

U3A Sapphire Coast

April 2021 Newsletter



Welcome
New Member

Julie Mangano



PRESIDENT'S REPORT

Happy Easter everyone, I hope you enjoy the holiday and please don't eat too much chocolate. If you are like me too much is never enough.

The Management Team would like to publicly thank the Newsletter Team for their excellent work in publishing our newsletter each month. It is very informative, entertaining and professional in its layout. A big thank you to all concerned.

Our Annual General Meeting was held on the 10 March at the Merimbula RSL Club. There were approximately 30 members in attendance. The meeting went smoothly with motion 6 (Special Resolution) under discussion. Several members took to the floor giving their points of view on the motion and how it would affect U3ASC. We appreciate all members who spoke giving their opinions as it enabled members to make informed decisions on their vote. The motion was passed meaning that there is now more flexibility in the term served by a member on the committee.

IMPORTANT

We have two unfulfilled positions on the Management Team:

COVID Safety Officer. This position covers the management of the Covid regulations compliance, i.e. purchasing of cleaning products (at present being maintained by Team Office) and keeping up to date with current Covid restrictions (which are provided by email). **We urgently require a member to fill this position.**



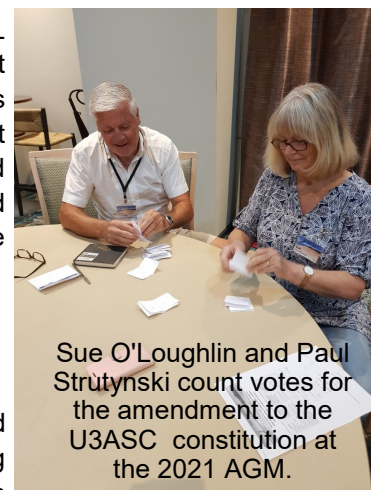
MEMBERSHIP

Thank you to everyone who has renewed their membership, numbers have slightly increased to approximately 360 members. Membership is still down considerably. To encourage members to renew their membership the Program Team are introducing exciting new courses this term. Please support them by joining or offering a course.

LEARN, LAUGH, LIVE 2021

This is the theme for the U3A State Conference to be held in Wagga Wagga on 12 and 13 April this year. Members wishing to attend will need to book via the online booking service on the Conference website.

Regards Sue Fowler



Sue O'Loughlin and Paul Strutynski count votes for the amendment to the U3ASC constitution at the 2021 AGM.

Committee Member. This is a general position on the Management Team possibly also taking on the role of Publicity Officer.

Chris Bembrick retired after 5 years as Treasurer and was thanked for his wonderful service. We welcomed our new Treasurer, Katherine West. We wish you all the best in your new role Katherine, thank you so much for nominating.

Unfortunately, this year we were unable to provide refreshments at the close of the meeting due to Covid restrictions.



Sandy Coates has offered to run a walking group that is less challenging than our popular Adventure Walking Group but will still provide the opportunity to improve overall fitness. Sandy has experience in the fitness industry and will moderate the walks to match individual and group needs.

NEW

Easy Walking Class

9.30am START every Friday in TERM 2

Starting Date - 23 April

IMPROVE your fitness and your GET UP and GO!

50 minutes of brisk WALKING followed by cool down stretching.

Increases your heart rate, stimulates circulation and improves your mood.

Talking is compulsory :-)

MEET

9.20am CARPARK at the bottom of Tura Beach Drive and Surf Circle TURA BEACH

Walking Leader - Sandy Coates

Mobile 0416 228 211 or email u3ascoffice9@gmail.com

CONTACT Sandy to register your interest and to receive your Health & Fitness Screening Form which needs to be completed prior to participating.

PLEASE NOTE: Covid restrictions have now been lifted from the card games and similar activities that have not been able to be offered for the past year. Please check the U3ASC website and/or contact your course leaders and re-enrol in these courses for Term 2.

