


U3A Sapphire Coast

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 /U3ASapphireCoast/

June 2023 Newsletter



PRESIDENT'S REPORT

A NICE TALE

I bumped into a member from Pambula the other day (Hi Lisa!) who told me that, sadly, she had been too busy in the last year or two to be able to attend any courses. But the lovely thing was that she said she was still paying her annual fee because U3A is such a great organisation and she wanted to continue to support it. Isn't that great! I know she's not the only one doing that. So, a big thank you to all the Lisa's out there for being so community-minded and generous. We can't go too far wrong with that sort of support.

A PR STRATEGY

You'll recall that one of the outcomes of the Annual General Meeting was a commitment to develop a simple, low-cost PR strategy to boost membership numbers in light of the slow recovery in numbers post COVID.

Well, the Management Team has come up with a very simple and cheap strategy—the posting of one-page flyers on community notice boards and shop windows all over the region.

But we need someone with graphic design skills to help us put it together. Any volunteers? The pay is lousy, but you'll get to appreciate your handiwork every time you go to town.

We're not too worried by the numbers: the decline in community participation is widespread post COVID. But a little boosting wouldn't go astray.

THE TURA BEACH U3A CENTRE.

Not all of you attend the Tura Beach Centre for courses or one-off events. But those that do will be only too familiar with the saga of getting repairs done to the shop front caused by an errant car last year.

Just a bit of minor work still to do, but things should be operating normally by now. I don't think there were many, if any, complaints too (though I had been muttering one or two myself I can tell you).

Anyway, thanks to you all for your patience.

BIG THANK YOU TO FLOORING XTRA

I would like to thank Flooring Xtra in Merimbula for their generous help in getting the Tura Beach Centre operational again. They recarpeted the office area for free as a community service. What a nice thing to do.

Paul Strutynski.



**Welcome
New Members:**

Liz Gould

Sal Phillips

Amanda Smith

Tony Rawlins

Peter Sterrett

**ONE
OFF**

Service NSW - services for seniors - Friday June 16

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

Meet Jo "The New Age KELP Lady" - Friday July 21

The Ice Age in Australia - Friday August 4

To enrol in a one-off course go to Member Login on our website: <https://www.sapphirecoastu3a.org/>

SERVICE NSW - SERVICES FOR SENIORS

ONE OFF EVENT: Friday June 16



Representatives of Service NSW will provide information about services they provide that are relevant to our venerable age group. A Customer Care Specialist will be presenting on the Savings Finder program, a Driver Tester / Customer Service Representative will give an overview on what to expect when a person is asked to do an Aged Driving Test, and a Digital Service Representative will touch on Service NSW online transactions and how to access them through the Service NSW APP.

Where and when: Tura Beach Centre Friday June 9, 2:00 – 3:30 ish

Cost: \$3

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

New One-Off Event ... not to be missed!

MEET THE "NEW AGE KELP LADY"



Jo Lane is on a mission to introduce kelp farming aquaculture to Australia. With a Marine Science degree and post graduate qualifications in Environmental Studies, Jo is passionate about introducing regenerative ocean farming to improve the health of our marine environment and produce sustainable food products. Kelp also has many other applications including agricultural feed, nutraceuticals, cosmetics and bioplastics.

In 2019, Jo received a Churchill Fellowship and travelled to Korea Ireland, Scotland, Faroe Islands, Norway, USA and Canada to investigate appropriate technologies to introduce kelp farming aquaculture to Australia. Since returning, she and her team have built a laboratory and successfully bred a native Australian kelp species, *Ecklonia radiata*, and undertaken ocean trials.

She lives in Tilba Tilba on the NSW South Coast with her husband, two children, two dogs and two chickens..

Come along, meet this incredible lady and hear Jo's story. Question time will follow Jo's presentation.

When: 2pm Friday July 21

Where: U3A Sapphire Coast TURA BEACH CENTRE

Cost: \$4 includes a Cuppa

Book: www.sapphirecoastu3a.org/member-log-in

Enquiries to Sandy Coates (Programs Team) Mobile 0416228211



INTRODUCTION TO ARABIC LANGUAGE - EXPRESSIONS OF INTEREST

I would like to run an Introduction to Arabic Language course later this year.

