Therese Griffiths
Warren Young
Rose Ferguson
Marilyn Mitchell
Bev Meier
Ray Vran
Trish Young

PRESIDENT'S AGM ADDRESS (continued)

The issue is that while our numbers may have dropped, our bills have not. In fact they are going up with inflation and so we need to ensure our membership numbers are going up as well to cover our increasing costs.

Our main strategy to address this issue is for our hard-pressed Program Team to continue to crank out as wide a range of courses and one offs as possible to help attract new members. If there's something on offer that appeals to you as a potential member, you'll join; if there isn't, you won't. We're also developing a modest PR strategy to help boost membership numbers.

Finally, the "thank yous".

I don't plan to name individuals for two reasons. One is because naming some people means you're not naming others, which has obvious risks. The second reason is that all of us who run U3A now operate in teams and should therefore share both the brickbats and bouquets.

So first, I want to thank course coordinators and presenters. Without them we would not have U3A. So, as always, our sincerest thanks. Really, truly, we do thank you.

Second, the Program Team. As U3A insiders know, it's the Program Team and not the Management Team that is the backbone of the organisation. But even short-staffed, they always come up trumps (if you'll excuse the expression). So a big, really big, thank you to them.

Third, the Office Team, who do critical but unheralded work every Friday afternoon to help with enrolments and other queries. I suspect our membership would be much lower but for them. Thank you all.

Next, the Newsletter Team which, as you all know each month puts out a most excellent newsletter. It's become the glue that binds us all together. Well done Team.

Then, Terry Prowse who manages our website on her own (and is not part of a team). Terry always quickly updates the site as required and deserves our gratitude - the website also being critical to our operation.

Finally, the Management Team. You want people on a MT who see things from an organisation-wide perspective, who work as a team, and who are not looking to push any personal barrows and the like. You have had that with the current team - in spades - and I would like to thank them for their sound stewardship of this organisation.

And thank you for your time, and your very important attendance today.

Paul Strutynski
President

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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



AGM

Annual General Meeting

U3ASC AGM

The 2023 AGM was held on March 31 at Club Sapphire, with 13 members in attendance, and apologies from 12 members.

President Paul Strutynski welcomed those present and invited members to actively participate in the proceedings, welcoming questions and comments.

His president's report is included in full in the President's column – he noted our achievements and challenges, and acknowledged the efforts of so many who work to ensure U3A runs smoothly, and can therefore offer a wide variety of courses and activities. There are many people working behind the scenes and their efforts are very much appreciated.

Judy Brand gave the treasurer's report, noting that we have been fortunate in not needing to increase fees, and that we are operating at smaller deficit than otherwise might be expected, largely thanks to the generosity of our landlord in giving a significant rent reduction during Covid. Most of our costs are not discretionary, and some of our expenses, especially insurance, have increased dramatically. She, with the committee, will be closely monitoring the situation during the next year.

Both Paul and Judy expressed concern that membership numbers have not bounced back after Covid, which led to a robust discussion about our finances, and our public profile. Lots of suggestions and ideas were canvassed. Paul, in collaboration with the committee, is developing a PR strategy aiming to broaden our reach and profile in the community.... Watch this space.....

And so to the election of the committee – there were 8 nominations for the 8 positions, and the new committee was declared elected as follows:

Paul Strutynski	President
Garry Clear	Vice President
Judy Brand	Treasurer
Merryn Dowling	Secretary
Sue O'Loughlin	General Committee, Program Team Leader
Carolyn Smith	General Committee
Roger Harris	General Committee
Sue Fowler	General Committee

The Committee will be holding its first meeting at the end of April.

Thanks to everyone who contributed.

Merryn Dowling

Tech Training Classes @ Tura Marrang Library

10:30am - 12:30pm each Wednesday

[26 April - iPads - Your Questions Answered](#)

[3 May - Introduction to Video Calling](#)

[10 May - Introduction to Email](#)

[17 May - Shopping Online](#)

[24 May - Borrowing e-books and eAudiobooks](#)

[31 May - Introduction To The internet/Seniors card website](#)

Bega Valley Shire
library

FROM THE PROGRAM TEAM ...



