

U3A Sapphire Coast

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 /U3ASapphireCoast/

September 2023 Newsletter

PRESIDENT'S COLUMN

The Management Team has just reviewed how we're travelling financially with the year half gone, and we'd like to share our thoughts with you.

The first thing to say is that we're travelling okay.

As of the end of July, our income and expenses were running roughly even stevens, as was the case around this time last year. So, that's a good sign.

Our estimate is that we'll run another modest deficit by the end of the year, again as was the case last year.

You'll be aware that we have two major income sources. The first is the \$30 annual fee everyone has to pay. The second is the \$3 fee we charge members for use of the Tura Beach Centre (TBC) when they are attending courses or one-off events held there.

Our major expenses are the rent we have to pay for the TBC; the associated rates, water and electricity; contents insurance; public liability insurance; cleaning, and the Christmas party.

The other thing we keep an eye on is how much money we have in the bank as a reserve to cover unforeseen events—like the massive impact Covid had on our membership and income.

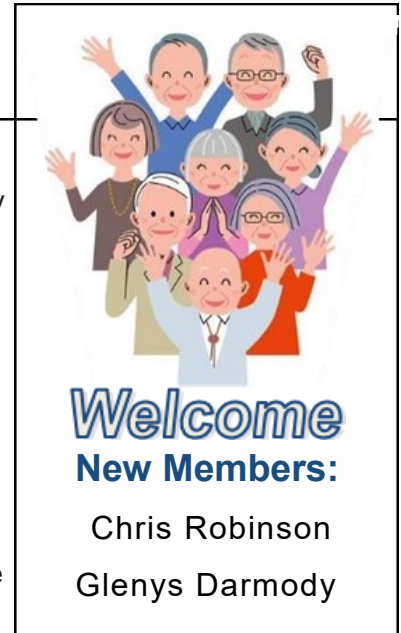
And the story here is that we've got around the same amount in the bank as we had last year—and the year before that. So, we've got a healthy buffer in case of hard times, and to cover any deficits.

The last big issue we considered is whether we need to increase fees.

One issue is that our costs are not only fixed, but are rising with inflation, while our membership numbers, and associated income, seem to be plateauing. Another is that our annual fee is very low compared to most U3As. Yet another is that any increase to the TBC \$3 usage fee could add up to quite a bit for those attending regular weekly courses. And yet another, is whether we really need all that money sitting in the bank year after year and whether some could safely be returned to the membership by running a deficit with low fees. That's a lot to weigh up.

In the end we decided, on balance, not to increase fees for 2024. We thought the most important thing was to keep things running smoothly at the lowest reasonable cost to members—while continuing to keep a close eye on our finances as we go.

Paul Strutynski.



ONE-OFF EVENTS

Spring has sprung and with it comes a blossoming of One Off Events for you to enjoy.

Let's share these happenings by bringing along a paying GUEST. It's a great way to spread the word about the various courses and One Offs on offer at U3A Sapphire Coast to neighbours, friends, family and even your holiday makers. A supportive way of gaining new members by making connections. If you decide to invite a guest please contact the course leader or contact person beforehand as courses often limit the number of participants and members are given priority.

An added incentive to join U3ASC for Term 4 is that a new membership extends from October 9 2023 to December 31 2024. Great value at \$30.

ONE OFF EVENT: 9am Thursday September 12

FARM ON THE GREEN

Discover, cultivating Farm on the Green community produce. Come along to Club Sapphire, Merimbula and see how Farm on the Green has evolved with a dedicated group of green fingers. Started in 2017 on a couple of disused Bowling greens, this group has battled the challenges of the black summer bushfires and Covid which did highlight the importance of communities like ours, to not only to connect and support each other, but also to work toward safeguarding and growing our local food economy. Following an interactive guided tour of Farm on the Green, a morning tea/coffee at Club Sapphire will round off our visit.

Where: meet at Farm on the Green, Club Sapphire, 119 Main St, Merimbula - access is via the stairs from the undercover carpark off Main St. **Cost:** is your choice of morning tea/coffee. Guests of U3A members are welcome, subject to numbers.