I had only three replies to the proposal published a couple of months ago but I really need 6 to make the effort worthwhile.

Probably several weeks in late Term 3 and early Term 4; classes will be for one hour each week on Thursdays (Probably 12:00 noon to 1:00pm)

If you are interested in exploring this interesting language, where you will:

- Learn some polite greetings
- Learn a new alphabet
- Explore a new and intriguing grammar
- Try reading and writing from Right to Left and
- Enjoy making several quite different sounds that don't exist in English
- Explore a new grammar
- HAVE FUN

Contact me at:

jefuary@gmail.com

John Fuary

الجُبْنُ الكبيرُ
(TheBigCheese)

Good news! Karen is returning to teach another:

TAI CHI FOR BEGINNERS SHORT COURSE

6 consecutive weeks on Tuesday 18/7, 25/7, 1/8, 8/8, 15/8 and 22/8



Learn the principles and health benefits of Tai Chi.

After Karen assesses our health/movement issues, warm up moves based on Dr Lam's Tai Chi style are introduced.

A series of movements are taught including Tai Chi for arthritis and 18 movement Shibashi, a flowing form.

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

Day and Time: Tuesdays beginning July 18 from 11:00am – 12:00pm.

Venue: U3ASC Tura Beach Centre

Cost: \$3 per class

Course Leader: Karen Tarlington

Email: johnandkaren@iinet.net.au or call 0421 946 369

Program Team Contact: Sandy Coates u3ascoffice9@gmail.com or message mobile 041622821

Book now as places are being snapped up!



PHILOSOPHY FOR FUN

NEW COURSE for Term 3



Fun and friendly discussion on the Big Questions (and some little ones).

Does AI spell the end of humanity? How do we decide what's right and what's wrong? Is there such a thing as a just war? Are Lamborghinis unethical? Is watching reality tv bad for you? Is your cat neither alive nor dead when she's locked in the bathroom?

Your course leader is writer, blogger and amateur philosopher – Jane Thomson.

Want to find out more?

Jane can be contacted on 0437376288.

When: classes are fortnightly, starting Friday July 21

Time: 11:30am to 1:00pm

Where: U3ASC Tura Beach Centre

Cost: \$3 per class

Bring your sense of humour!

Program Contact: Sandy Coates u3ascoffice9@gmail.com or msg mobile 0416228211

MINDFULNESS IN EVERYDAY LIFE

NEW COURSE commencing July 19

A monthly class held every third Wednesday at the Tura Beach Centre. The class is designed to learn about the practice of Mindfulness and how to implement this in our daily lives. Neil Curry has studied and practised Mindfulness for many decades.

When: 1:00pm-3:00pm

Classes: 19/7 16/8 20/9 18/10 15/11

Where: U3A Centre Tura Beach Shop 4 Tura Beach Shopping Centre Tura Beach

Course Leader: Neil Curry Enquiries: 02 6494 0109



ADVENTURE WALKING GROUP



A small group of keen adventure walkers hiked a 6 km section of the Light to Light walk from Saltwater Creek north to Mowarry Beach and back in cool, ideal walking weather on Thursday June 1. Ian Lugton led us at a brisk pace and acted as a knowledgeable guide identifying the changing landscape as well as birds, deer tracks, various animal scats and other signs of wildlife including a very long black snake which fortunately crawled away into the undergrowth. We bush bashed to Mowarry Point through some of the new dense undergrowth which has sprung up since the fires swept this area in 2020. From this good vantage point we could see north to the Ben Boyd Tower at the start of the Light to Light track and far to the south we could see the Lighthouse on Green Cape which marks the end of the track. After our round trip of 12 kms, we enjoyed a picnic at the Saltwater Creek campground with attending birds interested, but surprisingly picky, about our offerings.

Bush bashing to Mowarry Point



Ian Lugton and a large black snake next to the track.