First up, I want to send out a very big thank you to Elizabeth Stacey and Melanie Weckert. Both responded to my desperate plea for help in the last newsletter and have put their hands up to join us. Elizabeth comes with all the benefits of having been on the Program Team in the past and having a wide knowledge of things U3A from her other experience (including being on the Newsletter Team). Melanie comes with all the benefits of being relatively new to U3A, and therefore bringing fresh eyes to what we do.

If anyone else out there has thought about volunteering but held off for whatever reason, please contact me (Sue O'Loughlin on 0439809237) soon. We'll be having one of our rare face-to-face meetings very soon. And we'll be providing a bit of training/mentoring where it's needed to our new members.

One-Offs

As you'll see in this newsletter, and in the Program, our One-Off offerings continue to grow. There's something on every Friday through May, with a great variety of content.

Sandy Coates continues to come up with great experiences for our members – check out the Discover Historic Pambula adventure on May 4 and the talk by light house keeper, Greg Hansen, on May 19.

Our close relationship with Bermagui U3A continues to bear fruit with three of their presenters generously sharing their expertise with us – Bruce Leaver with another of his fascinating talks on this planet we live on, on May 5; Ruth Haggart leading an Art Therapy workshop (numbers strictly limited so get in early) on May 12; and Ted Beardow with a fascinating look at crime fiction 'heroes', on June 23.

And there's a new one, by one of our own members, that may not yet have made it into the program, but will be there soon – **Mindfulness in Ageing by Neil Curry.**

Neil ran a very well-received workshop on Mindfulness for us last year and has come back with an angle on it that will be very relevant to almost all of us in U3A.

The course description is:

'We all know that as we get older we gradually lose some of our abilities and slow down. Some of our friends and relatives get sick and some may even die. We don't know what the future holds. How can we approach this mindfully so we don't get overstressed and anxious'.

Neil's workshop will be at the Tura Beach Centre on Friday May 26. Enquiries can go to him at neilcurry49@gmail.com.

Tura Beach Centre

The repairs to our Centre are still struggling on to completion, and I want to thank all of our members and course leaders and, of course, our Office Team, who have been so patient with having to use the back door. I know it makes things hard for many who have a lot of equipment to carry, or who have difficulty walking.

We are on that frustrating home-stretch where there are just a few little things to be done before we can safely use the front door – things like getting the carpet, which is currently a bad trip hazard, fixed. And getting the lock on the front door rekeyed so we can all use our existing keys to open it.

On the subject of keys, does anyone know the answer to the MYSTERY OF THE MISSING KEY? Here's what I know – the builders left a key to the front door with the bakery. On either Monday afternoon or Tuesday morning a couple of weeks ago, a man took that key from the bakery, the front door was found open on Tuesday morning, and the key hasn't been seen since. ????????

FROM THE PROGRAM TEAM ... (Continued)

But back to repairs. The work is in the hands of our very helpful landlord and we are hopeful it will be done soon. Other work that needs to be done – such as replacing the front blinds and the writing on the window, and cleaning the carpet won't affect our ability to use the front door.

And finally ... Please remember that everything that gets done in U3A gets done by volunteer members. We are particularly dependent on our wonderful course leaders who allow us to offer a large and diverse program. And we are always interested in making it larger and more diverse. So, if you have an area of expertise, passion, or interest that you could share with other members, please think about offering it as a course, or a short course, or a one-off presentation or workshop. Absolutely no qualifications are needed beyond your willingness to give it a go and knowing a little more about the subject than the people attending the course

😊. We'll give you all the help you need along the way.

For now, is there anyone out there who can teach Mandarin or Welsh!

