

U3A Sapphire Coast

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 /U3ASapphireCoast/

July 2023 Newsletter

PRESIDENT'S REPORT



I would like to say a few words about an issue we discussed at our last Management Team meeting. The issue is recognition of long and meritorious service by members.

This was partly prompted by a member asking me if we could publicly recognise the work of someone whom I absolutely agree has been a stalwart of our U3A. I told her I would take it up with the Committee.

There's no doubt that some people have given outstanding service to our organisation in many ways over a long period of time. Many bodies officially recognise that service in some way such as an award of some sort.

We did: our Constitution states that our Management Team can confer honorary life memberships on worthy members should it so decide.

However, a previous Management Team, in 2018, decided our award program be discontinued and that no further awards would be made.

The reasons were that the process was judged inherently subjective, and hence inequitable and possibly divisive, and did not reflect the spirit of U3A volunteering.

The current Management Team endorsed that earlier decision, and those grounds for it.

While there are undoubtedly many highly worthy members, there is just no way of objectively and equitably assessing the claims of those deemed eligible.

And for every person granted a life membership, there will be several who will wonder why they weren't.

Finally, many contenders now work in teams, such as the Office Team, Program Team, and Management Team and, arguably, it wouldn't be appropriate to single out individuals in a team for a reward.

So, sadly, many very worthy U3A members have gone unrecognised in recent years (at least officially). But, knowing a little about one or two of them, I'm sure that that would be the least of their concerns.

Paul Strutynski



Welcome New Members:

Colleen Kinane

Kathy Sims

Suzanne Roberts

Carol Ogilvy-Garnock

Denise Derrig

ONE OFF

Aquaculture - 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/>

THE ICE AGE IN AUSTRALIA

ONE OFF EVENT: Friday August 4



The ice ages had a dramatic impact with northern hemisphere ice sheets. The impact on Australia was also significant. The last glacial period saw the disappearance of the mega fauna, the arrival of humans and conditions so extreme the main continental area became uninhabitable. The session details these events.

Presenter: Bruce Leaver bruce_leaver@yahoo.com.au

Where and When: Tura Beach Centre Fri August 4 1:00pm – 3:00pm

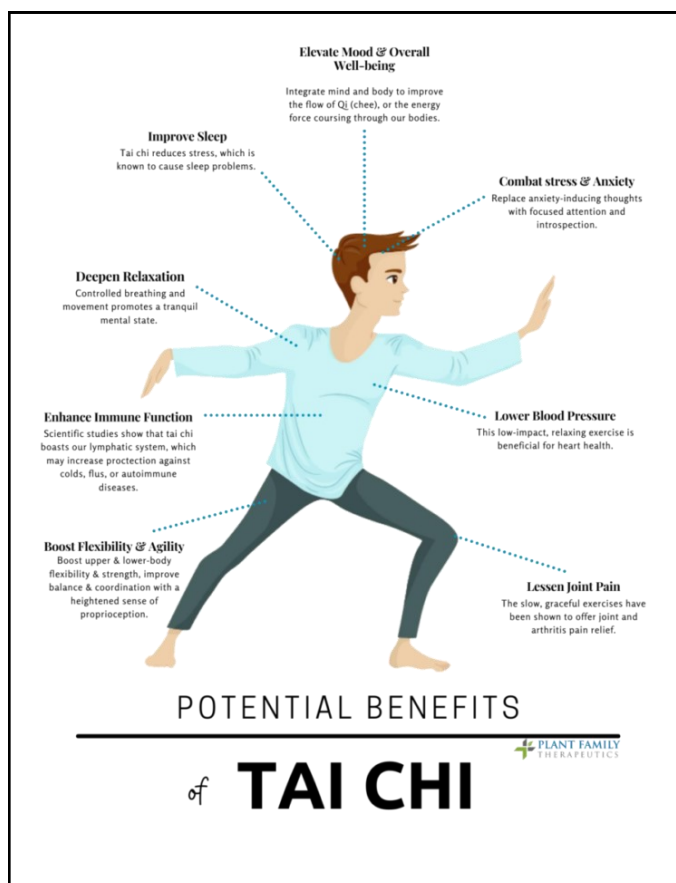
Cost: \$5 (includes a contribution towards Bruce's petrol costs as he comes down from Bermagui)

AN INTRODUCTION TO TAI CHI.

