

# U3A Sapphire Coast – May Newsletter



Welcome New Member:

Pamela Jordan



**U3ASC BRAINS' TRUST** (a group of long term members who bring insight and understand of our history & culture to the decision making process)

NEXT MEETING is on Monday, 18 @ 2.00pm on Zoom. If you would like to join in, please contact Fleur to ensure you receive the link for Zoom. [dwyerfleur@gmail.com](mailto:dwyerfleur@gmail.com)



**BORROW BOX.** Did you know, if you are a library member, you can download BORROW BOX and get ebooks and audio books for free. (Kerrie Brady)

**NEWSLETTER TEAM.** Our newly formed Newsletter Team is looking to build its number to 6 members. Can you please contribute your energy and creativity for an hour or two each month? If you're keen to give some of your time, please contact Fleur, [dwyerfleur@gmail.com](mailto:dwyerfleur@gmail.com)



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## One-Offs: the Case Against God.

**Friday 15<sup>th</sup> May 2020, 10.00  
am - 12.00 noon**

**Via Zoom connection. Link  
to be provided to enrolled  
members.**

Billions have believed in the existence of God. But how well does that belief stand up to modern scrutiny? For example, is alleged personal contact with God proof of actual contact? Is God the only possible explanation for the

apparent design we see in nature? Couldn't you believe in anything on faith? Is the comfort of a belief any indication of its truthfulness? Join Course Leader Paul Strutynski as he outlines the modern case against God's existence. He contrasts the weak arguments for God existing, and creating us, with the strong grounds for God himself being a human creation

Enquiries: Paul Strutynski,  
0413 123 721 or email:  
paul.strutynski@gmail.com

## What's Happening in U3A Sapphire Coast

**THANK YOU, CAROLE THOMAS.**

*Carole Thomas, our publicity and media team leader, has stepped away from this key role. Over the last couple of years, Carole has dedicated many, many hours of time in the service of U3ASC. Her contribution to communication across the organisation and in the local community has been huge.*

*The Newsletter, many posters, invitations and signs have been the work of Carole.*

*Most importantly, it was she who researched & sourced services & products for the renovation project of the Tura Beach Centre. And it was Carole who, each day of the Christmas break supervised the build and ensured the work was completed within budget and a very brief time frame of the holidays. She will be greatly missed.*

### PROFILE of a COURSE LEADER Margotdeepa Slater-Oliphant



I've been involved with U3ASC since 2004. The Moving On, Warts and All, MOWA, program was a game changer in my life and is as valid and relevant today as when it was first taught more than twenty plus years ago. I love facilitating the 'Moving On Warts and All' teachings and watching people embrace them their way. It's challenging because I continually have to learn to keep teaching differently. People inspire me, their lives & challenges. There is no one on their Earth walk who is not courageous. I've been extremely fortunate to have had outstanding role models in my life. They popped into my life in my darkest hours, stood beside me until I was strong enough to stand, unaided. Through their leadership, my friendships with others grew. Without them, I would not have known what I needed to do, to grow myself, explore, reach out to be the best me I could be.

People, life, friendship, a desire to share, discover thyself in all things motivates me to lead this program. My Teachers' voices remind me often, everyone I meet, I meet an aspect or an archetype of myself. We're all doing time together.



## **ZOOM Platform is now up and running at U3A Sapphire Coast**

Getting together over Zoom has become the new norm at present and U3ASC is getting on board too. Zoom is a remote online meeting service using an easy to use platform for video and audio meetings or classes. The Zoom platform or app can be accessed using any mobile device or desktop computer. It allows us to virtually connect with others when in-person classes aren't possible like our current situation and is a great way for us to still feel connected to others. The meeting participants or class members are invited into the online meeting room or class via an email or text message. All the participants can then see and chat to each other and the course leader.

The Pro version of Zoom is now available for our course leaders to conduct U3ASC online courses. If you are interested in running a course using Zoom please connect with your Programs' Team Contact (PTC) and they will help you to schedule a session to learn how to use Zoom. If you are already a practised user, contact your PTC for the U3ASC log-in detail and to schedule your class into the timetable and then you can continue your course through this time of social isolation.

The following classes are now operating using Pro Zoom U3ASC and most would welcome new class members.

### **Taboo Topics Tathra**

Weekly on Tuesday 10am to 12noon  
Course Leader: Neil Curry 02 6494 0109

### **Italian for Beginners**

Weekly on Thursday 11am to 1pm  
Course Leader: Teresa Hamer 02 6495 0379

### **Australian Novel Book Club**

Monthly on Monday 2pm to 4pm (25/5, 22/6, 27/7)  
Course Leader: Karen Gillespie 0447 519 995

### **Mindfulness Practice**

Wednesday 2pm to 3:30pm (13/5, 10/6, 1/7)  
Course Leader: Fleur Dwyer [dwyerfleur@gmail.com](mailto:dwyerfleur@gmail.com) 0418 629 488  
Accepting new members now.

