



## U3ASC NEWSLETTER - DECEMBER 2018

### WELCOME OUR NEWEST **MEMBERS**



Grahame Brookhouse, Jacqui Carter, Kerry Hynes, Mary Newton, Chris Sly, Brenda

Thomas, Mary-Ellen Turbet and John Turbet, Martyn Witton, Jim Worley. Our total membership now stands at: 548.

### Enrolling or Re-enrolling in U3ASC for 2019

Firstly, you can do this at our website:  
<https://www.sapphirecoastu3a.org/>  
or you can enrol at the Tura Beach office  
(*now closed for the holidays*) and on the  
following days, in person, next year:

- Tuesday 22 January - at U3ASC Tura Beach Centre: 10.00am - 1.00pm
- Wednesday 23 January - at Bega Fun House: 11.00am - 1.00pm
  - Friday 25 January - at the Community Access Centre, Eden: 11.00am - 1.00pm

### 'U3A Online' - Be Aware

Lately, a few people have accidentally enrolled in 'U3A Online' instead of 'U3ASC'.

'U3A Online' is completely independent from us. It is an autonomous organisation that offers online courses.



### Attention Course Leaders

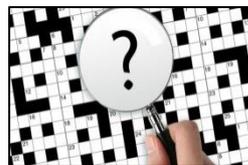
**Course Leader Training, Thursday 24 January, 10.00am - 12.00pm**, followed by a light luncheon.

This is in the planning now, so if you have particular topics or questions you would like to have covered at the training, please contact Kaye (Programs' Team Leader):

[programs.u3asc@gmail.com](mailto:programs.u3asc@gmail.com)

### Can you Solve our Dilemma?

Due to popular demand, if someone can help



running a Cryptic Crosswords clue solving session/s, we would love to hear from you.

Please contact Kaye Separovic, Program's Team

Leader: [programs.u3asc@gmail.com](mailto:programs.u3asc@gmail.com)

### 2019 Program is Online

2019 Program is now up on the website and ready for you to enrol in courses. Please remember - if you wish to continue in a course from 2018, you do need to re-enrol in 2019. Check out the New Courses in the 2019 Program <https://www.sapphirecoastu3a.org/courses>.

They include:

- 'Creating a Travel Sketchbook Journal' with Lee Daynes
- 'Creative Writing - Point of View' with Bridget O'Hanlon
- 'Creating Balance' with Wendy Young
- 'French 4', advanced course with Rob McCombie
- 'On the Origin of Supernatural Species' with Paul Strutynski
- Recorder for Beginners



**Volunteers Abound!** A mighty and special 'Thanks' to the huge contribution from all our course leaders for 2018. You have made U3ASC great! It is a simple formula: no courses = no U3ASC.

Sincere 'Thanks' also to the Management Team of Garry Clear (VP), Carolyn Smith (Secretary), Chris Bembrick (Treasurer), Sue O'Loughlin (Publicity), Barb Perry (Resources), Terry Prowse (Technology & Webmaster), Nan Kennedy (Wellbeing) & Kaye Separovic (Programs);

Mass Gratitude also goes to the Program Team members who prepare, set and publish the program and support the Course Leaders, as required. They are: Kaye Separovic, Barb Perry, Robbie West, Kym Mogridge, Jacqui Goodman, Donna Uren, Margaret Evans, Carolyn Smith and Sue O'Loughlin;

Carole Thomas Editor and setup of Newsletter;

Brains Trust who provide perspective;

Futures' Planning Group who completed their task in 2018;

Friday Office workers: Margaret Nicoll, Michele Patten, Chris Orman, Erica Morrison;

Maintenance & Resources: Rick Burns  
Christmas Function Planning Group: Stewart Edwards, Pam Summerell, Kaye Separovic and Margaret Evans;

Christmas Function set up and pack-up: Margot Slater Oliphant, Rosie Bunton, Ann Wykes, Carole Thomas, Heather Bond, Michele Patten, Erica Morrison, Kerrie Dean, Barb Perry, and our MC: Sue O'Loughlin;

Christmas function performers: Paul Daynes and U3ASC Ukers and Singers; Wendy Colhoun and U3ASC Vogue Dancers; Julie Walker & Line Dancers; Margaret Evans & her little troupe.

## Thank you to our President, Fleur Dwyer

I've been to quite a few U3A functions and meetings now, where I've heard Fleur thanking course leaders and all the other volunteers that keep U3A functioning so effectively. But I've never been to one where there's been an opportunity for all of us to thank Fleur. So, I'd like to do that now.



From the beginning, Fleur had a vision of U3ASC as a community of equals working together, rather than as an organisation managed from the top. She emphasised inclusion and open, respectful communication; and caring for, and supporting, each other. She also emphasised getting people involved, and giving people the confidence and tools they need to make a contribution. She has constantly modelled these behaviours herself and inspired them, or brought them out, in others.

