

U3A Sapphire Coast

December 2021 Newsletter



Welcome

New Members:

Ian Glanville
Pip Masters
Margaret Bowie
Christine Knowles



PRESIDENT'S REPORT

Summer is here and that means holidays while there is a rumour that the man in the red suit will soon be visiting us. My family enjoys a traditional Christmas. This week my jobs are to put up the tree and lights, soak the fruit for the cake and pudding and generally get prepared to enjoy the company of family and friends on Christmas day. If your group plans to celebrate Christmas with U3ASC course members please take photos and forward them with a description to

the newsletter team for the January edition.

THANK YOU

- I would like to thank the newsletter team for all their hard work throughout 2021, they have put together amazing monthly newsletters and I am sure you all agree. Well done.
- The program team, without them there would be no U3ASC. Providing courses during 2021 has been a very challenging time. Thank you, well done.
- The office team, the backbone of our organisation, providing us with your administrative skills: manning the office, and overseeing the safety of members within the Tura Beach Centre are just some of your duties. We appreciate very much your efforts, well done.
- The members of our management team have overseen all the challenges 2021 has thrown at them with due diligence and integrity. They made sure the safety of all of our members has been paramount. Thank you for all your support, a job well done.
- To our members we thank you for enrolling in 2021 and having faith in us. We will need you more than ever in 2022.

To our past members who were hesitant to enrol in 2021, be assured that 2022 will be a much more stable year with our high vaccination rates and our greater experience of the pandemic and we ask you to consider reenrolling. We will be providing some new courses as well as introducing the return of more "one off events" including trips such as to Canberra's Floriade. This is the time to renew your membership either online through our U3A Sapphire Coast website or in person at the Tura Beach Centre on Friday afternoons during term time. Let's try to aim at the membership numbers we had prior to Covid.

SAVE THE DATE

As mentioned in the November newsletter, we are planning a "Welcome Back To U3ASC" get together in 2022 on **Monday 14th February 2022**. Please save this date.

Once again thanks to everyone for your support in 2021. It has been a very challenging year for all. Let's look forward to 2022 and happier times.

Merry Christmas and a happy, healthy New Year to all. **Sue Fowler, President U3A Sapphire Coast.**

4TH WEDNESDAY BOOK GROUP

The 4th Wednesday Book Group met on Wednesday, 24 November, at Oaklands to discuss their final 2021 book American author, Maria Semple's "Where'd you go Bernadette?" as well as to celebrate Christmas in a pleasant outdoor setting. The book received mixed responses from members though all found its satire of Seattle, the Microsoft workplace and overinvolved school mothers were cleverly portrayed. Some found the movie that was made of the book, starring Cate Blanchett, was a better condensation and explanation of the story.



We have decided on an interesting list of books for 2022 including several recently published Australian books such as Charlotte McConaghy's "Once there were Wolves," "Infinite Splendours" by Sophie Laguna and Tony Birch's "The White Girl." Additionally, the new Amor Towles' novel "The Lincoln Highway," is among a diverse range of books which we'll hope to share more about in the coming year.

Elizabeth Stacey, Course leader, 4th Wednesday Book Group.

A WALK IN THE PARK

Preparing our owners for a walk at Short Point. **Fleur Dwyer**



TEAM OFFICE

Two of our members are leaving us: Barbara Simmons and Sandy Coates. Team Office would like to thank them for all their voluntary work over the last few years. We will be sad to see them go but wish them all the very best for the future. Thank you.

Team Office is looking for volunteers. We require members who would like to do office work using a computer, tablet or simply helping out in the office. Socialising is one of the many things we do. Greeting members and potential new members, talking about U3ASC, the courses and activities that U3ASC offers. We work on a roster system with volunteers doing approximately 2 hours a month on a Friday afternoon. We are looking to start any new volunteers in February 2022.

There is training available if you are interested. Please email Margaret on u3ascoffice4@gmail.com
Margaret Nicholl, Team Office

AUSTRALIAN NOVEL BOOKCLUB

The first book for 2022 for this club is *Devotion* by Hannah Kent, a book that I'm sure will be on many people's Christmas wish lists. If you've read it by the 31st January, and would enjoy talking about it with others, you will be very welcome to attend our discussion of it at the Tathra Pub at 11.00 am on the 31st as a guest.

