



# U3A Sapphire Coast

ABN: 85641263291

**"WHAT'S HAPPENING IN U3A SAPPHIRE COAST?"**

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## U3ASC NEWSLETTER - MARCH 2020

Anne Galea, Helen Lange,  
Colin McCrae, Tudno Rees,  
Craig Ruting, Anthea Stewart,  
Karen Thornton, John Verheist,  
Ray Williams.



### **\*One Off\* The Case Against God** **Friday 3<sup>rd</sup> April 2020, 1.30pm-3.30pm**

Billions have believed in the existence of God. But how well does that



belief stand up to modern scrutiny? For example, is alleged personal contact with God proof of actual contact? Is God the only possible explanation for the apparent design we see in nature? Couldn't you believe in any god on faith? Is the comfort of a belief any indication of its truthfulness?

Join Paul Strutynski as he outlines the modern case against God's existence. He contrasts the weak arguments for God existing, and creating us, with the strong grounds for God himself being a human creation.

Enquiries: Paul Strutynski, 0413 123 721 or email: [paul.strutynski@gmail.com](mailto:paul.strutynski@gmail.com)

### **\*One Off\* Climate Change - what can you do about it?**

**Friday 13<sup>th</sup> March 2020, 1.30pm-3.30pm**



Do you want to know what you can do about climate change? Come along and learn the extent of your present carbon footprint and how to diminish it. When we come together as a

community, collective action by us all can make a difference. Hear Climate Action Mobilisation Bega members Vivian Harris and Sukalpa Goldflam explain why they became climate activists and what you can do to help the environment in the Bega Valley.

### **Public Policy for Seniors Workshop**

**Friday 20<sup>th</sup> March 2020, 1.30pm-4.30pm**

Have you ever wondered what support is available to you as a Senior Citizen? Come and join this interactive workshop with presenter, Dr Bill Donovan, the Policy Advisory Group ACT Chair of National Seniors Australia. The workshop will explore your priorities and fears and what you want from Governments. Bill will also identify what support services are available for Senior Citizens and explain how National Seniors Australia works for you and much more. There will be time for discussion and your questions will be answered!

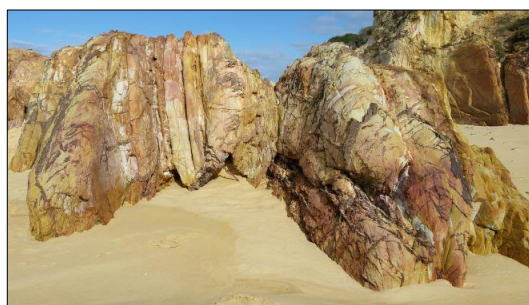


Please register your interest by enrolling online.  
Enquiries: 02 6495 9013

### **\*One Off\* Ancient Formation of the Far South Coast**

**Friday 8<sup>th</sup> May 2020, 1.30pm - 3.00pm**

Do you realise that 390,000,000 years ago, where we live was part of a shallow sea that reached from Nowra to almost Sale in Victoria? Come along and listen to Rod Nicoll and Colin Bell who, between them, have an understanding of Lapidary and Geology and are very familiar with the story of how the South Coast was formed.



*Gillards Beach rock formation*

Bring your rocks along for identification and share information about some rocks from their collection.

Enquiries: Rod Nicoll - 0409 572 421 or email: [rjandmc@gmail.com](mailto:rjandmc@gmail.com)

### **\*One Off\* Model Ship Building** **- an Introduction**

**Friday 26th June 2020, 1.30am-4.30pm**



The aim of this course is to introduce attendees into the art of constructing model boats and

ships, and will encompass a brief history of the hobby, kits and building from scratch, the various types of ship models, construction methods and materials, painting and finishes, etc. Methods of propulsion and control and insights into the costs involved will also be covered. There will be examples of the Course Leader's recent models to illustrate the various types/materials and for the members to examine. There will also be a comprehensive selection of drawings available to illustrate the range of simple and the more complex models.

Enquiries: Bernard Watts, 02 6494 9760 or email: [tumberine1@gmail.com](mailto:tumberine1@gmail.com)

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

## **NOTICE BOARD**

### **U3ASC Trippers**



Despite the concerns over world travel, planning is now underway for a U3ASC musical cultural tour of Vienna, Salzburg, Prague and Budapest in October. The purpose of this is to visit the cities of the great composers, Mozart, Brahms, Beethoven, Schubert and more.