### **Computer Group**

Fortnightly on Wednesday 10am to 12noon  
Course Leader: Judith Reid 0407 433 312

### **Book Club (4<sup>th</sup> Wednesday)**

Monthly on Wednesday 1pm to 3pm (27/5, 24/6, 22/7)  
Course Leader: Elizabeth Stacey 0412 162 497  
Limited ability to take new members.

### **Writing Group**

Weekly on Tuesday 2pm to 4pm  
Course Leader: Susanne Middlewood 0417 685 894  
Not accepting new members at the moment.

### **Take Your Brain Dancing**

Weekly on Wednesday. 4pm to 5pm  
Course Leader: Wendy Colhuon

### **Line Dancing**

Weekly on Friday 2pm to 3:30pm  
Course Leader: Julie Walker



Sadly our member, Wendy Ross, passed peacefully at home on March 16. She will be greatly missed by her family and by her companion music makers in the U3ASC Recorder Group.



I've done quite a few courses over the years from: [edx.com](http://edx.com) -> they are all free (unless you want a proper certificate at the end)! Start here:

<https://www.edx.org/course>

Also, if you're interested in Linux as a computer operating system, Linux Foundation has some free as well as paid courses:

[www.linuxfoundation.org](http://www.linuxfoundation.org)

The most basic is: <https://training.linuxfoundation.org/resources/free-courses/introduction-to-linux/>. (Alister Lee)

## U3A Sapphire Coast

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Find us on the Web:  
[www.sapphirecoastu3a.org](http://www.sapphirecoastu3a.org)



## COVID-19 Where you can get help and support

The organisations listed below are some of the places you can contact during the COVID-19 pandemic.

### Local Government

Bega Valley Shire Council -

[https://www.begavalley.nsw.gov.au/cp\\_themes/default/home.asp](https://www.begavalley.nsw.gov.au/cp_themes/default/home.asp)

### Australian Government Department of Health

<https://www.health.gov.au/>

### National Coronavirus Hotline — 1800 020 080

Call this line if you are seeking information on coronavirus (COVID-19). The line operates 24 hours a day, seven days a week.

### Services Australia

The department delivering government payments and services.

<https://www.servicesaustralia.gov.au/>

### Centrelink — 13 24 68

<https://my.gov.au/>

## DID COVID-19 BEGIN IN FRANCE?

Given the blame-game political kerfuffle over the source of the Covi-19 pandemic, I went hunting for some rational science. It goes back to 1912, starting with a series of domestic animals infected with corona viruses that then hopped over to humans.

The next debate is how can the start of a pandemic be defined? The answer is it can't.

The genetic detective work tracing the family tree of the coronavirus that has killed tens of thousands in its relentless spread across the planet, gains traction. In France, a cluster of cases was discovered in late January. But a new study published in the *International Journal of Antimicrobial Agents* has suggested the virus was already in the country a month earlier.

Other countries are discovering they may have had earlier infections. In the United States, [autopsies performed on suspicious deaths](#) in California have revealed infections before the first official case on January 21, 2020. But it is important to distinguish between isolated cases and the origin of the "epidemic wave". In China, Wuhan health authorities have spoken of an initial case on December 8.

The timeline has been roughly corroborated by research mapping out the genetic evolution of the virus. ...none has been found to change its virulence. About twice a month *a mutation happens that stays in the genetic sequence, giving researchers a trail to follow*. If following the chain we find the "ancestor common to all infections. Current lack of diversity is indicative of a recent common ancestor for all these viruses". This ancestor could have emerged around November 17 last year (with a range of uncertainty between August 27 and December 29). [Imperial College London](#), in collaboration with the WHO, has also traced the virus' family tree, estimating that it appeared in China on December 5 (with a margin of uncertainty between November 6 and December 13).

Erik Volz, an epidemiologist at Imperial College, said all of the very earliest genetic sequences of the virus collected in Wuhan in December and January "have almost identical genomes". And all viruses currently circulating elsewhere in the world are descended from these closely related lineages in Wuhan. However, an epidemic is defined as "cases identified multiple times from multiple points of origin". These "seeding events" suggests the epidemics in many European and North American cities began in mid-January or early February. Local information rolls in from across the northern hemisphere's winter. Fundamentally, it will never be known exactly where and when the virus began its journey.

As a final note, given the lack of knowledge about this virus's sneaky strategies that need another newsletter, the best we can do is support our own immune systems on a daily basis. A wide range of foods to nibble on, 7 or 8 hours sound sleep, and moderate exercise on a regular basis.