Sighting seals around Mowarry Island



Elizabeth Stacey Course Member

MIDWEEK MONTHLY FILM GROUP

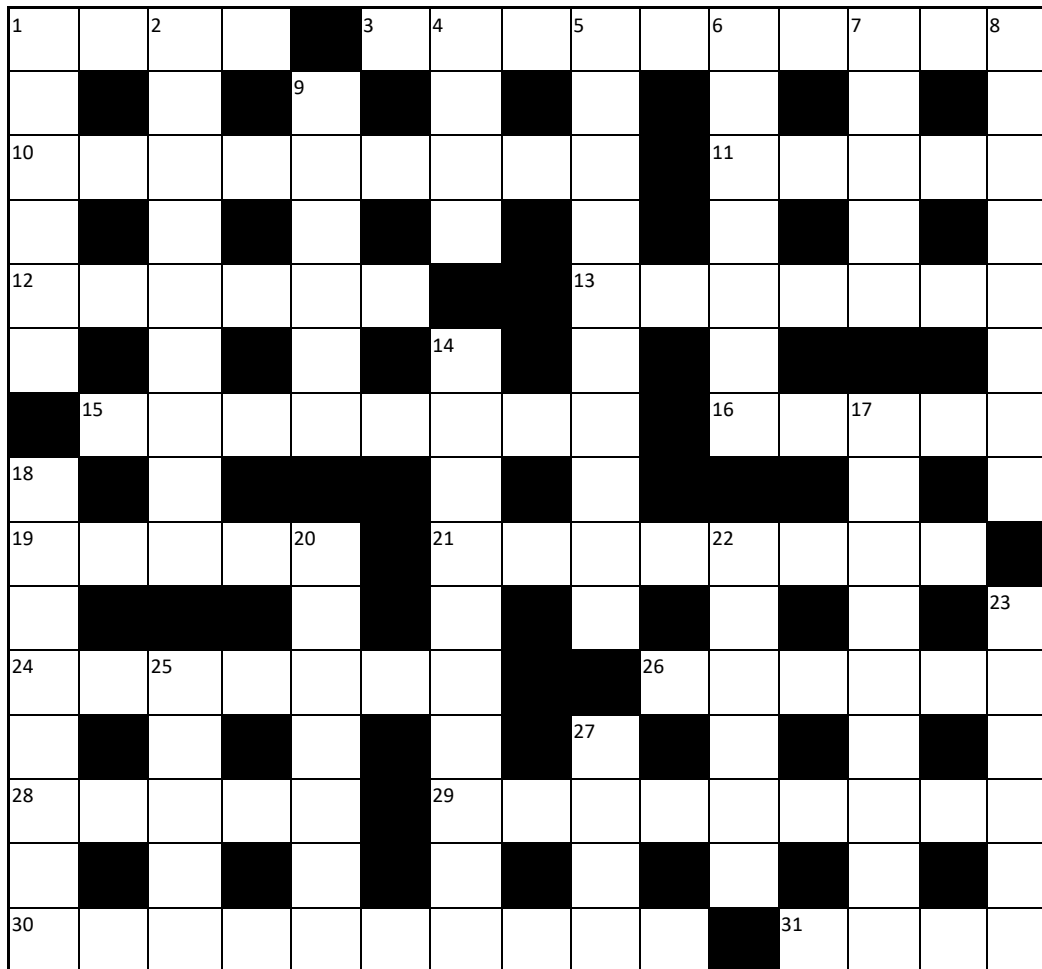
Due to the changing circumstances of members in our small, dedicated group, the class will remain on hold for a while. When we recommence, we hope to introduce the option of seeing a film in the local cinema, The Picture Show Man, if and when something suitable comes up. We may see this film as a group or individually, depending on member commitments.



Otherwise, our film watching options include ABC iView, SBS On Demand and Netflix. New members are always welcome, just email me at kayeseparovic@gmail.com if you are interested in joining our discussions, we'd love to have you.

Kaye Separovic
Course Leader.

