

# U3A Sapphire Coast

ABN: 85641263291

P.O. Box 798, Merimbula NSW 2548  
Ph - 0491 099 570

[www.sapphirecoastu3a.org](http://www.sapphirecoastu3a.org)

email - [u3ascsec@gmail.com](mailto:u3ascsec@gmail.com)  
f /U3ASapphireCoast/

## March 2023 Newsletter



### PRESIDENT'S REPORT

My wife and I have just got back from a lengthy visit to the kids and grandkids in Melbourne, something many of you must also regularly do. At our age we're always torn between wanting to spend as much time as possible with them and wanting to get back to the peace and quiet of home (and feeling a bit guilty about it). Also, to get back to matters U3A.

The key issues currently facing the Management Team are the slow return of membership numbers to pre-COVID levels, and maintaining and increasing course offerings. As well, the Annual General Meeting is coming up.

### Tura Beach Centre

First up, though, work is progressing on the repairs to the Tura Beach Centre. The brickwork is done, and the windows are due to be installed around now. Then the finishing work inside. Thank you all for your patience.

### Membership numbers

Our membership numbers are not bouncing back post-COVID as robustly as we had hoped. If you still haven't renewed your membership yet for this year, please do. We need membership fees to pay our bills.

### Course offerings

We're keen to maximise our course offerings to help induce people to join (and thus boost membership). But, as Sue O'Loughlin, the Program Team Leader, points out inside, the Program Team is severely short staffed, which is hampering its course-boosting efforts. Volunteers would be hugely welcomed.

### Links to Bermagui

We established closer links to Bermagui U3A last year to broaden the range of our course offerings. Keep an eye out on our website for upcoming new offerings by Bermagui presenters.

### Annual General Meeting

The AGM is scheduled for 11.30 am on Friday March 31 at the Sapphire Club, Merimbula. The main business is electing members of the Management Team for the coming year, but also to hear reports on the year just passed, and just to ask questions.

A package of material will soon be emailed to every member including the agenda, proxy and nomination forms, and further information.

Nominations must be in writing, signed by two other members, and accompanied by the written consent of the candidate. They must be delivered to the Secretary at least seven days before the AGM and state which position you are nominating for.

Paul Strutynski, President



## Welcome

### New Members:

Jim Kelly  
Linda Shenton  
Carolyn Neenan  
Neva Castellarin  
Garry Moorhead  
Chris Dwyer  
Gary Leach  
Diana Stewart  
Judith Grundy  
Bess Velez  
Pamela Climpson  
Stephen Howard  
Janet Howard  
Julie Sanders  
Andrea Beck

### 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](http://www.facebook.com/U3ASapphireCoast)



## PROGRAM TEAM REPORT

### Tai Chi

The response to the two, new Tai Chi programs, both beginning on March 7, has been excellent. Karen Tarlington's Tai Chi for beginners, a six week introductory program at the Tura Beach Centre, is fully booked and with three people on the wait list. So, if you've enrolled but circumstances have changed and you can no longer make the classes, please go onto the website and withdraw so that people on the waitlist get a chance to attend.

Linda Kavanagh's Tai Chi for Health, an ongoing course at Tathra Hall on Tuesday mornings, has 13 enrolled and room for another 7 if you haven't managed to enrol yet.

### One Offs

We're continuing our partnership with Bermagui U3A and are talking to their program co-ordinator at the moment about the potential for several of their one-off presenters to do a repeat performance for us. The only confirmed talk so far is one by Bruce Leaver that will be in second term. It will be 'Empire of the Grasses' and will look at the emergence of grasses as the dominant plant form in arid ecosystems on every continent way back when the planet first cooled down and dried out. Anyone who has been to one of Bruce's talks knows that they are packed with fascinating information about this planet we live on.

We like to reciprocate when Bermagui presenters come to us, so if any of you have an idea for a one-off, or have delivered one in the past and would be willing to travel to Bermagui to present it there (petrol money covered), please contact me (Sue) on 0439809237 or at programs.u3asc1@gmail.com.

