



## U3ASC NEWSLETTER - JULY 2019

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### Review of the U3ASC Constitution

We're about to embark on this review with the leadership of Sue Birks. The NSW U3A Network has done some work on U3A Constitutions... so first steps for us will include exploring what the Network has to offer at a gathering of other U3ASs, soon to be held at Bateman's Bay.

If you are interested in joining the review, please contact Carolyn Smith, secretary, email: [u3ascsec@gmail.com](mailto:u3ascsec@gmail.com) or mobile: 0491 099 570.

### How's life?



Do you need some new challenges? What about a little more satisfaction and fulfilment? Well then, what about

joining our Program's Team? or Team Office? or Team Social?

Each of these U3ASC volunteer roles will connect you with like-minded enthusiasts who are contributing to and supporting our organisation to grow. Most of the tasks require about 3 hours per month. Just bring yourself and a positive outlook, and someone will show you the ropes.

Please consider lending a hand - call Fleur on 0418 629 488 for more information.

### \*\* NEW \*\* Basic Computer & Android

**Friday: 26 Jul, 9 & 23 Aug, 6 Sep**  
**9:30 am - 12:00 noon**

If you want to learn how to set up a computer (Windows 7 and 10), or how to enrol online, or how to do a basic letter, or learn how to navigate the Internet including emailing, shopping, basic security, etc., then we are here to help.



We are also planning on covering the basics on how to use Android-operated devices, specifically Samsung tablets and mobile phones (NOT Apple devices).

We plan to let the students guide us in what they want to learn; e.g. you might want to learn how to connect your devices to your TV or how to use photo apps. Don't be overwhelmed by it all - give us your wish-list and we'll see what we can do!

### \*\*NEW\*\* Discover Bliss with Kirtan

**Monday 29 July, 10.00 am - 12.00 noon**



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 Bahktis took mantras out of the temples and into the streets.

Kirtan is a practice of group mantra chanting. The intention is to evoke and experience a state of blissful, loving awareness and to see the divine in one another.

Where the previous Kirtan event focused on an historical narrative, this event will focus on experiencing the bliss of group mantra chanting. Very easy to do. "Give your heart wings through song". Drums and hand cymbals are welcome. Please bring a cushion to sit on the floor. Chairs will be available.

**\*\* NEW\*\* - Scottish Country Dancing**  
**(Wednesday 10:00 am – 12:00 noon)**

Research shows that dancing, and particularly Scottish Country Dancing, is one of the best forms of activity for keeping the body active and the mind alert. It can



reduce the risk of osteoporosis and help prevent or complement the treatment of serious and chronic conditions. It is also known that regular exercise increases the level of chemicals in the brain, notably serotonin, which improves mood and so can reduce stress, anxiety and depression. As well as an increased sense of confidence and general happiness, a link has been established between dancing and a lowered risk of Alzheimer's and other forms of dementia compared to other forms of exercise.

Scottish Country Dancing is very sociable with a great sense of enjoyment. It is an activity suitable for all ages and levels of ability and fitness. No partner or special equipment required - just soft shoes.

**Feeling Creative? Why not join our Art Group on Thursdays?**

If you want to paint for pleasure, then this is the place to be. We are encouraging like-minded artists who are self-motivated to join us. You will be greeted with friendly faces and a warm welcome, so come along and share your love of art with us.

Please contact Course Leader, Beverley Smith, on 6495 9887 for more information.



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

# BOOK SWAP

Kaye Separovic, Programs' Team leader, has created a Book Swap facility in the Tura Beach Centre with a small bookcase on the bench top. She has placed a few books therein and members are encouraged to donate some books, or swap, for all to enjoy.

If you wish to take advantage of our Book Swap facility, you will be able to drop in at the U3ASC Tura Centre on a Friday afternoon during office hours, 1:30 pm - 3.00 pm.

**Standing Room only for Professor McKenna's Presentation**



It was standing room only at U3ASC's recent one-off presentation 'The Uluru Statement' by historian Professor Mark McKenna. There was so much interest shown that Professor McKenna has promised to forward some additional links to information relating to *The Statement* (watch this space). Mark's presentation will be available for listening on our website home page.

**Lending a Hand to the Bega Valley Shire Homeless**

On any given night in Australia, 1 in 200 people are homeless. 116,427 people were counted on Census night 2016 as being homeless, with 114 reported in the Bega Valley Shire alone.



When Course Leader Margotdeepa Slater-Oliphant (who runs “Moving on - Warts & All”) and her class collectively decided to explore what’s happening within our region, they approached Anglicare Eden and St Clements Church Merimbula who allocate temporary accommodation to the homeless when it becomes available. However, they were told that those organisations are unable to accept donations directly. So the group started to investigate street swags that could be donated to those organisations so they can be passed on to the homeless.

In addition to paying their normal course fee, the U3ASC members dug deep in their pockets and raised enough funds to purchase 5 x swags from ‘Street Swags’, a registered charity which was started in 2005.