CRYPTIC CROSSWORD 2029 by JOHN SCRIVENER



CROSSWORD 2029 CLUES

ACROSS

1. In London drive away maybe (4)
3. Letter of Military Medal rote? Perhaps evaluation of a party's loss (4-6)
10. Am and more notes (9)
11. Intersection study step (5)
12. He in French is contained in four directions while being preserved in a silo (6)
13. Fix a sphere found in amusement arcade (7)
15. Base of Ted's leap (8)
16. Trees planted again (5)
19. Hell of shade (5)
21. Spooner says broken average is an Indian food crop (4,4)
24. If craft heavy in Sydney? (7)
26. Hurts more in Isaac hierarchy (6)
28. Ranges of influence begin rays at daybreak in Ireland (5)
29. Short procedure volume attempt eye tests (9)
30. Trot and hide woolly place in NZ! (10)
31. Mark small 24 Across for example (4)

DOWN

1. Primes self-conscious smile (6)
2. Perhaps teems inside former Australian tennis player situated on a sheep station (9)
4. Has zero directions (4)
5. Children play on vagabond with love for a face wrinkle (10)
6. Hear ease in front maybe more frequently (7)
7. Sheath in the canister (5)
8. Soften the duel of the moat (8)
9. Cook heard screen (6)
14. Tom and Bob use mica as a weapon (6,4)
17. Sit and cast it at a quantity obtained from a sample (9)
18. Eric and Thor's effective language! (8)
20. Satisfy scuff that is (7)
22. Look good on and leads battledress even carried on military exercises (6)
23. He who covers the bill has the right to a solemn request (6)
25. Gold study for an English born US poet (5)
27. Writes back almost incite (4)

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

POETRY FOR PLEASURE—submitted by Course Leader, Bridget O’Hanlon

I Worried

Mary Oliver

I worried a lot. Will the garden grow, will the rivers
flow in the right direction, will the earth turn
as it was taught, and if not how shall
I correct it?

Was I right, was I wrong, will I be forgiven,
can I do better?

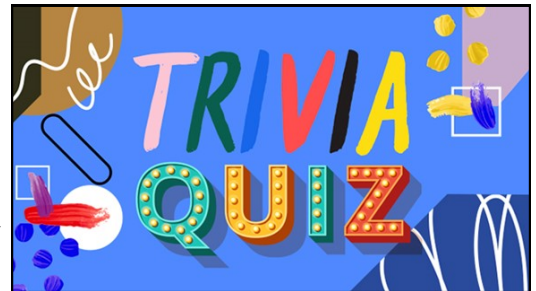
Will I ever be able to sing, even the sparrows
can do it and I am, well,
hopeless.

Is my eyesight fading or am I just imagining it,
am I going to get rheumatism,
lockjaw, dementia?

Finally I saw that worrying had come to nothing.
And gave it up. And took my old body
and went out into the morning,
and sang.

TRIVIA QUIZ by BRIDGET O’HANLON

1. Our PM has recently returned from G7 and Quad talks in Hiroshima. Name the PM of Japan.
2. What is a rollmop?
3. Who was the Australian flag bearer at the Coronation of King Charles III ?
4. ‘Three little maids from school’ appear in which Gilbert & Sullivan opera?
5. What is a gibbous moon?
6. Who was the first black woman to receive the Nobel Prize in Literature?
7. What flavour is Devil’s Food Cake?
8. What type of creature is a macaque?
9. Name the first satellite launched into space. (extra point for the year this happened)
10. Which is currently the world’s most expensive city?



FOLLOW US ON FACEBOOK

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



WALKING—easier than ADVENTURE WALKING

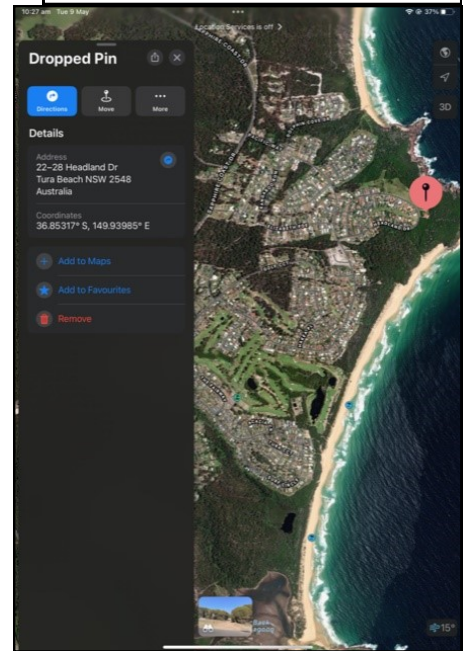


URGENTLY NEEDED ...long armed walkers so we can take better selfies!