A second course of 6 weeks will commence at Tura Beach Centre on Tuesday July 18 at 11:00am – 12:00pm.

Participants will learn warm up movements and begin to learn Dr. Lam's tai chi form.

Karen Tarlington, tai chi Course Leader.



U3A SAPPHIRE COAST OFFICE – OPEN FOR BUSINESS

Team Office volunteers are available to assist you at the Tura Beach Centre every Friday afternoon from 1:30pm to 3:30pm (except on Public Holidays and School Holidays).

We can help you with:

- Membership – joining, renewal or updating details
- Payment by cash or EFTPOS (credit or debit card)
- Information about and enrolment in Courses
- Pick up your Membership Badge
- Website – information and online processes (Member Log-in)
- Ways you might like to contribute to U3ASC
- U3ASC general enquiries

Come along and meet your fellow U3ASC Members – you're welcome for a chat and/or a cuppa.

Michele Patten and Marg Nicoll
Team Office Coordinators.

COURSE LEADER PROFILE - BEVERLEY SMITH - ART GROUP ON THURSDAYS



Before retiring in 1993 and moving to Tura Beach I had heard of the U3A, so I was one of the first to join when the Sapphire Coast group was formed. I spent about 5 years on the committee and was involved with organising social events and the program. Also, I was talked into running the Armchair Travel Group as I had worked overseas as a secretary for about 20 years. This was a vibrant group and we all enjoyed hearing about the interesting trips members had done.

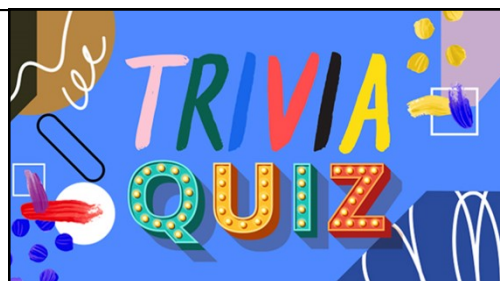
In 2003 I attended a watercolour class run by Di Hocking which was great, but unfortunately it only went for a year or so. A few years later Maggie Benjamin re-started it, and then about 12 years ago I took it over. I have always enjoyed drawing and painting but I have no formal training. At first, I managed to arrange for different artists to give some instruction each month, but when I ran out of artists we continued as a friendly group who liked to paint together in different mediums. During our coffee break we watch a DVD of a painting demonstra-

tion for inspiration and at the end of each session we have a brief critique of our work. We also like to visit the National Gallery in Canberra to see major art exhibitions.

During Covid lockdowns we kept painting, and some members did challenges when we copied a painting by a famous artist and shared the results on the group's Facebook page. When we were able to meet again, we painted outdoors in all weathers until we could return to the U3A Tura Beach room, and during this time we usually found a cafe for lunch so we became quite a social group. I always enjoy our painting afternoons but we would all love to have a teacher, so maybe there is an artist in U3ASC who would like to take over the group. It is a lot of fun and definitely well worth being involved.

TRIVIA QUIZ by BRIDGET O'HANLON

1. Name the only chemical element that starts with the letter U
2. What is the largest state in the USA?
3. Which aquatic animal has three beating hearts?
4. Which vegetable is the Welsh national emblem?
5. Who replaces Alan Joyce as QANTAS CEO?
6. RMS Titanic remains the site of the greatest peacetime loss of life for a cruise ship/ocean liner. In which year did this ship hit the iceberg?
7. Where was Australia's entrant, Voyager, placed in this year's Eurovision Song Contest?
8. How long does a regulation soccer match last?
9. Bulgarian author Georgi Gospodinov won which prize this year?
10. How many milk teeth do humans start off with?