The swags are ‘Jumbuck Street Swags’, made in Australia. They are a portable shelter for a homeless person and are made from canvas, designed to be lightweight and weatherproof, and can be put down directly on the ground without having to tying them up. For more information, go to <https://www.streetswags.org/>.

### Emergency App that could save your life

**Save the App that could save your life.**

Available on the **App Store** [Free Download]

GET IT ON **Google play** [Free Download]

Download from **Windows Phone Store** [Free Download]

The **Emergency+** app is a free app developed by Australia's emergency services and their Government and industry partners.

The app uses GPS functionality built into smart phones to

help a Triple Zero (000) caller provide critical location details required to mobilise emergency services.

For more information, go to: <https://emergencyapp.triplezero.gov.au/>.

### Yarnbombing for the Merimbula Festival

“Yarnbombing” - to cover an object or structure in a public place with decorative knitted or crocheted material, as a form of street art.



The U3ASC Crafts Group has been busy knitting and crocheting for the Merimbula Festival Community Yarnbombing. Rosemary Searles said the group will be yarnbombing the two benches at the Merimbula Twyford Hall and there will be a treasure hunt at the Old School Museum for the children. Rosemary is making some “treasures” while the other ladies are making the strips that will be woven through the benches, and there will be some flowers and leaves decorating the top rail.

The Merimbula Festival will take place over 3 Saturdays: 17<sup>th</sup> and 24<sup>th</sup> of August and 1<sup>st</sup> of September.

### Mosaics Creations



The new ‘Mosaics for Beginners’ class has been a great success, with hopeful artists unleashing their creativity under the skillful guidance of Course Leader, Christine Orman (right) in her wonderful studio. (Some samples of Christine’s lovely work can be seen in the pic on the back wall).

### Copy of NBN Presentation Available



A copy of the nbn™ rollout presentation on the 22<sup>nd</sup> of March by Local Manager -

NSW South and ACT - Lachlan Ceeney, is now available on our website homepage

<https://www.sapphirecoastu3a.org/>.



## **Rural Living Can Lower the Risk of Dementia**

Good news from a recent report from *'The Lancet'* - people living in rural areas may be at a lower risk for Alzheimer's disease.

"Nine lifestyle factors have been identified for reducing or increasing the risk of dementia regardless of genetic predispositions: "more childhood education, exercise, being socially active, stopping smoking, managing hearing loss, depression, diabetes, high blood pressure and obesity".

Those that increase the delay are education, physical activity and social contact. Those that decrease resilience are hearing loss, obesity, diabetes, smoking, depression or hypertension. The take-home message is that it is never too early to start education activities, stop smoking or get your blood pressure checked.

The 2015 global cost of dementia was estimated to be US\$ 818 billion and this will continue to increase as the numbers of people with dementia rise. Nearly 85% of costs are related to family and social - rather than medical - care. It may be that future new medical care, including public health measures, may reduce some of this cost. Effective dementia prevention could transform the future for society.

In general, we need to begin prevention activities in our 40s. Lifestyle habits begin with education to understand the lifelong benefits of health and wellbeing.

The most important health message learned during the last five decades, is that the antibiotics on which our current health improvements are based are now harming all life on our planet.

Medical research this century has recognised that we are all dependent on the ecological health of

our planet. The fundamental message is that all life - from viruses, bacteria, plants and animals to humans - depend on each other when it comes to health and wellbeing for all of us.

The energy of our sun is the foundation on which micro-organisms communicate intelligently. They interact with their environment and learn from experience. Plants and animals, marine or terrestrial, govern the survival of our planet. It began with the first living cells billions of years ago.

New technology is now providing the tools revealing these processes. Australia is an ancient continent and is providing fossil evidence back to the Cambrian epoch. We live in an historical era of scientific discovery.

Make the most of retirement. It is never too late to learn!

Nan Kennedy, *Wellbeing Team*



## **Enjoy music with the best possible sound**

A simple trick is putting your mobile phone, speaker first, into a mug - which can increase volume and improve sound. If you love a rich sound, spend a little bit more on earbuds or headphones for listening devices instead of buying cheaper, inferior earbuds which might cause you to turn up the volume and damage your hearing.

## **Cost of Living - NSW Rebates Available**

The NSW Government is helping ease the cost of living with more than 70 rebates and savings. To find out the NSW Government rebates and savings that are relevant to you, go to their website and fill out the form.

[https://www.service.nsw.gov.au/campaign/cost-living?utm\\_campaign=CostOfLivingPhase2Upweigt&utm\\_content=MetroTactical&utm\\_medium=Social&utm\\_source=Tactical&utm\\_term&fbclid=IwAR1W6oBWoj1l6rsQheQZ2OeYQXIsWfovWadewsCdVeDyd0Cr4j1xyYgkHRC](https://www.service.nsw.gov.au/campaign/cost-living?utm_campaign=CostOfLivingPhase2Upweigt&utm_content=MetroTactical&utm_medium=Social&utm_source=Tactical&utm_term&fbclid=IwAR1W6oBWoj1l6rsQheQZ2OeYQXIsWfovWadewsCdVeDyd0Cr4j1xyYgkHRC)