The club will be publishing its monthly book selections in the newsletter throughout 2022 and will always welcome guests who might want to come just for one book – or several – without having to commit to full membership and attendance every month. Just give Karen Gillespie a call on 0447519995 if you want any more information.

NOTES FROM THE PROGRAM TEAM

The Program Team has been working to get the 2022 Course Program up so you can start enrolling as soon as you've renewed your membership for next year. Most of your old favourites will be back, though sadly we've lost a few course leaders to moves out of the region, or other interests picked up during Covid shutdowns.

We do have some new courses starting in Term 1 and will, of course, be working hard to add others progressively as we go into 2022. Other courses that have been on hold during Covid limitations are making a come-back – the Slow Food Group being one of them. Its planning group will be getting together in the new year to plan its first event. Gavina Bailey is offering a new Spanish beginners course and Margit Spath has offered a one hour meditation class. Though not scheduled yet, look out also for digital workshops that Julie Novotny will be holding to introduce our members to the Be Connected initiative – an Australian Government program that helps people to get and to stay connected in the digital world.

We are struggling to get leaders for some courses that have been popular for a long time. Both yoga classes are on hold until we can find someone to lead them. Bev Malone is retiring as course leader of Mahjong and so far, no one has put their hand up to step in to her shoes. And Judith Reid's long running computer class is being left bereft when she moves to Sydney. If you, or anyone you know, could possibly take on any of these roles, please let us know at programs.u3asc1@gmail.com. In fact, if you know anybody who has knowledge or a skill that they could share with other members of U3ASC, please let us know.

It would be wonderful, also, to get some outings going again in what we all hope will remain a post-Covid limitations world. If you can think of some sort of day outing/tour that would interest our members, again, please let the Program Team know at the email mentioned above. We'd love 2022 to be a real come-back from Covid year.

At the end of this term, we're losing one of our Program Team members. Elizabeth Stacey is hoping to focus on other interests in 2022, one of which is working on the fabulous newsletter team. We'll definitely feel her loss on the PT team. If you are interested in working with a great group of people (says she blushing modestly on behalf of us all :)) to scout opportunities for courses, look after our fabulous course leaders, and do a bit of admin stuff associated with getting courses into the programs, please email at the above address, or ring Sue O'Loughlin on 0439809237.

Just to finish off – a huge thank you to all of our course leaders who have stuck with us through all of the shutdowns, zoom meetings, no singing or dancing, mask wearing etc. And who have been so patient with the changes and uncertainties as U3ASC as an organisation grappled along the way with what it could and couldn't do. We are all, as committee members and as just ordinary U3A members, in your debt. And we at the Program Team look forward to being able to get together with you all again at a thank you and welcome new course leaders gathering in 2022. In the meantime, have a wonderful Christmas and a hopefully fire and covid shutdown free summer.

