


# U3A Sapphire Coast

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 /U3ASapphireCoast/

## May 2023 Newsletter



### PRESIDENT'S REPORT

#### ANNUAL GENERAL MEETING FOLLOW-UP

One interesting thing that occurred at the Annual General Meeting (AGM) on March 31, beyond the formal agenda, was a general discussion of various issues among everyone present.

The Management Team agreed to carry the discussions forward at its next monthly meeting on April 27, and here's a summary of our further deliberations.

One suggestion from the floor at the AGM was that we consider conducting Bermagui-style enrolment days at the start of each term, with presenters present.

In the end, the Management Team agreed to stick with our present online enrolment arrangements since Bermagui itself has dropped registration days, as we did some time ago. In addition, these events are considerable logistical exercises, people can now enrol online, and we have Team Office to help people with their enrolments.

The second issue was a broad-ranging discussion about how to boost enrolments (they're going back up post-COVID, but only slowly), and there were lots of great suggestions.

In the end, the Management Team on April 27 felt the key strategies should be, firstly, to present potential members with as attractive a package of courses as we can and, secondly, that we develop an accompanying, simple public relations strategy to raise our local profile. Of course, we're constantly focused on this issue and won't be restricting ourselves to just these approaches.

The Management Team also agreed on April 27 on the broad thrust of such a PR strategy. Stay tuned from me for further developments. Remember, though, we are talking about a "simple" strategy.

The third AGM-initiated discussion was about problems people were having using PayPal to pay their annual enrolment fee.

This is a difficult one. People are definitely having problems, but it seems that our payment system is an intrinsic part of our database operation, which is managed nationally for U3A in Victoria.

The Management Team resolved to have further discussions with Team Office and the Victorian database people about the way forward. Stay tuned.

So, it was a lively AGM, and definitely a very helpful one for the Management Team. Don't forget you can email me, or any member of the Management Team, at any time to make comments or suggestions.

Paul Strutynski



**Welcome  
New Members:**

Yetty Mitford-Burgess

Fran Buckley

Lindsay McIntyre

Judy Winters

Kaye Murray

## UPCOMING ONE-OFF COURSES

Art Therapy - A Deep Play with Ruth Haggar - Friday May 12

The Lighthouse Keeper - Friday May 19

Mindfulness in Ageing - Friday May 26

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



## MINDFULNESS IN AGEING

### ONE-OFF EVENT: Friday May 26 2023



We all know that as we get older we gradually lose some of our abilities and slow down. Some of our friends and relatives get sick and some may even die. We don't know what the future holds. How can we approach this mindfully so we don't get overstressed and anxious.

Time and Date: May 26, 2:00 – 4:00 pm

Venue: Tura Beach Centre

Cost: \$3

BYO or buy your afternoon tea if needed

Course Leader: Neil Curry 64940109 or [neilcurry49@gmail.com](mailto:neilcurry49@gmail.com)

Program Team Contact: Elizabeth Stacey [eastacey@bigpond.net.au](mailto:eastacey@bigpond.net.au) 0412162497

## CRIME FICTION HEROES IN MOVIES, TV AND NOVELS

### ONE-OFF EVENT: Friday June 23

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?

Join Ted in taking a closer look at our favourite characters, revealing what makes them tick and why we can't get enough of them. The answer might surprise you - it lies in the deep, deep past, way back at the dawn of Western literature.

When and Where: Tura Beach Centre, Friday June 23 2:00 – 4:00 pm

Cost: \$5 (which includes a contribution to Ted's petrol costs to come down from Bermagui to present this for us)

Course Leader: Ted Beardow [tedbeardow@gmail.com](mailto:tedbeardow@gmail.com)

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



## INSTRUCTIONS FOR ONLINE ENROLMENT IN COURSES AND EVENTS

- a. Log in to manage your enrolments by clicking on the Member Log-in button on our home page at <https://www.sapphirecoastu3a.org>
- b. After you login, the next screen you will see is your Membership Status page. You can select actions in the lower part of the screen.
- c. To enrol in a Course or Event click on the Classes 2023 button and follow the directions to enrol in the class/es you would like to attend.

## U3A COURSE LEADER PROFILE – HEATHER BOND



I came to Merimbula in 2001, so I am almost a local. I lived in Melbourne and trained as a Primary school teacher and then as a Physiotherapist, working in private practice and then as a lecturer at La Trobe University. I travelled with Australian hockey teams, both Men's veterans and Women's under 21s. It was an exciting time.