Sue O'Loughlin
Program Team Leader

NEW ONE-OFF COURSES

Discover Historic Pambula - Thursday May 4

Empire of the Grasses - Friday May 5

Art Therapy - A Deep Play with Ruth Haggar - Friday May 12

The Lighthouse Keeper - Friday May 19

Mindfulness in Ageing - Friday May 26

Crime Fiction Heroes in Movies, TV and Novels - Friday June 23



ONE-OFF - Save the date

DISCOVER HISTORIC PAMBULA... Thursday afternoon May 4



Feast your eyes on items from a bygone era whilst sipping your preferred tea and nibbling on scrumptious delights at STELLAS VINTAGE TEA ROOM.

A short walking tour to view and discuss buildings of historical significance is also planned.

Come along and enjoy stepping back in time.

WHEN: 2pm Thursday May 4

WHERE: Stellas Vintage Tea Room, Shop 4,
33 Quondola St, PAMBULA.

COST: \$12 Devonshire Tea or \$15 Cake &
Tea

Bookings are essential so best to get in early.

Enquiries: Sandy Coates 0416228211 Programs
Team

INSTRUCTIONS FOR ONLINE ENROLMENT IN COURSES AND EVENTS

a. Log in to manage your enrolments by clicking on the Member Log-in button on our home page at <https://www.sapphirecoastu3a.org>

b. After you login, the next screen you will see is your Membership Status page. You can select actions in the lower part of the screen.

c. To enrol in a Course or Event click on the Classes 2023 button and follow the directions to enrol in the class/es you would like to attend.



Empire of the Grasses
ONE OFF EVENT: Friday May 5

Bruce Leaver, from Bermagui, will deliver another of his fascinating talks about the evolution of this planet we live on.

As Earth cooled and dried out, culminating in the ice sheets, one group of plants adapted and emerged to dominate arid ecosystems separately on every continent. The great grazing herds and ancestors of humans were part of these new ecosystems. The grasses went on to provide major food sources for human settlements and domesticated livestock.

Course leader: Bruce Leaver

Program Team contact: Sue O'Loughlin 0439809237 or programs.u3asc1@gmail.com

Where and when: Tura Beach Centre, Friday May 5 from 1:00 – 3:00pm

Cost: \$5 (which includes a contribution to Bruce's petrol costs)

BYO arvo tea or buy at the bakery

Art Therapy - A Deep Play with Ruth Haggar
ONE-OFF EVENT: FRIDAY May 12

Art Therapy is a gentle yet powerful tool for accessing your inner world. It can be useful for addressing health and well-being issues and provide insights into deeper aspects of ourselves. In this 3 hour introductory session we will learn to relax into some spontaneous play and see what unfolds. No artistic experience required. I have been working with art therapy for many years and incorporate it into my naturopathic practice.



Where and When: Tura Beach Centre Friday May 12 from 1:00 – 4:00pm

Cost: \$12 (this includes all materials, afternoon tea and a contribution towards Ruth's petrol as she is coming from Bermagui)

Course Leader: Ruth Haggar 0407510076

Program Team Contact: Sue O'Loughlin 0439809237 or programs.u3asc1@gmail.com

SAVE the DATE Friday May 19, 1:00 pm start
ONE-OFF EVENT – THE LIGHTHOUSE KEEPER

Our presenter Greg Hansen is Engineer Manager with the Australian Maritime Safety Authority which involves the management of AMSA's marine aid to navigation network asset management, engineering and project delivery function. Greg has been working from home in Kalaru for the past 4 years.

Greg's talk will describe the life of a modern-day lighthouse engineer, some of the challenges experienced, will describe modern optic technologies adopted in historical lighthouses and enhancing off-shore assets resilience to large storm events. Question time rounds off Greg's presentation.