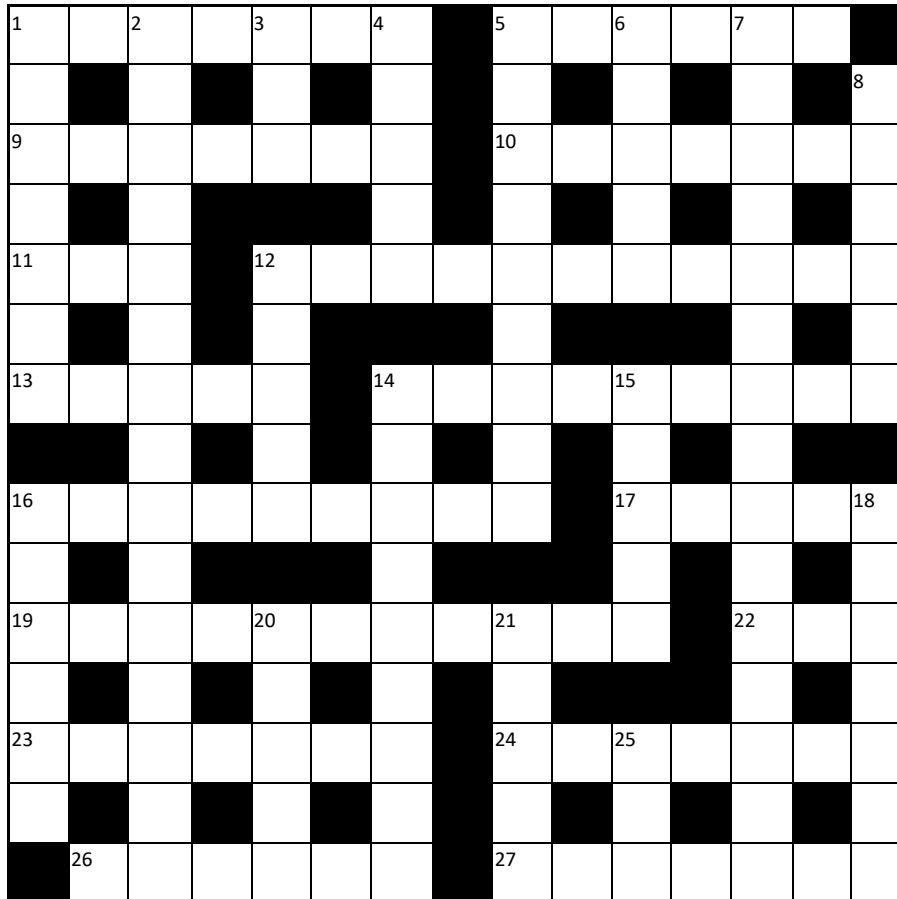
NEW MINDFULNESS IN EVERYDAY LIFE

A monthly class held every third Wednesday at the Tura Beach Centre, commencing July 19. 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.

Course Leader: Neil Curry Enquiries: 02 6494 0109
01:00pm-03:00pm
U3A Centre Tura Beach Shop 4 Tura Beach Shopping
Centre Tura Beach



CRYPTIC CROSSWORD 2030 by JOHN SCRIVENER



CRYPTIC CROSSWORD 2030 CLUES

ACROSS

- 1. Accomplish that is victory within pain (7)
- 5. Wrongly appropriate Greek letter at speed (6)
- 9. Rose fruit wink hotel to sit in and wash (7)
- 10. Flattery and favourable money spinner in the ground (7)
- 11. City depend on without right (3)
- 12. While tiny I sip 3 centuries in room perhaps (11)
- 13. Directions to German city (5)
- 14. Dill spear rotated (9)
- 16. Half bite scion (9)
- 17. Did she do this to overcome and post nothing? (5)
- 19. Next to last multiple minus 50 and 25 down north (11)
- 22. Victorian town home without hotel (3)
- 23. Early theologian's golf competition (7)
- 24. Go before soft go back! (7)
- 26. I have a loving sister whose eye constricts!..... (6)
- 27.and close to me in a direction of a sleep! (7)

