



Welcome to our new members:

Rick Burns, Katherine Bates, Rosemary Searles, Carol Orr, Cherie Glanville, Lee Daynes, Jan Showman, Doug Beaumont, Annette Young and Ian Showman.

Do you have stories and pictures for the next newsletter?

All copies need to go to Carole Thomas, email: carolethomas@bigpond.com - by the 1st Friday of each month.



Brains' Trust meeting coming up on Wednesday 29 August at 2.00 pm @ U3ASC Tura Centre.

All Course Leaders are invited to enjoy afternoon tea with the Programs' team on Friday 31 August at 1.30 pm at the U3ASC Tura Beach Centre.

Please RSVP to programs.u3asc@gmail.com by Friday 24 August to help with catering.



We NEED you.
Can you HELP?

Who's the team working behind the scenes for U3ASC?

We need your help at the U3ASC office at the Tura Beach Centre on Friday afternoons, 1.30 pm - 3.30 pm. Come for a cuppa, chat and welcome new members.

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| Fleur Dwyer | President |
| Garry Clear | Vice President |
| Carolyn Smith | Secretary |
| Chris Bembrick | Finances |
| Sue O'Loughlin | Publicity |
| Kaye Separovic | Programs' Team |
| Barb Perry | Resources |
| Nan Kennedy | Member Welfare |
| Terry Prowse | Technology |
| Carole Thomas | Newsletter |

... And we need assistance to get the newsletter out to those members who use the post. Every 2nd Friday of the month, we have a post-out. Can you help fold, address and stamp envelopes, please?

If you can help, please contact Carolyn Smith on 0491 099 570.

Bega Drawing and Painting Group
New Members Welcome



This group has been meeting every Friday morning from 10.00 am - 1.00 pm at the Old Bega Hospital in Newtown Rd, since the beginning of term 1. It has morphed in that time from focusing on drawing to including painting. We combine just working on our own things, with occasional sessions focused on instruction, using the skills within the group, occasional generous guest artists and instructional DVDs.

We have a dedicated core group of four or five and other occasional participants, many of them from Merimbula/Tura; but we'd love to have more. We have easels and boards available and the cost of \$5 covers venue hire and morning tea. Members bring their own painting materials and our standard ranges from learners to more experienced learners.

So, if you've been wanting time out from your usual routine to paint or draw in relaxed company; if you want to both share your skills and benefit from learning from others - call Sue on 0439 809 237 or email sue.oloughlin@gmail.com

Futures Planning – We Need your Input!

As part of our Futures Planning process, John and Sue Mikus have run several workshops with members. The focus of these workshops has been to find out what U3A Sapphire Coast means to its members, how U3ASC could better meet member needs, and what we are already doing well.

We have already gathered some great ideas about possible future directions. However, the input of a broad range of members is a crucial part of this process.

We would like to hold more of these workshops over the next month or so. Are you able to devote a couple of hours of your time to be part of this exciting process? Would you like to share your ideas about U3A, meet other members and enjoy a yummy morning/afternoon tea?

If so, please send an email to Sue Mikus on sumikus@hotmail.com.au or phone Sue on 0408 469 790.

The timing of the workshops will take into account the preferences of those interested and the availability of the U3ASC Centre and other venues.

Exciting New Courses Coming in Term 4

- Golfing at Merimbula/ Pambula Golf Course
- Marine Rescue Tour
- Introduction to Wine Appreciation
- Writing Family History in the First Person
- "Out of Africa"
- Trivia Quiz
- U3ASC Singing Group

Watch this space!!!!

"Health and Wellbeing News Snippets"
Forget Weight - Enjoy Food!



Depriving ourselves of the foods we enjoy and enduring exercise as a form of punishment does not offer a sustainable, long term solution for weight loss or health and wellbeing.

Today, we will look at our own personal internal ecosystem and its impact on our genetic endowment to sculpt whatever image we see in our mirror. Accept and value yourself.

Do you know how many busy microbes in your gut are dependent for *their* health on what *you* eat? Now called our 'personal microbiota', they form a unique ecosystem of plant and animal cells that work 24/7 with your immune system to keep unwelcome invaders out and welcome the vast array of tiny helpers who maintain the chemistry of your internal systems. This is why the latest TV adverts often advise poop tests instead of tissue analyses. Throw out the old diet books. A new health era has arrived.

One of the most important helpers for energy is oxygen. The cells, and particularly the brain, require constant replenishing. Exercise provides oxygen via aerobic activities, nourishing the blood. Correct breathing enables your lungs to maximise the surface levels within every crevice. Try movement to keep the joints from seizing up, and the occasional brief bursts of speed that make you puff a bit. Water is an essential part of these reactions but can be derived from a variety of enjoyable beverages.

Today's best dietary advice is variety - small, even tiny amounts of a wide variety of fresh foods: fruit, seeds, nuts, dairy, fish, shellfish, eggs, poultry, red meat, vegetables of every kind and breads. No guilt - just enjoy a mouthful or nibble of each. Proteins are essential to maintain health - choose your favourites. If you have allergies, begin with tiny amounts; microbes adapt.

Fortunately, recent research is providing an array of options to allow us to enjoy our years of retirement and whatever delights present themselves to our taste buds. A sense of psychological satisfaction and wellbeing lifts the spirits; enjoyment flows.

Nan Anderson

[U3A Sapphire Coast Celebrates its 21st](#)

On July the 25th, the University of the 3rd Age Sapphire Coast celebrated its 21st birthday with a High Tea at Oaklands, attended by 120 of its more than 500 members.



Celebrations are underway at Oaklands as U3A South Coast celebrates its 21st birthday

Many of the original members of what was known in 1997 as the 'Sapphire Leisure Community' were present to be thanked for their initiative and commitment in getting what became known as U3ASC up and running. In thanking them and the many other volunteers who have kept the organisation going and growing for those 21 years, U3ASC President, Fleur Dwyer, talked about the contribution U3A makes to the wellbeing of seniors in the community.

"Our U3A is a strong community of people who help each other to stay mentally stimulated, and physically and socially active in their post-work years; and who have fun doing it", she said. The High Tea was evidence of the fun part.

New members, flautist Lee Daynes and guitarist Paul Daynes, provided a beautiful musical

background to the laughter and talk of friends, old and new, catching up. And guest speaker Rosie Young, drawing on her book 'What the Rigger Saw', kept the audience completely entertained with accounts of the highs and lows of U3A member, Reg Dew's experience staging some of the biggest and most complex concerts held in Australia and all over the world. 'Happy Birthday' was played by Fleur Dwyer, Jan Dobson and Joyce Luke on the recorder, and Lee Daynes on the flute.

As U3ASC enters its 22nd year, its sizeable membership, and the 60 classes it runs concurrently each term, is testament to the hard work of all of its volunteers over the years, and to the commitment of the U3A community in the Bega Shire. If anyone is interested in joining U3ASC, you'll find all the details you need on its website at www.sapphirecoastu3a.org

