

U3A Sapphire Coast

July 21 Newsletter



PRESIDENT'S REPORT

Welcome to winter! The upside is it's only eight weeks to Spring.

We have some serious housekeeping to remind members of in this edition of our newsletter.

Please be aware that Covid regulations are still being adhered to at the Centre and in classes being held outside the centre. There is a checklist at the centre for all members to peruse and follow.

The centre is professionally cleaned every two weeks.

We now have a newly appointed Covid officer, Barbara Simmons.

Our limited number is 25 (currently 12 given the 4sqm rule). This is shown on the wall in the centre for all members to see.

We ask that you please wait until any previous class leaves before entering the centre.

If you are the last class of the day we ask you please to make sure you remember to:

- Follow the checklist
- Clean
- Turn off air conditioning
- Return the key to the bakery.

Another important item to bring to your notice is a reminder that when forwarding any correspondence in writing either by text message, email, letters etc. to any of our teams, we ask that you abide by the Privacy Act.

Please make sure that the content you are submitting is relevant, is not abusive, is not racist or sexist and is not offensive to any party or contains any illegal content.

Please accept these points as being constructive and important to the successful running of U3ASC.

Enjoy the classes that the teams have put together and stay warm.

Regards Sue Fowler

YOGA

A big thank you to Trish and Diana who are leading our Yoga classes at the U3A Sapphire Coast Centre Tura Beach on Wednesday and Friday afternoons.

Both of these devoted ladies have similar teaching practices being of Hatha style, inspired by Ana Forrest and dedicated to "healing the hoop".

These classes are suited to beginners and those who want a simple, yet subtle and effective practice.

Further details are available on our website, COURSES , Current Courses A-Z, YOGA

Sandy Coates Programs Team & Team Office



Welcome
New Members:

Lindy Shute

Jenny Masliah

Maxine Brunsdon

Gavin Misso

Geoffrey McDougall



THE AMAZING GREYS



Three years ago, Fleur Dwyer, then U3A President, knocked on a door and asked the man who opened it if he'd like to lead a U3A ukulele group. He did. And last Wednesday, the ukulele group, christened 'The Amazing Greys', celebrated its third birthday under the leadership of musician extraordinaire, Paul Daynes.

Paul has taught us, pushed us, led us, and inspired us from "Achey Breaky Heart" to "Walk on the Wild Side". Along the way we've played gigs at every aged care home that will have us, at Tathra pub and Bega markets.

And when Covid shut us down, Paul kept the music and The Amazing Greys alive by making teaching and playalong videos on Facebook.

Through the rest of this year, Paul hopes to get a monthly playalong happening on a Sunday at the Tura Centre. Any musicians in U3A will be welcome; Paul will supply a song book for everyone to use. So keep an eye on the program and newsletter for more precise information about that. And look for the group performing at Merimbula markets too.

Or, if you'd love to play yourself, give Paul a ring on 64957369.

He tells us it will only take another 3 years for us to maybe start being possibly almost good. So we'll be around for a while!

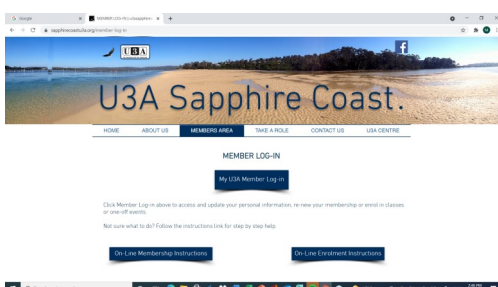
Sue O'Loughlin

NEW ASSISTANT TREASURER

Chris Bembreck has been appointed by Casual Vacancy to the position of Treasurer until the next AGM, and Judy Brand is his new Assistant Treasurer on the same basis.

We are grateful to both, for being prepared to take on these roles so that U3A Sapphire Coast can continue smoothly until the next AGM.

Carolyn Smith, Secretary U3ASC.



DID YOU KNOW...

When you exit your Member Login on the U3ASC website, it automatically logs you out. To resume, you must provide your unique password to Login again. This eliminates the need for Logout. This information has been provided in response to a member's query re security of the Member's section of the website, as there is no Logout option.



CHANGES IN COVID REGULATIONS FOR U3A SAPHIRE COAST

Due to the recent COVID outbreak in Sydney and so the change in COVID regulations for regional NSW, we have needed to update the COVID protocols for the Tura Beach Centre and our home venues.

