



U3ASC NEWSLETTER - JANUARY 2020



McKinnon, Amy Stuer, John Tabone, Sandra Vassallo, Peter Williamson, James Yates.

Pauline Allan, Gail Bourke, Chris Casey, Terry Casey, Dianne Curtis, Ken Curtis, Alan Dean, Jeannine Gruel de Flahaut, Doug Holden, Merianne Hunt, Nonie

This one-off will be an introduction with the view of creating a U3ASC Synchronised Swimming Team if we have enough interest and water-bound enthusiasm.

NEW - ONE-OFF Spinning - an Open Day Introduction

Tuesday 25 February 2020, 11.00 am-2:30 pm

Enrolling in classes for 2020

Even though you may have been in a class for years, it is up to you, not the Course Leader, to ensure you are enrolled in the class for 2020. When you are enrolled appropriately, you and the Course Leader will be covered by our insurance policy. *Please note: to enrol in any class, your membership must be renewed for the year.*



Come and join the Eden Spinners for an Open Day introduction to the art of spinning, knitting, crochet, and related fibre crafts. If you are

fond of crafts, this is the day for you and an opportunity to meet a group of dedicated spinners in Eden, at the Log Cabin, Bass Street. Materials and equipment will be provided.

Renewing your membership



Membership renewal is \$30 for twelve months. You can renew online:

www.sapphirecoastu3a.org

or in-person at the Office on

Friday, starting on January 31, from 1.30pm-3.30pm.

NEW Wine Exploration Group (WEG)

Monthly, 2nd Thursday, 4:00pm-6:00pm

Due to the popularity of the current Wine Appreciation Group (WAG) which is full (to the brim!), Course Leader Judith Rorden is now offering an additional group in 2020.



If you'd like to explore wines from Australia and overseas, foods that accompany them, and some history about the different varieties, then this is the group for you. Wine lovers, enrol online and come along to the first meeting and play an active part in deciding how the group will be run.

NEW - ONE-OFF Synchronised Swimming

Tuesday 28 January, 10.30 am-11.30am

Would you like to glide like a swan or plunge like a porpoise? Why not come and join a synchronised swimming class and learn the basics (i.e. spending most of the time with your legs in the air and head under water!) with leader Catherine Haynes.



Prerequisite: the ability to float independently.

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

The Year of the U3ASC Course Leader



2020 is designated as *The Year for our Course Leaders*.

Commencing in February, there will be many events throughout the year for thanks and

celebration of new learning and community building for all our course leaders. Bring it on!

NOTICE BOARD

Brains' Trust Meeting

The Brain's Trust is a representation of our community who have been members for at least 10 years. They offer the Management Team historical and cultural perspectives and bring a deepening of understanding and wisdom to decision making. If you would like to be involved, our next meeting is at the U3ASC Tura Beach Centre Office on **Wednesday 12 February at 2.00pm.**



U3ASC Trippers



Next meeting: **Wednesday 22 January 2020** @ Club Sapphire, 12.15pm, in Rockpool Café. For more information, please contact Fleur: dwyerfleur@gmail.com.

Are you looking for Volunteering with U3ASC this year?

Want to lend a hand?
Have a couple of hours free per month?
Then please do get in contact with Margaret Nicholl from our Team
Office: u3ascoffice4@gmail.com.



Annual General Meeting

Friday 6 March, 1:30pm

An invitation is extended to all members to attend our AGM. The meeting will be held at the Tura Marrang Library Rooms on **Friday, March 6, commencing at 1.30pm**. Afternoon Tea will follow at the U3ASC Tura Beach rooms. More information will follow in a separate email from the Returning Officer, Carolyn Smith.

For catering purposes, please call our Secretary on 0491 099 570.



Many of our members details have changed over time. Could you please log into your membership on 'MyU3A' and check your details are up-to-date? We especially need street and email addresses to ensure you are receiving the latest news.

If you find it difficult to do it online, please email u3ascsec@gmail.com or call in to the office at the Tura Beach U3A Centre.