ONE OFF EVENT: 10am Thursday September 21

Step Back in time at BEGA PIONEER'S MUSEUM

So much to discover in an old hotel-cum-boarding house-cum-family home which was originally built in 1858. Bega Valley Historical Society purchased this dwelling in 1975 and converted this wonderful building into the museum it is today. Our tour guide will explain the history whilst walking you through the Portrait Gallery, various rooms and the extensive machinery collection in the sheds of the backyard. Relax with a cuppa, scones, jam & cream in the kitchen of the 1900 hotel.

Peter Lacey, President of the South Coast Historical Society will be present to discuss two of their historical publications and give you the goss about another which will be hot off the press in November.

Where: Bega Pioneer's Museum, 87 Bega St, Bega

Cost: \$4 cash which includes entrance fee and morning tea.

Dress theme: Wear or bring something that is old!

U3ASC Members are welcome to bring along a paying guest.

Bookings needed, contact person Sandy Coates Program Team
u3ascoffice9@gmail.com or message mobile 0416228211



ONE OFF EVENT happening soon: 2pm Friday September 15

Spring Singalong Session with Cherie Glanville accompanied by Ann Larkin

Spring is off to a swinging start with Cherie and Ann's U3A Singalong Session! Don't miss this chance to shake off the winter blues, laugh out loud and sing your heart out! Well known, feel good tunes, lyrics on the screen and fabulous sea views; who could ask for more?

Where: Merimbula Big Game & Lakes Angling Club in Spencer Park on Main Street, Merimbula. Park on Main Street. Venue access is across Spencer Park and up approximately 12 stairs.

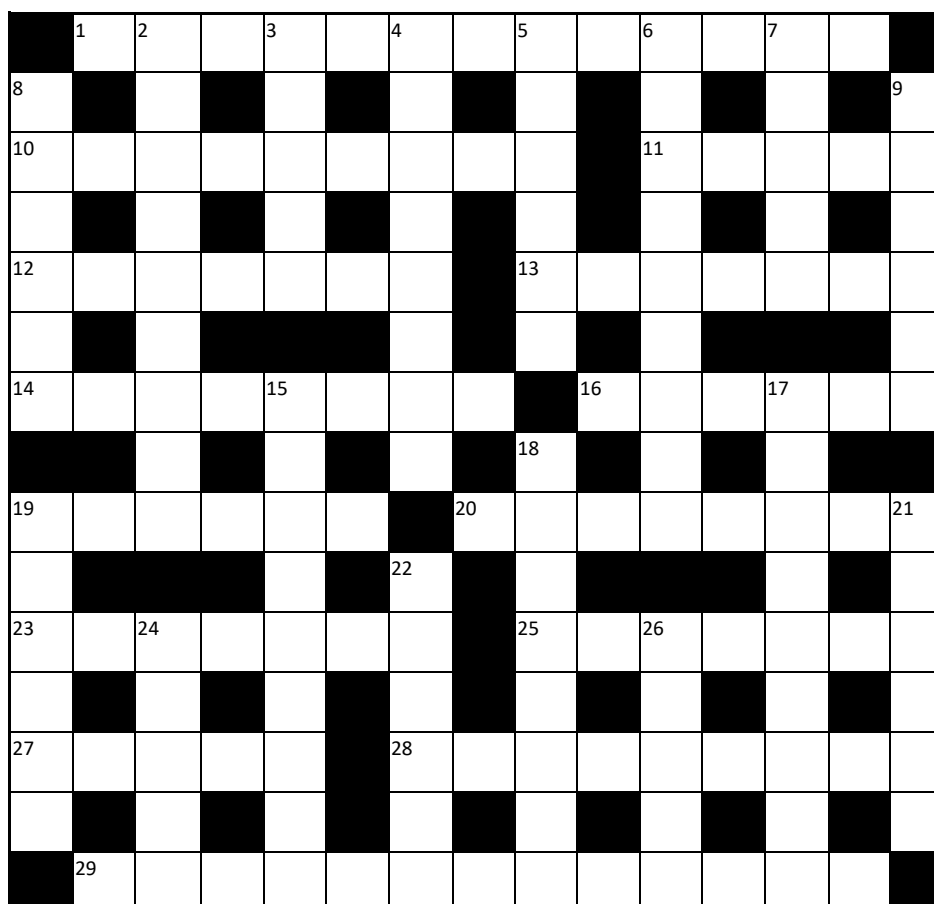
Cost: \$7.00 cash which includes facility fee and afternoon tea.