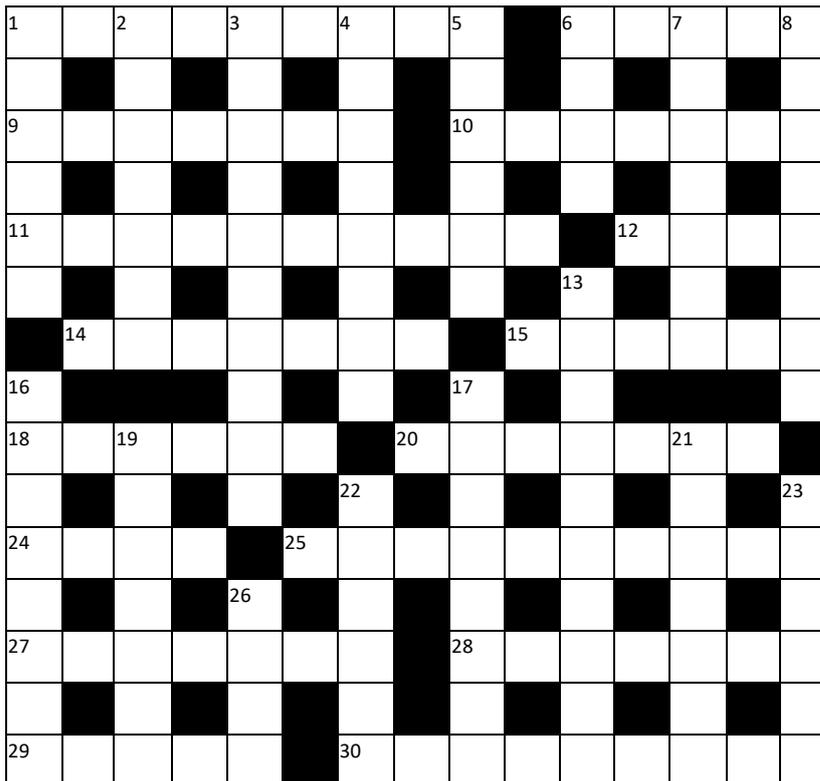
Sue O'Loughlin, Program Team Leader

PLAYALONG WITH PAUL

If you're itching to make some music over the holidays, come along to the Tura Beach Centre on Sunday 19 and Thursday 30 December at 1.00 pm and join in a playalong with Paul Daynes, our ukulele and guitar groups leader.

Everybody will be welcome, regardless of talent or lack thereof, and regardless of instrument. Cost will be \$5; enquiries to Paul at ukulilies@gmail.com.

CRYPTIC CROSSWORD 2012—JOHN SCRIVENER



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

CROSSWORD 2012 CLUES

ACROSS

1. Practical public relations meeting sounds in up-stairs room (9)
6. Headgear at Rhode Island? No not there but at a famous resort (5)
9. Gravel at lower leg and start of exultation (7)
10. This fellow is rough and sounds it with a man's name (7)
11. Happens at square managed at tall edifices (10)
12. Auricular round contraction (4)
14. Singing happily we stroll along the French sea and shortened brook at year's start (7)
15. Drinking place and beheaded bird at cape (6)
18. Mixed that is part use illegally (6)
20. Queen's utensil? Man with jumbled sayings responsible for crossword fad (7)
24. Start yawning after /double E is spoken. Maybe these clues are so? (4)
25. Aggressively approach another but don't spill your food on it! (5-5)
27. Obvious ten dive (7)
28. Purchasing and darting about (7)
29. Abolish girl who said you are fifty (5)
30. Fish penetrate former sibling singers (9)

DOWN

1. Is stop postulates (6)
2. Stir up gait tea (7)
3. Early priests go by sea passage, it is said, to an executive function official (10)
4. In a timid manner and right in unenthusiastically lukewarm (8)
5. Cover vehicle in a sulk (6)
6. Copper is very loud blow (4)
7. Describe Queen's bow rope (7)
8. In no coin? But pure (8)
13. Disguise part which converts motion with our short standard energy (10)
16. Transitory thing with an electric start of acidity measure and a mere end perhaps (8)
17. He manipulates people at the musical drama on the hill (8)
19. Two men make a red third (7)
21. He likes himself and is an example leading often to insight sometimes tricky (7)
22. Pertaining to part of the Scottish dialect but sounding just less than amatory! (6)
23. An old hand right after the theatre (6)
26. John the huntsman but he wasn't known for his bell-ringing

TRIVIA QUIZ—Bridget O'Hanlon

1. The island of Hispaniola is made up of Haiti and which other country?
2. The novel 'Tom Sawyer' was the first ever written on a typewriter - by whom?
3. What is the name of the plastic or metal coating on the end of a shoelace?
4. Name the music capital of Texas
5. What is the collective name for a swarm of ladybugs (ladybirds)?
6. There are no muscles in our fingers True / False ?
7. The recent COP26 was held in Glasgow. What does COP26 stand for?
8. The Trojan War occurred between 1200 and 1100 BC. Who was the hero of that war?
9. If you spell out the numbers between one and one thousand, and put them in alphabetical order, which number comes last?
10. Only four people in history have scored a Condor in golf. How many strokes under par is a Condor?



A WALK DOWN MEMORY LANE

A somewhat overcast morning on Friday 3rd of December turned into an enlightening experience for some U3Aers with A Walk Down Memory Lane in Bega. Peter Lacey, President of the South Coast History Society, lead the 90 minute walk and talk. What an informed and interesting gentleman, who dressed in a bowler hat for the occasion!

Those U3ASC members who attended the Carp Street Historical Walk will never view the buildings and streets of Bega in the same light, our eyes have been opened. Bega has had three “main streets” in its 170 year history, Carp Street being the more recent development. The Art Deco style of architecture is a feature in many buildings and the King’s Theatre is a must see.