DOWN

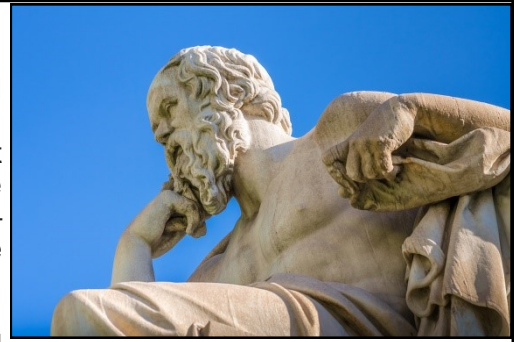
- 1. Sportswoman to allow in at her short event! (7)
- 2. High spirited panda bypass hoy? (5,2,1,7)
- 3. Maybe is plural time (3)
- 4. Moral commence exact time happens in cycles (5)
- 5. Launching for movement (9)
- 6. Remembrance about taste say (5)
- 7. Someone I cherish is the fruit of a body part of mine (3,5,2,2,3)
- 8. Tranquil as you paid \$150 perhaps (6)
- 12. and its opposite in the turbulent sea with start of conch (5)
- 14. With gloss and part of leg I visit part of Scotland (9)
- 15. Passageway sounds like small Tasmania for example (5)
- 16. Secondary action but told to purchase event (6)
- 18. Go before the words as an excuse (7)
- 20. Canadian birds are idiots (5)
- 21. The snake may start to engulf this US tree (5)
- 25. Messingly consume letter (3)

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

NEW COURSE - PHILOSOPHY FOR FUN

Elon Musk recently said that artificial intelligence (AI) will overtake humans within five years.

Is that true? And if it is, will there still be anything special about humans? What's the best way to deal with the nasty stuff life throws at us? What's really involved in being a 'good' person – and does it depend on what culture you're born in? What do we mean by 'rights'; and who really has them?



I'm a writer, blogger and amateur philosopher and my personal interest in this kind of stuff began when I started reading the ancient Greek philosopher Socrates (as rendered by his disciple Plato) as a teenager. Dad used to say 'No wonder they executed the bloke!' because of his habit of asking uncomfortable questions. I've always thought asking questions and sharing perspectives is what life's all about (that and gardening). Philosophy shouldn't be an esoteric subject that only people with PhDs in hair-splitting and their heads in the clouds are interested in – it's about life, and how we live it.

Which is a way of introducing my new U3A course, Philosophy for Fun, for people who like throwing ideas around over a sandwich and coffee. It's being held fortnightly on a Friday from 11:30am to 1:00pm at Tura Beach Centre, beginning Friday July 21.

Call me (Jane) on 0437 376 288 or just turn up on the day if you're interested!

Jane Thomson, Course Leader

TABOO TOPICS TURA



In a relaxed setting our medium sized weekly discussion group chats about serious issues impacting our local area, the national scene and then the international scene. Recent topics have included Council rate hikes in our area, new apartment developments, poor mobile reception, the status and abuse of women in Federal Parliament, politicians everywhere we distrust, Artificial Intelligence and internationally - Ukraine. An ongoing topic is the Voice to Parliament.

We also discuss feelings, like Love versus Friendship? What Makes us Happy? and What Our Dreams Mean to Us?

Discussion goes in many directions, depending on the feelings of the group. The emphasis is on enjoyment, gaining new ideas and challenging our views.

Each Monday during Term time, Peter emails out a one page background piece for discussion. We then meet 10:00am to 12:00 noon Wednesdays at the U3A Tura Beach Office. Within those two hours we like to break for a half hour Morning Tea.

New members are very welcome.

Peter Coates, Taboo Topics Tura Course Leader
Mobile: 0400 299 930 or email: pete74730@yahoo.com.au

NEW COURSES AT U3A CENTRE, TURA BEACH FOR TERM 3

- Mindfulness in Everyday Life – 3rd Wednesday of the month 1:00 to 3:00 – commencing July 19
- Philosophy for Fun – Friday 11:30 to 1:00 – commencing July 21
- Tai Chi for Beginners – Tuesday 11:00 to 12:00 – commencing July 18



To enrol go to Member Login on our website:
<https://www.sapphirecoastu3a.org/>

**One-Off Event, Friday July 21 – 2:00pm
AQUACULTURE**

Do you want to know more about recent advances in aquaculture?