Dress: whatever makes you feel fabulous!

Bookings required as the minimum number of participants is 12. U3ASC members are welcome to bring along a paying guest.

Enquiries to Sandy Coates Program Team u3ascoffice9@gmail.com or message mobile 0416228211

CRYPTIC CROSSWORD 2032 by JOHN SCRIVENER



CROSSWORD 2032 CLUES

ACROSS

1. Shepherd likes Russian firmament in the dark (3,3,2,5)
10. Make a copy for Blanchett after agent fifty-one (9)
11. Colloquial money can be obtained when you turn over answer and motor uncertainty (5)
12. US miss containing abundance and tonsils start of the throat (7)
13. Burst of ill humour because of the first insect and liquor (7)
14. Newton's short 8 in beginning of geometry? Was the horse saying no? (8)
16. Brainy of two (6)
19. Mad, but they say observe it in Egypt (6)
20. University person after special start of farm machinery (8)
23. Swaggered and ran between computer and the editor (7)
25. Settles in temporary accommodation with peculiar space around openings of many nooks (7)
27. Way it is said on nothing at cowboys' exhibition (5)
28. Smile Stan? Back to these refers to a tedious task (4,5)
29. Candidly prefix across with Dad, for example in light year (13)

DOWN

2. Very noisy former in sloop shipwrecked (9)
3. Garment but not quite bad tempered (5)
4. Young animal early in gravity perhaps (8)
5. Entertain initial 4 Down pact (6)
6. Babyish in follower thin slab (9)
7. Linger about in English seaside resort at its start (5)
8. Mythical creature which is an impediment to progress! (6)
9. Third rate caught card game (6)
15. Two and six. It is only one part of head (4-5)
17. Sailor monk in metal of the mid-body (9)
18. Attractive hesitation of the cricketer who asks of the umpire (8)
19. Great eat of Cockney medicinal plant (6)
21. Oppose is in remainder(6)
22. Makes sense of the total sum (4,2)
24. The end of the fault in the stocking snake (5)
26. Welcome sounding herb (5)

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

TAI CHI FOR BEGINNERS



It has been a pleasure to teach an introduction to Tai Chi at U3ASC Tura Beach to such enthusiastic people. The participants were all very keen and eager learners. During the six week course people learned Tai Chi warm ups, Shibashi exercises, The Lotus and Part 1 of Dr. Paul Lam's Tai Chi for Arthritis form.

Amongst the many health benefits of Tai Chi, it has been proven people gain better balance and flexibility. The participants would agree I am sure, that it also tests your memory in learning the moves in the form. Often described as "Meditation in Motion" Tai Chi promotes calmness with its smooth slow flowing movements. Expect to see some local doing Tai Chi on your beach this summer.

Karen Tarlington, Course Leader

GUITAR FOR BEGINNERS AND INTERMEDIATE PLAYERS



Every Wednesday morning Paul Daynes supports a group of around fifteen guitar players at St Clements annexe in Merimbula. All participants, whether beginners or more experienced, are able to participate at their own individual level, thanks to Paul's inclusive teaching style.

More recently we have been learning different ways to play chords, 12 bar blues, vamps, some riffs and bass lines, turn arounds, pentatonic scales and building a simple Loop of bass and rhythm. This may sound daunting to some, but as the least experienced guitar player in the group, I can honestly say that the classes are both challenging and enjoyable.