And, of course, if you have an idea for a new one-off you can present to our members, please also contact me. Most one-off presenters I've spoken to say they get as much as, or more than, the audience does out of doing a talk. You'll have all the support you need to make it a painless process.

### Program Team

Once again, I'm putting a call out for people to put their hands up to help on the Program Team.

Bermagui U3A, with a total of 23 Term 1 courses, 15 of which are one-offs, has six people to coordinate its program.

For the past two or three years U3A Sapphire Coast's program of 39 courses (with more one-offs to come as we work on them) has been managed, essentially, by two people. We do have two other members of the team but they've had heavy personal demands on their time for the past 2 years and have been unable to contribute a lot (though we're always grateful for the wise counsel they've offered when they can).

Managing the existing program is not terribly onerous, given how experienced many of our course leaders are. Even the roll over of the program at the end of the calendar year has not been a huge job (2 of us have managed that for the past two years).

What is really needed is more brains - people with ideas and contacts and initiative - so that we can build our program and make it even more attractive to our members.

Covid drastically affected our membership numbers and the number of course offerings we could supply. Fewer members means less income to cover our costs. Fewer course offerings mean fewer members.

We need people with ideas to attract people back or to attract new members. If we get a few expressions of interest we'll hold a briefing session to fully describe the role and answer any questions. If you think you can help, please contact me, Sue O'Loughlin, on 0439809237.



## TRIVIA QUIZ by BRIDGET O'HANLON

1. What is the name of the rubber thing on the end of a walking stick?
2. Which is the largest landlocked country in the world?
3. How many fields are honoured with a Nobel Prize?
4. What is pleonexia?
5. Which actress has been married to both Brad Pitt and Justin Theroux?
6. Which of Charles Dickens' books was the first to be published?
7. Which temperature scale has water boiling at 212 degrees?
8. Which sharks would sometimes be found in a river?
9. What is a sampan?
10. Which item of French food was last year entered on the list of items officially protected by UNESCO?



# ONE OFF

## **\*NEW\* ONE-OFF EVENT** **God Busters - Arguments for Atheism**

Paul Strutynski will present a revised and updated version of a talk he gave some years ago on the existence of God. He first outlines the Christian case for God's existence, then contrasts it with the atheist arguments for his non-existence. Paul promises a respectful presentation of both sides of the argument.

The talk is based on his soon to be published book, God Busters - Arguments for Atheism.

When: Friday March 24 11:30am – 1:30pm

Where: Tura Beach Centre

Cost: \$3

BYO lunch/tea/coffee

Course Leader: Paul Strutynski 0413123721 or paul.strutynski@gmail.com

Program Team contact: Sue O'Loughlin 0439809237 or [programs.u3asc1@gmail.com](mailto:programs.u3asc1@gmail.com)

# اللُّغَةُ الْعَرَبِيَّة

## The Arabic Language

Have you ever been curious about this language?

Despite writing from Left to Right, it has an alphabet of 28 letters and most of the sounds will be familiar.

Just to keep you on your toes, the letters change shape, depending on where they are in a word.

There are no "V" or "P" sounds (use "F" and "B") and no capitals letters.

So if you'd like a do-able challenge to keep those grey cells active, consider Arabic.

Far more useful than crossword puzzles!

It is a lovely language, and you could spend the rest of your life swimming in the sea of Arabic language.

I'd like to run a series of 3 or 4 introductory sessions of one hour each, in Term 2 *if enough people are interested*. (Minimum of 6)

They'd be on Thursdays between 12noon and 1pm at the U3A rooms at Tura Beach.

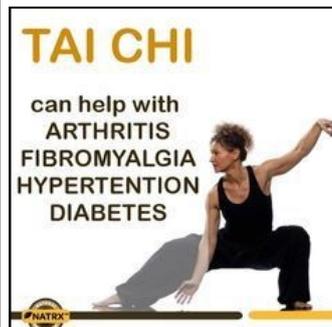
If after you've attended these sessions you find that you are interested in pursuing the language further, I would consider starting a new beginners class in Term 3, but I'll need a minimum of 6 to make it viable.