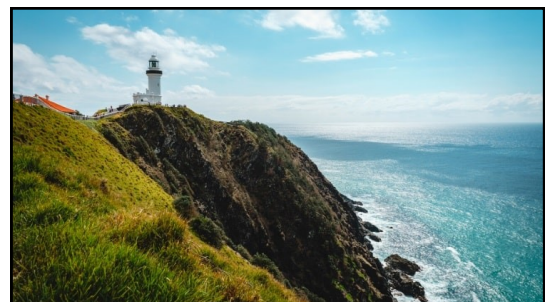
When: Friday May 19, 1:00pm – 2:30pm

Where: U3A Sapphire Coast Tura Beach Centre

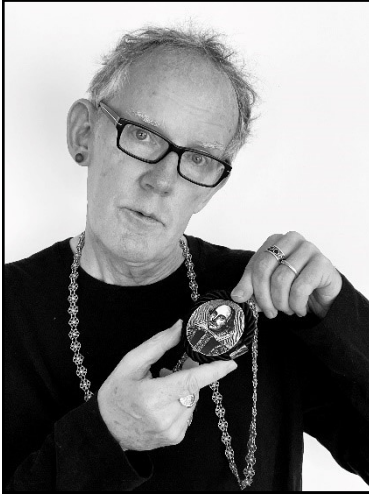
Cost: \$4 which includes a cuppa

Bookings appreciated

Enquiries: Sandy Coates 0416228211 Programs Team



BESOTTED WITH THE BARD SONNET PERFORMANCE. BEGA VALLEY SHIRE COUNCIL



Join local poet Kai Jensen as he shares his passion for Shakespeare's sonnets across four Saturdays at Tura Marrang Library in June and across four Saturdays at Bermagui Library in July. To help the audience fully appreciate the sonnets, Mr Jensen will introduce the topics and any unfamiliar Elizabethan words before every 10 sonnets.

"Some people can be shy of Shakespeare's language, but if you can get past the 'thou dost' and 'she doth', he can sound quite contemporary," Mr Jensen said.

The free Saturday performances will be held between 10:30am and 11:30am. Each will be followed by a discussion of the sonnets for those who want to stay.

The sonnet performances will also be broadcast via Zoom. For additional details and dates and to book a free ticket, head to the Bega Valley Shire Library website and follow the links or phone 02 6499 2340.



MIDWEEK MONTHLY FILM GROUP

THE DIG

Our group loved watching this film, some for the second time, and reappreciated the visual information therein revealing the status quo in England in the late 1930's. The clothes worn, the body language, the tradesman's entrance, the inaccurate attribution of the findings in the dig, were all indicators of social class. The accents, some so cultured, others not so. There was a strong emphasis on education as the realm of the worthy aristocratic class and assumptions made about the uneducated were founded on class snobbery. Basil Brown's exceptional archaeological experience accounting for nothing; he referred to himself as an excavator in lieu of an [archaeologist](#); apparently everyone knew their place within the social hierarchy.



The story has everything, history, drama, love, tragedy, loss, homosexuality, warfare, envy, class discrimination, passion and compassion. Humility is found in the uneducated Mr Basil Brown, his wife and Mrs Pretty, the widow on the property where the dig takes place; but not with the supposed educated experts. Only recently has Mr Brown been accredited with finding the artifacts from the sixth century at the dig, now stored in the British Museum.

See fabulous information about the actual dig at: <https://www.britishmuseum.org/collection/death-and-memory/anglo-saxon-ship-burial-sutton-hoo>).

We watched the film on Netflix.

Kaye Separovic
Course Leader.

U3A COURSE LEADER PROFILE



Hello, my name is Donna Uren and I currently lead the third Wednesday book club.

Before retiring and moving to Tura Beach in 2015, I had a career in nursing and midwifery. Most of this was spent in neonatal intensive care and, towards the end, I became a nurse educator. I was a navy wife resulting in a very mobile lifestyle. Our family had many moves both interstate and internationally. On our last posting we lived in Kuala Lumpur Malaysia. While there I was fortunate to meet a wonderful woman who engendered in me an interest in writing. Her motto was to feel free to write the best rubbish ever

written. This unlocked me from my inhibitions and fear of not writing perfect prose. It felt wonderful to just write and let it flow. Having never felt creative it was great to have an outlet at last. I had always been a reader, but her influence also led to a greater interest in exploring a more diverse range of literature and authors.