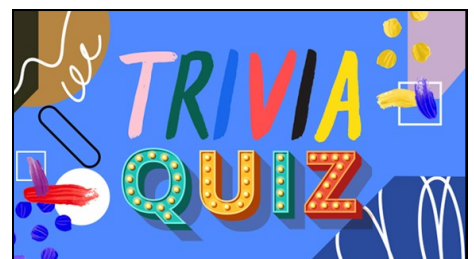
Paul is an accomplished musician and his group "Loose Change" performs regularly in the local area. However, he still gives generously of his time and expertise to U3A Sapphire Coast to provide these classes for Members.

Michele Patten



TRIVIA QUIZ by BRIDGET O'HANLON

1. Melbourne is closer to Antarctica than it is to Darwin. True/False?
2. There are only two countries in the world where divorce is illegal. One is The Vatican City. What is the other?
3. What colour are Ronald McDonald's shoes?
4. The Matilda's were beaten for third place in the World Cup by which team?
5. Total number of vertebrae in the human spine?
6. The island of K'gari was formerly known as _____?
7. Who sculpted the Statue of David in Florence?
8. Which group of animals is collectively called a caravan?
9. 'A Tale of Two Cities' is set during which historical event?
10. Which is the lightest of all the elements?



REVIEW OF TAIKO DRUMMING – ONE-OFF EVENT

On Sunday August 20 I was lucky enough to attend a Taiko Drumming workshop. The lovely and talented Reiko ran the workshop in the gym of Sapphire Coast Anglican College on the outskirts of Bega.

We were told a little of the history of this form of drumming and introduced to the different drums available and the various ways they could be played. We were also given the opportunity to try some accompanying percussion instruments. In a circle we experimented with patterns and sounds - echoing Reiko, and then taking turns initiating new rhythms. The workshop concluded with learning and performing a complete drumming piece as a group. All of us enjoyed the afternoon immensely. Leonie Barrett, Workshop participant.



SERIES REVIEW - NORMAL PEOPLE

After watching Paul Mescal's interesting performance in the film *Aftersun*, I hunted through the various streaming platforms to find *Normal People* and found Series One on STAN. I remember enjoying the novel by Sally Rooney some time ago, and looked forward to watching the series and Paul Mescal in the lead role as Connell. Thinking back to my own adolescence and remembering how fraught relationships could be, I found the series delightful in the way it represented the awkwardness and embarrassment of being in that stage of life; of trying to get a grip on who you are whilst negotiating friendships and adolescent intimacy.



The conversations between the two main characters, Marianne and Connell are honest and a genuine reflection of two young people who find themselves strongly attracted to each other despite a gaping chasm between their financial circumstances. In this way, the series explores the intricacies of class in Ireland, the opportunities wealth may offer a family while also demonstrating the emotional abuse that may accompany it. The effect of this abuse is played out in the character of Marianne with her sometimes-tragic lack of self-respect and is contrasted with Connell's integrity. Connell's upbringing by a single mother is loving and delightfully honest; they share a happy respect for each other which borders on idealism, but nevertheless, is a joy to behold.

Kaye Separovic, Film Group.

PLEASE NOTE : THE U3A SAPPHERE COAST OFFICE WILL NOT BE OPEN ON THE AFTERNOON OF FRIDAY SEPTEMBER 8

.WALKING –A WALK IN THE PARK

We meet each Monday fortnight during term, at leash-free beaches and parks around the Bega Valley.
We start at 9.30am and walk for about an hour with dogs tearing around freely.
Afterwards, we go for coffee at a local, dog friendly cafe.

If you'd like to exercise your dog with ours, enrol online and then let Sue Cechet know you're joining us:
suecechet@optusnet.com.au

On Merimbula Beach, A Walk in the Park, for dogs and their U3A owners.



At Cranky's after our walk on Merimbula Beach.