Participation in Management Team Meetings

You are always welcome to attend Management Team meetings. They are usually held on the second Thursday of each month at the Merimbula Club Sapphire.

Also, if you want to keep abreast of what is going on in U3ASC, the Minutes are published on our website www.sapphirecoastu3a.org. Find them when you scroll down in 'About Us' under Team Meeting Minutes.

BVSC Tip Vouchers

With the refurbishment of the Tura Centre, we've generated quite a bit of rubbish for the tip, some of which is recyclable. If you have any BVSC waste vouchers, in excess to your requirements, could you please donate these to U3ASC by leaving them at the office?

Have you an Urge to Share your Learning?

Do you have a consuming passion or a real interest in getting together with others for discussion? What about leading a class or a one-off experience, either on your own or with others? Then contact Kaye Separovic of our Programs' Team.

Kaye will ensure you have all the guidance and support you need to be successful. Her contact: programs.u3asc@gmail.com.

Update on the TBC Refurbishment



The refurbishment of the U3A Tura Centre is well on schedule, and a big heartfelt 'Thank You' must go to all our tradespeople, various contractors and suppliers for honouring their time commitments to the project after the horrendous

start to the New Year.

At the time of publishing this Newsletter, the new wall has been erected, doors fitted, a new air conditioning installed, all the lighting has been upgraded, the plumbing is in place for the kitchenette which has just been installed, and there's a new vanity in the toilet. The plastering is almost finished; painting will follow; a new flooring for the shared area will be laid; and our wireless technology will be upgraded, too.

With the help of our hard-working team of volunteers, our flat pack supplies will be put together, and the boxes of goods stored along the wall will be unpacked and everything put away, in readiness for the **start of Term 1, on Tuesday 28 January**. Cross your fingers!

Seniors Card Short Story Competition 2020



SENIORS CARD

The Department of Communities and Justice, together with the *Fellowship of Australian Writers NSW Inc* (FAW NSW), is conducting an exciting FREE 'Short Story Writing' Competition for *Seniors Card* cardholders.

Seniors Card wants their Seniors to share their memories, stories and experiences, keeping in mind that there could be other Seniors who need a little help and support to sift through their life and relate moments, feelings, experiences, that would be great tales to share with others.

Colleen Parker, FAW Project Manager for *Seniors Card*, will be offering a 2-hour Short Story Workshop writing session to be held on **Friday 21 February at Tura Marrang Library, 10.30am-12.30pm**. The goal of this workshop is to help the Seniors who already write to find a suitable story for them to share; and to lead the Seniors who have not experienced the pleasure of writing a short story, along the pathway.

The workshop is free and entering the competition is free. To book your workshop, call U3ASC member, Barbara Simmons on 0412 426 754.

There will be 100 winning entries that will be published in *Seniors Card* next book, 'Seniors Stories', Volume 6. Previous Volumes are available from your local library. The winners will be invited to the book launch to be held in Sydney at the NSW State Parliament in November 2020. For more information on how to enter, go to: <https://fawns.org.au/seniors-card-short-story-competition-2020/>

Tech Training @ Tura Marrang Library

Introduction to Email

Thursday 23rd Jan, 10:30am-1:00pm

All About Data

Thursday 30th Jan, 10:30am-1:00pm

Wi-Fi and Mobile Networks

Thursday 6th Feb, 10:30am-1:00pm

I-Pads 2 Apps, Media & Podcasts

Saturday 8th Feb, 9:30am-12:00noon

Introduction to Social Media

Thursday 13th Feb, 10:30am-1:00pm

Sharing Photos & Other Attachments Online

Thursday 20th Feb, 10:30am-1:00pm

I-Pads 2 Apps, Media & Podcasts

Thursday 27th Feb, 10:30am-1:00pm

Beeswax Wraps Workshop

Thursday 27th Feb, 1:30pm-3:30pm

To book, call Tura Library on 6499 2340 or go to



www.begavalleyshirelibrary.eventbrite.com.au

Heritage Australia: a Vision for the Future?

New Year 2020 swept into Australia with a vengeance; Hundreds of wildfires burning throughout coastal south eastern NSW and Victoria that quickly included the Great Dividing Range and its winter ski fields.

