



U3ASC NEWSLETTER - APRIL 2019



Fran Bowery, Peter Bowery, Ian Bryson, Les Carey, Anthony Green, Honey Jahnke, Franz Mesnik, Joan Murray, Sally Rowan, Nancy Spicer, Lee Tabone, Garry Thornton, Sue Watson.

The Uluru Statement

Wednesday 3rd July 2019, 1.00 pm - 4.00 pm



The 'Uluru Statement from the Heart' was the culmination of 13 regional dialogues held around the country. It comes after many decades of Indigenous

struggles for recognition and calls for a stronger voice in their affairs guaranteed by the Australian Constitution.

Mark McKenna is a Professor in the Department of History at the University of Sydney (see profile at <https://sydney.edu.au/arts/history/staff/profiles/mark.mckenna.php>) whose research interests include Australian history, particularly political and cultural history and Aboriginal history.

Come and hear Mark speak about the Uluru Statement and what it could mean for indigenous Australians if introduced.

Date for your Calendar

Monday 15 April Social Event

Come and join the fun and companionship this Monday 15 April. It starts with a stroll through Panboola, at the pathway opposite Oaklands. Be there for a 9.30 am set off. Then there's morning coffee and a yarn at Oaklands. Come to both parts or just one. Either way, please RSVP Pam Summerell, our Team Social Leader, emmaw35@gmail.com or 0418 247 863.

New One-Off Courses - Term 2

For all information on those courses, please go to our webpage <https://www.sapphirecoastu3a.org>

Wellness and Self-Care Workshop

Thursday 27th June, 9.30 am - 12.30 pm



This 3-hour workshop will incorporate Kinesiology demonstrations and an introduction to Energy Healing.

It will include Touch for Health tips and techniques for self-care, the healing value of massage and other techniques, and an introduction to nutrition and cellular health.

New Courses - Term 2

Creating a 'Photobook'

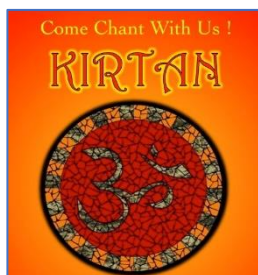
Learn to create a beautiful photobook to store your precious memories. It might be a trip, a family event, your favourite recipes or something else.

Participants will be required to download the Photobookshop app to their computers prior to the course commencement. A laptop computer is preferred for this course. Unfortunately, it is not suitable for mobile devices such as iPads.

The books will incur an additional cost to print and are of high quality.

Discover Bliss with Kirtan *NEW*

Thursday 2nd May, 10.00 am - 11.00 am



Kirtan, "to sing, to praise", is a folk form of Sanskrit mantra chanting that arose from the Bahkti yoga movement in 15th century India. The message of Bahkti is simple - to cultivate ecstasy and joy and see the divine in one another. All arise from the same source and in love, all are equal. The Bahktis took mantras out of the temples and into the streets.

Kirtan is a practice of group mantra chanting, the intentions of which is to evoke and experience a state of blissful, loving awareness.

Learn something of, hear, and participate in a Kirtan. Easy to do. Drums and hand cymbals are welcome. Please bring a cushion to sit on the floor. Some chairs are available.

Are you interested in Forming a U3A Film Club?

The idea is similar to a Book Club, with members watching a film each fortnight following a particular theme (e.g. Director, Sci-Fi, Crime, etc.) with a discussion afterward.



If you are interested in leading a discussion group or joining the Club, please contact Kaye at: programs.u3asc@gmail.com and she'll forward you a list of the selected films.

The Club plans to meet at the U3A Tura Beach Centre between 4.00 pm and 6.00 pm on a date yet to be determined.

LifeCircle Australia



If you are seeking clarity around end-of-life issues or support when caring for someone, create some time to check out the LifeCircle

Australia website: www.lifecircle.org.au.

It has a host of information and an opportunity to link up with a LifeCircle Guide for support.

Management Team 2019



President: Fleur Dwyer
Vice President : Garry Clear
Secretary & Public Officer: Carolyn Smith
Treasurer: Chris Bembrick
Programs: Kaye Separovic
Resources: Barb Perry
Technology & Webmaster: Terry Prowse
Research & Wellbeing: Nan Kennedy
Publicity & Newsletter: Carole Thomas. Though Carole has for many months been our Newsletter Editor and Publisher, we now look forward to her input into the Management Team.

In so doing, we farewell and thank Sue O'Loughlin for her many contributions throughout her time with the Management Team. We're delighted that Sue continues her work as a member of the Program's Team and also through the various courses she runs.

Thanks to all these members who have stood again for 2019 and who have been duly elected.

Values U3ASC



You may have seen at U3ASC Tura Centre, large displays of the Values derived from one of the Futures' Planning exercises in 2018.

Please peruse these when you are next at the Centre and add as many as you like. Look for what is missing? What do you most value about being a member of U3ASC? What is it that you think needs to be reiterated? And, go for it.

A Free Service for the Elderly & Disabled in Rural Bushfire Areas



The **AIDER Program** (Assist Infirm, Disabled and Elderly Residents) program is operated by the NSW Rural Fire Service and is a free one-off service which helps some of our most at-risk community members live more safely and confidently in their home in areas where bushfires may start.

AIDER services can include:

- Clearing gutters.
- Thinning vegetation around the home.
- Removing leaf and tree debris.
- Trimming branches from close to the home.
- Mowing or slashing long grass.

To find out more about the service, call AIDER on (02) 8741 4955 or email aider@rfs.nsw.gov.au.