Given the current regional NSW restrictions from 6pm on Saturday 26 June 2021 until 11:59pm Friday 9 July 2021 we are required to make the following changes:

- The 1 person per 4sqm regulation is in place again therefore there is a limit of 12 persons allowed in the main room of the TBC at any one time.
- Masks are now mandatory – and we ask you to please supply your own.
- Indoor singing is not allowed.
- There is a limit of 5 visitors into a home at any one time.
- Dance and exercise classes can continue allowing for the 4 sqm distancing requirement (max of 20 if the venue allows that many) and masks are worn.

As we are now in a holiday break hopefully these changes don't impact too many classes and fingers crossed they do indeed finish in early July.

Thank you all for your help to manage this situation.

U3A Sapphire Coast Management Team

COVID-19 INFORMATION LINKS

Australian Government official COVID Information
<https://www.australia.gov.au/>

NSW Government official COVID information
<https://www.nsw.gov.au/covid-19>

National Centre for Immunisation Research and Surveillance – COVID-19 vaccines:
Frequently Asked Questions
ncirs.org.au/covid-19/covid-19-vaccines-frequently-asked-questions

CRAFT GROUP



Cheryl is working on a trammed tapestry and Barbara has just completed a Lithuanian cross stitch cushion.

Our craft group, which meets every Friday morning at 10.00 in the Tura Beach Country Club, has welcomed three new members in recent weeks. Ceri, Maxine and Chris have joined our group with their patchwork, knitting and crotchet. We all seem to have different techniques in our approach to the various skills and interests which we share.

If you have a problem piece of work, something you would like to show us, or simply like chatting to like-minded people please join us.

Monica Eddleston

COURSE LEADER PROFILE - KAREN GILLESPIE (AUSTRALIAN NOVEL BOOKCLUB)



Growing up in Melbourne in the 1950s and 60s and attending Catholic schools taught by young forward-thinking Sisters of Mercy inspired me with a desire to make a difference in the world. The world of the 60s and 70s was changing, and I wanted to be part of that change. With a background in teaching, I moved to regional Victoria and NSW, transitioned into teacher training in remote South Australia and the Northern Territory. For more than 30 years I lived and worked in remote Aboriginal communities, learning about people's lives and aspirations, their different cultures and languages. I became passionate about the country in remote Australia, and the continuing injustice within our government systems, particularly in education.

Later in my career and for more than 9 years, I had the opportunity to live and work internationally with Unicef and AusAID in early childhood and teacher training. Travelling to remote villages and communities throughout Lao PDR, Cambodia, Afghanistan, in Flores and Aceh,

Indonesia and for a short time North Korea, I felt I learnt so much about the resilience and strength of people whose lives had been shattered by loss through war, violence, displacement and changes in climate.

My husband and I moved to Pambula Beach 4 years ago. I joined U3A as I've always been an avid reader and thought it may be a way to get to know a few people in the area. By default, I became a course leader last year. Luckily we have a great group who make excellent contributions to our discussions.

I feel more than ever we must learn and listen to our First Nations people and walk with them in supporting Constitutional recognition and an enshrined Voice to parliament as outlined in the Uluru Statement from the Heart. Until we address this fundamental injustice then we cannot hope to achieve justice for women, refugees and asylum seekers and climate change. Reading a wide range of Australian literature is one small way to inform us.

Currently the Australian Novel Bookclub group meet at the Tathra pub every 4th Monday at 11am.

All welcome to join us!

SLOW FOOD APPRECIATION GROUP(SFAG)



Visit to Niagara Lane Cheese Making.

Cheese maker, Lisa Kremmer, continues the Bega Valley's iconic history at a small cheese making facility on Niagara Lane in Kameruka.

Using Tilba Jersey Milk, Niagara produces a variety of cheeses.

Join the SFAG for a demonstration of cheesemaking and tastings with Lisa, on August 3, 10.00am at Candelo Town Hall

Afterwards, the group will lunch at Candelo Store Cafe.

Cost: pay for own lunch

To enrol, contact Lyn McKendrick, lynmckend@gmail.com by Friday, July 23

Please note: This event is subject to the lifting of restrictions in Regional NSW

Fleur Dwyer

THE WRITING GROUP by COURSE LEADER, JANE THOMSON

This is a shout out from the U3A writing group, where we fracture fairytales, construct knuckle-whitening cliff hangers, use words so arcane not even the course leader knows what the heck they mean, thicken plots, and pen the perfect headline for an alien invasion. Not forgetting our memoirists, who remind us that truth is often weirder than fiction. Here's some killer one-liners from our talented and sometimes over- (just kidding) imaginative members...



The Year 3070. Spaceship ZX Scuti is hovering 100,000 light years away from Planet Pluto, solely occupied by three mad professors along with the most sardonic alien left in the entire universe....

Excited, she...quickly set to her writing desk to begin the invites. Of course, she began with the kilvaxter...