To register interest, contact me on the following e-mail address:

John Fuary

[jefuary@gmail.com](mailto:jefuary@gmail.com)

## AN INTRODUCTION TO TAI CHI



Classes commencing Tuesday March 7 - 11:00am to 12:00pm at U3A Tura Beach Centre.

The 6-week course will introduce you to some gentle tai chi movements and you will begin to learn a form as well as theory and the benefits of tai chi.

Karen Tarlington, Course Leader

## HEALTH BENEFITS OF TAI CHI AND QIGONG

- Improved strength, conditioning, coordination, and flexibility
- Reduced pain and stiffness
- Greater awareness, calmness, and overall sense of well being
- Deeper, more restorative sleep
- Increased energy, including sexual vitality and fertility
- Reduced stress
- Enhanced immune system
- Improved cardiovascular, respiratory, circulatory, lymphatic, and digestive function
- Lower blood pressure





## U3A Slow Food Makeandeatshop

Join other like minded foodies who care about what they eat, where it comes from and how it is made. On Sunday, March 26, come to Jon and Tracy's place in Tura for a fun filled morning making pasta, followed by a leisurely lunch from the fruits of our labour.

Do you want to make your own pasta? Share ideas and make your own pasta as we follow Jon, in the art of handmade pasta making using time honoured kitchen traditions.

Make the dough from scratch, roll it and cut into two distinct shapes and types. Then see how to create a slow cooked lamb ragu sauce. Finally, sit down together and enjoy a delicious home cooked meal with a delicious vegetarian and/ or lamb ragu sauce.

What: Pasta making and lunch

When: Sunday, March 28 @ 10:00am

Where: Tracy & Jon's, Tura

Cost: \$20/head & BYO drinks

For details on how to enrol and pay:

Contact Fleur: [dwyerfleur@gmail.com](mailto:dwyerfleur@gmail.com)



### CRAFTWORKERS GROUP

The first two months of the year have gone and the group has settled back into the routine of finishing pieces of work, chatting, drinking coffee and generally solving the problems of the world. We welcomed Rosie Fergusson at our last meeting and hope she enjoys our often lively conversations and crafty discussions.

While most of us learned the technique of decoupage at school many years ago Monica showed us a few ideas using torn paper serviettes and diluted wood glue to create decorative pieces for the home.

If you would like to join us, we would love to meet you. You don't have to be clever you just have to enjoy what you do.

We meet at the Tura Beach Country Club every Friday from 10.00 am till 12.00 am.

Call Monica on 0408 794 252 for further enquiries.

Monica Eddleston, Course Leader



### COURSE LIST UPDATE

Two of our popular Courses have been returned to our Course list for Term 1. They are Recorder for Intermediate Players and Spanish (Continuing). If you are interested in either of these Courses, check them out on the U3A website: <https://www.sapphirecoastu3a.org/courses>

## WALKING - ADVENTURE WALKING GROUP - FEBRUARY

On Thursday February 2, 15 intrepid members of the Adventure Walking group set off to explore the northern part of Mimosa Rocks National Park. We started at South Bunga Beach and walked along the coast with spectacular views. We then left the beach and walked through the reeds and then up and over the ridge to Aragunnu campground. After morning tea and a well deserved rest we retraced our steps back to the cars. Eight of us then enjoyed a picnic under the trees. The efforts of the walk planners/leaders, Kerrie Dean and Ann Wykes, were greatly appreciated by all.

