



U3ASC NEWSLETTER - DECEMBER 2019



Denise Dallimore; Helena Condon;
 Silke Eber; Cherie Mitchell; Daphne
 Nally; Julie Russell; Colin Terry;
 Edith Waterson; Willie Waterson;
 Jeanette Westmore.

Time to Renew your Membership for 2020

Currently, about 50% of members have renewed their membership for 2020. Thank you for all those people who have completed the process.



For all other members who have not renewed yet, could you please do so in either of the following two ways: (1) online through our website: www.sapphirecoastu3a.org or (2) at the office, at U3ASC Tura Beach Centre, on Friday, 1.30pm-3.30pm.

Please note the office will be open on Fridays 6th and 13th December before closing for the summer break. It will reopen on Friday 31 January 2020.

Enrolling in 2020 Courses

All our enrolment for 2020 courses is managed by the database. It is an idiosyncratic (to say the very least!) database specifically for U3As, that also manages our finances, membership renewals and the other requirements we must fulfil as an incorporated organisation. Currently, we are waiting for the 'rollover' to 2020. When this is completed, in the next few days, and the Programs' Team have upgraded course information for 2020, you will be able to enrol in courses. Thanks for your patience.

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

Refurbishment of Tura Centre



Thank you for feedback regarding the refurbishment of Tura Centre. As current users and potential users of the Centre, and committed members of U3ASC, your comments are greatly valued.

On average each week, about 14% of our membership use the Centre. We look forward, in due course, to many more of our members being able to access our 'home' (see *Futures' Planning, 2018*).

Over the months of consultation and meetings (see *Management Team Minutes, 2017-2019*), through the drafting and redrafting of the plan, along the track of conferring with builders and gaining multiple quotes from qualified tradespeople, your input and support has been greatly appreciated.

Now, as we rollout the 'getting it done' phase, we trust the 6 weeks allocated for the refurbishment will be systematically and expediently used! Throughout the Christmas break, builders, plumbers, electricians and carpenters will inhabit the Centre

- to create more comprehensive, functional and useable learning spaces,
- to secure a safer environment, including the toilet,
- to improve lighting, heating and cooling,
- to upgrade the technology and resources for delivery of courses, including IT classes.

The Management Team (see *MT Minutes November 2019*) approved the expenditure of approximately \$37,000 for this first stage. Now our Grants' Group is busily sourcing and applying for funds for the supply and installation of the soundproofed folding partition (see *partition in Tura Library*). When this happens, it will divide the room into two spaces for compatible courses.

If you are uncertain about the nature and facts of any part of the plan and/or its rollout, please do contact Fleur: dwyerfleur@gmail.com.

NOTICE BOARD

Gratitude & Appreciation to all Course Leaders



2019 has been a wonderful year of learning and activity for U3ASC. This has been provided by 80+ Course Leaders who have designed, prepared and delivered the activities and educative experiences. Thank you.

And to the 50+ people behind the scenes who are keeping the whole show going - a massive 'Thank You' too! They are miscellaneous people who have come and moved furniture when the carpet is cleaned; as well as our hard-working Programs' Team; Team Social; Team Office, Brains' Trust; Grants' Group; Technology Team; Publicity Team and Management Team.

We have a very high level of volunteerism in U3ASC, running at about 20% of total membership. If you have a couple hours to spare in a month, can you help, too, please?

Christmas Event Success

Sincere thanks to Pam Summerell, with Penny Hambling and Jane Beaumont, for organising the Christmas Event; Course Leaders, Lee Daynes, Chris Sly (for Wendy and Peter Colhoun), Julie Walker and Paul Daynes, who provided insight with their course participants into what really goes on in U3ASC... enjoyment, companionship and learning.



U3ASC 'Amazing Greys' singers performing at the Christmas party

Clearing out the U3ASC Tura Centre

Calling all Course Leaders and members who have anything stored at the Tura Centre, including crockery, cushions, boxes, books, artwork, etc.



For the forthcoming refurbishment, most of the cabinetry and storage shelves will be removed on Saturday 14 December. Therefore, it is absolutely essential that all goods are removed by Friday 13 December, please.