New to the area, a friend put me in touch with Lindy Fisher who was starting up this book club. This led to my joining U3A in 2016. Through my involvement in Lindy's group, I met a lot of lovely friends and we have enjoyed a lot of reading and friendly interaction. We use a collaborative approach in our group. Every year we each suggest a book and then lead the discussion on the month that our book is discussed. It makes for varied reading, a shared workload and diverse approaches to the discussion. It seems to work well for us, and we have been together for many years.

I took on the Course Leader role only recently when Lindy was unable to continue. It is not an onerous role as we all take an active role when it is our month. I am still new to being the leader, but I think so far it is going well.

Over the years I have enjoyed many courses with U3A such as a wine appreciation course, which once again led to a group of fabulous friends. Others have been French, a writing group, trivia, taboo topics as well as many one off and short courses. Previously I led a golf group, not teaching but liaising with the golf pro and arranging discounted blocks of lessons for our members. I was briefly a member of the programs' subcommittee. As a result, I appreciate the hard work of all the U3A volunteers.

Away from U3A I am always trying new things. Lately that has been pétanque, indoor bowls and swimming. I have a plot at the community garden and bumble along with that. My husband and I enjoy travel. Once that was international, but recently we have rediscovered Australia and are loving travelling around in our caravan. My husband and I have three children. Two are married with a family and the other has a lovely girlfriend. We are blessed with six wonderful grandchildren.

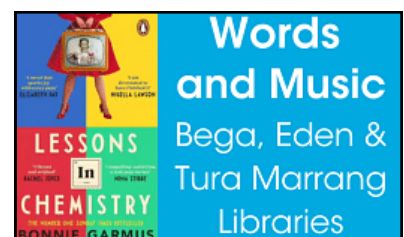
There is currently space in our group for more readers if you are interested.

Bega Valley Shire Library invites senior members of the community to attend the Words and Music Program at Tura Marrang, Eden and Bega Library.

Friday May 5, 10:00am at Tura Marrang Library

Saturday April 29, 10:30am at Bega Library

Wednesday May 10, 10:00am at Eden Library



SAVE the DATE Friday May 5 9:30am start

WALKING - easier than Adventure Walking



Improve your fitness and your GET UP and GO!
60 minutes of brisk WALKING followed by optional cool down stretching.
Increases your heart rate, stimulates circulation and improves your mood.

MEET at 9:20 for a 9:30am start every Friday in Terms 2, 3 & 4.

Starting date Friday May 5.

As a variety of locations will be hiked, a map with starting place and details of each walk are emailed a few days prior.

Walking Leader - Sandy Coates

Mobile 0416 228 211 or email u3ascoffice9@gmail.com

Want to give it a go! Book online or message Sandy.

* A Health & Fitness Screening Form will be emailed, which needs to be completed BEFORE participating.

MAH JONG - ON MONDAYS

Our numbers have started to climb again during first term. We have been averaging 13/14 players most Mondays, which is terrific. There are still some of our regulars not back yet but we have some newbies started as well. We all enjoy the game of Mahjong and the company each Monday.

We also look forward to being able to enter the front of the building. We now know that the parking at the rear of the building is for the businesses and not for the general public!
Hope to see you all at Mahjong. 1pm Mondays.

Louise McGrath Course Leader



*Our small Christmas gathering.
(A lot of our players were off doing other lunches and some were away already.)*

ITALIAN FOR BEGINNERS (GRUPPO#1) – CONTINUING.

Our U3A Continuing Italian class recently enjoyed a wonderful lunch on a beautiful autumn day. Our hosts, Tracy and Jon kindly offered their beautiful home and class members all contributed delicious Italian food and wine for the occasion. A selection of antipasti and cheese was followed by lentil soup and seafood stew, accompanied with home grown salad and vegetables and ciabatta.



