

# U3A Sapphire Coast

## May 2021 Newsletter



Welcome  
New Members:

Catherine Murphy  
Chris Murphy  
Mary Lyle  
Sylvia Sheehan  
Catherine Clarke  
Margaret Holm  
Tricia Webb  
Pru Leone



### PRESIDENT'S REPORT

This month I have both good news and bad news. I'll give you the bad first so I can end on a high.

As you may have read in a recent email to all members, we are without a Treasurer. Chris Bembrick has done a fantastic job, both as Treasurer for many years and, in recent months, holding the fort while our new Treasurer was travelling. But he can't keep doing that, and Katherine, our Treasurer, has been called back to paid work so can't continue in the position either. Of all the positions on the Management Team, that of the Treasurer is probably most crucial. U3A can't operate without one. So, I'm adding my voice to the email's to appeal to any of you who have the skills (basically I'm told numeracy and IT comfortable) to put your hand up. Or, if you know someone who could do it, talk them into putting their hand up. If you want to discuss what's involved, please contact Carolyn Smith at [u3ascsec@gmail.com](mailto:u3ascsec@gmail.com)

In other bad news, this month sees us farewelling, and thanking, two long-serving course leaders who have decided it's time to retire. Judith Reid in particular, as you can read below, has been a member and leader of U3ASC before it even was a U3A. Our debt to her is enormous. As it is to all our course leaders, without whom we would not have a U3A. Over the time of COVID we've lost a few other course leaders who have found other outlets for their

creativity, energy and interests. So, it's a good time to just send the thought out into the universe of U3A, that the Program Team is always looking for new courses and new course leaders, especially among the younger members of the organisation. If you have any inkling at all that others might be interested in your interests and knowledge, please give Sue O'Loughlin a call on 0439809237. We will provide support to you every step of the way.

And now the good news. And it is exciting to note that all of our courses are now back to face-to-face meetings with card games and Scrabble resuming this term. We are lacking a couple of leaders – one for Mahjong and one for Bolivia so if anyone wants to volunteer to coordinate those groups it would be wonderful to enable them to meet again. Contact Carolyn Smith at [u3ascsec@gmail.com](mailto:u3ascsec@gmail.com) if you can help.

And finally, it's also exciting to note that we've got several new courses happening already this year – like A Walk in the Park for pooches and their owners, the Midweek Movie Club, the Poetry Appreciation Group, and Easy Walking, for example. This week we've added What will our Grandchildren's Lives Look Like – a six session zoom discussion group around specific topics each week, hosted by James Nichterlein from ACT U3A. And a one-off called China: The other side of the story, which will be presented at a yet to be decided date in June by Paul Strutynski.

So don't forget to keep checking the program for latest additions and enjoy our autumn term to the full.

Sue Fowler, President U3ASC



The **Rummikub** group is currently full. Anyone interested in joining the group should contact the course leader, Joan Callaway, on [joanc2548@gmail.com](mailto:joanc2548@gmail.com) to be included on her waiting list.

## MOVING ON

We have, sadly for our U3A, two long-time members, office holders, and course leaders retiring this month.



**Judith Reid** has been part of U3A Sapphire Coast since it wasn't even U3A. She was part of that small, but energetic group, that established what was then called Shared Learning. She was involved in writing the Constitution and bringing Shared Learning into the National University of the Third Age.

She has played an integral, and essential, part of pretty much every function of U3A – program support, Management Committee member, Treasurer, President, Course Leader and, of course, course participant. As President she led the search for a base for U3A Sapphire Coast (it was interesting to hear that discussions with BVSC were as fruitless and frustrating as more recent discussions were for another Committee and President), and she and her group undertook the rental, and original painting and refurbishing of the current Tura Beach Centre.

Judith has shared her passions through the role of course leader many times but, most significantly, for a year as leader of the Tathra Taboo Topics (where her contributions as a long-time participant will be sorely missed), and for 20 years as leader of the Computer Course with the support of Karl Dietzel and Carleen Maley.

According to Judith, her time as Computer Course leader has been “the most rewarding phase of my retirement, socially and mentally. The people who are part of the group, some of them since the beginning, are inquisitive, intelligent, and beautiful people! I have learnt much more than I could ever have imparted to the group.”

Judith and her husband are moving for health and family reasons.

**Dorothy Glacken** is also standing down as a course leader after leading the Bolivia group for 19 years. She and her husband retired to Merimbula 22 years ago, and have been involved with U3A Sapphire Coast since 2003.

