


U3A Sapphire Coast

ABN: 85641263291

P.O. Box 798
Merimbula NSW 2548

www.sapphirecoastu3a.org

email - u3ascsec@gmail.com

 /U3ASapphireCoast/

Jan/Feb 2023 Newsletter

PRESIDENT'S REPORT

Welcome to U3A for another year.



Well, another year has gone. And we're well into another one already. That means it's U3A time again, and more learning amid pleasant company. What could be better.

To get your U3A ball rolling, the first thing you must do is pay our very reasonable \$30 annual fee. This enables you to then enrol in courses.

Only about half our members (based on last years' numbers) have paid their fee so far, so can I encourage the rest to do so too. The earlier you enrol in a course,

the surer you can be that you'll have a place. Plus, we need the money to keep the joint running.

Here's how to get started:

If you're an existing member, go to our U3A Sapphire Coast website, then click on the Join Now or Renew menu item, then on Join or Renew Online. Next, click on Already a Member, then log-in on the member log-in page that pops up. Your membership page will then pop up, and you should then click on Proceed to Payment.

Don't forget that you can visit our office volunteers who staff the Tura Beach Centre every Friday afternoon between 1:30 and 3:30pm (via the back door) to help. Once you've paid your fee, you can enrol online for individual courses, available on our website.

Tura Beach office repair update:

Work will be finally commencing on the Tura beach office repairs around the time this newsletter goes out. The builder is bringing in bricklayers first to do the external repairs. The windows will follow, then the internal repairs. It's hard to be precise, but I'm told the repairs could possibly take a few months. Thanks so much for your patience. Let's hope it all goes to plan.

Annual general meeting:

The AGM must be held within three months of the end of the financial year (ours being on a calendar year basis), so that means before the end of March. The next newsletter will have more information.

Welcome back everyone.

Paul Strutynski (President) u3ascpres1@gmail.com

FOLLOW US ON FACEBOOK

Follow us on our FB page to 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



Welcome

New Members:

- Laraine Young
- Debra Moodie
- Linda Kavanagh
- Jann McNeil
- Linda Binder
- Denise Miller
- Karen Thornton
- Susan Aspinall
- Stella Steven
- Roger Stevens
- Rhondda Wrenn
- Michael Wrenn
- Phillip Brown



TEAM OFFICE

The U3A Sapphire Coast Office will re-open at the Tura Beach Centre on **Friday January 27, from 1:30pm to 3:30pm**. It will then be open every Friday afternoon for Term 1, 2023.

Team Office volunteers can assist you with a range of administrative tasks, such as:

- Join U3ASC or renew Membership
- Enrol in a U3ASC Course
- Update your contact details
- Help you to access the U3ASC website on your own device, and with logging in to the Member portal
- View a list of available U3ASC Courses
- Make payments by cash or EFTPOS
- General enquiries re U3ASC



You are also welcome to just drop in and have a chat and/or a cuppa.

Please note that at this stage entry to the Tura Beach Centre is still at the rear of the building. We will let you know when the repairs to the premises are completed, and we can resume normal entry at the front.

TEAM OFFICE IS LOOKING FOR VOLUNTEERS

We need members who would like to do office work, using the Team Office Windows-based laptop, or your own laptop/tablet. General administrative duties and socialising are among the many things we do. Greeting members and potential new members, talking with them about U3A Sapphire Coast, the Courses and activities that U3ASC offers, are very important aspects of our work.



Training is provided by an experienced mentor who is always rostered on with you. Training includes office procedures, use of the U3ASC laptop and Square EFTPOS terminal. A comprehensive, step-by-step Office Procedures Manual is available, both in hard copy and on the dedicated Team Office webpage on the U3ASC website.

We work on a roster system, with volunteers working at the Tura Beach Centre one Friday afternoon a month from 1:30pm to 3:30pm.

This is a great way to get involved in your organisation and get to know other members. If you are interested or would like to know more about the role, please contact: Michele Patten at u3ascoffice1@gmail.com, or phone 0428 947 179.



