

U3A Sapphire Coast


ABN: 85641263291

"WHAT'S HAPPENING IN U3A SAPPHIRE COAST?"

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 /U3ASapphireCoast/

U3ASC NEWSLETTER - AUGUST 2019



Macfettters, Kerry Pope, Kerry Rutherford, Carmel Smith, Susan Stephenson.

Liz Allen, Greg Bartlett, Beverley Bell, Gabby Caldwell, Sheryl Drummond, Nikki Faulkner, Debbie Gardiner, Gabrielle Gwynne, Sue Fowler, Dianne Frazer, Jack Logus, Kathy

***NEW - ONE OFF * Crazy Creative Fabrics**
Wednesday 18 September - 1:00pm-4:00pm

We're offering another opportunity for you to get your creative juices flowing with another fun ½ day workshop at the Tura Beach Centre. You'll need to bring your own sewing machine and any scraps of fabric you have tucked away. When you register, we'll let you know what else to bring. We're hoping to make this a new, full term class next year. For enquiries, please contact Course Leader, Liz Allen, email: turalizzie@yahoo.com.au.



*** NEW * The Ideas' Exchange (TIE)**
4 x Tuesdays, 1.30pm-3.30pm - 20-Aug to 10-Sep



ideaEXCHANGE Come join us for 4 weeks of interactive and fun engagement as we discuss thoughts and opinions generated from a range of different sources, including Ted Talks, ABC's Big Ideas and Religion & Ethics. If you are the sort of person who loves to express, contend, moot, proffer, unsettle or just plain listen, then this TIE environment may well be your sort of space! Join Kaye and Fleur who will co-host an initial 4 sessions in Merimbula and Eden to test the waters of interest. **Sexbots and the afterlife - are you ready?**

Enquiries: Kaye Separovic on 02 6495 9013 or email: programs.u3asc@gmail.com.

*** NEW - ONE-OFF ***

China - a Glimpse of Rural Life.
Wednesday 21 August - 1:00pm-2:30pm

Come and hear Shaoying Wang describe the life of fruit farmers and fishermen in rural China. Learn about village life and history, traditional farming practices, storytelling and community life in rural China.



The rich and interesting history of the Cultural Revolution will also be covered and you'll see how terrace fields were built to alleviate poverty. China's rich artistic heritage will also be explored.

For all enquiries, please contact Shaoying Wang; email: shaoyingtours@gmail.com.

*** NEW * Golf for Beginners**
5 x Mondays (19-Aug - 23-Sep) 1.00 pm to 2.00 pm



Merimbula Pambula Golf course with lessons by Glen Warne. This course is for beginner golfers or for those who just wish to refresh their game.

Each session is designed to follow on from the former, so it is beneficial for all to commit to all lessons!

Cost is \$40 with payment upfront. There is a minimum of five participants for the course to go ahead, and a maximum of ten.

For all enquiries, please contact Course Leader, Donna Uren, on 0402 425 694 or email: donnapt53@gmail.com

* NEW * Bridge Lessons for Beginners

Keep your brain active and learn to play bridge! Acquire new card playing skills and meet new people during this eight-week course with the Sapphire Coast Bridge Club, Shop 9, 13 Tura Beach Drive Shopping Centre. Tuesday weekly commencing 13th or 20th August, 10.00 am - 12.00 noon. Cost is \$30 upfront for an 8-week course.

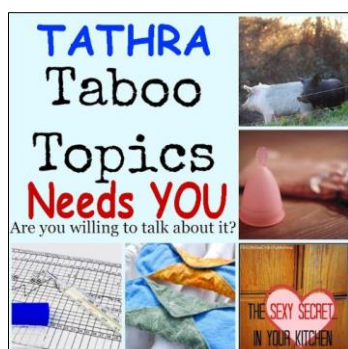
To register, ring Lewis Seychell on 6495 2605 or email: sapphirecoastbridgeclub@gmail.com.

FOR MORE INFORMATION ON ANY OF OUR COURSES, GO TO:
<https://www.sapphirecoastu3a.org/>

Attention Course Leaders

There are some attendance rolls which are outstanding for Term 2. Please drop them off at U3ASC Tura Centre or email to Michele Patten: u3ascoffice1@gmail.com.

Tathra Taboo Topics



* Our numbers have shrunk and we need your input to keep us on our toes.

* Always lively discussions on topical matters.

* 'Try Before You Buy' - just rock up and then enroll if you like.