Dorothy says she's enjoyed her many years involvement, and the friends and lovely people she has met through U3A. She will continue to play Mahjong at the Tura Beach Centre.

Everyone involved in the work of keeping U3ASC going thanks Judith and Dorothy wholeheartedly for all of their contributions over so many years, and wishes them both all the very best in this next stage of their lives.



## SLOW FOOD APPRECIATION GROUP

Recently, the Slow Food Appreciation Group met with sustainable farmer, Dale, who grows the chillies for Disaster Bay Chillies. What a great time we had there, trying Dale's locally grown Dragon Fruit, Yukon, Caperberries, inspecting his compost and collecting chilli plant seeds! Later, we went on tour of the Disaster Bay factory and finished with a product tasting. The morning was interesting and fun, most of all, it was heartening to find these locals who are growing sustainably and respectfully.

Fleur Dwyer 0418629488



Lyn, Tom, Chris, Jan, Rose & Lily listening in to the manufacturing process at Disaster Bay Chillies



Dale, sustainable farmer, and Ian discuss the merits of different chilli varieties.



## SONG WRITING WORKSHOP

Writing a song, arranging it, performing it and eventually recording it is one of the most satisfying projects a musician can do. Do you have what it takes???

Paul Daynes is beginning his next song writing workshops in which we explore the ins and outs of songwriting, including - two, three and four chord loops, basic 12 blues and more complicated song construction, covering rock, blues, light jazz, country and other

genres.

We will also explore lyric construction, basic arrangement/presentation, rhythm structure, musical hooks, basic music theory, transposition, and even perform the song in class as a band.

Playing an instrument is an advantage, but not necessary. If the above makes no sense to you, but you feel you have a song or two within you, this is for you too. Age or lack of musical theory is no restriction.

This will be an ongoing evening class, held monthly at the Tura Beach U3A Centre from 4-6pm or so. The course needs at least 4 people who are self-directed, open to suggestions and objective in their final decision making.

Paul is an experienced musician, and songwriter, with long experience from solo artist, duos, trios and more, to bands from Tijuana to full on rock.

He is currently playing in two rock bands - The Ruins as the Bass Player & Backing Vocalist, and Loose Change as Lead Guitarist and Lead Singer. Paul also teaches and leads the U3A Guitar and Ukulele Classes.

## SOCIAL SCRABBLE

I first joined the Scrabble group probably in 2010. It was then run by Mike Jinman, at his home in Tura Beach. Having played Scrabble for many years before that, it was great to be in a group of equally enthusiastic players. When Mike felt unable to host the group any longer, Mary Brady took over, and we enjoyed her delicious afternoon teas for several years. As Mary is currently rebuilding, I have taken over as the group's leader, and though participants have to trail out here to South Wolumla, many car-pool from the coast, and so it becomes a social time during the drive.

When Covid hit, we had a break, then after a short time, we decided to continue playing as a private group, still at Mary's, taking sensible precautions. We are now, gladly, back under the auspices of the U3A. The group has a limit of 12. We usually have between 4-10 people gathering every Wednesday afternoon, and usually play on through the holidays, with maybe a break over Christmas/New Year. We play two games, of either 2 or 3 players, with a social afternoon tea at the break. It is a great way to keep one's mind sharp, both with the game itself and the social contact. Play is casual, sociable, friendly but still competitive, aiming to increase our word knowledge if not our vocabulary!!

Jennie Smith



## NEW ONLINE COURSE VIA ZOOM DISCUSSIONS



### ***What Will Our Grandchildren Say?***

The certainties with which we grew up and accepted throughout our working lives have now gone. *So what kind of world will our children and then their grandchildren live in?* Major change has just begun and will continue to unfold in often unpredictable ways. Understanding such change is, however, the beginning of understanding and coping with such change. The course will look at the main causes of the coming change, COVID and climate change in discussion.

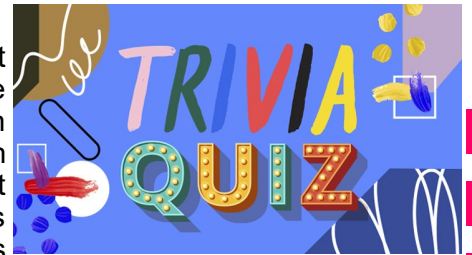
The course will consist of 6 Zoom sessions of 1 ½ to 2 hours. The course will use Alan Finkel's recent Quarterly Essay *Getting to Zero* as the focus of our discussions but it is not intended that the essay will be read uncritically. The course will be a discussion course with the leader acting as a moderator and not a teacher.