Jo Lane, our presenter, has a wealth of knowledge she wants to share. With a Marine Science degree, post graduate qualifications in Environmental Studies and having studied appropriate aquaculture technologies in seven countries under a Churchill Fellowship, she deserves our attention! Jo is passionate about introducing regenerative ocean farming to improve the health of our marine environment and produce sustainable products.

LEARN, QUESTION, DELIBERATE!

Jo and her team have built a laboratory and successfully bred a native Australian kelp species, *Ecklonia radiata* and undertaken ocean trials.

Your voice can be heard by completing a survey by Blue Futures Group (University of Wollongong) about your perception of kelp farming and aquaculture on the South Coast of NSW, following Jo's presentation.

BE THERE

Friday July 21, from 2:00pm
U3ASC Tura Beach Centre

Enquiries: Sandy Coates (Programs), mobile 0416 228 211



CRAFTWORKERS' GROUP

You could be forgiven for calling the craft group "The Travellers" in recent times. Sue went to Tasmania, Judy to the camel races at Marree, Bev to Jamala to sleep with the Meerkats, Athelia went to Geraldton, Joan to Penang, Lyn to Norfolk Is. Cherylle to Melbourne and Monica to Queensland. No wonder our numbers were down in May and June; now Barbara has gone to Alaska. We not only have busy fingers and runaway feet but plenty to chat about at our meetings every Friday at 10.00 am in the Tura Beach Golf Club. You don't have to be a clever "crafty" to join us; just enjoy what you do

Enquiries: Monica Eddleston 0408 794 252



Bev weaves and knits



Joan keeps her grandchildren warm



Barbara is admiring Inuit crafts in Alaska

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



SERIES REVIEW - CLOSE TO ME ABC IVIEW

This is a six-part series based on a novel of the same name by Amanda Reynolds. I read many reviews of this series and felt most of them never really discussed the gender dynamics of power and betrayal that unfold throughout each episode. The old Freudian notion of women being hysterics comes to mind as we watch an unfaithful husband deliberately undermining and lying to his wife as he attempts to convince her and others, of her mental instability and unreliable hallucinations as she tries to recover her memory after a traumatic brain injury. It is a beautifully acted psychological thriller with a very satisfying ending when trusting your instincts proves to be the best advice.



Kaye Separovic
Film Group Course Leader.

ADVENTURE WALKING - JULY

The group, nine of us, met at Tura Headland. Alastair had organised a clover leaf walk in three parts. No four-leaf clovers, but a rewarding walk. We set off south from the carpark on a track through melaleuca forests. Alastair showed us some engineering projects that helped slow the water down the hill. Very ingenious.

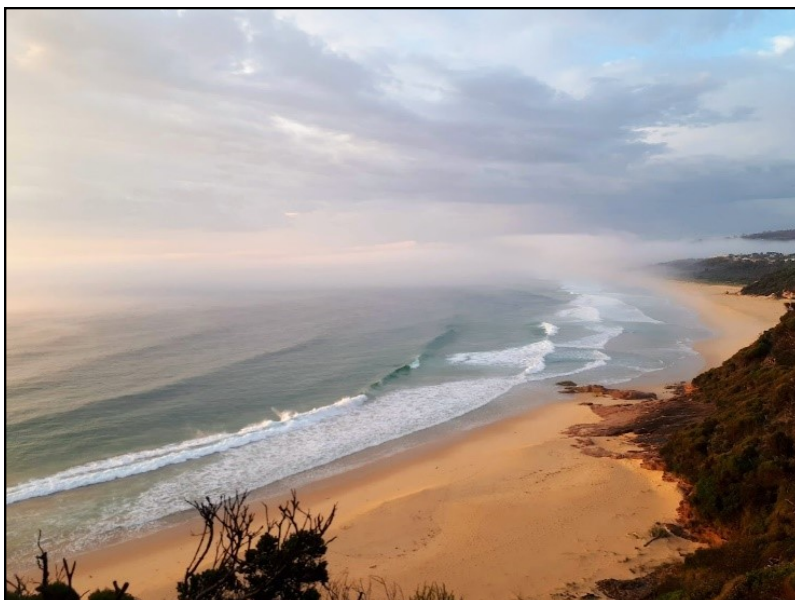
We crossed a narrow, wobbly bridge while passing through a green wood with ferns in the gully. Very pretty. Making our way to the beach, we followed a steep series of steps. The sea was sparkling in the sunshine, but no whales. We walked along the sand and followed the Wharf to Wharf trail back to the carpark, by another series of steps built by Council and Lion's.