Thank you Peter for your booklet which we all received, “A Walk Along Carp Street, Bega” that Carole Thomas helped produce. For those who couldn’t attend the walk this booklet can be viewed on line www.bit.ly/Begacarpstreetwalk Enjoy! **Sandy Coates, Program Team**



Listening to Peter Lacey (in bowler hat) at Ayres Walkway

Looking towards Church Street and Mumballa Mountain



Art Deco at the old King's Theatre, now a furniture store

MOBILE APP STUDY FOR KNEE PAIN

Seeking volunteers with knee pain and **who have an iPhone** to participate in a new research study.

2 free physio sessions included!



www.mappkostudy.com.au

Dear University of the Third Age,

I am a researcher at the University of Melbourne, Department of Physiotherapy. I am reaching out to you with a request for your assistance (if possible) in alerting your members to a current study run by our centre.

The study is called the MappKO Study: **Mobile app for Knee Osteoarthritis**. This study is evaluating whether a mobile app (used on a smartphone) helps people with knee osteoarthritis achieve better outcomes over the long-term from a short course of physiotherapy. Participants receive two physiotherapy sessions delivered via telehealth, for prescription of a strengthening exercise plan. All treatments are provided to participants with no charge.

Knee osteoarthritis is a common condition in adults, causing pain and reduced quality of life. Findings from this study will help inform physiotherapists and health service providers about the most effective methods of delivering physiotherapy services to people with osteoarthritis.

Our current recruitment drive has the goal of finding volunteers aged over 45 years who have knee pain. More information on the study and registering interest can be found at www.mappkostudy.com.au or by contacting Penny Campbell at Penelope.campbell@unimelb.edu.au.

I understand the nature of confidentiality with your members at the University of the Third Age but would greatly appreciate any help you could provide in getting this information to your members.

Please feel free to email or call me if you have any questions or feedback or to see further documentation.

Kind regards,
Bridget Graham

Bridget Graham | Physiotherapist | Research Assistant

Centre for Health, Exercise and Sports Medicine | Department of Physiotherapy

Level 7, Alan Gilbert Building, [161 Barry Street](http://161BarryStreet.com.au)

The University of Melbourne, Victoria 3010 Australia

T: +61 3 8344 0061 E: bjgraham@unimelb.edu.au



COURSE LEADER PROFILE –RAY REDMAN

I initially trained as a land surveyor but due to a change in the economy in the 70s there were no jobs available so I joined the Army in the Royal Australian Survey Corps involved in making maps and the procurement of equipment for the Army. Twenty years that I thoroughly enjoyed which involved mapping work in Indonesia, training recruits at Kapooka, studying in England at the Royal Military College of Science, Shrivenham and a Masters at ADFA. My military career was followed by working with KBR as a consultant doing project management with Defence and having my own bookkeeping business for five years. With my Military career and moving around I was always involved with sports as that is the easiest way to meet people. Having five kids I was always coaching, being a first aider or on a Committee somewhere. My hobby was training and racing pacers which I was involved with for over 25 years.

Then, as usual, life sends you curve balls and I am now living in Tura Beach with my lovely partner, Lorraine Young. We both joined U3A

when we arrived back in 2018 and joined several groups to meet people and to try new things. At the same time I joined the Tura Beach Bowling Club and in 2021 found myself as President. As people know, lawn bowls is not a growth sport, it doesn't have as many members as it used to. Lorraine had often asked me was there anything I could teach at U3A but I couldn't think of anything. One day we had a visit by a group of bowlers from Yowani, Canberra and one of the ladies there described how she ran an Introduction to Lawn Bowls with U3A.

U3A + more members needed = Introduction to Lawn Bowls

I think I first became interested in Lawn Bowls when I was about four as my grandfather would paint patterns on golf balls and we would practise in the backyard with him. It wasn't until I moved to Tura that I have had the time to spend time bowling as I really only took it up in 2016. Members of my family have been playing lawn bowls for over 60 years, winning their club championships at various times. I was just a late starter.

Having been a military instructor, trained people in MYOB and even conducted an Introduction to Harness Racing Course, I love getting involved with and meeting people. Lawn Bowls offers you the opportunity to socialise in a stress free environment and just unwind. We conducted our first course in October with seven participants which I think went really well, even though we had bad weather. Another course is planned for March 2022.