U3ASC GOURMET TRAVELLER

Course Leader Margaret Evans and her happy members enjoying a delicious High Tea Style luncheon at Stella's elegant Victorian Tea Rooms in Pambula last month. Dainty and delightful food, served on equally dainty and delightful gold edged china, was enjoyed by Lyn, Sue, Lesley, Jan 1, Margaret, Roy, Pauline, Cathy, Vivian and Jan 2.

Margaret's motto is...
"Stay Happy and Hungry."

Margaret Evans
Course Leader
Enquiries: Phone: 02 6494 1205



Slow Food =

caring about what you eat, how it is produced, prepared and served

It's time for a cognitive catch up to do some planning with others who are interested in slow food.

Let's generate some fun and interesting events which support
slow food standards

No ideas? Come anyway. Here are a few beginnings:

meeting talented local chefs and

delicious degustation dining and

masked tasting meal and

sushi making night and

beach progressive meal and

small scale regenerative farming with eggs and

finding authentic flavours in gelati

Where: Kitty's, Sapphire Club, Merimbula

When: 5.30pm, Wednesday, September 20

Who: You

What for: Planning great slow food events

Please contact Fleur to advise of your interest: dwyerfleur@gmail.com



Newsletter

Chief Editor: Michele Patten - u3ascoffice1@gmail.com

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: kayeseeparovic@gmail.com

Save the date –Friday, November 3, 1.30-3.30pm at the Tura Beach Centre

ONE-OFF EVENT: All the Kaiser's men in Australia, 1900-1914.

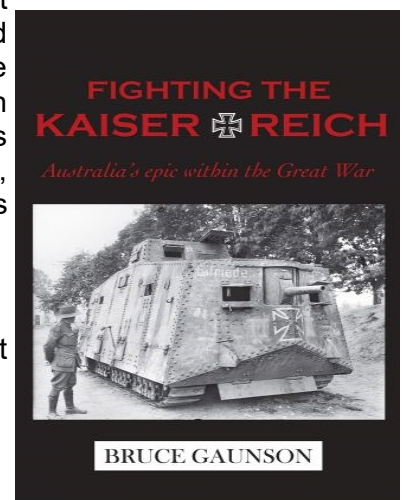
No German spy network operated in Australia *during* World War I. But German naval spies, in all our ports and state capitals, were active up to 4 August 1914. Their professional work was never detected, and *is only emerging now* because their reports were long ago placed in the German archives. What was their specific mission, who were they, and what became of them once the war began?

Dr Bruce Gaunson is a historian who retired to the Sapphire Coast after 13 years teaching in Sydney. Earlier, on a UQ scholarship, he did his Ph.D. in Britain, taught for 5 years at Norwich School and came home – to be a European political analyst in Canberra until 1993 when he was appointed Head of History at Sydney Grammar. He has published books in the UK, USA and Australia and his largest book, ***Fighting the Kaiserreich: Australia's epic within the Great War***, was published in 2018. Bruce is an active historian, writer and speaker.

For further details contact Elizabeth Stacey, Program Team, at eastacey@bigpond.net.au

To enrol in a one-off course go to Member Login on our website:

<https://www.sapphirecoastu3a.org/>



AUGUST CROSSWORD 2031 ANSWERS

ACROSS

1. Capitulation 8. Have-not 9. Nourish 11. Northbound
12. Soup 14. Suppress 16. Diesel 17. Eat 19. Begone
21. Descends 24. Ruby 25. Contention 27. Salient
28. Cretins 29. Astringently

DOWN

1. Cover-up 2. Punch-drunk 3. Titmouse 4. Lining
5. Tour 6. Ominous 7. Chinese burns
10. Hopelessness 13. Disconcert 15. Sad 18. Tentacle
20. Gabbles 22. Noisily 23. Cotton 26. Deer

TRIVIA QUIZ ANSWERS

1. True. By 20 kilometres
2. The Phillipines
3. Red
4. Sweden
5. 33
6. Fraser Island
7. Michelangelo
8. Camels
9. The French Revolution
10. Hydrogen



MANAGEMENT COMMITTEE

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