"I didn't come to Europe to look at bloody pots and pans!"

Most nights Mrs Grey would ... spend her time at the hotel drinking cups of tea and chatting to the late night staff. Often she was their only customer from 1 am till close. When asked why (she) would smile and reply, "This is my revolt against old age!"

Not long after 2nd December 1938, I was inducted into a system of beliefs and practices against which I had no defence...

I'm 100% convinced that something odd is happening in my garden...Some time ago I had an unfortunate and unplanned encounter with an elf...

She was a teapot of a woman, one arm on her hip and her mouth a spout of misinformation, her husband meekly worn by the insipid daily brew.

You have brains in your head, feet in your shoes. You can steer yourself in any direction you choose. You can be a doctor young man or a wine maker or cook. You can play a song for your tucker or just read a book....

The old 'people-pleasing' Mia had disappeared...she now was incandescently angry at the world. She gave a vicious kick and a stone careered off down the path. A young kangaroo looked startled.

Just before Brian exploded, he had a brilliant idea. Ok, granted, it could have come sooner.



MIDWEEK MONTHLY FILM GROUP

It was great to see a few new members at our screening on Wednesday night. Firstly, please accept my apology sorry for the fiasco that night, particularly to those new members who came especially to watch *A Single Man*! My DVD player is a multi-region player, however, we discovered the player in the centre now only plays DVDs from the region for Australia. Fortunately, I had a couple of additional films with me, but I do commiserate, as *Tinker Tailor Soldier Spy* is a very different film from *A Single Man*. We'll reschedule the film for a later date. I think most people enjoyed *Tinker Tailor*, in spite of it being a totally different genre from Tom Ford's film, although some members admitted it was a film they would not usually watch!

Next month I'd like to introduce you to a really interesting independent film-maker from America, Hal Hartley - you can read his credentials and bio at: https://www.imdb.com/name/nm0001325/bio?ref=nm_ov_bio_sm

I'll send reviews and film selection closer to the last Wednesday in July on 28 @ the new time of 5.00 pm. Until then, happy viewing.

Please enrol online if you'd like to join us in July.

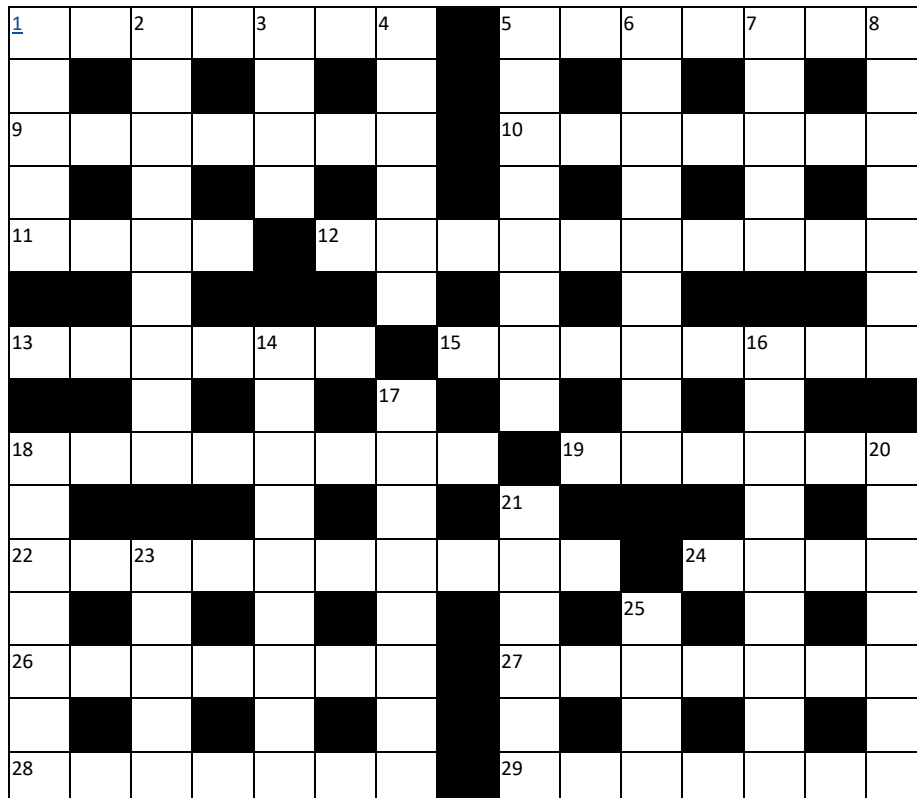
Kaye, Wal and Sylvie.