KEY REGISTER REVIEW

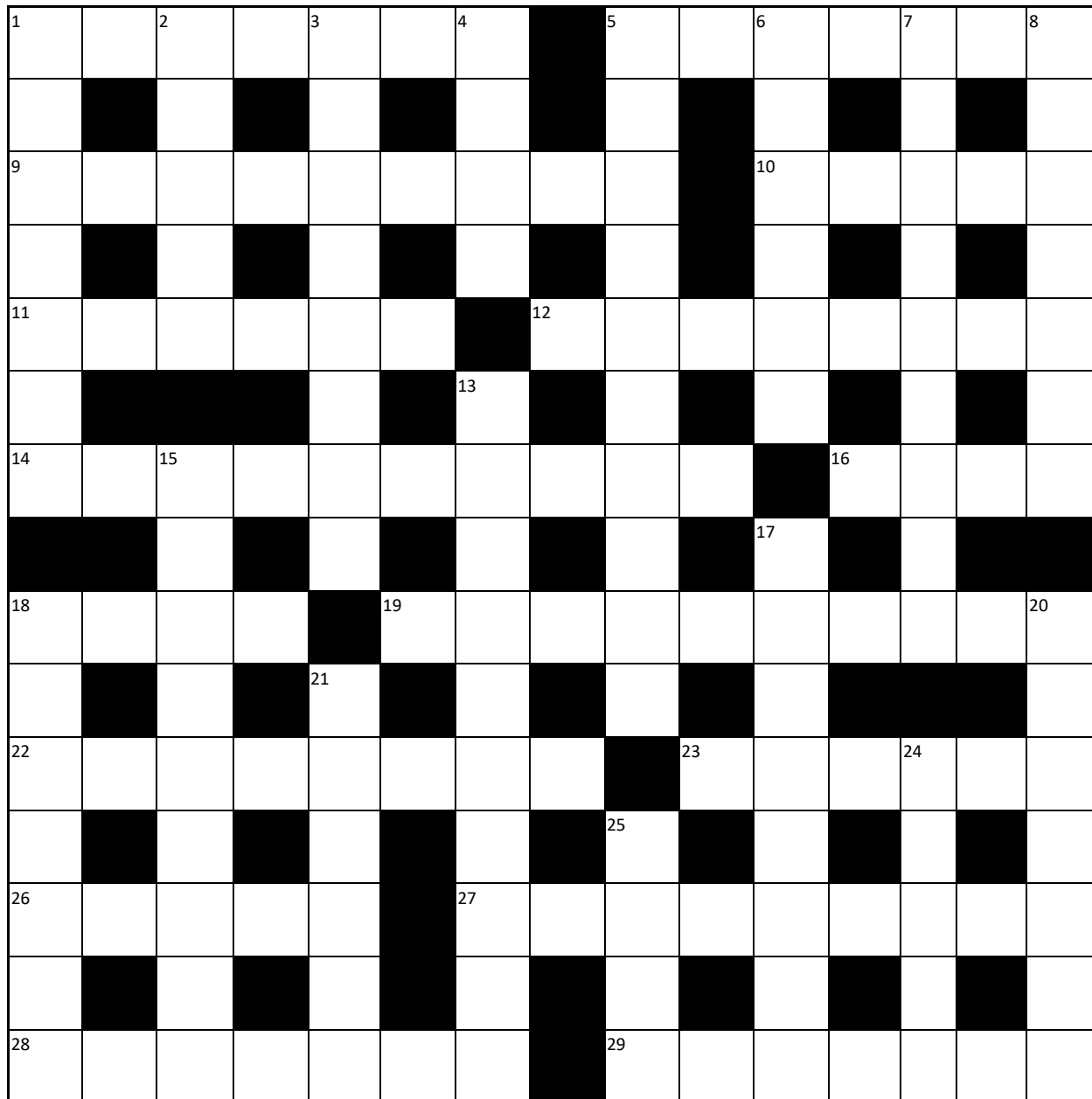
Team Office is currently conducting a Key Register Review. Keys to the Tura Beach Centre are available to Management Committee members, Team Office volunteers, Course Leaders who conduct Courses at the Centre, and any other person with a valid purpose for holding a key.

Unfortunately, over the years, keys have occasionally been passed from one person to another, e.g. change of Course Leaders, Management Committee, etc, without being recorded accurately in the Key Register.

If you currently hold a key to the Tura Beach Centre, and have not been recently contacted by us about the key, we would really like to hear from you. Each key is individually numbered, so if you have one, could you please contact: Michele Patten at u3ascoffice1@gmail.com, or phone/text 0428 947 179 and let her know the number of the key.