The second loop took us along the main Headland track, but diverted off to the left to a superb morning tea stop. No whales, but we did see a seal. We returned back to the carpark after a look at the Headland.

The third loop took us north along a pretty bush track to Dolphin Cove steps. You could see to Bournda Island and beyond. We retraced our steps back to the cars and headed for coffee at Infuse. A very scenic walk in an area most of us know, but Alistair introduced us to some very different trails. Thanks for a lovely morning.

Heather Bond
Course Member.

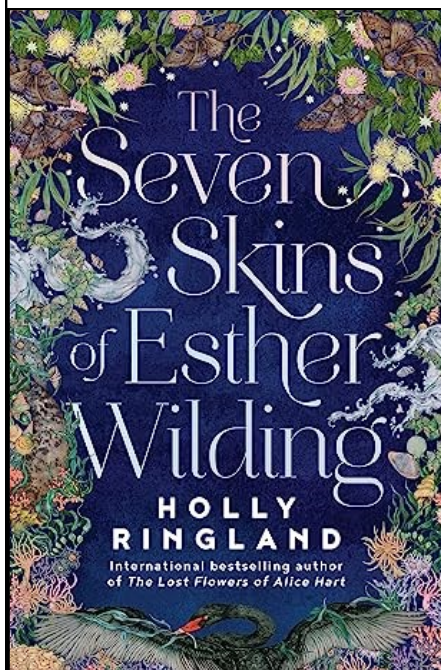
The view from Reggie's Lookout
on the Tura Headland track.



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

BOOK REVIEW - THE SEVEN SKINS OF ESTHER WILDING BY HOLLY RINGLAND



This is a story about relationships, particularly relationships between women; of how they develop within a family, an extended family and within friendships. It is also a story about rituals, myths, stories, personal empowerment through inscription upon the body and how women maintain and create these things to survive, to enrich each other's lives and to deepen and imbue their relationships with meaning, healing and connection.

Family dynamics, loyalties, myths and secrets all shape the lives of the characters in this moving novel.

Esther's Seven Skins are inscribed upon the body of her sister and illustrated in her journal and each one she sheds brings her closer to understanding her sister and the role they have played in each other's lives. Each skin reveals a story, eventually culminating in Esther's redemption, forgiveness and freedom.

In the telling of this story, Holly Ringland reveals how story telling plays a significant role in our lives as we weave events, rituals, myths, objects, and locations into a coherent story connecting us to each other, imbuing our relationships with love and authenticity.

Kaye Separovic
July 2023.

JUNE CROSSWORD 2029 ANSWERS

ACROSS

1. Soho 3. Post-mortem 10. Memoranda 11. Tread
12. Ensile 13. Pinball 15. Pedestal 16. Reset 19.
Hades 21. Mung bean 24. Traffic 26. Achier 28. Radii
29. Optometry 30. Canterbury 31. Scar

DOWN

1. Simper 2. Homestead 4. Owns 5. Trampoline
6. Offener 7. Theca 8. Modulate 9. Grille 14. Atomic
bomb 17. Statistic 18. Rhetoric 20. Suffice
22. Become 23. Prayer 25. Auden 27. Stir

TRIVIA QUIZ ANSWERS

1. Uranium
2. Alaska
3. Octopus
4. The leek
5. Vanessa Hudson
6. 1912
7. Ninth
8. 90 minutes
9. The International Booker
10. 20



MANAGEMENT COMMITTEE

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