



U3ASC NEWSLETTER - NOVEMBER 2018



Eileen Bell, Max Greenwood, Andy Hook, Pauline Houghton, Roy Houghton, Warren Mason, Erica Morrison, Jan Sadleir, Helen Stringfellow, Dianne Wainwright and Therese Wheatley.
Our total membership now stands at: 539.

Christmas Function



Come to the Pambula Hall for feasting and fun on Friday 30 November, 12.00 pm - 3.00 pm.

Make up a table and see how you go in the Function Trivia. You'll find the answers all around you, including in the songs of the U3ASC Singers, our Ballroom Dancers and the other activities.

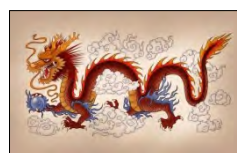
Cost is \$13.50 for Members, \$27.00 for non-members.
Closing date for all bookings is Friday 16 November. Payment can be made with credit card through the TryBooking link www.trybooking.com/ZCVO or on our website www.sapphirecoastu3a.org. You can also pay cash at the Tura Beach office on Friday afternoons, 1.30 pm - 3.30 pm

**We NEED you.
Can you HELP?**

We really need assistance for set up and clear away at our Christmas Function on Friday 30 November.

Please contact Pam Summerell if you can assist with setting and decorating tables.
Pam's email: emmaw35@gmail.com.
Please contact Stuart Edwards if you will be able to help dismantle and pack tables and chairs.
Stuart's email: stue81@hotmail.com.

"Ascendant Dragon Redux"



Join Amanda Biltoft for this program at the Tura Centre on 14/11 and 21/11.
Session 1 is a romp through 4000 years of China's ancient

civilization. Session 2 looks briefly at China's bloody history under Mao and the Chinese Communist Party (CCP) but focuses on its economic transformation started by Deng Xiaoping from 1978.

Wednesday, 14/11, 2.00 pm - 4.00 pm
and Wednesday, 21/11, 2.00 pm - 4.00 pm.

"Tomorrow's World - Two Years Later"

One-Off Event: Tuesday 27 November 2018
10:00 am - 12:00 pm - Bermagui Country Club

Since the U3A's "Tomorrow's World" Forum, all the major indicators of climate change have moved sharply in the wrong direction. With the reconfiguration of the earth approaching more rapidly than anticipated, we do need to understand what is approaching.



If we can't bring sense to our government or the corporations that put greed before common

sense, we can prepare what we need in the South, without having to wait for our "leaders". For that, we should understand what has happened over the past two years and where we are trending. Knowledge is our best security on the downhill ride. Please enrol online by close of business Friday 23 November 2018.

Cost: \$3 - Course Leader: John James
 Enquiries: gothic@johnjames.com.au

“Getting Lost and Found in China”
a practical guide

Frequent China traveller, Wolfgang Kasper, will share basic knowledge about China for travellers. He will discuss practical skills to help you economically navigate through present-day China. This presentation will be richly illustrated and enjoyable for all members.



Cost: \$4

Venue: Tura Murang Library, Large Space

Dates: Wednesday 28-Nov & 5-Dec

Time: 10.30 am - 12.00 pm.

Enquiries to Wolfgang: wrkas@iinet.net

Beginners’ Ukulele



Course Leader Paul Daynes has just made available a few spaces for aspiring Ukulele players.

The course is held every Wednesday, 9.30 am -

12.00 pm, at St Clements, Merimbula.

If you’d like to commence learning the Uke, please contact Paul on 6495 9741.

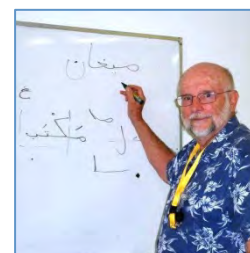
New Course Leaders for 2019

If you are looking forward to offering a course or one-off program next term, please contact Kaye Separovic, Program’s Team Leader:

programs.u3asc@gmail.com by Friday 16 November 2018.

Profile of a course leader: John Fuary

John Fuary is the ever-patient teacher of Arabic for U3ASC. Prior to retirement, John was a pharmacist who worked for a while in Saudi Arabia, having studied a second degree in Arabic at the ANU as a mature student. Finding the Near-Eastern culture fascinating, John and his wife, Sue, travelled widely through other countries such as Jordan, Syria and Egypt.



John began teaching Arabic for U3A around six years ago and provides encouraging and often humorous classes to stimulate ageing brains!

John enjoys learning new things and if nothing else, keeps the Arabic class entertained with anecdotes of his current interests - which range from learning to play guitar and Ukulele, keeping chickens and guinea fowl, as well as bees. John has always been interested in bees and is now a beekeeper producing delicious honey which he calls ‘In Your Dreams, Honey’! Another of John’s interests is weaving, which originated when he helped his daughter make a back-strap loom at school.