And to finish...some excellent torte, gelati and biscotti. Carmen and Ray's homemade limoncello was a real treat!

Our lunch was also an occasion to meet up with partners of class members before we travel to Italy in early May. We will be attending a two-week Italian language and culture experience in Menaggio, on the shores of Lake Como, which has been organised by our wonderful teacher, Teresa Hamer.

News of our travels will follow....buon viaggio.

Catherine Murphy

SFAG (SLOW FOOD APPRECIATORS' GROUP) PASTA MAKING MORNING.

As two newbies from Canberra U3A we signed up for the Slow Food Italian Pasta Making class held at Jon and Tracy's home and what a knock out it was! We learned how to make fresh pasta and everyone had a go with pasta machines set up all over the place.



Master Pasta Maker Jon leads SFAG through a fun morning of preparing, cooking and eating wonderful food.

John was an excellent instructor and Tracy and he had done a lot of preparation for us beforehand. We learned so much about various techniques and then all sat down to eat our pasta with the ragu sauce or puttanesca or spinach and ricotta ravioli. In our case all three! All on a beautiful day with the room opened up to the sound and sight of the ocean. Canberra eat your heart out!

Stella Procter and Roger Stevens, SFGA Course Members

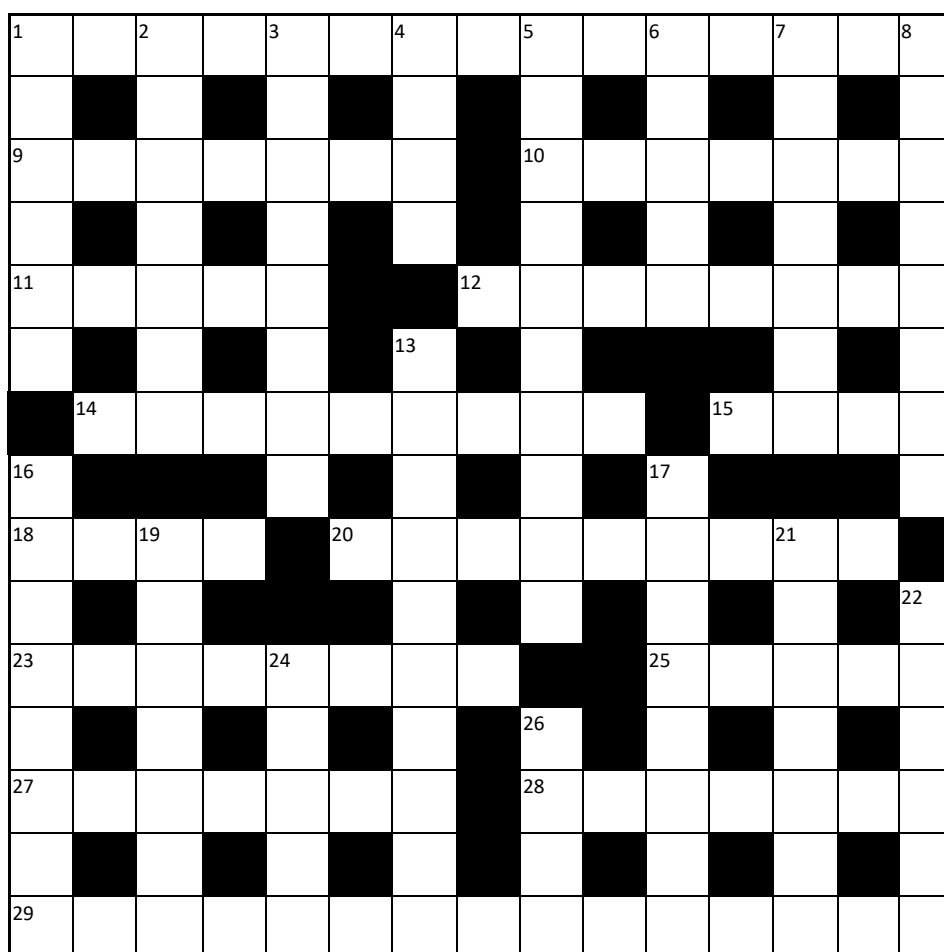


Jenny focussed on dough consistency



Ray puts a bit of muscle into his kneading

CRYPTIC CROSSWORD 2027 by JOHN SCRIVENER



CRYPTIC CROSSWORD 2027 CLUES

ACROSS

1. Nonsense of a cargo of shoe-men (1,4,2,8)
9. Inters empty sounding bones perhaps (7)
10. Good lord beginnings shine together in common language (7)
11. Morally pure wash (5)
12. Customary received (8)
14. Philosopher damaged stair and mixed languages other than 10 Across (9)
15. Charge 50 sensation (4)
18. Stride cut-off and last of first! (4)
20. Fastening substances had sieves (9)
23. Gambling games make shift bridges! (8)
25. Now record junction expert (5)
27. Clear it of detailed statement (7)
28. Archbishop was neat at the final (7)
29. British dish warmed nursery rhyme (5,7,3)

DOWN

1. Paper from New York containing carbon instrumentality (6)
2. Last longer on a tour we undertook? (7)
3. Evil spirit influence on Simon hurt in the Dee (8)
4. Quick starve (4)