COURSE LEADER PROFILE – SUE O'LOUGHLIN – FRENCH 1

How did you acquire your passion for French?

I can still remember the first French lesson I had in Form 1 of high school. I fell in love instantly - though, to be honest, if it had been German or some other language I would have loved that equally. It was the only subject that was completely different from anything we'd done at primary school and it totally fed my love of words. After I stopped studying, I just kept reading in French, but didn't get to really speak it until my first trip to France in 2006. Four more, lengthy, trips since then have slightly improved both my vocabulary and my accent, and when Rob McCombie was getting overwhelmed by his rapidly expanding teaching load, I put my hand up to help out by taking on the Beginners' group.

What is it about course leading which continues to encourage/challenge you?

As a beginner Italian learner, and, having also studied German, Hebrew and Latin for various periods, I can clearly remember how overwhelming beginning a new language is. So I try to keep it fun and do a lot of revision in the beginning to try to bed the basics down well, like pronunciation and common everyday vocabulary. In this way a solid foundation is established.

And I can honestly say that every week with my French 1 group is a pleasure that I look forward to. They are a lovely group of people and we have lots of laughs. And, too, I get such a thrill when I can see the progress they're making (even though they don't always see it themselves :)

What motivates you as a Course Leader? How long have you been associated with U3A Sapphire Coast?

I love learning and always have needed to be learning something new to make life feel satisfying. So U3A is a perfect fit for me. But, besides that, U3A has given me all of my closest friends and many, many wonderful acquaintances in the six years, or so, since I joined.

So the main thing that motivates me as course leader is my gratitude for everything that U3A has given me, and my desire to give something back. The fact that it's such fun is a bonus.



Photo taken by Sue's landlady in Sarlat-la-Canéda



A WALK IN THE PARK, for dogs and their owners.

A fortnightly walk/run/swim at 'off lease' dog permitted areas, incl Main Beach, Short Point, Middle Beach, Tura Beach...Coffee afterwards at nearby venues. First meeting is at Short Point entrance, on Monday 19 April @ 9.00am. Enrol on the USASC website.

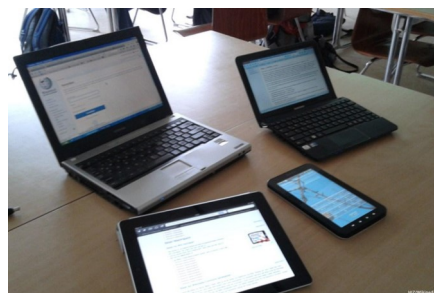
Convenor: Fleur Dwyer,
Programs Contact Person: Rosie Bunton.
More information - dwyerfleur@gmail.com

Judith Reid's COMPUTER GROUP Recommencing

We will be recommencing our computer group in term 2. It will be held fortnightly for term 2 with the first session at Carleen Maley's home on 22nd April commencing at 10.00am for approximately two hours.

Although there may be set topics, it will mainly focus on members' needs. Questions and problems will hopefully be resolved by group participation. We aim to cover technology changes on our Android devices, but not on 'Macs'. New members are most welcome though places may be limited due to use of members' homes.

Prior to our term 2 beginning I have organised speakers from Telstra to attend a session in my home on Thursday 15 April from 9.45am until approximately noon. They will discuss changes in technology, particularly in syncing between devices and effective use of the cloud. Morning tea/coffee will be available.



Judith Reid
36 Stafford Cres
TATHRA NSW 2550
64945884 0407433312



U3A MID WEEK MOVIES.

Our first Mid Week Movie session was fabulous in spite of having only a few members. Those present were genuinely moved by the film, *The Barbarian Invasions*. The next film we watch will be in May and by the same Director (Denys Arcand) entitled *Jesus of Montreal*.

Please enrol online to receive links to reviews etc., prior to the screening.

You may also like to contact Wal or Sylvie for more information at wal.wolzak@gmail.com and mansynette@gmail.com respectively.