Even a dropped pin on the Carpark our starting place and a description, now I'll really have to GO!



Peace at last ... I've a reprieve from the chatter!



Sandy Coates
Course Leader

REVIEW OF ONE-OFF: ART THERAPY WITH RUTH HAGGAR

We had a lovely afternoon with Ruth on May 12. I never really knew what was involved in Art Therapy and went more to find out than in any expectation of having fun, or finding out anything about myself. But I did all three of those.

Ruth is a lovely, gentle person who was very careful that we were all comfortable with what we were doing - though as it turned out, we were a pretty happy bunch and didn't have to resort to the tissues once.

Ruth had us draw laughter, sadness, how we were feeling at that moment and, finally, a large drawing of ourselves as a flower. It was fascinating how different everybody's drawings were, and nobody found it difficult at all.

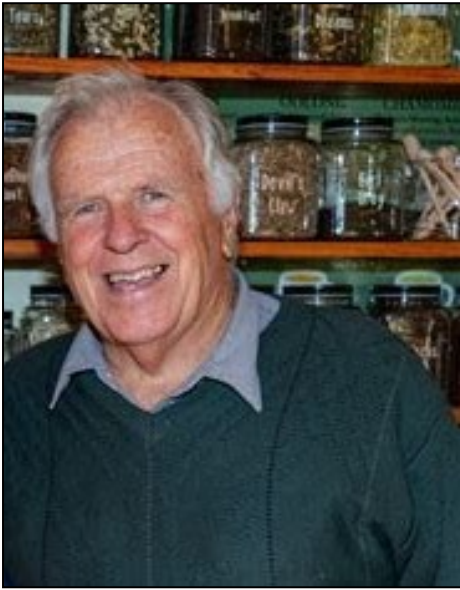


I'm hoping to tempt Ruth back down here for another session towards the end of the year if there's enough interest out there. So, if you're interested, let me know at programsu3asc1@gmail.com.

Sue O'Loughlin
Program Team Leader.

ONE OFF REVIEWS Sandy Coates, Program Team

DISCOVER HISTORIC PAMBULA Thursday May 4



What a wealth of local historical knowledge John Liston shared with us. Thanks John for your time and effort so kindly given to us U3Aers; those old photos were a sight for sore eyes.

Who could resist those delightfully light and freshly baked scones with homemade jam & cream that Claire baked, our afternoon tea at Stella's Vintage Tea Rooms really set the scene.



A tour of the old Courthouse which is one of the four heritage listed sites of Pambula, rounded off our afternoon. Special thanks to the ladies of the Genealogy Society who proudly showed us the courtroom, Police Station rooms and holding cells.

THE LIGHTHOUSE KEEPER Friday, May 9



A special thank you to Greg Hansen for turning on the light!

Greg is Engineer Manager with the Australian Maritime Safety Authority. He explained that due to modern optic technologies being adopted in historical lighthouses, there no longer is the necessity for these buildings to be manned: it's about Installation, maintenance and operational management.

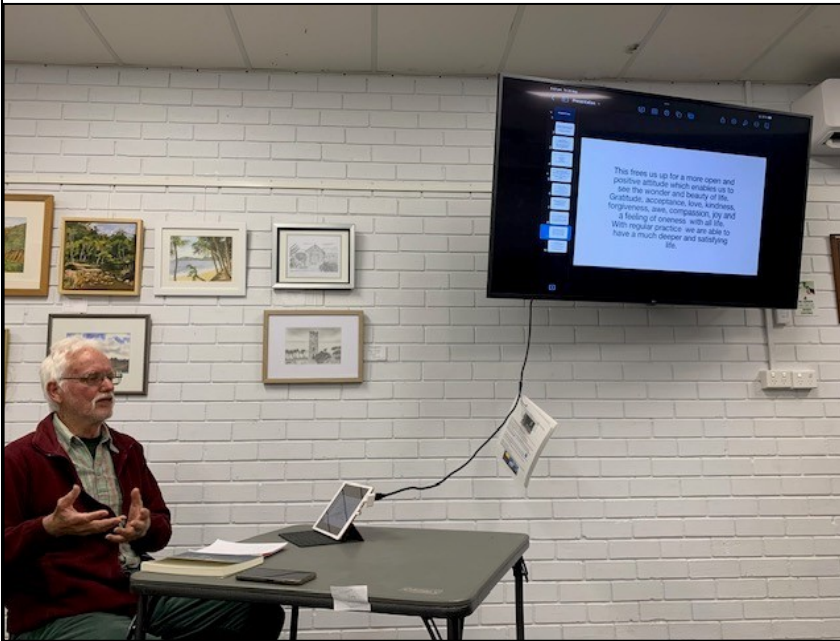
Fortunately, historic lighthouses can be upgraded with the