5. What the bridge pair did to their opponents and what the cricket umpire said? (10)
6. Instrument used to annoy the French (5)
7. Entrap sides of a crooked stile in a letter (7)
8. Said to cast off fight in list (8)
13. A line of sentinels off-colour chef (6,4)
16. Applaud carriage like 1 Across (8)
17. Throw coin at it? Reference to an authority (8)
19. Dad an ace, perhaps because it can cure all (7)
21. I say Artie jazzed? But it's 1 Across (7)
22. Is said to be a small pleasure public way (6)
24. Improper in about reference (5)
26. Ultimately bass harp inside band like 4 down (4)

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

U3A ADVENTURE WALKERS conquer Bournda National Park on April 6.



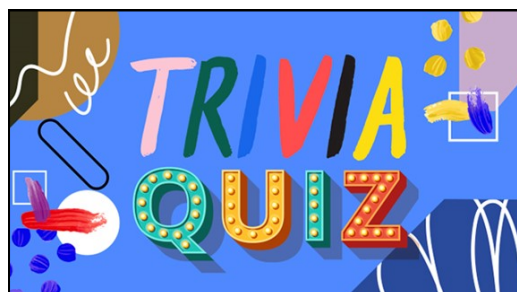
An intrepid team of 12 fearless trekkers set off under clear skies around the Sandy Creek track in search of new fauna and flora while testing their rock scrambling skills. The recent rains provided us with a wide range of magnificent fungi, a cavernous rock wall resplendent with orchids and –oh yes, a few “vampirific” leeches along with a guardian black snake! The clear delineation of coastal tea tree from coastal eucalypts provided speculation for a succession of soil types and protection from the prevailing coastal breezes. Most notable was the lack of bird life within the tea tree groves. Team leader Peter got lost only once and was under pressure to locate the beautiful ghost fungus as promised in his preamble. It was located in the end in the wrong place! Questions arising from the morning’s activities were quickly resolved over a cappuccino at Tura’s Infuse café: the perfect ending to a great morning.

Peter and Lyn



TRIVIA QUIZ by BRIDGET O’HANLON

1. Who won Best Actor at the 2023 Oscars?
2. What, in international relations, is the meaning of the Latin term ‘casus belli’
3. Malibu Beach is near which city?
4. There are 5 sisters in the room. Anna is reading, Mary is knitting, Betty is playing chess, Judy is talking on the phone. What is the 5th sister doing?
5. Where in the body is the tarsal joint?
6. Name the only chemical element that starts with the letter U.
7. ANZAC Day is coming up. What does ANZAC stand for?
8. Who won the 2022 Nobel Prize for Literature?
9. What colour clothing is worn by Test Cricketers?
10. On which day of the week did the Crystals meet the guy in the song ‘Da Doo Ron Ron’?