Are you interested in such tripping? If so, contact Fleur [dwyerfleur@gmail.com](mailto:dwyerfleur@gmail.com) or 0418 629 488.

### **Are you Eligible for the \$250 Regional Seniors Travel Card?**

If you have a Seniors' Health Card or you have a Pensioner Concession Card,



then you qualify for NSW Government Seniors' Regional Travel Card. This can be used for fuel, taxi, coach and regional train trips.

More information

<https://www.service.nsw.gov.au/regionalSeniorstravel>

### **Exiting a Course**

Please do let your Course Leader know if you no longer intend to participate in a class. Your notification of intention, allows the Course Leader to open the class for others.

### **WFSC Writers' Workshops**



Writers of the Far South Coast (WFSC) are organising a series of writers' workshops in the Bega Valley to take place in May 2020.

At each venue, the workshops will run for five hours on the designated days in two consecutive weeks, with a morning tea and lunch break (bring your own lunch).

Dr Rae Luckie is the presenter, and the workshops will include various techniques such as memory jogging, visualisation, mapping, and writing from the senses to provide stories for the publication of a unique compilation book, themed around memoir-style stories written for primary-school-aged children. Many children and grandchildren ask the question: 'Tell us about when you were young?'. This book hopes to capture that answer, preserve it, and entertain future generations.

The workshops are free of charge as the WFSC received a Mumbulla Foundation grant for this purpose. People will need to commit to both workshops at their venue. Workshop dates are:

#### **Bega library,**

Wednesdays 13 & 20 May (10 am-3 pm)

#### **Eden Library,**

Thursdays 14 and 22 May (10 am-3 pm)

#### **Bermagui Community Centre**

Fridays 15 & 22 May (10 am-3pm)

#### **Tura Marrang Library,**

Saturdays 16 & 23 May (10 am-3 pm)

For further information, please contact Laurel Johnson, Secretary WFSC, ph. 6495 0185, mob. 0415 513 316, email, [laureljohnson@bigpond.com](mailto:laureljohnson@bigpond.com). For bookings please contact Rae Luckie [r.luckie@bigpond.com](mailto:r.luckie@bigpond.com) or phone 0417 266 669

## Study of a Course Leader Malcolm Privett



Linguistics is a scientific study of language with reference to languages from earlier times to the modern day. The spread of languages from Africa took place with migration and was influenced by cultures, religions and invasions. Language is not static.

Learning about languages has been rewarding, entertaining and challenging.

Fortunately, we have a Course Leader who is well qualified, able to engage our group with interesting stories and provide a wealth of knowledge.

Our Course leader, Malcolm Privett, came to Australia in 1974 from England, arriving in the Bega district in 1999. His interest in language and the derivation of words led to his achieving his Master of Applied Linguistics at University in 2017. He enjoys interchange with people and his U3A students have valued his classes for nineteen years.

Rossllyn Thomas

## An Invitation to Share your Stories About the Bushfires



The people of the South Coast of New South Wales have recently been through the most horrific of experiences. Many who have undergone these events may not feel like telling their stories, or perhaps are not yet ready. Others may feel they do not have the literary skills to do their story justice.

U3A NSW Network plan to produce a booklet of stories from the fires and invite you to take part.

Write your story or tell it to someone who can write for you. Tell us what happened, how you reacted, what you saw. Tell us about the things that surprised you and the heartening things you experienced, too. The story may concern a friend, relative or complete stranger. We would like to include photographs also.

All stories will be read; in some cases, editing may be necessary. Any editing to original stories will be discussed with the writers.

Please write your story now while it is fresh in your mind. Those of us unaffected by the conflagration need to read them. Once the booklet is published, a copy will be sent to every contributor, then the booklets will be available for purchase.

Funding for this project is mainly provided by some concerned overseas U3A members, and any profits will be disbursed to an appropriate organisation.

Stories should be emailed to Carol Preston, email: [npreston@ozemail.com.au](mailto:npreston@ozemail.com.au) or by "snail mail" to Carol Preston, 64 Mungurra Hill Rd, Cordeaux Heights NSW 2526.

Margaret Stratton

*South Coast Regional Representative, U3A NSW Network*

## 50+ Study

Hello, my name is Dr Nikos Thomacos. I am a Senior Lecturer at Monash University in Melbourne. I am working on a study with my colleague, Jason Yeung, about the lives, relationships and wellbeing of people aged 50 and over.



If you agree to participate in the study, you will complete a number of online surveys about your sources and use of support; your relationships with others; your life; and, some questions about you; for example, your age, sex, etc.