U3ASC Singing Group



Pictured above is some of our newly formed U3ASC Singing Group practicing at St Clement’s Hall, Merimbula, with leader Paul Daynes (not in the photo). *From left: Penny, Sue, Lisa, John, Kerrie, Heather and Pam.*

Polymer Clay Jewellery Workshop



Under the guidance of course leader Jackie Beever, the three hour workshop, held this October at Jackie's home studio in Tura Beach, saw a keen group of ladies learning all about making unique necklaces from polymer clay.

Pictured (from left): Patricia Hamilton, Sue Mikus, Jackie Beever, Catherine Isaac and Jackie Goodman



Last month, in the spirit of U3ASC, the following volunteers have contributed to making it all work.

Sincere thanks to:

- 45 Course Leaders
 - 5 Brains' Trust members
 - 2 Newsletter Organisers
 - 9 Programs' Team members
 - 9 Management Team members
 - 2 Christmas Function members
 - 1 Newsletter Editor
 - 1 Office
 - 1 Publicity
 - 4 Futures' Planning
- "and a partridge in a pear tree"!

Wanted - Office Helpers

We really are in need of help running the office each Friday. Enjoy the companionship of the Office Team whilst helping the U3ASC organisation. If you can help occasionally or regularly, please contact Fleur: dwyerfleur@gmail.com.

U3ASC Resources

If you wish to remove equipment from the Tura Centre, please contact our Resources Leader, Barb Perry, and complete the Equipment Borrowing Register (in the filing cabinet, top drawer, at the back of the Tura Centre). Barb's email: bqa495@gmail.com.

New Badges

New badges for all members are now ready to be picked up during office hours, 1.00 pm - 3.30 pm, every Friday at the U3ASC Tura Centre.



Our new website www.sapphirecoastu3a.org is full of useful information, including "Tech Tips" which is aimed at making your use of technology safe and rewarding. A new tip will be added each month. To find the tips, go to the website, go to the Members' area and select 'Tech Tips'. Please let us know any questions about technology you have and we'll see what we can do.

Tech Tip 1

'Stay Smart Online', run by the Australian government, provides simple, easy to understand advice on how to protect yourself online as well as up-to-date information on the latest online threats and how to respond. Follow this link to access the site via the web www.staysmartonline.gov.au or go to 'Stay Smart Online' on Facebook www.facebook.com/staysmartonline/. Click 'follow' and you will receive updates in your feed.

Tech Tip 2

Ensure you update your device's software regularly. Software updates are important because they often include critical patches to security holes. In addition to security fixes, software updates can also include new or enhanced features or better compatibility with different devices or applications. They can also improve the stability of your software and remove outdated features.

Tech Tip 3

Facebook Safety:

1. Choose your 'Friends' wisely...
2. Understand Facebook's Privacy Settings...
3. Click cautiously and carefully...
4. Choose strong passwords...
5. Too much information - don't over-share...
6. Learn how to block someone...

Learn more at <http://sixtyandme.com/6-simple-facebook-safety-tips/>=

Farewell Betty Tomada

A long time member of U3ASC, Betty, over the years, enjoyed many of the activities provided by our wonderful Course Leaders. She will be greatly missed. May she rest in peace.

Dates for your Diary

Wednesday 14 November

Remembering Lynne MacMillan

Tathra Hotel, 12.30 pm. Book now with Lindy Fisher 0478 152 877 or lindy.fisher@outlook.com

Tuesday 22 January

Tura/Merimbula Registration Day

10.00 am - 1.00 pm

Wednesday 23 January

Bega Registration Day

10.00 am - 12.00 pm

Friday 25 January

Eden Registration Day

10.00 am - 12.00 pm

Wednesday 24 January

Course Leader Training Day

10.00 am - 12.00 pm

Friday 8 March

U3A Sapphire Coast AGM

Why is Biodiversity on our planet important?

Two interesting topics have turned up 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 and new developments in biotechnology. Global travel and protection of our borders against foreign viruses and bacteria is 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 carried through the blood system as a parasite. It has learned how to adapt itself to whatever the genomic material throws up for our immune system to defend itself against this malevolent insect. There are ranges of conditions, positive and negative, 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 new doors 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.

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 Anderson, Wellbeing Team

You are invited to the U3A Sapphire Coast
CHRISTMAS FUNCTION



Friday 30 November 2018

12.00 noon - 3.00 pm
at the Pambula Town Hall
Quondola Street (Princes Highway)

Come celebrate your year of learning and activities with U3ASC
Kick up your heels with fun and feasting at our 2018 CHRISTMAS FUNCTION

This year, the 2-course meal will be catered by the wonderful Cheeky Mango
(BRING YOUR OWN DRINKS)

Activities on the day will include:

- Line Dancing with Julie Walker
 - Margaret's Dancing Dogs
 - Christmas Function Trivia
 - U3ASC Singers + Ukers
- ... and more!*

Cost for members: \$13.50 p/p
Non-members: \$27.00 p/p

Closing date for all bookings is Friday 16 November

Payment can be made with credit card through the TryBooking link
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