Kaye Separovic
Program Team

U3A CONVERSATIONAL FRENCH

Our small group has nearly finished The French Experience Book 2 (a BBC language course) and the participants want to go back to the beginning of the book and work through it again. This would give newcomers a good opportunity to join us in Term 2.

All you need is to have covered basic vocabulary and grammar as the level is intermediate. We also spend part of lesson time conversing in French on everyday topics which leads us to extend our practical ability in the French language.

Anybody interested in joining our group should contact the leader, Jan Porter.

Mobile 0466 790 727 or landline 64956860 (leave a message).





ART ON THURSDAYS, by Laurel Johnson

I joined the Thursday Art Group about 10 years ago when I first moved to the Sapphire Coast. Bev Smith was then, and still is, our group convenor and I found a talented, friendly and productive group of artists, from beginners to highly experienced, working together happily each Thursday in the Uniting Church Hall. The group had already been in existence for a long time. Bev is a foundation member of U3A, so probably that long!

The membership of the group has changed a bit over the years, and we now meet in the U3A rooms at Tura Beach, but the atmosphere is still the same. We are not a 'class' as such, since there is no teacher and we all work independently in our preferred medium(s). However, members of all levels of experience are still welcome and anyone who would like some advice or assistance will always find it forthcoming from the group.

We have a small exhibition area in the U3A room where members can exhibit their work, changing it a couple of times a year. We also maintain a library of art books and some DVDs which members can borrow. At afternoon tea time we play an art DVD as we enjoy our break, and this has helped us improve our skills.

During school holiday breaks we usually manage to organise outdoor painting trips in our beautiful region, and, if there is an exhibition on at the National Gallery, we enjoy a day trip together to visit the exhibition, lunch at the restaurant and check out the shop.

The year of Covid-19 was challenging, as we were unable to meet indoors, but Bev organised regular outdoor painting days so we could keep our group going, and these always included a shared meal, either of packed lunches, or, as restrictions eased, at a nearby cafe.

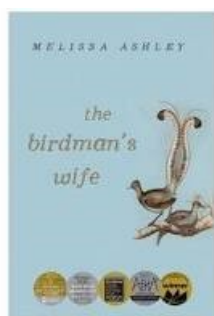
The photos show a couple of our outdoor activities.



BOOK REVIEW

Last month's book was called The Birdman's Wife by Melissa Ashley.

The Birdman's Wife was written as a doctoral thesis and is a novel of historical fiction based on the life of nature artist, Elizabeth Gould. Most people would be familiar with the work of John Gould "the bird man", particularly his studies of Australian animal and bird life. In fact his wife, Elizabeth, was the principal artist responsible for most of the beautiful well known illustrations adorning much of John Gould's work. Elizabeth Gould managed her productive professional artistic life while balancing life raising eight children with constant pregnancies and their attendant difficulties in a time of limited medical skill.



The story follows Elizabeth from her early encounters with John up until the time of her death. It includes her professional relationships with well known people of the time such as Edward Lear and Lady Jane Franklin, as well as details of her travels to Australia and their expeditions while in Australia.

Many of us found this book to be quite hefty and took some time to become absorbed in the story. Most agreed the book was educational albeit a bit too graphic at times with the descriptions of shooting and capturing specimens and the detailed processes of the practice of taxidermy. There was much discussion about the role of women in general but in particular women who followed a professional path during the early Victorian era. We also discussed the various aspects of the relationship between John and Elizabeth. We agreed it was a loving relationship (they did have eight children) but may also have been of particular value to John Gould's professional reputation with little acknowledgement of his wife's contribution. John Gould was an ambitious, driven man who at times pushed his wife beyond her comfort zone but which resulted in Elizabeth's productive career. We felt the novel had been partially successful in its rendition as a period piece of writing.

Some of our readers were lucky enough to have the original hard cover copy which features a number of Elizabeth Gould's lithographs and was thought by some to be one of the most beautiful book covers in recent time.