Michele Patten, Team Office

CRYPTIC CROSSWORD 2025 by JOHN SCRIVENER



ACROSS

1. Underground holding tank in spite of Lewis perhaps (7)
5. Hide pound (7)
9. Easy to digest plant part illuminates (5,4)
10. Opted strange store (5)
11. Uneven in quality but repair you begin (6)
12. Novel includes right rub up the wrong way (8)
14. Thrive our first mother! Letters are at the sea (5,5)
16. Ask earnestly a NSW town (4)
18. Superficially expose yesterday's front (4)
19. Slide tires washed squeaky clean (10)
22. Golfer's burden! I heard him say nearby top-wear (8)
23. Low indistinct voice of a dog queen (6)
26. Values of energy shot roughly (5)
27. Vegetable picture I strangle (9)
28. Seed run suffers patiently (7)
29. Tide covers mire dull (7)

DOWN

1. Measuring tool about rim hesitation (7)
2. Vision but bad look (5)
3. At the baseball containers (8)
4. Period of duty journey (4)
5. Two parties include a scientific building (10)
6. Cite as evidence of tennis advantage to Italian leader (6)
7. Leading Nazi ate application in contentment (9)
8. Plump a domed building (7)
13. Illegal traffic opposing orchestra (10)
15. Over-end and possess outside houses! (9)
17. Fled less vowel contains weight and attention sought movement (8)
18. Swimmingly the late Olympian (7)
20. Really black every day starts stark and muddled (7)
21. Water after using shampoo the right reins (6)
24. Does this supernatural being fish? (5)
25. Small moat (4)

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

U3A SAPPHIRE COAST COURSE LIST – TERM 1 2023

Would you like to take part in one or more of our many Courses? Below is a sample of what's on offer including; languages, poetry, painting, films, board games, exercise and more:

Arabic	Linguistics
Art	Mah Jong
Bolivia	Poetry for Pleasure
Book Club	Scrabble
CraftWorkers	Spanish
Exercise and Movement	Taboo Topics
Film	Tai Chi
French	Ukulele
Gourmet Traveller	Walking
Italian	Writing
Let's Play 500	Yoga and Meditation

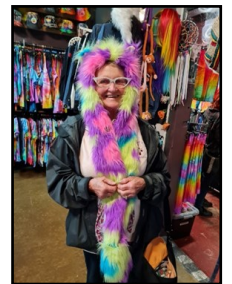
Check out the **FULL LIST** of Course details online at: <https://www.sapphirecoastu3a.org/>
 Book online or visit the U3A Sapphire Coast Office at Tura Beach on Friday afternoons between 1:30 and 3:30pm. Office reopens on Friday, January 27.

GOURMET TRAVELLER GROUP—COME AND JOIN US!

Margaret Evans enjoying fun and food weekend at Bodalla for Gourmet Traveller Group.

Come and join us at Gourmet Traveller: a place for people who love food and exploring the world

margaretevans22@bigpond.com



ENROLLING IN U3ASC COURSES

The details of all courses and one-off events are published on the U3ASC website before the start of each new school year, with an update prior to the commencement of each new school term.

New activities can also be published as and when they are arranged, so I recommend that you keep a regular check on our website.

Program details can be found by selecting the Courses tab.

[LINK to courses](#)



NEW ONE-OFF COURSES

Spencer Park Critter Walk

The Murray River—Up Close & Personal

[LINK to one-off courses](#)



SPENCER PARK CRITTER WALK followed by a BYO picnic afternoon tea.

Meet Tuesday March 7, 3:15pm for a 3:30pm start, Spencer Park, 4-6 Main St, Merimbula

Paddle along the edge of Merimbula Lake at low tide in search of hidden treasures like Moon snail, Sea Slugs, Shrimps, Hermit crabs, perhaps a Rose-petalled Bubble snails, Octopi ... there are always special things to find. We are fortunate to have 3 marine educators Alan & Lyn Scrymgeour and Liz Allen to lead our ramble and assist us to find and identify the treasures of the sea.



Come along and wade at low tide.

Make sure you bring reef boots or other footwear you don't mind getting wet.

Also suggest wearing uv protective clothing & polaroid sunglasses whilst rambling.

An optional BRING YOUR OWN picnic afternoon tea in the grounds of Spencer Park is planned, so stay as long as you like or as long as the weather permits.