Musical Afternoon



On March 28th, the U3A Sapphire Coast Ukulele Band, led by Paul Daynes, played at Hillgrove House aged care facility in Bega. U3ASC President, Fleur Dwyer, said "Research continues to inform us that music has the power to uplift us, generate a sense of wellbeing and shift negative thinking patterns". The 60's & 70's songs were a great hit, with many residents joining in the singing.

Music is only one of the many courses on offer by U3ASC. For a full list of our programs, you can visit our website on <https://www.sapphirecoastu3a.org/courses>.

Pictured above: Hillgrove House staff member, Joy, enjoys a jive with one of the happy participants.

Free Introduction to iPads @ Tura Murrang Library

The last 2 iPads workshops at the Tura Murrang Library - "**Tune-up your iPad**" - will be held Monday 15 April and Wednesday 17 April, 10:30 am. These are free workshops. You can book online by going to :

<https://www.eventbrite.com.au/o/organised-by-bega-valley-shire-library-4920493023>

From Dr Neil Jeyasingam



I'm conducting research with Sydney University into Attitudes to Ageing. It is part of a study looking at what clinicians and the general public think about ageing - to help understand why and how we have different concepts about what it means to grow older. If you have five minutes, we'd greatly appreciate if you may be able to complete this online survey:

<https://www.surveymonkey.com/r/QKST3T9>

Thank you in advance; further information regarding the study is on the first page of the survey.

- Dr Neil Jeyasingam BSc (Med), MBBS, MBus, MPsyCh, FRANZCP; - Old Age Psychiatrist, Centre of Excellence in Population Ageing Research (CEPAR)

Would you like to see the Musical 'Muriel's Wedding' with a group of friends?

Margaret Evans has advised us of a bus trip to Sydney departing Saturday 6 July, returning Monday 8 July 2019. The trip incorporates a three-day itinerary including a matinee performance of the musical Muriel's Wedding at the Lyric Theatre, a trip to Taronga Zoo and 2-nights' accommodation at Rydges World Square, Sydney. Prices for the trip range from \$895 for a twin share to \$1,155 for sole occupancy.



Note that this trip is not in any way affiliated with U3A Sapphire Coast and you would be making an independent booking directly to Bega Valley Coaches. If you are interested, you can check out the full itinerary on their website:

<http://begavalleycoaches.com.au/sites/default/files/Muriels%20Wedding.pdf>

Connecting to the NBN

This can be daunting at the beginning, but NBN Co provides great support at their website:

<https://www.nbnco.com.au/residential/how-to-connect>

The NBN connection itself is free but it is up to you to compare and select your provider. When selecting your plan, you will need to consider what your needs are. If you only use email and do a bit of browsing, don't waste your money on the top-of-the-range plans.

This site may help you make your decision. There is no rush. You have 18 months from availability before you have to make a decision.

<http://theconversation.com/how-to-choose-the-best-nbn-plan-for-your-needs-68424>. You may also decide you don't need the NBN and are happy to use your mobile device instead. Remember, the choice is yours.

Human Social Ecology in Action

This month, a very different article from the Health and Wellbeing Team. At one of our gatherings this March, the Taboo Topics group was wrestling with an introduction to artificial intelligence (AI) and its relevance to biotechnology in medicine.

Algorithms are not still science fiction. Today they are embedded and integrated as part of global social ecology. Algorithms are embedded in the way this story reached us so quickly. Information and technology has exploded exponentially this century. The problem is that AI is basic to robotics, and robots are machines that can be directed towards good or evil. AI is based on the design of algorithms undertaken by human brains.

Today, we need collaboration and humanitarianism to protect and defend the living resources of our planet. Algorithms are out of their depth in dealing with human emotions. Let's ensure that humans remain in control!

The following example is heart-warming.

"Peter Tabichi, a maths and physics teacher from Kenya's famine-prone Rift Valley, was selected out of 10,000 teachers from almost 180 countries to win the Varkey Foundation Global Teacher Prize 2019.

Tabichi, 36, teaches at Keriko Mixed Day Secondary School in a remote town called Pwani Village, where approximately 95 percent of students live in poverty, and about one-third are either orphans or have only one parent.



He is also a Franciscan Brother, started a Peace Club at the school, to help integrate students from seven different tribes, all of whom attend Keriko Mixed Day Secondary School, and introduced a common program for prayer and worship during school assembly, embracing the religions practised by different students.

In this difficult educational environment marked by delinquency and children dropping out of school, Tabichi introduced a Talent Nurturing Club, while expanding an existing Science Club: positive steps that helped enrolments to double inside three years. But attendance isn't the only thing going up; so is Keriko Mixed Day Secondary School's reputation for scientific achievement.

Under Tabichi's mentorship, students from Pwani Village came first in the public schools' category of Kenya's Science and Engineering Fair last year, with a device that enables blind and deaf people to measure objects. Keriko students also won an award from the Royal Society of Chemistry with a project that generates electricity from plants, and qualified for the Intel International Science and Engineering Fair 2019, being held in Phoenix, Arizona in May. These feats are even more impressive when you consider that the school only has one computer, with intermittent internet access.

For many of these children, who are sometimes unlikely to get enough food at home before attending their classes and who grow up in a community wrestling with drugs, crime, teen pregnancies and youth suicide, Tabichi's efforts have been literally life-changing, significantly boosting the school's numbers of pupils continuing on to university study."

Algorithms are embedded throughout this demonstration of the human spirit in action.

Nan Kennedy, Wellbeing Team

<https://www.sciencealert.com/kenyan-science-teacher-who-gives-80-of-his-salary-away-wins-1m-global-prize>