Helen Stevenson, Course Leader



At the Hidden Valley Hut looking towards Bunga Head



Sitting on steps at Aragunnu

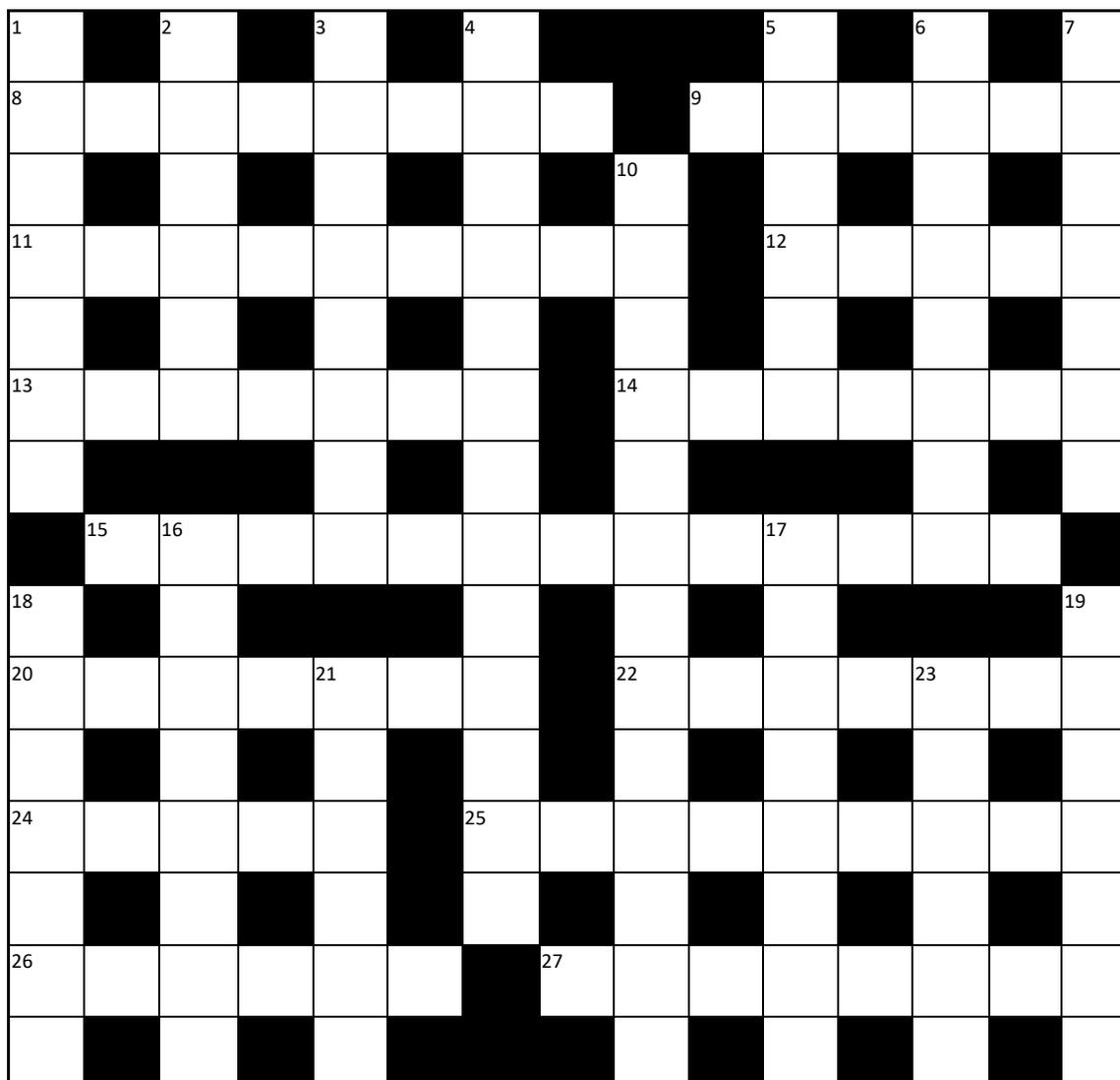


## NEW WHITEBOARD FOR TURA BEACH CENTRE

Course presenters at Tura Beach Centre will be pleased to know that a new whiteboard has been purchased, and is now available for use. As locals would appreciate, this was not an easy task to achieve in our location. Our Treasurer, Judy Brand, spent a great deal of time researching availability and reasonable delivery costs.