Gaye Dryden, 4th Wednesday Book Club.

SLOW FOOD APPRECIATION GROUP(SFAG)



Members of the SFAG planners at shared table.

The group had their inaugural meeting at Wheelers at the end of 2020 when 50 members enjoyed a delicious array of small eats from locally grown products, matched with local wines.

Since then, the planners of SFAG have met several times to share food made from their own produce and to put together a program of events for 2021. Throughout the year they will include visits and talks with local producers Niagara Cheese, North Eden Gin and Oyster Barn. More about these later.

First up is a Grower to Producer event with Disaster Bay Chillies on **Monday, 26 April, 10.00am**

We meet at the growing patch in Love St, Eden.

Love St is first left after the 60km sign.

(Continue to end of Love St and through the gate)

for a walk and talk with Dale, a sustainable farmer, who grows the chillies for the Disaster Bay Chilli factory.

Then drive on to **Disaster Bay Chillies, 40 Government Rd, Eden** for discussion about and a tasting of various products.



Finally, we will continue to Eden to **Sprout Cafe, 134 Imlay St, Eden** for lunch (about 12.30pm)

Bookings are essential, at dwyerfleur@gmail.com

Convenor: Fleur Dwyer

Programs' Contact Person: Rosie Bunton

CRAFTWORKERS' CIRCLE



Judy (far left) and her newly completed rug.

Today we celebrated with Judy who has just finished the rug which she has been making for some time. Many of us bring projects which have been languishing in cupboards or boxes and complete them on Friday mornings at 'craft'.

Judy is also an artist but easels and paint brushes are not portable for our group meeting in the club. Many of us have hobby crafts other than those which we bring on Friday morning. A couple of girls are quilters. We can do some of our piecing and handwork on blocks on the tables but of course we cannot bring a sewing machine into the club. The weavers don't bring their looms, the potters don't bring their clay.

None of us would change a thing. We meet as like minded people who share our craft knowledge, our problems and our successes with barista coffee and and

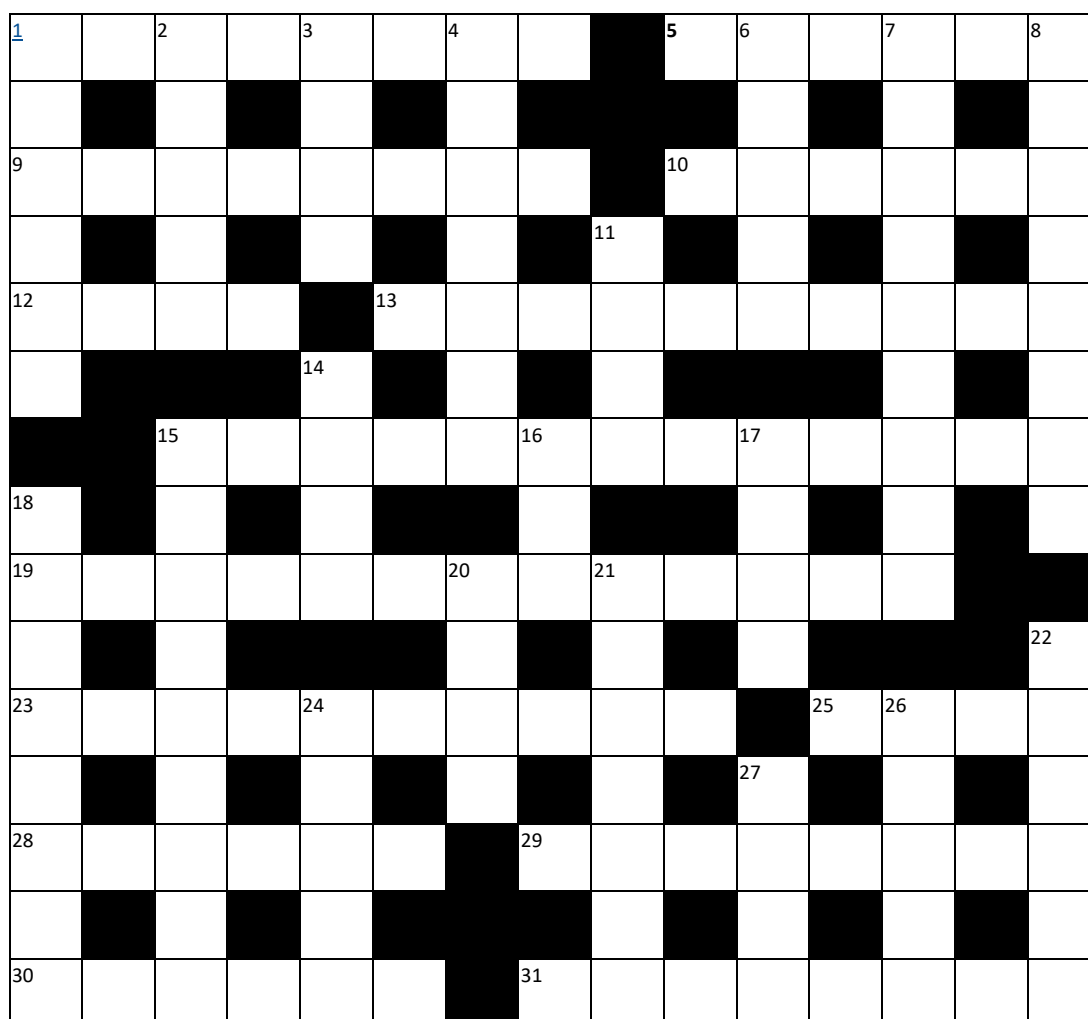
the magnificent view at the Tura Beach Country Club every Friday from 10.00 till 12.00.