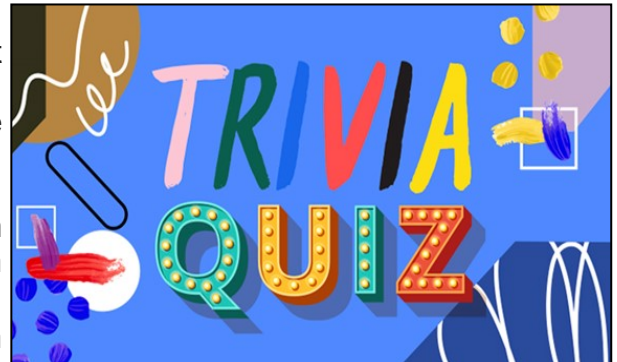
My first course with U3A was with Graham Gerrard's recorder group in 2014. His expectations were high and we learnt so much. My previous recorder experience was as a primary school player. We played on the Tarax show, a great experience. I next picked up the recorder at Teacher's college, where I also learnt music and guitar.

Many, many years later, I took it up here at U3A. When Graham ceased teaching, four of us formed our own group with descant, alto, treble and bass recorders. We now have returned to U3A and have added to our number. It is an intermediate group, where you have to be able to read music. We play an eclectic array of music from classical, Celtic, medieval and modern forms. We are constantly challenged, but have lots of fun.

I am also in Adventure walking, Guitar and Dog walking groups. U3A enables you to take on new challenges and meet like minded people. I encourage everyone to find something new to enrol in every year.

## TRIVIA QUIZ by BRIDGET O'HANLON

1. Honeybees exist on every continent except Antarctica. True or False?
2. Which was the first company to make a mobile 'phone'?
3. In which US state is Louisville?
4. One of history's most famous artists, born Michelangelo Merisi in 1571, has always been known by the name of his village. He is...?
5. In America, during the Great Depression, an infamous mobster ran a soup kitchen and fed free food to thousands of the unemployed daily. Who was he?
6. Who won the Australian Grand Prix in Melbourne in 2023?
7. Name the cyclone that hit the coast of WA last month
8. The Panama hat actually originated in...?
9. Who directed the film 'Jaws'?
10. Who is the only woman to have won two Nobel Prizes?