Venue: Spencer Park, 4-6 Main St, Merimbula

Date: Tuesday March 7

Time: 3:30pm

Cost: nil

ONE-OFF—THE MURRAY RIVER – UP CLOSE AND PERSONAL



The Murray is Australia's iconic river. A unique, ancient waterway that winds over 2,400kms across three states, from the Snowy Mountains westward to the sea in South Australia. It is the third longest navigable river in the world – a central part of the Murray Darling System (an area the size of France and Spain combined), with the next five longest rivers of Australia flowing into it. It is also home to a quarter of the farms in Australia.

Local U3A member Mark Darby paddled 2,200kms down the Murray River over 2 months, through August to October in 2022.

Come and hear about his journey and stories of the Murray. The towns and communities that call it home and care for the river; the ongoing debates of water rights & wrongs; and in 2022 – the challenge of floods. Share Mark's experience of living on and paddling the Murray from the mountains to the sea. His blog of the journey is captured at -

<https://marksmurraypaddle.wordpress.com/>

Mark will be talking at the U3A Tura Beach Centre on Wednesday March 1 at 12:30 - 1:30pm. Bring some lunch along if you like and stay on afterwards for a chat.

Sue O'Loughlin - Program Team Leader

TAI CHI

***NEW* TAI CHI FOR BEGINNERS**

Learn the principles and health benefits of Tai Chi, learn some Tai Chi moves and begin to learn a flowing form. This is a short course comprising six lessons of an hour each over six weeks.

When: Tuesdays, beginning March 7 from 11:00am – 12:00pm

Venue: U3A Tura Beach Centre Cost: \$3 per class Course

Leader: Karen Tarlington Email: johnandkaren@inet.net.au

Program Team Contact: Sandy Coates u3ascoffice9@gmail.com or message mobile 0416 228 211

***NEW* TAI CHI FOR HEALTH**

Tai Chi for Health, offered by Claudia Tasche and Linda Kavanagh, two qualified and experienced leaders, is a gentle form of exercise for the mind and body. It can help develop and maintain strength, flexibility, balance and mindfulness.

When: Tuesdays 9:00 am – 10:00 am. Beginning January 31.

Venue: Tathra Hall Cost \$5

Enquiries to: Linda Kavanagh ldkavanagh@gmail.com or 0457 533 048



POETRY FOR PLEASURE

We meet monthly between February and December, on the first Saturday of the month, and we do have room for new members.

Each month we choose a different poet or theme to appreciate and discuss.

Course Leader: Bridget O'Hanlon 0421 796 422

Venue: Tura Beach Centre

Cost: \$3.00

Program Contact: Sue O'Loughlin 0439 809 237



A few of our group enjoying lunch at Oaklands

LEARN TO LAWN BOWL AT TURA BEACH COUNTRY CLUB

If you would like to improve your fitness levels, expand your friendship base and learn a new skill, then Lawn Bowls is for you.



Coaches will teach you the basics of the game in a relaxed and friendly atmosphere. All equipment is supplied.

You just need to commit and come along wearing flat-soled shoes, comfortable clothing, a hat, sunscreen and bring your own water bottle.

Our 5 week program Learn to Lawn Bowl course begins Friday, March 3 and concludes Friday, March 31. As forms need filling initially, please meet Carolyn and coach Rob, 10:00am on Friday, March 3. Bowling sessions from then on will begin at 10:30am.

Enquiries to Course Leader: Carolyn Smith csmith1611@gmail.com or message 0414 519 344

Venue: Tura Beach Country Club, 4 The Fairway, Tura Beach

Cost: \$12 per week for bowling rink use and bowls hire.

Sessions last for approximately one hour.

Team Office Member Profile

I retired at the end of 2017 after teaching in comprehensive high schools in Wollongong for 35 years. During that time I taught languages and was lucky enough to study in Germany on three separate occasions thanks to being given some generous scholarships. During the latter part of my teaching career I worked extensively in the area of student wellbeing, which was very demanding but also rewarding.

Several years ago I had the chance to spend five weeks in France doing an immersion course and homestay. Since retirement I have continued to work on improving my French skills and am actively involved with the local Alliance Française.

My husband and I had visited the Bega Valley many times to spend holidays with family and had decided that we would like to live here in our retirement. We moved from Thirroul in Wollongong to Wallagoot in 2018 only to be faced with a worsening drought, a bushfire emergency and then floods! The challenges of living on a property were very new to us after having lived in the suburbs for most of our lives. With the pandemic you could say these early years of our retirement have been interesting!

I joined U3A in 2018 and enrolled in several classes. It was a great way to meet people and learn new things at the same time.