We welcome "newcomers". The club venue and the friendly staff make it possible for us to accommodate many more.

For more information please contact Monica 0408 794 252.

A quick reminder to course leaders to please let members know about class changes or cancellations.

CRYPTIC CROSSWORD 204



CROSSWORD 204 CLUES

ACROSS

1. Unsubstantiated graduates encompassing Monica (8)
5. Top of Everest, say, from a sect hit badly (6)
9. Firearm of a student who has failed but tries again (8)
10. Golf game to soothe! (6)
12. Transmits without top for extremities (4)
13. Hey! And said he who is the source of wisdom? Perspective that 15 portrays (10)
15. Select corn oil perhaps for South Coast publication (13)
19. State indiscriminate slaughter less two and reports who tennis game parts (13)
23. Said to be late I add positive charged ion and given up wholly (10)
25. Since reverse it commune in NW Italy (4)
28. Character in Wilde's play whose name was very important and sounds serious (6)
29. At small bird with discourteous top off for disposition (8)
30. Relatives are from first eight since (6)
31. Echidna, for example, is stake bad degree of speed (8)

DOWN

1. Cape sterile geese? (6)
2. Palatable undermine I would! (5)
3. Skinny lane? (4)
4. Particular ie clasp (7)
6. Some present erosion to go in (5)
7. Press angry foreign military decoration (4,5)
8. Took no notice of German spy containing newspaper boss and the French (8)
11. Yets complaint of I sound? (4)
14. Australian cultivar registration authority is account god gives (4)
15. Dense rice dwelling (9)
16. He's in front of noisy (3)
17. Gallery badly needed to feed the baby! (4)
18. A bit of gin modes (8)
20. Abhor funny intensity of feeling (4)
21. Reduce bill! (7)
22. Lack of musical ability right after skin complaint (3,3)
24. Indian social group sounds like fisherman's action (5)
26. Turn aside unusual game chases (5)
27. Pleasing French city (4)

U3A ADVENTURE WALKING AT MIMOSA ROCKS NATIONAL PARK



On a perfect Sapphire Coast autumn day, Lyn and Peter Wynn led our group on an informative 9 kilometre walk through the National Park starting from Mogareeka inlet, and ascending past the ruins of Ford Farm where we admired the views south to the Tathra wharf and headland. We then descended through groves of spotted gums to the beach at Moon Bay before climbing up to Wadjurda Point. There we learned that Moon Bay was named after an early settler and farmer whose child, Caroline Moon, was, in 1844, the first white child born in the Bega Valley. The sheltered bay was also used as a port to ship timber and sheep products.