* Tathra Taboo Topics meets every Tuesday, 10am @ The Tathra Bowlo.

* Stay for a club lunch after for great comradeship.



Enquiries to Neil Curry: neilcurry49@gmail.com.

We're Always Looking for Extra Help with Admin

Do you have a spare 2 hours a month to join U3ASC Team Office? Not sure this is for you? Then come along to the open afternoon at U3A Tura Beach Centre on Friday 23 August; meet members who are running the office and find out what they do.

Everyone is welcome.



**Open afternoon, Friday 23 August
and then every Friday at the U3ASC Tura Centre
from 1:30 pm to 3:30 pm**

Feel free to drop in for a cuppa and a chat,
and to meet other U3A Sapphire Coast members.

We can also help with (offline) cash bookings for special events, enrolment in classes, renewal of membership and course information.

Any enquiries to: programs.u3asc@gmail.com

Profile of a Course Leader: Helen Stevenson

Helen Stevenson is the current leader of the 'Adventure Walking' group, a role that is shared around among members of the group since the retirement of very long-time leader, Jenny Johnson.



Helen moved to Merimbula from Sydney five years ago and joined U3A to meet new, and like-minded people. She had been a keen bushwalker all her life and thought 'Adventure Walking' would be a great way to see the local environment on foot; so she headed off every month on a different walk along with 15 to 20 other U3ASC members to various beaches, headlands and forests in the area.

According to Helen, sharing the role of leader means sharing the workload, which involves managing the enrolment of walkers and distributing the information for the walks, which are planned six months in advance so that leaders can plan for seasonal highlights, tides and general walking conditions. But even more importantly, sharing the role means that members of the group get to share their favourite walks - and their favourite post-walk coffee spots.

Apart from her activities as course leader, Helen is an avid reader and belongs to the 'Thursday Book Club'. She is also a very talented artist and generously shares her skills and artistic judgment (and her wonderful home-made biscuits) with members of the Friday morning drawing and painting group.

Sue O'Loughlin

Team Social Invites One and All to Floriade
Monday 23 September 2019

Let us take away the stress of driving and parking, and come along on a fun filled day out at Floriade where you will have 3 ½ hours of gardening bliss. The bulbs are fabulous and the entire garden area display is breathtaking.



We will be leaving from the Pambula coach stop at 7.00am and returning by 5.30pm. The second pick up will be at Merimbula coach stop. Another stop at Bega can be factored in if required. You may bring a packed lunch or buy it there.

Cost is only \$40 per person (including entry to the Floriade) but we need a minimum of 30 people to take this trip, otherwise we will not be able to secure the coach. Note: Scooters can be hired by contacting scooters@netspeed.com.au or 0403 242 584.

Bookings are absolutely essential and will close by September 13th.

Please let Pam Summerell know on 0418 247 863 to book your seat aboard the U3ASC Express to Floriade!

Technology Training @ the BVSC Library



The Bega valley Shire Library is running a number of Technology Training sessions. There are six courses in total (Mondays at Tura Marrang Library and Tuesdays at the Bega Library), starting from Monday 5 August to Tuesday 29 October 2019. Courses offered are:

- Introduction to Internet 1
- Introduction to Internet 2
- Introduction to Smartphones
- Introduction to iPads
- iPads 2 - App, Media and Podcasts
- All About Data
- Wi-Fi and Mobile Networks

Bookings are essential for these new courses, which are free of charge. For more information, contact Tura Library on 6499 2340 or Bega Library on 6499 2127.

Individual Technology Assistance

Our shared learning is not confined to formal courses. Some of it can and does occur on a 1:1 basis, when that is what is needed, e.g. if you are confronted with an unexpected problem with your mobile phone or an unfamiliar computer pathway.

Thanks to Kerrie Dean who supported one of our members, Pam Lythe, with individual assistance to solve some mobile issues. These mini learning situations are as important as our larger classes.

If you need specific technology assistance, contact the Programs' Team, programs.u3asc@gmail.com and you will be connected to a member who can help.

Merimbula Festival and Yarn Bombing
3 x Saturdays: 17, 24 & 31 August, 10am-3pm

MERIMBULA FESTIVAL
our heritage and craft

Merimbula Festival

Saturday 17 August—Craft Demonstrations & Exhibitions
10am to 3pm

Basketry, Bonsai, Book Binding, Crochet, Embroidery, Felting, Fly-tying, Knitting, Leatherwork, Painting, Patchwork, Quilting, Spinning, Weaving + Sales Table with 2nd-hand books, jewellery, homemade sauces, soaps & more + music by the Ukulele band from 11am to 1pm + Raffle of hand-knitted rug + Lions Club BBQ, with Za's coffee van and homemade treats to enjoy with the coffee, and free entry to the Old School Museum all day.