New One-Off Talk (16 Dec) – The Best of Bertrand Russell

Given the interest expressed in this one-off talk after the November newsletter, Paul Strutynski has bitten the bullet and named a date. It will be on at the Tura Beach Centre on 16 December at 1.30 – 2.45. Details are in the program, but that date is coming up soon, so get in and enrol quickly.

Don't forget that the kitchen is still closed, so bring a thermos if you feel the need for an afternoon pick-me-up.

ADVENTURE WALKING GROUP - DECEMBER WALK

A misty morning greeted fifteen enthusiastic walkers in Eden for our last adventure walk for the year. We walked from Eden town along paths and bush tracks with views of the Eden wharf and the coastline to Corcora Beach, then along the Bundian Way to Quarantine Bay where we had our morning tea.

We saw more of beautiful Twofold Bay on our return walk back to the Great Southern Hotel for our end of year, hearty Christmas lunch and catch up.

Thanks to Helen our walk co-ordinator and we look forward to seeing her on the tracks with us again next year.

Kerrie Dean, Adventure Walking Group



Overlooking Eden harbour

A misty start to the Bundian Way



Morning tea in misty Quarantine Bay

Enjoying the views from the Bundian Way

Things computerish were on my mind recently with work on the program and preparing items for the newsletter. So, when leafing through some old publicity files, this clip (below) really grabbed my attention. It really highlights how far we've come as an organisation of oldies who have adapted to, and are thriving in, a digital world. What would we have done without our mobile phones, tablets, iPads and laptops over the past two years? The clip is dated ?2003 or 2004? **Sue O'Loughlin**

Educational tools to grow popular group

A new laptop computer and printer will go a long way in enhancing the activities of U3A Sapphire Coast.

The group provides educational opportunities and activities for older members of the Bega Valley community.

Secretary Neil Paget said the funding provided by CDSE would enhance communication and activities for the voluntary committee and membership.

"In each of four terms about 40 activities are offered to more than 350

members," Mr Paget said.

"We have no office facilities so require portable computer support."

The purchase of the computer system will also allow the group to maintain a data base, prepare the quarterly newsletter more efficiently and print items such as membership badges.

Pictured right: U3A Sapphire Coast's Neil Paget and Mary Whitby "log-on" to a new era with Merimbula RSL manager Michael Mutsch.



4 - CDSE Grants

TRIVIA QUIZ ANSWERS

1. Dominican Republic
2. Mark Twain
3. Aglet
4. Austin
5. A Loveliness
6. True
7. Conference of the Parties (and it was the 26th)
8. Achilles
9. 222
10. Four

NOVEMBER CROSSWORD 2011 ANSWERS

ACROSS

1. Convent 5. Beakers 9. Erudite 10. Astride 11. Tail 12. Maidenhair
13. Rehash 15. Metaphor 18. Mistaken 19. Stamen 22. Chanceless
24. Hunt 26. Old girl 27. Avenger 28. Eleanor 29. Enthral

DOWN

1. Creator 2. Nourishes 3. Emit 4. Thetas 5. Brand-new 6. Attendant
7. Erica 8. Shearer 14. Stanchion 16. Hamburger 17. Cellular 18. Microbe
20. Natural 21. Escape 23. Addle 25. Meat

MANAGEMENT COMMITTEE

President	Sue Fowler	suepfowler1@gmail.com
Vice President	Garry Clear	garrypcug@gmail.com
Secretary	Carolyn Smith	U3ascsec@gmail.com
Treasurer	Chris Bembrick	U3ascstreas@gmail.com
Asst Treasurer	Judy Brand	judy3brand@gmail.com
Office Team Leader	Marg Nicoll	U3ascoffice4@gmail.com
Program Team Leader	Sue O'Loughlin	programs3asc1@gmail.com
Member	Paul Strutynski	paulstrutynski@gmail.com

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
Elizabeth: eastacey@bigpond.net.au

U3A Sapphire Coast

ABN 85641263291

PO Box 798
Merimbula
NSW, 2548

U3A Sapphire Coast
P O Box 798, Merimbula NSW 2548
0491 099 570
ABN 85641263291
Find us on the Web:
www.sapphirecoastu3a.org
Admin/Office - u3ascoffice4@gmail.com