## CRYPTIC CROSSWORD by JOHN SCRIVENER



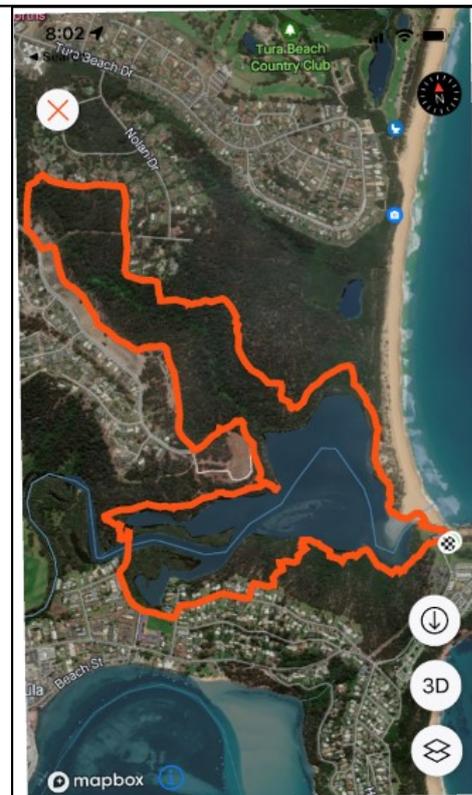
### ACROSS

8. Mining forms expose wounds (4,4)
9. Mistake in the hill. He is a nuisance (6)
11. Cambodia for example. Popular party on the face first agent (9)
12. Muse rate nothing (5)
13. Mainly hidden nice end but eaten ripe golden for starters (7)
14. Holds row more fast (7)
15. Our pattern men play before Wimbledon for example (3-10)
20. One who presumes upon others and just a tee-off the fraudulent one! (7)
22. Catches contentment say inside pipes! (7)
24. I turn to city (5)
25. Exalting belong inn drinking (9)
26. Jacket for smoking (6)
27. Action it from the quotation (8)

### DOWN

1. Start dictation in wind? Will be added?(7)
2. Ornament of the French parish officer (6)
3. Refrigerator drug box (3,5)
4. Of beads maybe volume and French music group (6,7)
5. Temporary withdrawal of alcove (6)
6. Antic ore original work (8)
7. Arsenic begins severe! Is last zeals? (7)
10. Perhaps lash a coin then pay immediately (4,2,3,4)
16. Wine in grass announced (8)
17. Wander about and smile at the night-light (8)
18. Ancient person with action suffix of beautiful object (7)
19. Is the Goons famous for equiangular shapes? (7)
21. Resign vocalist? (6)
23. Sour a crime solving organisation involving integrated circuit (6)

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



### WALKING - ADVENTURE WALKING GROUP - MARCH

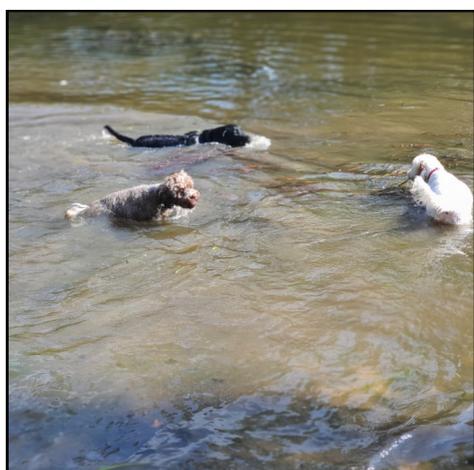
On Thursday March 2, eight of us met up at Short Point carpark to commence a walk around Back Lake Merimbula. The walk was approximately 8 km, took about 2 ½ hours, and included a variety of surfaces – sandy beach walking, narrow bush tracks, gravel and paved roadways.

We walked from the carpark at Short Point onto the beach and joined the Mundooi Track. The track took us into bushland in the area between Tura and Mirador, before we emerged near Mirador Drive and made our way on a parallel track down the hill to Back Lake, where we took a short break and enjoyed the view – see photo. We then followed closely the outline of the lake before crossing the walking bridge into Munn St. A walk up the steepish Lakeview Ave was our final climb before re-entering a bush track which led us back to the Short Point carpark. Our walk planner/leader, Jeff Haynes, pointed out some interesting historical features along the way.

For morning tea, we utilised the new facilities at Short Point and enjoyed the panorama. We enjoyed our coffee and cakes from the “High Tide” coffee van at the undercover picnic table.

Many thanks to Jeff for a great walk, and the content for this article!