For our rest and snack we walked down to Nelson Beach and lagoon (home of Tathra oysters) named for Big George Nelson, a drover with two pistols who was thought to have used them establishing his use of the area in the 1840s before he mysteriously disappeared. The SS Bega sank off the coast here



Moon Bay



in 1908 with no lives lost but two thousand pounds belonging to the Commonwealth Bank lost along with prized animals being shipped to Sydney for the Royal Easter Show.

On the return hike we stopped at the Wadjurda Point lookout and admired beautiful views of the calm sparkling sea and coastline before again crossing Moon Bay and further exploring the ruins of what had been the 1946 residence, guesthouse, large garage and boat shed of Noel and Mary Ford who were local Bega pharmacists. We all enjoyed the bracing hike in perfect weather and good company and learning so much about our local history.

Elizabeth Stacey

MAY 12 - Return to Uluru: Author Talk with Mark McKenna @ Tura Marrang Library - Organised by Bega Valley Shire Library
<https://www.eventbrite.com.au/e/return-to-uluru-author-talk-with-mark-mckenna-tura-marrang-library-tickets-146532287015>

YOGA CLASSES AT THE U3A TURA BEACH

Margit worked in an architectural office in Germany for the first time in 1971. Ten years later she was the responsible architect for a hospital in South Germany valued at 40 Million DM.

In 1986 she met her beloved yoga teacher in Germany (she died in 2010 and was nearly 100 years old). In 1992 she came to Australia. The officials didn't recognise her architectural merits but the

International Yoga Teachers' Association (I.Y.T.A.) awarded her in 1993 with her Yoga Teaching Diploma.

The other day, one of Margit's students at the U3A said: "You have changed my view on yoga". This is absolutely beautiful: Yoga is a spiritual path, asking questions about inner freedom and about finding one's deepest intrinsic nature.

The students are all very dedicated, but unfortunately we will lose Robbie West to Bermagui. She was an excellent Yoga Teacher for the U3A until recently. At the moment we are practising in two classes at the Tura Beach U3A centre.

The U3A is a wonderful organisation with many volunteers, giving lots of people, not only food for thought but also a "home". We can be proud to have this, and **be** this.



This month's Newsletter Team Meeting was a multi-media National event. On ZOOM were Elizabeth in Victoria, Trish in Western Australia, and Michele at home in Merimbula. President Sue joined us on speaker phone.

U3ASC Management Committee 2021

President -	Susan Fowler
Vice President -	Gary Clear
Treasurer -	Katherine West
Secretary / Public Officer -	Carolyn Smith
Team Leader – Office & Administration -	Margaret Nicoll
Team Leader – Programs Team -	Linda McMorrow
Health & Wellbeing / Covid Officer -	Casual Vacancy
General Committee -	Paul Strutinsky
General Committee -	Casual Vacancy

CROSSWORD 204 ANSWERS

ACROSS

1. Baseless 5. Zenith 9. Repeater
10. Stroke 12. Ends 13. Historical
15. Recollections 19. Massachusetts
23 Dedication 25. Asti 28. Ernest
29. Attitude 30. Nieces 31. Anteater

DOWN

1. Barren 2. Sapid 3. Lean 4. Special
6. Enter 7. Iron Cross
8. Heedless 11. Styx 14. Acra
15. Residence 16. Lou 17. Tate
18. Smidgeon 20. Hate 21. Shorten
22. Tin ear 24. Caste 26. Shunt
27. Nice



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
Elizabeth: eastacey@bigpond.net.au



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