We will look at topics including "How will people travel in 2050" or "Is an electric society really possible?" It will also look at the social consequences of change such as how such a society can best preserve a democratic society. Each session will be preceded by internet references to give each participant a background to the issues for discussion in the next group session.

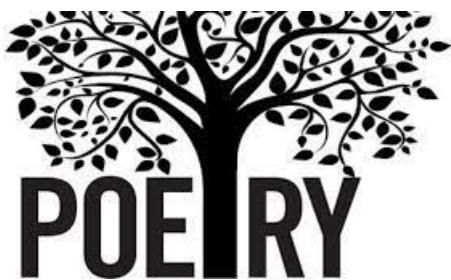
The course leader is James Nichterlein, an experienced presenter with U3A Canberra, and will be held on Mondays from 10.00 to 12.00 beginning on Monday 12 July.

### **TRIVIA QUIZ IS BACK!**

Trivia fans can once again get their weekly fix on Monday afternoons at the Tura Beach Centre from 2.00 to 4.00. Bridget O'Hanlon, the course leader, will stimulate and challenge you with six rounds of ten questions each week. There are no prizes - just friendly competition and the satisfaction of having bragging rights for at least a week. Don't worry if you don't have a team, or don't know anyone else who is participating. Just ring Bridget on **0421796422** and look forward to lots of fun and, maybe, meeting some new friends.



BYO cup and thermos or buy afternoon tea at the bakery as the TBC kitchen is still not open due to Covid restrictions.



### **POETRY APPRECIATION GROUP**

This group has been meeting for quite some time and has now chosen to come under the U3A umbrella, as most participants are U3A members. It meets on the first Saturday of each month and discusses and appreciates, each month, a poet of the group's choosing. The first meeting will be on 5 June at the Tura Beach

### **NEW ONE-OFF : CHINA: THE OTHER SIDE OF THE STORY**

With almost daily media reports criticising China, including talk of war, it's an opportune time to look at the evidence on which these claims are based.

In a two hour talk plus Q and A session on 2 June from 1.00pm till 3.00pm at Tura Beach Centre, Paul Strutynski will argue that the first casualty of war, or at least the apparent build up to war, is truth. He will present the other side of the story to the standard fare in the mainstream media to help participants develop a more balanced understanding of the issues.



Paul, a popular U3A presenter, is a former tutor in politics at Queensland University, a trade union official, press secretary to Cabinet Ministers, Canberra bureaucrat, author and newspaper columnist.

Enquiries to Paul at [paul.strutynski@gmail.com](mailto:paul.strutynski@gmail.com)

## WALK IN THE PARK



Dogs at Coffee, after a Walk in the Park at Tathra Beach.



Suzanne, Lisa and Sue with Frankie and Mitzy on the rocks, at Short Point, during the first Walk in the Park for dogs and their owners.

Other Walks this Term are:

Monday, 17 May Tura Beach Headland, in the car park for a 9.00am start

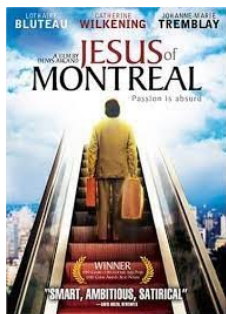
Monday, 31 May Main Beach, at the "dog off leash" sign on the beach, for a 9.00am start

Monday, 14 June Pambula Beach Lion's Park, in the car park for a 9.00am start.

Fleur Dwyer 0418629488

## MID WEEK MOVIE GROUP

Unexpectedly, we had no Course Leader available for the session on 5 May, however, we look forward to seeing you all on **Wednesday, 26 May, at 5.30 pm** in the U3ASC Tura Beach Centre. Our film will be another one directed by Canadian Denys Arcand entitled *Jesus of Montreal*. In the interim, here are a few links/reviews, etc of the film for you to read in anticipation of our next session.



<https://www.spiritualityandpractice.com/films/reviews/view/5011>

*Jesus of Montreal* won the Grand Prize of the Jury at the 1989 Cannes Film Festival and gained 12 Genies, the Canadian equivalents of the Academy Awards. The drama takes place in modern-day Montreal where Father Leclerc (Gilles Pelletier), a priest with an interest in theatre, hires Daniel (Lothaire Bluteau), a talented and intelligent actor, to direct the annual Passion play staged on the grounds of a hillside shrine overlooking the city. Using data from the latest archaeological finds and new translations of the Talmud, he reworks the traditional Stations of the Cross.