Saturday 24 August—Cooking Demonstrations & Historical Machinery
10am to 3pm

Cooking demonstrations + Bega & District Historical Machinery Club + Bega Brass Band at 12.00 noon + Lions Club BBQ, with Za's coffee van and Bianchini Gelati, and free entry to the Old School Museum all day.

Saturday 31 August—Scarecrow Parade & Fun Activities
10am to 3pm

Scarecrow parade, Treasure Hunt, Museum Quiz, Hopscotch and other games, Scouts and Guides + BBQ and Damper, Za's coffee van, and free entry to Old School Museum all day.

Contact: merimbulaosm@gmail.com
Merimbula Old School Museum—85 Main Street, Merimbula (opposite RSL Club)



Don't reply to emails from people you don't know!

Although it isn't pleasant to think about, there are dangerous scammers out there who send alluring emails to try to steal personal information. You can steer clear of these cyber criminals by choosing not to open or reply to any emails from people you don't know. Remember - if something seems too good to be true, it probably is.

"The Amazing Greys"



The ukulele group finally has a name - *The Amazing Greys* - and just in time to celebrate its 1st birthday. Having celebrated her own birthday just a week earlier, Pam Lythe brought along a cake and Paul Daynes, musical director

extraordinaire, did the honours.

Rest in Peace, Jai Dwyer

Sadly, we say farewell to Jai who passed on July 18. She was a member of the Gourmet

Travellers' Group and enjoyed many other U3ASC classes. Jai's many friends and family will miss her quirkiness and wit. May she be at peace.



First Nation



NAIDOC Week and the 'Uluru Statement from the Heart' remain fresh in our minds as the Federal Government wrestles with an insistent swell of voices.

Multicultural colonial Australians are requesting that Australia's First Nation be recognised as having a legitimate role within the Australian Constitution to speak on their own behalf.

Billy Griffith's recent award-winning book '*Deep Time Dreaming - Uncovering Ancient Australia*' is a testimony to the extraordinary culture of the first indigenous arrivals, currently dated to be around 65,000 years go, but possibly even twice that. The resilience of the beliefs and behavior that led to the populating of our continent, with its cantankerous climatic variations, throughout the millennia, is only now beginning to be appreciated.

Far in advance of the indigenous explorers of the Northern hemisphere, they made their way South.

While shallow oceans in Siberia, the Sahara and Australia provided environments for hunting, grazing and cultivation as the early hominids explored their planet, an ice age was advancing.

An innate understanding of the stars of the universe, the magnetic forces driving Earth, and the mathematics of navigation enabled their brains to process the complex information that had eluded the earlier mammals and primates. The marvels and mysteries of human evolution is only just beginning.

The post-industrial revolution is now reaping the benefits of two centuries of scientific exploration. Charles Darwin launched the concepts of evolution as life emerged on planet Earth. His legacy of survival being based on the fittest of the species surviving for reproductive purposes has been challenged this century. Social collaboration and the innate emotional response of altruism has been demonstrated throughout evolution to support group survival. The drive to protect and defend the survival of the group emerges as resilience in the face of disasters to protect the survival of progeny.

Australia's First Nation has demonstrated extraordinary resilience throughout the thousands of millennia on this island continent. They observed the ecology of their environment. They observed the passing of the seasons and the behavior of flora and fauna during these interactions. Living organisms, marine and terrestrial, animal or plant, provided encyclopedic knowledge and understanding of the living environment to survive the apocalyptic events of the natural one.

Storms, floods, droughts, earthquakes, volcanic eruptions provided the classroom. The totem system was devised to encapsulate the ecological details in stories, songs, dance and art that could be retained in memory and passed on to the next generations.

Strict observance of laws and rituals was essential to incorporate the minute detail of their knowledge of Country. They were the Custodians of their heritage.

Australia's First Nation now demonstrates resilience via inherited DNA. From the savage scourges of colonial invaders, their spiritual connection with Country in tatters, their health collapsing under the burden of inherited diseases, they are now finding their voices.

We owe our children the gifts to be provided by our extraordinary First Nation - their bloodlines to multicultural Australia and their wisdom for resilience and survival.

Nan Kennedy, *Wellbeing Team*