**Bega Valley Shire**  
**library**

### [Tech Training Classes @ Tura Marrang Library](#)

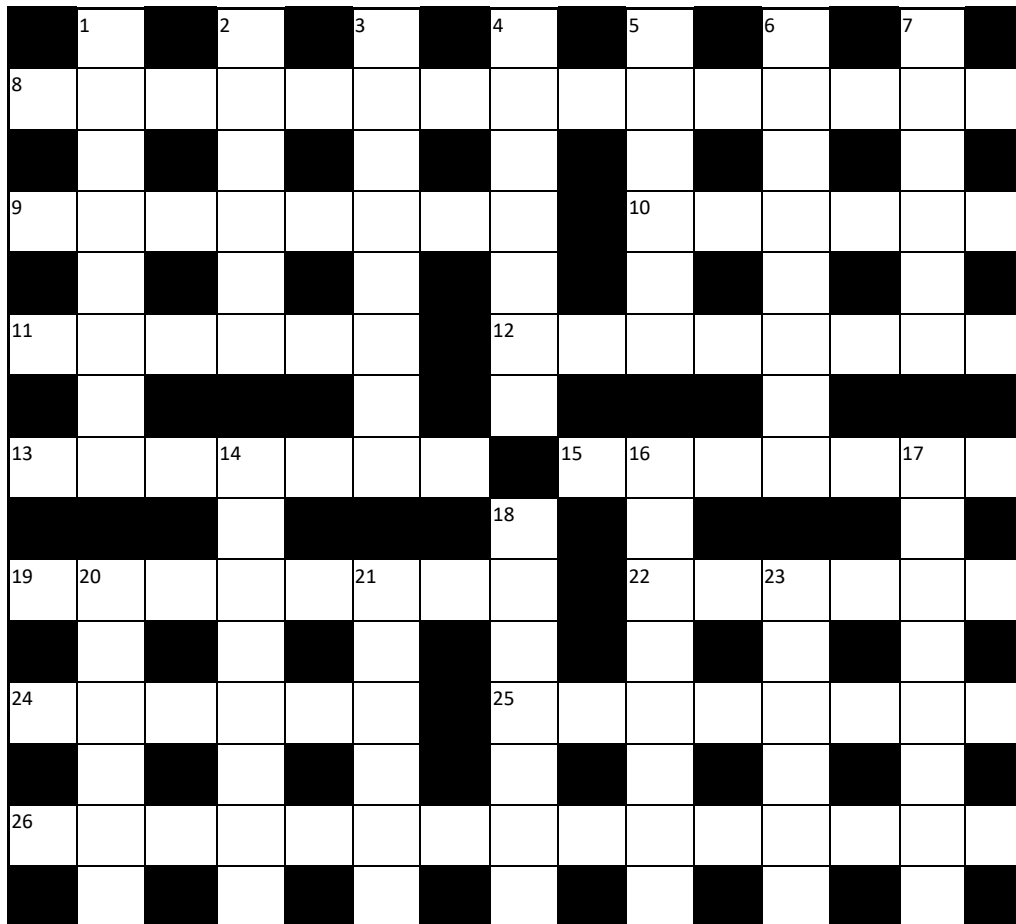
10:30am - 12:30pm each Wednesday

[17 May - Shopping Online](#)

[24 May - Borrowing e-books and eAudiobooks](#)

[31 May - Introduction To The internet/Seniors card website](#)

## CRYPTIC CROSSWORD 2028 by JOHN SCRIVENER



### CROSSWORD 2028 CLUES

#### ACROSS

8. Two body protections contain the start of effect in one cricket competition (9,6)  
 9. Cuts a dead body for the golf guru religious groups (8)  
 10. I am to wait inside in the same place (6)  
 11. He is strangely allowed a cloak (6)  
 12. Quotations for the former regions (8)  
 13. It is said to be an honest and correct iron compound (7)  
 15. Mute without ends inside condition of formal document (7)  
 19. Become inactive like a deer's singular buttocks! (8)  
 22. Top people who may get out on the end tiles (6)  
 24. Recorder twenty right (6)  
 25. Exclusive dire fear (8)  
 26. Insole upon grids? Prepare for action (4,2,4,5)

#### DOWN

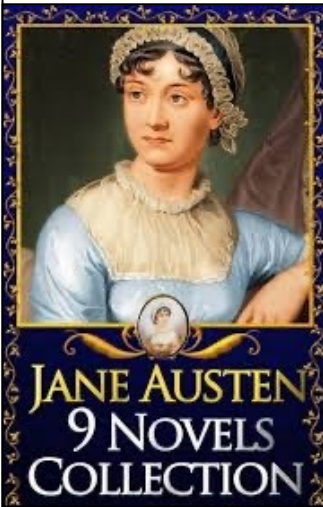
1. Curt period deficiency (8)  
 2. Tainted hard balance (6)  
 3. Flat roundabout alien circumspect! (8)  
 4. A group of a hundred lust her Majesty (7)  
 5. Help donkey - expert? (6)  
 6. Aggressive lit between Farrow and the territory (8)  
 7. Customer's property right in content extremes (6)  
 14. Making clothes from grade tar (3,5)  
 16. Speculate with unfortunate hero in strange site (8)  
 17. Does a young couple have this to enable them to buy a house? Perhaps not enough to make them sane! (3,5)  
 18. Publish again for the agent right into the start (7)  
 20. Diplomatic and its end plan (6)  
 21. Brusque sailor began rupture (6)  
 23. Liquid movement leads Indian flight over water (6)

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

## FOURTH WEDNESDAY BOOK GROUP

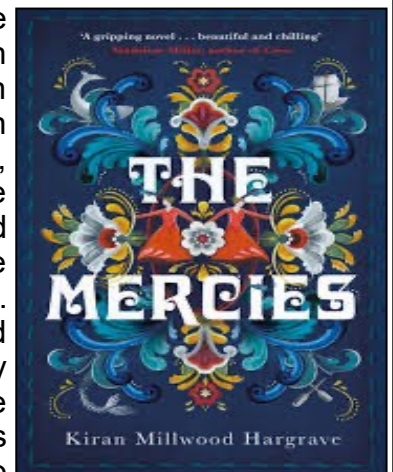
The Fourth Wednesday Book Group has begun the year reading and discussing books which highlight the changed status of women today compared to the lives of women in past centuries. The topic seems to be one many authors are addressing in recently published novels focusing on the limited opportunities and power of women in the past.

We began with a personal choice of a Jane Austen novel and though our group had some dissenters, most of us were once again delighted and amazed at Austen's ability to appeal to early 19<sup>th</sup> century readers while continuing to be read enthusiastically through the centuries since with stories that still translate to our times. Her subtle irony and humorous descriptions of the foibles of her characters and her writing style, that still reads well in text or read aloud as an audiobook (or a script for film or television), must have been particularly entertaining to the media starved readers of her time.