<https://www.nytimes.com/1990/05/25/movies/review-film-a-modern-passion-play-in-montreal.html> Denys Arcand's intelligent, audacious "Jesus of Montreal" attempts to shake up stale religious assumptions, undermine religiosity with wit, and question the Gospels with a new reverence that springs from our modern, commercial world. Creating a band of actors hired to modernise a Passion play within the film, Mr. Arcand needs to balance satire and seriousness with the greatest daring and delicacy. And for the first hour, before it gives in to leaden, self-conscious Christ imagery, "Jesus of Montreal" succeeds.

Kaye Separovic, Wal Wolzak and Syvlie Dubrulle



**Law Week  
information  
Workshop**

Wills, Power of Attorney & Enduring  
Guardianship  
Keeping your Finances Safe.

@ Tura Marrang Library

[Tura Marrang Library - Thu 20 May, 10:30am](#)

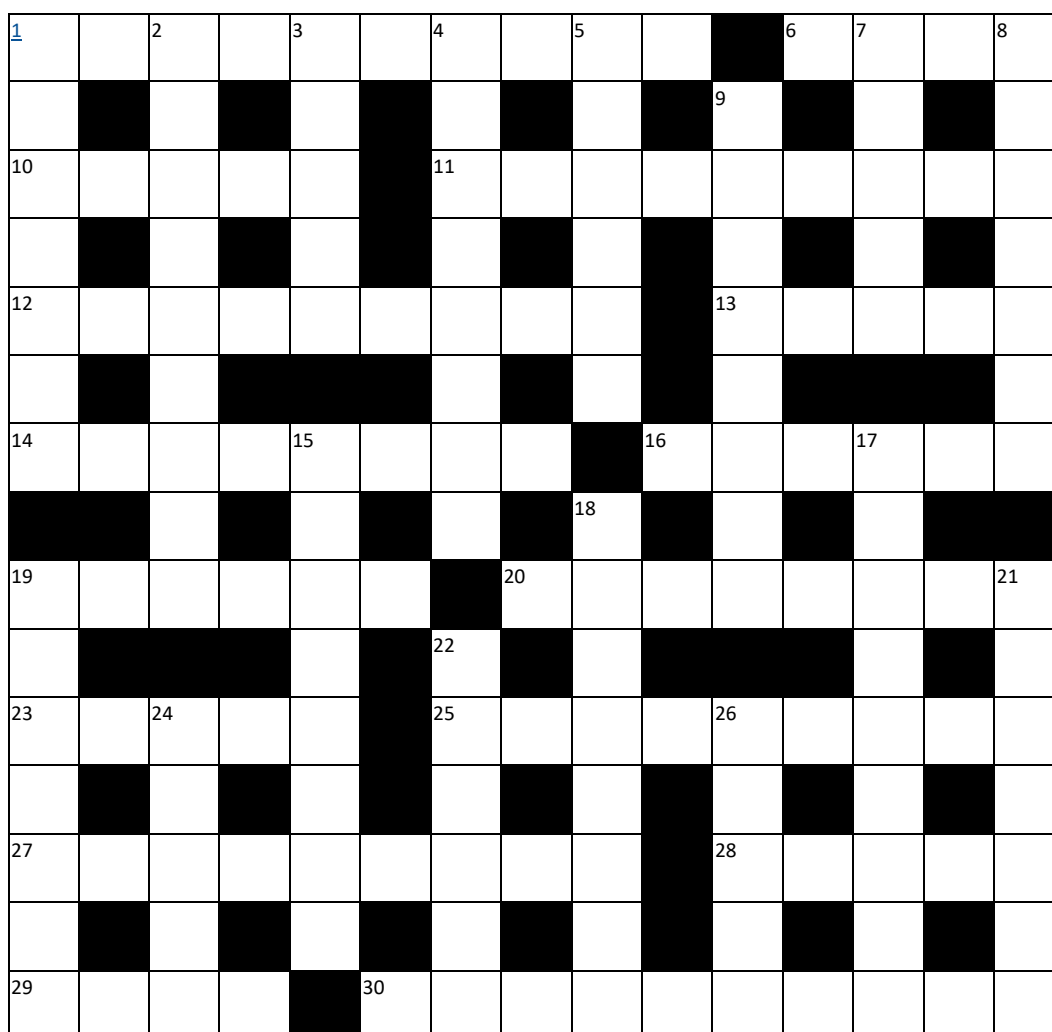


**Make your own  
reusable  
produce bag**

@ Tura Marrang Library

[Tura Marrang Library - Fri 14 May, 11:00am](#)