installation of a high output LED light (see photo) and an associated remote monitoring system. See hyperlink www.sealite.com/lighthouse-led-lights/ thanks to Elizabeth Stacey for her research.

Great to get to know this extremely capable, modern day "Lighthouse Keeper" who incidentally has lived in Kalaru for the past 5 years.



MINDFULNESS IN AGEING



On Friday May 26 at the Tura Beach Centre, Neil Curry attracted a roomful of very interested U3A members at his one-off session about 'Mindfulness in Ageing'. Neil defined mindfulness as the awareness that arises from paying attention on purpose and in the present moment. He talked about how difficult it is to live in the moment and not focus with negative self talk on some of the concerns of ageing. Concerns that lead to anxiety, stress and even sleep disorders can be helped by the practice of mindfulness. Focusing on breathing and mindful concentration can enable us to calm our minds and our nervous systems.

Neil guided us in a practice exercise and assured us that regular practice of mindfulness could lead to a deeper and more satisfying life.

Many in the group were eager to learn more about the practice of mindfulness and in Term Three Neil Curry is offering a monthly class of **'Mindfulness in Everyday Life'**. The class will be held on the **third Wednesday each month from 1:00 – 3:00pm at the Tura Beach Centre beginning on Wednesday July 19.**



Elizabeth Stacey, Program Team



DON'T MISS THIS ONE-OFF EVENT: Friday June 23

Crime Fiction Heroes in Movies, TV and Novels

We all know and enjoy detective, thriller and spy heroes in novels, movies and on TV: detectives like Vera, Banks, Morse, Lewis, Rebus, Bond, Jason Bourne, Poirot, Miss Marple, the Saint, Phillip Marlowe and hosts of others. But why is this so? What makes them heroic? Is it just that they get the bad guys? Or is it something more? What do they have in common?

BOOK ONLINE OR EMAIL TODAY!

Course Leader: Ted Beardow tedbeardow@gmail.com

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

REVIEW OF ONE-OFF—EMPIRE OF THE GRASSES

Ten of us were treated, on May 5, to another one of Bruce Leaver's fascinating talks on the development of this planet we live on, and of life on it. This time it was on the subject of the emergence of grasses as a dominant plant life and all that led from that. I was going to summarise his talk for you, but looking back at the 126 odd slides he provided I realise the impossibility of the task.

Who would have thought that a talk on the emergence of such an apparently insignificant, in the scheme of things, plant could take us from 129 million years ago when the first grasses have been identified, right through a whole lot of ice ages, the demise of the dinosaurs, and through to the evolution of the creatures that comprise U3A audiences today? Along the way, we learnt about the different types of grasses, the photosynthesis adaptations that allowed grasses to survive in very hot, arid conditions, geologic movements that contributed to shaping a world where grasses felt at home, the role of the various grasses in the evolution of grazers and browsers and, eventually, farmers on all the different continents.

Did you know that grasslands cover 40.5% of the earth's non-polar regions, and that grasses provide half of the world's dietary energy?

Did you know that humans' feet evolved in response to the need to run from danger on open grasslands once we came down from the trees?

Or that all humans were originally lactose intolerant to ensure babies didn't have to compete for their mothers' milk and that lactose perseverance only developed where non-human milk providers were domesticated and everyone could benefit from that source of nutrition?