For many of us, U3ASC is a much warmer, friendlier place because of Fleur's leadership.

Fleur has been the driving force behind innovations like the new website; the new, more modern look for our publications and badges; the revived, new version monthly newsletter; the Futures Planning exercise led by John and Sue Mikus, and the creation of the Brains Trust to tap into the know-how and ideas of older members.

Like many of us, Fleur wears many hats in U3ASC - President, Program Team member, Course Leader and Student - and she brings awesome energy, commitment, wisdom and skill to all of her roles.

We're very lucky to have her and I know you'll join me in letting her know how much we appreciate what she does.

*Sue O'Loughlin*



### **Rest in Peace, Alan McCann**

Sadly, Alan passed away on the 29 September, 2018. He had been a member of U3ASC for many years. Thanks Alan for your contributions to our community, you will be dearly missed.

### **Rest in Peace, Rob Jackman**

Rob, husband of Bev Malone, has died recently, on the 3rd of December 2018. May he rest in peace. And, may Bev be comforted in her sadness. Rob has been a member of our U3ASC community.

### **Salt - The Cheapest Resource on the Planet?**



Salt, surprisingly, has been getting a lot of attention from researchers in a wide range of fields lately. Not just as a health warning, but as a way of providing cheap, sustainable batteries to economically store renewable energy.

Salt also has implications for helping to sustain the biodiversity on our planet that we need to improve the health and wellbeing of our planet as well as ourselves. And how is that achieved, you ask? One way is to re-establish our natural desert habitats that encourage the atmosphere to hold more water vapour.

The niftiest use was developed at a university in Saudi Arabia! The chemistry is based on a hydrogel (water jelly) involving simple calcium chloride to absorb water vapour from 'dry' air during the night for use next day. As a first step

technology, there is keen competition to expand it in a myriad of ways.

A conversation recently reported by a researcher from the University of Queensland listed several other uses for plain old salt when its ions are free to roam in water. These ions carry an electrical charge that can be used in any different ways.

Human, and other life on our planet, depends on salty tissue fluid. The osmosis between blood capillaries and cells to accept nutrients and dispose of waste products is based on various cellular salts to keep us healthy.

The ocean currents on the planet depend on their varying salt levels to circulate. Melting ice at the poles reduces local salt levels that help to keep ocean currents flowing; keeps the marine life happier and healthier as well. Marine life also benefits when the salt balances are maintained by the atmosphere. Excess atmospheric carbon dioxide acidifies the oceans but another ionised body salt - Potassium - can capture the carbon very cost-effectively, it seems, providing that power is cheap and other purposes are found for the carbon. Given that earth is a carbon-based planet, this should not be a problem.

While the current lithium batteries are expensive, the use of salt water batteries is well on the engineering radar these days. It is amazing how creatively human brains function when Nobel Prizes are in the offing. Collaborative global research aided by our clever internet moguls is gearing up for the New Year?

Nan Anderson, *Wellbeing Team*



### **Evaluating the Newsletter**

Do let us know what you like about the Newsletter, or what you'd like to read about in the future. Email our editor, Carole Thomas: [carolethomas@bigpond.com](mailto:carolethomas@bigpond.com).

# TECH TIPS with Terry

## Passwords

Strong passwords are essential for online safety. Forget a string of numbers or your pet's name. The latest recommendation also tells us to forget about those combinations of letters, symbols and numbers that are difficult to remember. A long (4) sequence of random words known only to you, such as "correct horse battery staple" that

don't make sense together is much harder to crack than the previous recommendation.

Hacking software can easily decode an eight-character-long combination of letters, numbers and symbols like "Tr0ub4dor&3" in about three days, but a long sequence of random words known only to you, such as "correct horse battery staple," would take 550 years.

Something to think about.... and much easier to remember. We just have to get the majority of websites to adjust to the change.



## Christmas Function a Big Success

Over one hundred twenty U3A Sapphire Coast members and guests gathered at the Pambula Town Hall to celebrate the end of another great year and exchange Christmas cheers.

Lunch was catered by Cheeky Mango and Margaret Evan's dancing dogs set up the mood for a delightful afternoon of good food, good company and great entertainment offered by U3ASC members. Dancing and music were provided by: Julie Walker and her line dancers, Wendy Colhoun and her New Vogue dancers, and Paul Daynes' Ukulele Players and Singers group.

President, Fleur Dwyer, reflected on another successful year of learning and thanked all of the many volunteers that make U3ASC possible, and especially the wonderful course leaders.



*Above: the U3A Ukulele Players and Singers (l-r): Penny Hambling, Michael Quinlan, Heather Bond, Sue O'Loughlin, Rosie Bunton, Anne Hamilton-Foster, Joyce Luke, Fleur Dwyer, Paul Daynes (Course Leader) and Wendy Elliot*