I am comfortable working with computers and decided to offer my services to Team Office after there was a request for volunteers. It was another way of meeting people and the work was not at all onerous. Since then I have also enjoyed working on the production of the U3A newsletter.

It was particularly challenging seeing the effect of the pandemic on our U3A but is so encouraging now that classes are coming back and our new membership numbers are encouraging. I love the fact that the U3A is always evolving with new courses and one-off classes being offered - and that this all comes from our members!

Trish Dive



SCRABBLE BE SOCIABLE



Jennie Smith, Course Leader.

We had a wonderful Christmas lunch before challenging ourselves to our usual two games during the afternoon.

We will resume early in January, and are always looking for a new member or two, If you enjoy Scrabble, and know how to play, give us a go.

We do have our own set of rules. Come along and see if you like them. We play at a private home in Merimbula, every Wednesday afternoon.

TRIVIA QUIZ by BRIDGET O'HANLON

1. What is griffonage?
2. If you were to visit Ipanema Beach, which city would you be in?
3. Where in the body is the tarsal joint?
4. In Greek and Roman mythology who is the god of music, poetry and art?
5. Adult Queen bees are fed what substance by nurse bees?
6. Where is the oldest known active brewery in the world?
7. Which one of The Simpsons is a vegetarian?
8. Which planet is the largest in our solar system?
9. Enjoy the soccer World Cup? Argentina won but who got the Golden Boot?
10. Who painted the Mona Lisa?



Newsletter

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

OR Kaye: kayeseparovic@gmail.com

U3ASC VOLUNTEERS NEEDED

THE PROGRAM TEAM. Our team has halved in size since last year due to people moving away or on to other priorities. There are now only 4 of us to manage all of the program work. This includes supporting all of our course leaders, maintaining the MyU3A database of courses, identifying new course and one-off opportunities and supporting new course leaders to set up and advertise their courses. We provide training - just basic IT skills needed.



NEW COURSE AND ONE-OFF LEADERS. We really need to build our program offerings to keep our members engaged and to attract new members. Any skills, interests - whether professional

or hobby - are potential courses or one-offs, and we'll provide as much support as the potential leader needs. If you're not sure about doing it, give me a call and have a chat. Ask any of our Course Leaders about the satisfaction they get from doing it.

ONE-OFF PRESENTERS OR WORKSHOP LEADERS – BERMAGUI U3A.

Whether you are a current or former U3ASC presenter, we would be most appreciative if you are prepared to reprise your one-off for Bermagui U3A, as part of a reciprocal arrangement. Bermagui has already offered us four different presenters willing to come to Tura. We, so far, have only two to offer in return. Costs, such as petrol, will be met from course fees.

If you are interested, please contact the Program Team Leader:

Sue O'Loughlin, at programs.u3asc1@gmail.com OR 0439 809 237.

Thanking you in advance for anything you can do.

CROSSWORD 2024 ANSWERS

ACROSS

1.Traveller 6.Slant 9.Earning 10.Another
11.Bridle 12.Goldmine 14.Inns 15.Breakwater
18.Grace Kelly 20.Stop 23.Position 24.Rotary
26.Panacea 27.Avarice 28.Rosie 29.Overnight

DOWN

1.Trembling 2.Arraign 3.Evilly 4.Loge
5.Reasonable 6.Slow down 7.Atheist 8.Terse
13.Tree tomato 16.Repayment 17.Tentacle
19.Assents 21.Trading 22.Domain 23.Paper
25.Sake

TRIVIA QUIZ ANSWERS

1. Illegible handwriting
2. Rio de Janeiro
3. The ankle
4. Apollo
5. Royal jelly
6. Germany
7. Lisa
8. Jupiter
9. Kylian Mbappe
10. Leonardo da Vinci

MANAGEMENT COMMITTEE

President	Paul Strutynski:	u3ascpres1@gmail.com
Vice President	Garry Clear:	garrypcug@gmail.com
Secretary	Merryn Dowling:	u3ascsec@gmail.com
Treasurer	Judy Brand:	u3ascctreas@gmail.com
Office Team Leader	Marg Nicoll:	u3ascoffice4@gmail.com
Program Team Leader	Sue O'Loughlin:	programs.u3asc1@gmail.com
Publicity Officer	Julie Novotny:	u3ascpublicity@gmail.com
Member	Sue Fowler:	suepfowler1@gmail.com
Member	Carolyn Smith	csmith1611@gmail.com