Did you know that way, way back in the day CO₂ levels on earth were around 2000 ppm and grasslands were only able to develop when that dropped to around 500 ppm (it's currently about 421 ppm according to Wikipedia).

These are the sorts of interesting snippets that Bruce's talks are full of. He even has a talk dedicated to interesting facts he's learned while researching all his talks - a One-Off for the future; but the next one, which follows fairly naturally on from Grasses, is about the Ice Age in Australia. I strongly recommend you enrol for it. It's on Friday August 4 at the Tura Beach Centre.

Sue O'Loughlin
Program Team Leader.



BOLIVIA ON THURSDAY...



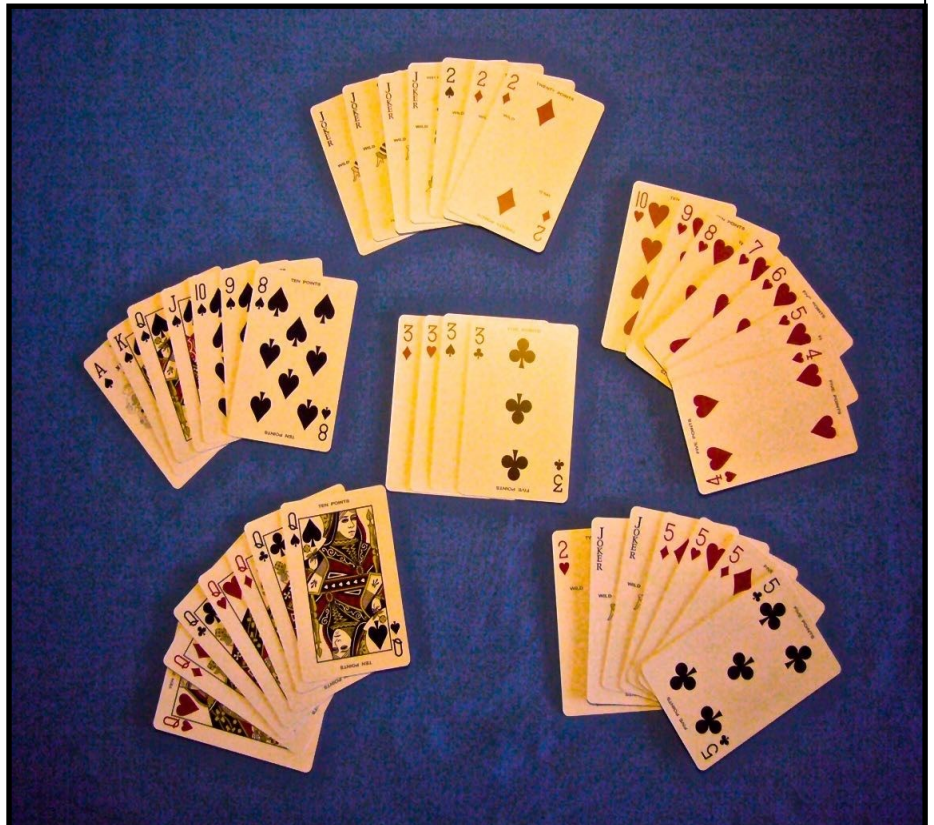
Have you even been bamboozled by a Bolivia? Stumped by a samba? Caflummoxed by a canasta (was it red or black?)? What about wild cards? Or perhaps you wanted to know the relative merits of red and black threes? We can make it happen!

Bolivia is a card game containing all these elements and more.... based on Canasta and Samba, but more complicated than either, it originated in South America but in Argentina, not Bolivia, if my research is correct.

It's relatively easy to learn especially if you have played any other card game involving runs or canastas and we have a group of dedicated players who are happy to help you! It can be played in pairs, or individually using 3 packs of cards, so it can become quite a handful! Most players use a rack of some description just to keep their cards under control!

We meet every Thursday afternoon at St Clements in Merimbula and enjoy the social element as well the challenge of the game (we don't play for sheep stations is often the cry)

We'd love to welcome you – please contact Sue Birks, our Team Leader, for more information at email: suebirks@bigpond.com or mobile: 0427 113 558.