TRIVIA QUIZ by BRIDGET O'HANLON



1. What gives flamingos their distinctive colour?
2. Where is the lowest point of Australia?
3. Which German car logo features a horse?
4. Which religious leader once worked as a nightclub bouncer?
5. What is the national flower of India?
6. How many times has Roger Federer won the Australian Open?
7. A stale egg will sink in cold water True or False
8. Complete the name of the 1980 film 'The Gods Must Be
9. Name the capital of Morocco
10. Who was the first American to orbit the earth?

CRYPTIC CROSSWORD 207 by JOHN SCRIVENER



CROSSWORD 207 CLUES

ACROSS

1. Heater begins razzamatazz within burial frame (7)
5. Said close relative by north reservoir (7)
9. American car but Parisian bridge I travel over current (7)
10. Seats on fixed golf supports (7)
11. Party on old city but not much fun! (4)
12. Repair glad repair of powerless aircraft (10)
13. Mathematics term of a truth alternative (6)
15. Mad an acclaim, not caught, but mad! (8)
18. Scolding beg contains train characters (8)
19. Agreeable sound of my lode (6)
22. Trial last word and Eliot covenants (10)
24. We object queen employer (4)
26. Armed forces branch, tennis game start and dishes set (7)
27. Boastfulness of weird thousand-most that is (7)
28. First lady sleep at high place (7)
29. Walked on NSW island within X (7)

DOWN

1. Having two feet in first boots in place every day (5)
2. Town crier for example, girl with little weight right (9)
3. Is holding back double prefix bird? (4)
4. Pertaining to one's extraction from disturbed liar account (6)
5. Desert island inhabitant is what a frustrated fisherman may throw! (8)
6. The moon for example has posed for fifty surrounded by top people! (9)
7. Correct chaps between newspaper boss (5)
8. Body part is no thoroughfare right French male (7)
14. Banish foremost ostrich acts in sea (9)
16. Angry spin side blow (5-4)
17. Permanent element is in this place territory (8)
18. Beast it reveals delicate fabric (7)
20. Hotel employee has length of chess piece (7)
21. Rest maybe alien way (6)
23. Clothing fabric sounds like a rush (5)
25. Sport of loop (4)



A walk at Lions' Park, Pambula.

A WALK IN THE PARK

Term 3 - A Walk in the Park dates and locations. We meet for all dates @ 9.00am.

Everyone is welcome to join our walks:

12 July, Tura Beach, Tura

26 July, Old Racecourse, Bega

9 August, Asling's Beach, Eden

23 August, Main Beach, Merimbula

6 September, Tathra Beach, Tathra

Fleur Dwyer

TEAM OFFICE UPDATE

OFFICE HOURS Please note the change of U3ASC Tura Beach Centre office hours for Winter. From Friday 16 July, the Office will be open from **1:00 to 3:00** every Friday afternoon. It is currently closed for NSW School Holidays. Please call in if you would like any information about or assistance with membership, payment of joining or renewal fees, enrolment in courses, access to Website, or just a chat about any matter relating to U3ASC.



TEAM OFFICE VOLUNTEERS If you can spare two hours on one Friday afternoon per month, and you would like to make a valuable contribution to your organization, we are seeking more volunteers for Team Office. Two volunteers are rostered on each week (you get to choose which week of the month suits you best). This is predominantly an administrative position, providing face to face contact with our U3A members. Team members use their own laptops or tablets to complete the necessary tasks, so basic IT skills are required. Some of our tasks include renewing membership for members, taking payments and issuing receipts, enrolling members

in courses, sending out welcome letters to new members, issuing member badges, photocopying documents such as attendance sheets and cleaning checklists, mailouts, and ensuring adequate supplies of office and cleaning materials are maintained. All required training is provided through one-on-one mentoring by an experienced Team Office member, and by way of a detailed procedure manual. We'd love you to join us.

TRIVIA QUIZ ANSWERS

1. Diet (shrimp)
2. Lake Eyre
3. Porsche
4. Pope Francis
5. Lotus
6. Six (2004, 6, 7, 10, 17 and 2018)
7. True (a fresh egg will float)
8. Crazy
9. Rabat
10. Alan Shepard

CROSSWORD 207 ANSWERS

ACROSS

1. Brazier 5. Cistern 9. Pontiac 10. Settees 11. Dour
12. Paraglider 13. Factor 15. Maniacal 18. Berating 19. Melody
22. Testaments 24. User 26. Service 27. Egotism 28. Everest
29. Trodden

DOWN

1. Biped 2. Announcer 3. Ibis 4. Racial 5. Castaway 6. Satellite
7. Emend 8. Nostril 14. Ostracise 16. Cross-wind 17. Inherent
18. Batiste 20. Yardman 21. Street 23. Serge 25. Polo



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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