FILM REVIEW – AFTERSUN

https://www.youtube.com/watch?v=vXKcWRu8K_U

This film, currently screening at The Picture Show Man, is a first feature for Scottish writer, director Charlotte Wells (<https://charlotte-wells.com/team/about/>). It is a beautiful film, slow moving and thoughtfully structured as it captures moments, feelings and moods of a young father and his eleven-year-old daughter sharing a holiday together in a cheap resort in Turkey. The daughter is on the cusp of teenage hood, curious, innocent, clever and joyful; she reminded me very much of my eleven-year-old granddaughter.



I could feel my anxiety levels rising as the film progressed as I felt the father was at risk of self-harm or suicide all the way through this film and well before it became blatantly obvious, which may have been (?) ultimately confirmed in the final scene of this beautiful, thoughtful, poignant film. The film is a series of reflections by the daughter, Sophie, as revealed in the videos she made at that time and feels very much like a home video taken by an eleven year old.

Sophie looks back and remembers this holiday when she is same age as her father was when they had that holiday together. She too, is now a parent and in a position to understand the complexities and difficulties of parenthood. Her memories and reflections are a memorial tribute to her father's courage and love for her as he wrestled with his own issues of depression and trauma while determined to give his daughter a wonderful holiday, and one he could afford.

This film might be too slow for a generation used to clicks and instant gratification, I hope not, as it brings us back to the moment, to those every day moments that, in the end, are the only ones worth remembering.

Kaye Separovic
March 29th 2023.

ART GROUP ON THURSDAYS

March 9th 2023

On a glorious Thursday morning our painting group met at Short Point, Merimbula for a plein air session of watercolour painting. The vistas were crisp and clear and a gentle southerly breeze kept the sunshine warm rather than hot.

High Tide coffee cart kept us caffeinated and the group thoroughly enjoyed the change of scene. Perhaps some of these sketches will be the basis for larger works.

A few of us continued on to Bar Beach for lunch afterwards.

Helen Stevenson
Thursday painting group.



Newsletter

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 AND
Kaye: kayeseparovic@gmail.com

COURSE REVIEWS

Spencer Park Critter Wade

What a brilliant and informative afternoon we shared exploring the tidal fringes of Merimbula Lake, during our Spencer Park Critter Wade. Just too many creatures to list, so come along to the next!

Another huge THANK YOU to our 3 marine educators Alan & Lyn Scrymgeour (Sapphire Coast's David Attenborough) and Liz Allen.



Tai Chi for beginners

The word is out, what a success and it was Karen Tarlington at her best. After discussing our health issues - arthritic joints, lack of balance, memory loss, vertigo to name but a few - Karen gently introduced us to the following movements: Dr Lam's warmups, Tai Chi for arthritis and also 18 movement Shibashi. Thank you for your generosity of spirit Karen from one and all. We wish you well and hope to practise Tai Chi with you later in the year.

Sandy Coates, Programs Team

MARCH CROSSWORD 2026 ANSWERS

ACROSS

8. Open cuts 9. Terror 11. Indochina 12. Erato 13. Iceberg
14. Hastier 15. Pre-tournament 20. Imposer 22. Hookahs
24. Turin 25. Ennobling 26. Reefer 27. Citation

DOWN

1. Codicil 2. Beadle 3. Ice chest 4. String quartet 5. Recess
6. Creation 7. Ardours 10. Cash on the nail 16. Reported
17. Moonbeam 18. Picture 19. Isogons 21. Singer
23. Acidic

TRIVIA QUIZ ANSWERS

1. Brendan Fraser for 'The Whale'
2. An act or situation that provokes or justifies a war
3. Los Angeles
4. Playing chess with Betty
5. The ankle
6. Uranium
7. Australian and New Zealand Army Corps
8. Annie Ernaux, writer, France
9. White
10. 'I met him on a Monday ('and my heart stood still ')

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