



U3ASC NEWSLETTER, September 2018



Margy Carracher; Greg Dive; Trish Dive;
 Cath Frankcom; Christine Gonrey;
 Tim Goodman; Wayne Isaac;
 Richard Johnston; Rosemary Woodstock

DATES FOR YOUR DIARY

BRAIN'S TRUST
 Next meeting:
Wednesday 17 October
 U3A Centre, Shop 4,
 Tura Beach Shopping
 Centre @ 1.30 pm.




Our neighbours,
U3A Bermagui & District Inc.,
 extend an invitation for
 members of U3ASC
 to participate in any of
 their courses. Check out
 their T4 program timetable:

<https://bermagui.u3anet.org.au/wp-content/uploads/Timetable-detail.htm>



Need to talk to someone in U3ASC Management Team? Carolyn Smith, Secretary, is the best person to call on our U3ASC; phone: 0491 099 570.

All the Management Team members are listed, with their email addresses, on our website:

www.sapphirecoastu3a.org



U3ASC Centre is open every Friday afternoon from 1.30 pm til 3.30 pm, Shop 4, Tura Beach Shopping Centre.

You are very welcome to come in, have a cuppa and a chat.

Do you speak Italian, Indonesian or German?



We've had lots of requests from members wanting to learn these languages, but we need tutors.

You don't need teaching experience, just some skills in the language and the willingness to help beginners get started.

If you can help, please call Sue on 0439 809 237.

NEW COURSES & ONE-OFF COURSES, TERM 4
FOR ALL INFORMATION ABOUT DATES, VENUES,
COST, ETC. PLEASE GO TO OUR WEBSITE:
<https://www.sapphirecoastu3a.org/courses>

“Advancing Ukulele Course”



The Advancing Ukulele class will extend strumming and finger picking techniques already learned. They will explore vamping, riffs, some lead work and basic music theory. They will dig deeper into the Beginner Book and add other songs.
Course Leader: Paul Daynes, 6495 9741

“Ascendant Dragon Redux”

The Chinese proverb is with us.... we are living in 'interesting times'.
The program will be run over two, two-hour sessions.
Course Leader: Amanda Biltoft: 0433 129 091



“CraftWorkers’ Circle”

This is a collective space for craftworkers of all kinds. If you are an embroiderer, black worker, cross stitcher, hucker, knitter, felt worker, whitter or any other ‘er, then you are welcome into this group.
Convenor: Fleur Dwyer, Enquiries: 0418 629 488



“Espionage & Spying” **Needs vs. Ethics & Morality** **ONE-OFF: Thursday 18 October**



Espionage and spying have been part of life for millenia. In this modern era of technology and more advanced communication systems, the value of espionage and its relevance are continually being questioned.

This session discusses the background of espionage and its present practice against the ethical and moral values that society arguably expects of corporations and governments. Can espionage be effectively conducted in a world that sees itself as upholding ethical and moral standards?
Course Leader: Don McDowell

Introduction to Capitalism, **Communism and Socialism** **ONE-OFF: Thursday 15 November**

Ever felt a bit lost when people start talking about one of the big three 'isms': capitalism, communism, and socialism? Is there an easy way to understand them? In any case, haven't communism and socialism been relegated to the dustbin of history? And why did capitalism win the contest of ideas? Can communism make a comeback?
Course Leader: Paul Strutynski, 0413 123 721

“Introduction to Golf”



This is a six week ‘Introduction to Golf’ course, starting Friday 9th November and concluding Friday

14th December.

The course will be conducted by Glenn Warne, Golfing Professional at Pambula-Merimbula Golf Course.
Enquiries: Donna Uren: 0402 425 694

“Introduction to Wine Appreciation”

The course provides an introduction to wine from different Australasian regions and will include wine tasting methods. A



range of white and red table wines will be tasted and discussed each week. Background information on the Australian wine industry will also be presented. Copious notes will be provided.
Course Leader: Mike Warren.
Enquiries: Kaye Separovic, 0419 243 115 or email: programs.u3asc@gmail.com

Polymer Clay Jewellery Workshop

ONE-OFF: Saturday 3 November

This is a 3-hour workshop where participants will learn how to make polymer clay jewellery. The workshop will be held in Jackie Beever's home studio at her residence in Tura Beach.



Course Leader: Jackie Beever, 0409 225 923

Jewellery Making Workshop

ONE-OFF: Saturday 24 November



This is a 2-hour workshop where participants will learn how to make jewellery. The workshop will be held in Jackie Beever's home studio

at her residence in Tura Beach.

Course Leader: Jackie Beever, 0409 225 923

"Merimbula Marine Rescue Base"

ONE-OFF: Monday 22 October 2018



Our local Marine Rescue Merimbula volunteers invite you to visit their base at Spencer Park. You will see the training and radio rooms and the rescue vessel MB 30, learn about their history and rescues, see how boats are logged in and out of the bay, and gain an understanding of their policies and procedures and the role of the volunteers.

Course Leader: Elle Millstead, 0434 799 644 or eloise.millstead@gmail.com

"Mindfulness Practice Group"



Mindfulness Practice Group is self-generating

and is led by its members. Members take turns to conduct a mindful exercise and discussion; then a meditation follows.

