



U3A's 21st Birthday

All members are invited to this celebration at Oaklands Event Centre, Pambula, on Wednesday 25 July, 2.30pm - 5.00pm.

It will start with champagne and a mingle, then progress to a delicious High Tea, with guest speaker. Music will be provided by flautist Lee Daynes.

Cost is \$7.50 for members, \$15.00 for non-members. Bookings are essential and must be made by July 18th (no tickets will be sold on the day).

You can book online - find the link on the front page of our website:

www.sapphirecoastu3a.org

or pay cash at the U3ASC office at the Tura Centre, Friday: 1.00 pm - 3.30 pm.

Note: If you have special dietary requirements, please inform Carolyn Smith, Secretary, before 16 July - ph: 0491 099 570.



Member Enquiries

For all enquiries about U3ASC matters, please contact Carolyn Smith, secretary,

Email: u3ascsec@gmail.com.

Mobile: 0491 099 570.

We need your feedback

We know that your U3A is very important to you. But can we do things better?

This year, U3A Sapphire Coast is looking at what we do well, and what could be improved. We are gathering information and feedback from members and from key groups

such as Course Leaders, the Program Team and the Brains' Trust. We are looking at data and at how other U3As operate. At the end of this process, a strategic Futures Plan will be produced, which will give us a blueprint for a way forward.

As part of this process, John and Sue Mikus are running a number of workshops with members to find out what U3A Sapphire Coast means to you, how U3A could better meet your needs, and what you think we are already doing well.

The first of these workshops will be held on Friday 27 July 2018 at the U3A Centre, Tura Beach, from 10.00 am to midday. Come along and share your ideas, meet other members, and enjoy a yummy morning tea.

We plan to run more of these workshops over the next couple of months. If you would like to be part of this exciting process, please send an email to Sue on sumikus@hotmail.com.au or phone Sue after 15 July on 0408 469 790.

Please indicate whether you would like to attend the workshop on 27 July, or whether we can contact you once we have finalised arrangements for further workshops.

Time for a Chat

Office and Drop-In Centre at U3ASC Tura Beach office, every Friday 1.00 pm - 3.30 pm. Come and have a chat and a cuppa.

Term 3 Program has been finalised

Program for Term 3 is now available on the website

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

Please enrol online through 'Courses', then 'Courses A-Z'. Find single event courses at 'One-Off Courses'.

While current programs are still carried on to next term, there are a few exciting new courses on offer. For more details on dates, venues, cost and contact numbers, please go on our website.

“Needleworkers' Circle”

Fridays: 10:00am-12:00pm

Weekly clases: 27/7 - 28/9



This is a collective space for needle-workers, including embroiderers, black workers, cross-stitchers, huckers, etc. to get together over a cuppa to share ideas, stories and skills.

There will be no formal teaching of techniques or design but plenty of support for learning in the Circle. If you have a piece of unfinished work, would like to initiate some new project or simply enjoy the company of other needle crafters, then this Circle could be for you.

“Writing Mechanics: The Nuts and Bolts”

Mondays: 10:00am-12:00pm

Weekly: 23/7 - 20/8



How do they do it? We will consider the art of written storytelling, fact and fiction; and search for the technique in prose. Course will include readings, examples and excercises. Maximum 10 students.

“Reflective Journeys in History”

Fridays: 01:00pm-03:00pm

Weekly clases: 27/7 - 28/9

Experiencing a torturous time in opposition, the ALP suffered Bob Menzies ruling the nation. The Party was lacking in cohesive leadership, unable to deal with the DLP and simply hoping for a new Messiah to sweep them back into power. Hope did come with the rise of Gough Whitlam, and during this term, we will examine his story and the history of what came after Gough. This is the beginning of a new age in Australian politics.