### WALKING – A WALK IN THE PARK



Dogs veer off the track at Old Bega Racecourse for their fortnightly 'Walk in the Park'.

Fancy a fortnightly run on Mondays? Or a bit of rough and tumble? Then harness your owner(s) and meet up every Monday fortnight at various 'off leash' locations.

When: Mondays fortnightly 9:00 am - 11:00 am

Convenor: Fleur Dwyer, [dwyerfleur@gmail.com](mailto:dwyerfleur@gmail.com)

Program Team Contact: Sue Fowler [suefowler1@gmail.com](mailto:suefowler1@gmail.com)

## GET FIT AND HEALTHY IN 2023 - compiled by JULIE NOVOTNY

### ACTIVE AND HEALTHY:

Staying physically active is the single most important thing you can do to stay fit and independent, as you get older. Age is no barrier, research shows that exercise, at any age, is worth the effort. If you are in any doubt about exercise, please talk to your doctor. This website can help you find an exercise program in your local area and provides information and tools that can assist you to increase your physical activity. [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)

### JOIN HEALTHY AND ACTIVE FOR LIFE ONLINE:

Healthy and Active for Life Online is a **FREE** 10-week healthy lifestyle program for adults aged 60 years\* and over. The program will help you learn how to make small, sustainable changes in your lifestyle to improve your health. The program covers lots of topics including healthy eating and physical activity. Basic exercises are included and are suitable for beginners. No prior knowledge or exercise experience is required! \*Aboriginal people aged 45+ years can register.

[halo.activeandhealthy.nsw.gov.au/hal-online](http://halo.activeandhealthy.nsw.gov.au/hal-online)

### AUSTRALIAN DIETARY GUIDELINES:

Advice about the amount and kinds of foods that we need to eat for health and wellbeing.

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### FREE TELEPHONE-BASED HEALTH COACHING:

Your free NSW Health service can help provide you with the support and motivation you need to reach your own healthy lifestyle goals. [www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

### A PLACE TO GET FACTS ABOUT ALCOHOL AND OTHER DRUGS:

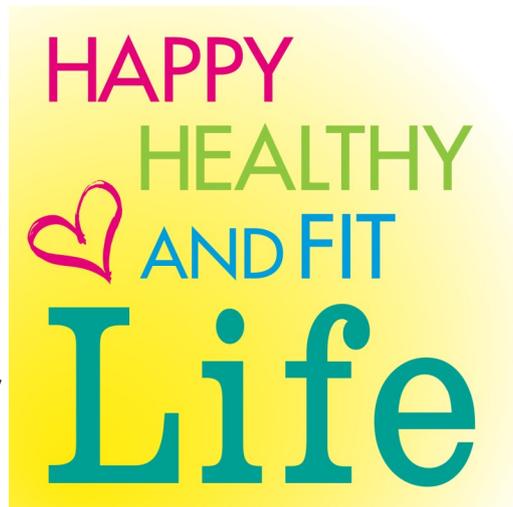
Learn more about some of the most commonly used drugs affecting Australians right now.

[yourroom.health.nsw.gov.au](http://yourroom.health.nsw.gov.au)

### OFFICE OF LOCAL GOVERNMENT: Information for the Public

The State's 128 local councils employ over 48,000 staff and spend more than \$12 billion annually on providing key infrastructure, facilities and services to local communities. They also manage community assets worth nearly \$178 billion. Local councils play an important role in improving the lifestyle and amenity of local communities across NSW. The Office of Local Government is committed to strengthening and supporting local councils to deliver for their local communities.

[www.olg.nsw.gov.au/public](http://www.olg.nsw.gov.au/public)



### NEWSLINK – Check out the U3A Network NSW Newsletter :

<https://nsw.u3anet.org.au/newsletter/>



### NEWSLETTER TEAM - VACANT POSITION

We are very disappointed to announce that one of our valuable team members, Julie Novotny, is leaving our Newsletter Team. Apparently travel is taking precedence! Julie has shared her high-level IT skills with the Team, resulting in a better-looking Newsletter.