# CROSSWORD 205



## CROSSWORD 205 CLUES

### ACROSS

1. Vessel age turn perhaps for large destructive force (10)
6. Reverse mail check (4)
10. Disposable resources but progress possible added to an end (5)
11. A dull gran, perhaps an acute infectious disease with fever (9)
12. Nourishing Muhammed denoting a mind disorder (9)
13. Drive forward as I am a truncated archbishop! (5)
14. It is said that a bovine with radio and girl's name is a German operatic tenor (8)
16. Six-fifty even though may end defame (6)
19. Not available nude maybe governess! (6)
20. Curved street shortened Indian with perfume (8)
23. Vigilantly attentive drink starts red tippie (5)
25. Driver's crime from drain hunt (3,3,3)
27. US physicist interfered with light and with a single internal change creates a US left-handed golfer (9)
28. Bird lifter (5)
29. Non-existent gain you lasts fifty-fifty (4)
30. Finish organ, team and small territory with caress perhaps (10)

### DOWN

1. Overfill suitcase with probably sweet food and wolves (3,4)
2. Thanks to Shakespeare who in 'As You Like It' wrote about man's lack of this (9)
3. Golden suet contains come afterwards (5)
4. Denying bearing punishing student (8)
5. Become impotent after consuming bun with ale! (6)
7. In early days a black one was invaluable and sounds as well as edge (5)
8. Said to describe grammatically meadow herb (7)
9. Singularities but strange with one binders (8)
15. Len trims musician (8)
17. Intoxicate rib I eaten (9)
18. Feigning before spoken nervous strain (8)
19. Anchor late chess piece (4,3)
21. Touching brown chap (7)
22. Preferred church large print measure (6)
24. Surpass former lopped small group (5)
26. French city not wrong but more agreeable (5)



Dear president/secretary of your U3A group,

I am a PhD student at the University of Melbourne researching the sexual health needs of older adults in Australia. I am seeking participants aged 60 and over to complete an anonymous online survey. All responses will remain completely confidential, and participants will not be able to be identified in any way.

Older adults have different sexual health needs from younger people and there are very few information sources tailored to older demographics. This research investigates how we can better meet the sexual health information needs of older adults.

Your help with this project would be much appreciated. Please share the link below and the attached advertising flyer with your members.

To access the survey, click here:

<http://go.unimelb.edu.au/td2i>

Please contact [louise.bourchier@unimelb.edu.au](mailto:louise.bourchier@unimelb.edu.au) for further information.

Thank you very much for considering my request.

Kind regards,  
Louise Bourchier

#### Louise Bourchier | PhD Candidate

Centre for Epidemiology and Biostatistics | Melbourne School of Population and Global Health

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The University of Melbourne, Victoria 3010 Australia

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*I acknowledge the Traditional Owners of the land on which I work, and pay my respects to the Elders, past and present.*

#### U3ASC ZOOM ACCOUNT

U3ASC Course Leaders are able to use the U3ASC ZOOM account for classes or meetings. The number of participants and the length of the class/meeting is virtually unlimited. You just need to book your slot, set up the event and notify the participants by following the instructions available on the U3ASC website at [www.sapphirecoastu3a.org](http://www.sapphirecoastu3a.org). Click on the 'Take a Role' button, then 'Course Leader Resources', then 'Setting Up a Zoom Meeting'.



#### CROSSWORD 205 ANSWERS

##### ACROSS

1. Juggernaut 6. Stop 10. Means 11. Glandular  
12. Alimantal 13. Impel 14. Kaufmann 16. Vilify  
19. Duenna 20. Crescent 23. Alert 25. Hit and run  
27. Michelson 28. Crane 29. Null 30. Endearment

##### DOWN

1. Jam pack 2. Gratitude 3. Ensue 4. Negating  
5. Unable  
7. Tulip 8. Parsley 9. Oddities 15. Minstrel  
17. Inebriate  
18. Pretence 19. Dead man 21. Tangent 22. Chosen  
24. Excel 26. Nicer



**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](mailto:u3ascoffice8@gmail.com) or  
Elizabeth: [eastacey@bigpond.net.au](mailto:eastacey@bigpond.net.au)



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