The surveys should take approximately 20 - 25 minutes to complete. To participate in this study, you need to be 50 years or older, able to complete the surveys in English, and live in Australia. The Monash University Human Research Ethics Committee has reviewed and approved this research study. You will not be required to provide any information that would allow you to be identified. **All responses will remain anonymous.** This link will take you to the study: [50+ Study](#)

If you have any questions or I can clarify anything about the study, please contact me on 9904 4873 or email me [nikos.thomacos@moansh.edu](mailto:nikos.thomacos@moansh.edu).

Yours faithfully,  
Dr Nikos Thomacos



## Heritage Australia! Here we Come!

Autumn has arrived and with it more rain to south-east NSW and Victoria to help our distraught environment recover. Or will it? Those who settled in this part of Australia have tried to retain its heritage, particularly the Bega Valley with its classification of 'remote rural' compared to the rest of NSW.

Added to the economic woes, is now the Conovid-19 influenza virus that promises to be even worse than last year's virus. It focuses particular attention on the lungs and bacterial infections like pneumonia. Perhaps our inclement weather is a blessing to keep us indoors while medical services struggle to provide the services that will be needed as the pace of infection escalates.

The ABC Science team provided an array of issues to divert our attention recently. On one side, it looked at the question of biodiversity and whether or not we are simply facing the consequences of greed and power destroying biodiversity. Can reflection, humility and respect provide "a sense of oneness with the transience of life and the interconnectedness of all things", or has humanity itself become blind to our responsibilities to nurture and care for those who need it? Do we still have time to take a turn in the road that could lead us back to the environmental status of 1788?

Our indigenous First Nations did not focus on power and greed associated with competitive trade to build great monuments to themselves. They respected the land and its biodiversity that provided them with shelter, food and safety when nature threw climatic and tectonic disasters in their paths for years at a time. Together, they collaborated to help the local ecosystems to survive.

A delightful illustration of this has been passed down locally. A much-venerated whale used to assist the local Aboriginal tribes to catch those passing north each year and provided the local community with much needed seasonal fats and oils.

There is much to learn from nature about altruism. Plants, animals, birds, fish and the vast microbial inhabitants of local ecosystems, terrestrial and marine, sustain our growing populations of humanity.

The first step is to curb human reproduction. Science reveals that giving women the rights to enjoy education and interesting careers has already begun this process of change. The incredible expansions of the arts and creativity to display the new developments in the physical and natural sciences is another. Let's favour optimism. Heritage Australia! Here we come!

Nan Kennedy

## Coronavirus (Covid-19)

### Important Information to our Members

It has come to our attention that some members are particularly worried about the spread of the coronavirus and U3A Sapphire Coast's response to this situation. As a learning organisation that encourages group participation of its (no longer young) members, we appreciate the vulnerability of all U3ASC participants.

Currently, it is each individual's responsibility to ensure they are taking the necessary precautions of thoroughly washing their hands frequently viz:

- after you cough or sneeze,
- before you eat and when you prepare food,
- after you handle animals,
- when you care for someone unwell.

When there is no water, a hand sanitiser or gel that contains at least 60 percent alcohol is recommended.

It is advisable, if you do not feel well, to avoid groups of people and stay at home if possible. Always cough into your elbow or, preferably, into a tissue to be disposed of in a closed bin. The shaking of hands is also discouraged.

We are currently waiting on a response from Council about precautions for the Bega Valley and these will be forwarded to all members when received. This may result in the postponement of all classes until further notice.

The ABC Health and Wellbeing unit has publicised some good advice about ways to protect yourself and it is definitely worth reading:

<https://www.abc.net.au/news/health/2020-02-17/coronavirus-face-masks-hygiene-prevention/11958878?fbclid=IwAR1KWgqBi8ZTQ61nUdp6AnvAmptdH0ycTOLy35zFGhsxpmrMXA-fGucFOjY>

You also find extensive information about the virus on the ABC Science page:

<https://www.abc.net.au/news/science/>

the NSW Government website:

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

and the Federal Government website:

<https://www.health.gov.au/resources/collections/novel-coronavirus-2019-ncov-resources#posters>

Posters and information sheets have been placed in the U3A Tura Beach Centre with helpful advice about prevention and self-protection. There is a disinfectant spray and a packet wipes on the Team Office desk and members can spray and wipe surfaces before their class if they are concerned. Members who attend other venues may also choose to take similar action if they are concerned.

Kaye Separovic  
Programs Team Leader