We would very much like to maintain our five-person Team – President, 2 Editors and 2 Producers – as it has been working really well. Each Producer has been responsible for putting the Newsletter together every second month.

If you have access to Microsoft Publisher, and are able to use it even at a basic level, we would welcome you as a Producer on our Team. If you are interested in contributing to your organization in this way, please contact me by email at [u3asoffice1@gmail.com](mailto:u3asoffice1@gmail.com)

Michele Patten



**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](mailto:u3ascoffice8@gmail.com) AND  
Kaye: [kayeseparovic@gmail.com](mailto:kayeseparovic@gmail.com)

## 2023 U3A NETWORK QUEENSLAND STATE CONFERENCE

Dear U3A Colleagues,

It is with great excitement that I write to advise you of the 2023 celebration of 50 years of U3A worldwide.

The 2023 U3A Network Queensland State Conference, hosted and organized by U3A Rockhampton will welcome visitors from around the country and the world for this prestigious international event. The conference will be held May 8<sup>th</sup> to 11<sup>th</sup>.

The theme of the conference will be "U3A Yesterday, Today and Tomorrow."

Professor Francois Vellas, the U3A and AIUTA (Association of International Universities of the Third Age) world president will be the keynote speaker.

The celebrations will be held over two days in Rockhampton Queensland.

It is many years since an international U3A conference has been held in Australia and we would be delighted to welcome your U3A members to Rockhampton.

Details of this event can be found on the U3A Network Qld Inc. website at [u3aqld.au](http://u3aqld.au)

Registrations have just opened and further information will be available on the above-mentioned website. I have attached the February conference newsletter.

This conference is open to all U3A members worldwide and we would welcome all to Rockhampton.

Kind regards

Rhonda Weston AM

President: U3A Network Queensland Inc.

President: U3A in Toowoomba Inc.

International Governing Board Member

0412 794 037, 07 4613 6559

Email: [president@u3aqld.au](mailto:president@u3aqld.au)

Web: [u3aqld.au](http://u3aqld.au)

### JAN/FEB CROSSWORD 20 ANSWERS

#### ACROSS

1. Cesspit 5. Leather 9. Light bulb 10. Depot 11. Patchy  
12. Friction 14. River mouth 16. Bega 18. Airy 19. Sterilised  
22. Handicap 23. Mutter 26. Ethos 27. Artichoke  
28. Ensured 29. Mudflat

#### DOWN

1. Caliper 2. Sight 3. Pitchers 4. Tour 5. Laboratory  
6. Adduce 7. Happiness 8. Rotunda 13. Contraband  
15. Verandahs 17. Flounced 18. Athlete 20. Darkest  
21. Rinser 24. Troll 25. Atom

### TRIVIA QUIZ ANSWERS

1. Ferrule.
2. Kazakhstan (at a minimum of 1620 miles from any ocean).
- 3.6 - Physics, Chemistry, Literature, Peace; Medicine, Economics.
4. Extreme greed for wealth and possessions, avarice.
5. Jennifer Aniston.
6. The Pickwick Papers.
7. Fahrenheit.
8. The Bull Shark
9. A boat
10. The baguette

### MANAGEMENT COMMITTEE

**President**

Paul Strutynski:

[u3ascpres1@gmail.com](mailto:u3ascpres1@gmail.com)

**Vice President**

Garry Clear:

[garrypcug@gmail.com](mailto:garrypcug@gmail.com)

**Secretary**

Merryn Dowling:

[u3ascsec@gmail.com](mailto:u3ascsec@gmail.com)

**Treasurer**

Judy Brand:

[u3ascctreas@gmail.com](mailto:u3ascctreas@gmail.com)

**Program Team Leader**

Sue O'Loughlin:

[programs.u3asc1@gmail.com](mailto:programs.u3asc1@gmail.com)

**Member**

Sue Fowler:

[suepfowler1@gmail.com](mailto:suepfowler1@gmail.com)

**Member**

Carolyn Smith

[csmith1611@gmail.com](mailto:csmith1611@gmail.com)

**Member**

Roger Harris

[rogercharris@bigpond.com](mailto:rogercharris@bigpond.com)