Course Leader: Fleur Dwyer, 0418 629 488

"Mrs Macarthur" - Presented by Meg Ward

ONE-OFF EVENT: Wednesday 7 November



Mrs Elizabeth Macarthur: pioneer in NSW, Australian feminist icon and friend of Mrs Macquarie.

Would you like to know more?

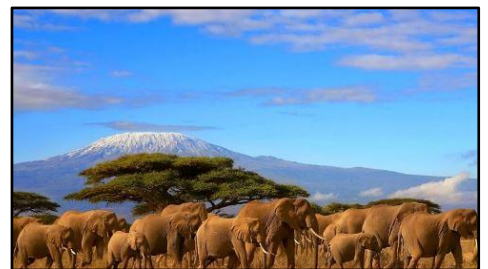
Course Leader: Robbie West, 0409 291 337

"Out of Africa"

Victoria Falls and East Africa Epic Adventure

ONE-OFF EVENT - Wednesday 31 October

Let former international travel consultant, Margaret Evans, take you on her



unforgettable adventure from Victoria Falls, through the great game parks of Chobe, on to Mt Kilimanjaro craters in Tanzania, Lake Nakuru, Amboseli and the amazing Masai Mara tribes in Kenya. You'll also see Nelson Mandela's prison cell and his former residence in Cape Town, South Africa.

Course leader: Margaret Evans, 6494 1205 or margaretevens22@bigpond.com.

"Trivia Quiz" back by popular demand!



Six rounds of ten questions each. Tables of four. Join us for some fun; don't worry

if you don't have a team. The winning team each week will get an extra biscuit!

Course Leader: Bridget O'Hanlon, 0421 796 422.

“U3ASC Singing Group”



An invitation is extended to all those who would like the opportunity to sing as part of a U3A choir / singing group. The main focus will eventually be

Pub Rock-ish, but to start, we'll explore Folk, Country, Rock, light Jazz and Blues. We will use the Beginner Ukulele book for the songs for the first term (\$10.00), after which we will narrow the focus as the group's vocal character develops.

Course Leader: Paul Daynes, 6495 9741

“Writing family history in the first person”

***NEW* ONE-OFF EVENT - Wednesday 5 December**

Listen to Graham Jensen as he shares his quest to honour his ancestors by presenting his family history in the first



person. A very unique way of engaging others, sharing and re-engaging with the story of family!

Course Leader: Graham Jensen.

Enquiries: Carolyn Smith: 0414 519 344,

email: u3ascsec@gmail.com

Health and Wellbeing News Snippets

“Stiffening as we age”

Why do our muscles lose their suppleness as we age? Finally having the chance to indulge in a sporty 2-door coupe after retiring can be the fulfillment of a dream. The reality can be an unpleasant shock. Getting seated in the dream car can suddenly feel a challenge - too low to bend in to? Age is certainly a factor. What happened to the flexibility and agility that you once took for granted? “When did I slow down?”, you ask yourself. Somehow it just appears when given an unfamiliar challenge!

As we age, bones, joints and muscles stiffen. Diagnoses of osteoarthritis, bone density problems and inflammatory conditions of all kinds throughout the body appear. Until this century, each separate diagnosis led to a medication for each illness. Inheritance history was examined for predispositions. Stiffening arteries were often viewed as cholesterol or blood problems;

damaged cartilage, joints and tendons blamed as ‘normal’ ageing. However, today the focus has shifted. The mind and body are seen as one cohesive interacting system governed by the brain’s conscious and unconscious 24/7 activities. In fact, we are an entire ecosystem with a very active microbiota of bacteria, viruses, fungi and organisms with functions that date back to the beginning of life on our planet.

Our lifestyle habits of the previous twenty years or so laid the foundation for the ageing process. We can now choose whether to thrive or decline. The kilo plus of microbiota inhabiting our ecosystems are only just beginning to be understood. Fundamental ingredients for their health include sun, sleep, water, oxygen, a wide and varied diet and an active circulatory system to clear out toxins. Water is essential to hydrate the entire body to ensure that tissues remain moist and slippery. The delicate mucus lubricating every cell in our body’s supportive tissues keeps them pliable and elastic.

It is not too late to reverse or manage many of the conditions that have taken residence and set up inflammatory conditions in your personal ecosystem. Begin with small steps to start the journey back into health and wellbeing. Nourish your micro supporters and enjoy the new energy that will flow. Use tools that Eastern medicine introduced - Tai Chi, Mindfulness meditation, Yoga, and various breathing techniques. Or simply relax and enjoy your favourite leisure activities in a sunny, leafy corner each day.

Nan Kennedy, *Wellbeing team*



This August, the Adventure Walking Group tackled the Wolumla gold mines under Mike Warren's leadership. The next walk will be on Thursday 4 October and they will explore the Lochiel area. Course Leader, Pam Owen, welcomes new members but the main requirement is that you are able to walk at a brisk pace for at least 2 hours.

For more information and to register, please contact Pam on 0432 045 286.