ITALIAN FOR BEGINNERS (GRUPPO#1) CONTINUING IN MENAGGIO LAKE COMO, ITALY

I cannot think of a better way to consolidate one's grasp of Italian than spending 2 weeks living "like an Italian" in Menaggio, one of the many picturesque towns on Lake Como. Our teachers, Caterina and her mum Graziella, certainly kept us on our toes! Lessons were conducted in Italian and homework was plentiful! We found our Italian came in handy when choosing gelato from one of the gelaterias in the piazza; ordering food in the restaurants or trattorie; purchasing bus and ferry tickets; interacting with the staff in the Tourist Info Centre; shopping at Conad and ordering coffee and brioche for breakfast in the local bar owned by Emilia and Giuseppe.

Teresa Hamer, Course Leader

Each day was different with lots of interesting and fun exercises in Italian to stretch ourselves (and a touch of organised chaos on the side for good measure). Menaggio itself is a gorgeous little lakeside village surrounded by lovely mountain vistas. The town is full of exquisite historic houses, stone walls and pebbled alleyways that meander up some steep hills. So being part goat would be an advantage! Alas I am not part goat but it certainly kept my steps up each day!

Tracy Fleming, Course Member

The classes were fun – a great way to combine the challenges of learning a language with the stunning surroundings of Menaggio and the Lake Como region. A big grazie to our U3A facilitator, Teresa, for organising a wonderful experience.

Catherine Murphy, Course Member

What a wonderful experience to live, to learn and to pronounce with Italians at Lake Como.

U3ASC student asks: Do Italians enjoy sport?

Italian Teacher asks: What is "spot"?

U3ASCer tries again: No, no, "sport".

Pausa

Italian teacher realises: Oh "sporrrt"?

Student replies: Sì, "sporrrrrrrrt"!

Grrrazie Terresa Hamerrr for orrrrganising our wonderrrrful trrrrip.

Fleurrrr Dwyerrrr, Course Member

What surprise will await us today?

What unexpected, spontaneous activity for today?

What will be offered for merenda (morning tea)?

Will it be raining for our long walk from the carpark in Parco Sanagra to our "casa" school; in the bosco (woods)?

The Italian cookbooks we read present enticing, colourful dishes. But, a real disappointment for me, the reality is the dishes are very plain and bland. However, the language learning was constant and being in a class in which only Italian is spoken, is a truly immersive experience. Worthwhile, fun and a good insight into how some local people live and work.

Carmen Coutts-Smith, Course Member



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

FILM REVIEW – THE CONFIRMATION

Available on SBS OnDemand <https://www.sbs.com.au/ondemand/watch/1597220419794>



This is a beautiful film, not quite a coming-of-age story for Anthony, an eight-year boy spending the weekend with his dad while his mother and step father attend a church marital guidance workshop. Over the course of the weekend Anthony is exposed to a world where desperation, theft, poverty, friendship and alcoholism prevail as he supports his father in retrieving his stolen carpentry tool box, the source of his livelihood as a down on his luck carpenter. Just as good intentions can create disastrous consequences, disastrous consequences create loving intentions in this film. It challenges our notions of redemption, religious piety and generosity as it *confirms* and celebrates love and friendship.

Kaye Separovic.

MAY CROSSWORD 28 ANSWERS

ACROSS

8. Sheffield Shield 9. Prosects 10. Ibidem 11. Mantle
12. Extracts 13. Ferrite 15. Statute 19. Stagnate 22. Elites
24. Scorer 25. Rarefied 26. Gird up one's loins

DOWN

1. Shortage 2. Offset 3. Discreet 4. Cluster 5. Assist
6. Militant 7. Client 14. Rag trade 16. Theorise
17. The means 18. Reprint 20. Tactic 21. Abrupt 23. Inflow

TRIVIA QUIZ ANSWERS

1. Kishida Fumio
2. A pickled herring fillet
3. Sam Kerr
4. The Mikado
5. The phase of the moon in which the illuminated part is greater than a semicircle and less than a circle
6. Toni Morrison
7. Chocolate
8. A monkey
9. Sputnik (1957)
10. Tel Aviv

MANAGEMENT COMMITTEE

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