“Ukulele - Beginners' Course”

Wednesdays: 09:30am-12:00pm

Weekly clases: 25/7 - 26/9



Beginner Ukulele Class includes an introduction to the ukulele and its parts, learning how to tune the ukulele, 20 or so basic chords, some rhythm and finger picking patterns, basic techniques from holding to playing the ukulele, and the playing of up to (but not limited to) 50 songs.

Always very popular, our [One-off events for Term 3](#) are:

“Creative Writing Workshop with Christine Goonrey”

Wednesday 12th September

10:00am-12:30pm

“The Cold War: Lessons for today?”

Wednesday 29 August

10:00am-12:00pm

“Wildlife Crime”

Thursday 6 September

9:30am-12:30pm

Please share your interests with other members in U3A - become a Course Leader.

If you have an enthusiasm or idea for a new course, please contact Kaye Separovic, Programs' Team leader.

Email: programs.u3asc@gmail.com.



Your Program Team hard at work
*From left: Robbie West, Kym Mogridge,
Barb Perry, Margaret Evans, Jacqui Goodman,
Donna Uren, Fleur Dwyer. (Absent: Sue
O'Loughlin, Kaye Separovic, Carolyn Smith)*

Yoga - Changed arrangement for Week 1 of Term 3

Margit, course leader, has moved the Yoga class to Tuesday 24 July at Tura Murang Library, 3.00 pm - 5.00 pm. This arrangement is just for Week 1, so participants may attend the 21st Birthday Event.

Welcome to U3A's "Health and Wellbeing News Snippets"

Health issues are on a roller-coaster these days, with new ideas flooding the internet. Today, let's talk about depression.

Less than a decade ago, several "Big Pharma" companies decided to cease manufacturing antidepressants because they had not been able to achieve much better outcomes than placebos. Antidepressants were competing with anticonvulsants and antipsychotics to better treat depression. Prescriptions in these categories were considered 'off label' because they were developed to treat different conditions to those for which they were being prescribed.

As one Psychiatrist's blog on Medscape reflected, "Surely this suggests an underlying condition that connects these together?" It was clearly the time to re-evaluate psychiatric drugs. The turning point was launched in Melbourne at an International Conference in 2010 announcing that "Recovery from mental illness" could finally be achieved.

The blood-brain barrier has been the last frontier in the human body to be breached. Inflammatory conditions, including auto-

immune conditions, are now being considered to be connected to emotionally-based psychiatric conditions. Body and mind together are involved in many familiar chronic diseases of the ageing process.

In a recent book "*The Inflamed Mind: A Radical Approach to Depression*", Professor Edward Bullmore, MD, presents a current perspective on how the science of psychiatry is redefining itself. The final frontier of the human brain has divulged its longest-held secret - that mind and body are a single entity. No longer should patients be relegated to either a physician or a psychiatrist to treat their mental and/or physical problems. Professor Bullmore's defining moment was when his patient had both arthritis and depression. He could see clearly that her depression was interwoven with the symptoms of her arthritis, but at the time, they required two separate specialists.

Depression is one of the most common warnings of "Side Effects" listed inside every box of pharmaceuticals dispensed over the counter or via prescription. Sadly, large volumes of pills may be dispensed via Webster Packs to those in post-retirement years. Sometimes, two daily packs are required - one for the physical symptoms and another for the psychiatric. The multiple impacts of so many pills with Side Effects of "Depression" have finally drawn attention. It is a very exciting development. Watch this space.

Nan Anderson

Dentistry Services at the former Bega Hospital

A Southern NSW Local Health District's Bega Valley Community Health Services update.

Extensive renovations are being undertaken at the former Bega hospital and its additional buildings, and the dentistry service is available. Anyone with a health or concession card is eligible for treatment, including dentures. For appointments, ring 1800 45 00 46 or email snswhd-ohis@halth.nsw.gov.au.

Many thanks to Carole Thomas (Publicity Team) for this edition of the Newsletter. We are very keen for news from Course Leaders or from U3A SC members. Please send your articles to: carolethomas@bigpond.com.