Course Leaders

Attendance Sheets are now due to Michele Patten of Team Office, either addressed to her or sent via email: u3ascoffice1@gmail.com. These are then stored digitally for safekeeping.

Please note - if you are sending them by email, please ensure the attendance record is sent as an attachment vs pasted into the body of the email.

U3ASC Trippers



Next meeting: Wednesday 15 January 2020 @ Club Sapphire, 12.15pm, in Rockpool Café. For more information, please contact Fleur: dwyerfleur@gmail.com.

Creative Writing Course University of Wollongong

UOW Bega Campus is offering a summer creative writing course which is open to anyone over 16yrs.



No entry requirement. The subject will introduce students to a wide range of creative texts inside the three key genres of poetry, prose and scriptwriting, with the aim of developing their writing, editing and critical skills. It provides students with the opportunity to workshop their writing in class and engage with the work of their peers on the way to producing two creative portfolios.

This program will be offered at \$500 per student and worth 6 undergraduate credit points. Email: beга@uow.edu.au for more information.

Tech Training @ Tura Marrang Library

The next round of tech training will start in January 2020.



Introduction to smartphones

Thursday 16th Jan, 10:30am-1:00pm

Introduction to email

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

All About Data

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

To book, call Tura Library on 6499 2340 or go to www.begavalleyshirelibrary.eventbrite.com.au

U3ASC "Take Your Brain Dancing" Dates for your calendar



Bow Ties 'n' Bling for our Christmas Dance

Friday 13 December, 6:45pm for 7:30pm
@ Uniting Church Hall, Merimbula

New Vogue & Sequence Dancing, lucky door, raffle, lucky spot, Monte Carlo, prizes.
\$5 entry plus supper to share.
Proceeds go to Community Christmas Lunch.

Christmas Dance Afternoon

Wednesday 18 December, 1:30pm-4:00pm

Free entry. Afternoon tea provided. Join in the dances or just enjoy the music and watch the dancers.

For more info, please contact Wendy: 0412 997 769 or wendycollhoun@bigpond.com

Why is Biodiversity on our planet important?

Two interesting topics have turned up today among my emails. Each points a finger towards a new topic engaging physicists as well as neurologists and psychologists. Is consciousness intelligence the special domain of the human brain or have we inherited it from the earliest organisms who emerged on our planet?

A report on Medscape, discussing lung cancer and the impacts of pollution, produced a poem written by a Chinese surgeon. The poem was written in the first person, depicting the cancer causing so many deaths in China as a king wanting to rule the world. The surgeon chose to write in this way because he believes that intelligent consciousness is a fundamental scientific fact.

Another article discussed the malaria virus and its long history of impact on human life across the globe. It can be tracked via the genomic material, together with new developments in biotechnology. Global travel and protection of our borders against foreign viruses and bacteria are beginning to fight a losing battle. The malaria virus has created havoc globally for thousands of years, it seems, and has developed cunning ways to adapt itself to the genomic material of humans across the planet.

Malaria is parasite carried through the blood system by mosquitoes along with a range of other tropical diseases. It has learned how to adapt itself to any defence weapon the immune system generates from our DNA. Malaria has learned to adapt to any new environmental conditions, like vaccines and antibiotics, with great speed and efficiency. The latest research has now revealed a way to shut down the mosquito's skills for a range of tropical diseases rather than only focus on malaria. Recent research is demonstrating some impressive successes.

There are positives and negatives in the current range of conditions that include sickle cell anaemia and other relationships involving types of anaemia in various ethnic groups, that now need consideration.

As our global environment undergoes climatic shifts, and both migration and wars drive people to flee their homelands, human biodiversity is inevitably increasing. Malaria has opened a new door in this process and tuberculosis, along with other infectious diseases, is keeping pace. However, our clever scientists are also noting that as we develop our own defences against viral and bacterial invaders, they are doing likewise.

Animals and birds are shifting their habitats as urban developments take over their territories.

The Darwinian theories are coming into focus and also being challenged. When physicists, chemists and mathematicians enter the debate about intelligent consciousness, the sustainability issues of our planet become even more interesting. Intelligent life at all levels is adapting to procreate and survive. Is it purposeful or is it simply mathematical probability? Something for our philosophers to think about?

Nan Kennedy
Wellbeing Team