The ranges provide a significant barrier between the coast and inland plains, and coastal holiday living has suffered. Parallel ridges and valleys, north-south in NSW, limit the usual access of valleys between highlands and coastal beaches, a fact that initially limited the expansion of our first colony in 1788. State boundaries tended

to ignore geographical boundaries like rivers, wetlands, mountains and plateaux.



Our First Nation's kinship and bloodline settlements paid attention to them. The Bundian Way project based

at Eden reflects the complexity of our south-east corner. A complex walking track weaves across the state border between the mountains and a deep sheltered harbour that was once a broad coastal plain.

We are now celebrating the 250th anniversary of colonisation with our own three Apocalyptic Riders: droughts, bushfires and flooding rains. Climate change delivered the last Ice Age to our shores, together with our first indigenous settlers exploring our hemisphere. They learned from experience the unpredictable weather experienced in our latitudes.

The vast land masses of Euro-Asia and northern America were replaced with vast oceans in the south.

Unfortunately, the gradual climatic changes of earth's natural environment have been attacked by human enthusiasm for growth and development. It has outstripped the speed of natural adaptation to climatic changes.

Biodiversity research continues to reveal the extraordinary natural development of our planet post-Darwin era. However, we can now observe, with extraordinary advances in technology, the infinite variety of natural checks and balances that kept pace between humanity and the ecological balance between land, sea and atmospheric forces.

We must now address this imbalance. We have the tools, human and industrial, to repair and reorganise our systems of management. The human brain is capable of infinite innovations based on the subatomic forces that operate across earth's biosphere. We are part of this ecosystem. Time to take stock, pay attention to the sciences that have led us to this point, and restructure our systems of management.

Last century, the key system for organisational structures was a triangular hierarchy with the boss on top. Information systems were basically: phone calls, 2-D paper documents and linear forms of logical or rational thinking. Research focused on one relationship to another, be it people, ideas or activities. Motivational incentives generally favoured competition at various levels, and winners were individuals. Plans involved 2-D flow charts and explanatory inserts.

However, today, these familiar structures and relationships are rapidly vanishing. The universe of complex systems is rapidly restructuring our world. The analogy of ecosystems introduces the context of complex social systems within which we interact in daily life.

The world of computers, i-pads and i-phones dominates our daily lives that are lived at a level of congestion that would have been unimaginable during most of last century. The ecosystem model is more comforting. We just have to insert ourselves into its structuring on a daily basis. Complexity increases as the selection of choices multiply.

Australia's first step into this world has had its curtain raiser this year. Our governance system faces some difficult dilemmas, the monarchy is challenged and our personal privacy and independence could suffer from the social media of algorithms.

Thank goodness for U3ASC to help us navigate our way. Happy New Year!

Nan Kennedy
Wellbeing Team

Bushfires and Scams



SCAMWATCH Scamwatch is warning all Australians to be on the lookout and do their research when donating. There are currently a wide range of appeals raising funds for people and animals affected by the bushfires. Unfortunately, some of these are scams. These scammers will most often pretend to be associated with well-known charities, large businesses or government departments to make them look legitimate.

Ensure your money gets to those who need it by following this advice:

- Do not donate via fundraising pages on platforms that do not verify the legitimacy of the fundraiser or that do not guarantee your money will be returned if the page is determined to be fraudulent.
- Be careful about crowdfunding requests as these may be fake and also come from scammers. Check the terms and conditions of funding platforms and ensure you are dealing with official organisations.

The best way to avoid scams and make sure your dollars get where they are needed is to do your research and donate directly to registered charities. You can look up registered charities on the Australian Charities & Not-for-Profit Commissions website <https://www.acnc.gov.au/charity>

If you believe you donated to a scam, you should contact your bank to report the transaction immediately and report the scam to the website it is hosted on.

People can make a report on the Scamwatch website <https://www.scamwatch.gov.au/> or find more information about where to get help.

The ACCC has also set up a dedicated phone number - 1300 795 995 - to report bushfire related scams.