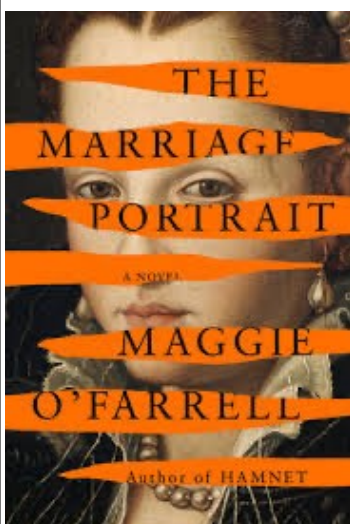


Though Jane Austen was writing mainly about an upper and middle class sector of society our second book this year, *The Mercies* by Kiran Millwood Hargrave, focused on the lives of struggling village women in the remote Norwegian island of Vardo in the early seventeenth century. Based on a true story, Hargrave writes her fictional account, elaborating a detailed story of the terrible 1617 storm which drowned the menfolk of Vardo and left the women to fend for themselves.

Surviving independently and managing to feed and organise themselves for eighteen months, the village of women with such independent power was perceived as a threat by the Norwegian authorities. Absolom Cornet, a Scottish minister with experience in Scottish witch hunts, is asked to be commissioner and his arrival, with a new young wife, quickly changes the power balance in the village. The story is based on the 1621 witch trials in Vardo and focuses particularly on the relationships of women in the village including the imagining of the experiences of Absolom's wife, Ursa. The story is poetically and dramatically told in the present tense and portrays a much bleaker time of male dominance supported by religion and authority. Our book group were all impressed by the author's style and her imaginative story but affected by descriptions of the harsh environment and the treatment of any women who showed independence in those times.



Our third book, *The Marriage Portrait* by Maggie O'Farrell, took us back even further to 1560s Florence where Lucrezia de' Medici is raised and married to Alfonso d'Este, ruler of Ferrara, Modena and Reggio. Again, this is a reimagining of real characters and relationships with fictional characterisations woven around historical facts. The powerlessness of a teenage bride with a powerful ruler as her husband to command her life is described from Lucrezia's perspective, again expressed in the present tense with a poetic style. Our group admired the author's descriptions of the scenes of the lives of the rich as well as the lives of their attending servants.



The book inspired a spirited discussion about the acceptance, in those times, of arranged marriages and the husband's complete control over his wife's life. We agreed we're thankful to have had life opportunities and personal power and freedom as women living in current times.

Elizabeth Stacey Course Leader.

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

## U3A ADVENTURE WALKING GROUP

The Adventure Walking group met at the Tathra Wharf on Thursday May 4 to explore new paths that have recently been completed to link the track that circles Tathra and leads to Kianinny Bay. Nikki Jane led us inland from the wharf, down newly opened steps and across Tathra Beach before following rugged bush tracks to the coastal bay where we stopped for a rest. On a fresh sunny day we returned up the scenic coastal track with wonderful sea views via Chamberlain's lookout and the Tathra headland for coffee at the Wharf.



*Pausing at Chamberlain's lookout where we admired the coastal views south.*

Elizabeth Stacey  
Adventure Walking Group

## APRIL CROSSWORD 2027 ANSWERS

### ACROSS

1. A load of cobblers 9. Entombs 10. English 11. Clean  
12. Accepted 14. Aristotle 15. Feel 18. Lope  
20. Adhesives 23. Pontoons 25. Adept 27. Recital  
28. Primate 29. Pease Pudding Hot

### DOWN

1. Agency 2. Outwear 3. Demonise 4. Fast  
5. Overcalled 6. Bugle 7. Epistle 8. Schedule  
13. Cordon bleu 16. Claptrap 17. Citation 19. Panacea  
21. Eyewash 22. Street 24. Outre 26. Sped

## TRIVIA QUIZ ANSWERS

1. True
2. Motorola
3. Kentucky
4. Caravaggio
5. Al Capone
6. Max Verstappen
7. Ilsa
8. Ecuador 
9. Steven Spielberg
10. Marie Curie (Physics and Chemistry)

## MANAGEMENT COMMITTEE

<b>President</b>	Paul Strutynski:	<a href="mailto:u3ascpres1@gmail.com">u3ascpres1@gmail.com</a>
<b>Vice President</b>	Garry Clear:	<a href="mailto:garrypcug@gmail.com">garrypcug@gmail.com</a>
<b>Secretary</b>	Merryn Dowling:	<a href="mailto:u3ascsec@gmail.com">u3ascsec@gmail.com</a>
<b>Treasurer</b>	Judy Brand:	<a href="mailto:u3ascstreas@gmail.com">u3ascstreas@gmail.com</a>
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