

# U3A Sapphire Coast

## June Newsletter

The emphasis shall be on learning for the love of it, and shall include an emphasis on the values of making things and improving skills of all kinds



Hi members,

Hope you are well and enjoying the increased freedom to do & be more of what you like to do & be.

Thanks to our new Newsletter Team, this newsletter has some good reads, including book reviews, course leader profile and reports on what's been going on in some courses throughout the lockdown time.

More classes are now using Zoom to continue the learning and enjoyment of getting together. Some course leaders who are not particularly interested in the ins and outs of Zooming, have delegated the 'hosting' of the course to one of the participants.

This means they can concentrate on leading the process & content without needing to familiarise themselves with the technology.

Incidentally, we still have room for U3ASC members to contribute their time to the making of the Newsletter. If you have just 1.5hrs per month, please contact Fleur, [dwyerfleur@gmail.com](mailto:dwyerfleur@gmail.com)

Go Well

Fleur

President U3ASC

**From the Management Team**

**When will U3ASC be open for in-person courses?** The answer is: as soon as we can do so. Our first priority is the safety and wellbeing of our course leaders and our members. And, the second priority is to get back at it! We are in frequent contact with the NSW Dept of Health and COTA to keep us up to date with the restrictions and recommendations. So hang in there.

**Our Financials:** We have successfully negotiated with our Landlord for a 50% waiver of the rent at our Tura Beach Centre rooms from April 30 for 3 months when the situation will be reviewed. It was also agreed that the remaining 50% of rent due for the lockdown period will be amortised over 2 years.

**Publicity and Marketing.** Pam Summerell, member of the Management Team, is newly our Publicity and Marketing person. If you have information about your course then let Pam know so it can be made known across the Bega Valley. There are still many people in the Shire who do not know about U3ASC, Pam is hoping to change that over the next year. If you have ideas, let her know. [emmaw35@gmail.com](mailto:emmaw35@gmail.com)



## Welcome

New Member

Clara Rogers



Bega Valley Art Gallery is now re opened for the current exhibition: The Ambassador by Eugenia Lim.

### Inside

- Course Leader Profile
- Tech Tip
- Course Leaders —
- Contributions
- Zoom Platform —
- Programs Team
- Book Reviews —
- Wednesday Book Group
- Wellbeing Team

## Profile on one of our much loved Course Leaders

### Judith Reid



Back in the 'good ole days, I was a primary teacher & even though I taught children to use the computer, I only ever got to a basic level. It was not until I retired and joined Andy Goms and his U3A computer group that I really started to understand what computers had to offer and I enjoyed extending my knowledge. Andy was inspirational, we had loads of fun but always came away with something new. In those days we could even take the back of a desk-top and fix problems ourselves, not anymore!

I have always enjoyed teaching and I missed using that skill. The obvious solution was to move on to sharing this with others. Technology in all its forms has galloped faster than most of us can keep up to. This is where sharing knowledge assists us to keep our brains active and our skill base constantly growing. Our computer group is a sharing group. Everyone brings information in some form, even if it is asking a basic question that makes the rest of us think and find a solution. We are not limited to a computer, although all our devices are a computer of some kind. We have had Telstra give instructions on our mobile phones and we constantly look at all our devices to ensure we are getting the best use of them.

I have been an active member of U3A Sapphire since its inception, which started off as 'Shared Learning' and moved under the umbrella of U3A when the first U3A Sapphire constitution was formed. I have been fortunate to have moved through the growth of the U3A as a course leader, Treasurer and during my time as President set up the 'home' of U3A in Tura. Our U3A, like technology, has continued to grow, both in numbers and knowledge and I am grateful to all those course leaders who continue to offer food for my brain.

## TECH TIP for Windows 10!



### SYSTEM RESTORE POINT;

A **system restore point** is an image of the **system** configuration and settings in the Windows Registry that helps in **restoring** the **system** to an earlier date when the **system** was running perfectly. You can create a **system restore point** manually from the **system** Protection tab of the **System** Properties window.

Problems some time occur after a download has impacted the computer with a virus or you cannot work out why the computer is suddenly slower. This is when a restore point is valuable. You can go back to the last restore point and it bypasses the recent problem you may have inadvertently downloaded. It does not negatively impact any of your programs.

Follow the video link for a tutorial on how to set it up.

<https://www.youtube.com/watch?v=vKH0QeV0coM> –(Ctrl+click to follow link)

## Course Leader Contribution

### Elizabeth Stacey

As retired citizens, we have been better prepared for lockdown in many ways, being used to home based lifestyles and to organising our own time with interests and hobbies. However, like our younger population, we are missing our usual wider social interaction particularly those we enjoy through U3A activities. In this newsletter several of the U3A groups are reporting about their attempts to maintain their usual group interests and about their meetings online. As we cautiously move out of lockdown, keeping aware of our age group's susceptibility to difficulties should we catch COVID-19, we tell some of our stories and suggest ways we are finding to keep gainfully occupied in these socially isolated times.

While joining the general Australian and world community in sorting and bringing order to our homes and gardens during lockdown, in our beautiful area we have certainly been less restricted, able to keep active by walking the trails and beaches, cycling on local roads and Zooming into exercise classes. Some of us have been listening to audiobooks and podcasts (even while exercising!) and Bega Valley libraries have offered an amazing range of audiobooks through BorrowBox. We have studied through online courses, particularly FutureLearn, which has an enormous range of short courses available free from a range of universities both Australian and international:

<https://www.futurelearn.com/courses> or information via subscribing to [newsletter@futurelearn.com](mailto:newsletter@futurelearn.com)

## More on the ZOOM Platform U3ASC with Linda McMorrow Programs Team



Many classes are now successfully operating through U3ASC Zoom portal and the calendar is filling up. As well as those mentioned in May newsletter.

**John Fuary** is now running his Arabic classes through Zoom on Monday mornings.

**Margotdeepa Slater-Oliphant** is starting her Moving on Warts and All class on Monday evenings and

**Teresa Hamer** has decided to offer a second Italian class via Zoom as well.

Please contact the course leader or the programs team contact listed on My U3A if you would like to join these or any of the other classes now operating on our Zoom portal.

We are all still learning how to use this platform and we do now have some members who have become quite proficient and have offered to assist course leaders to set up their classes on the portal and to also attend or host the meeting so the course leader can concentrate on running the class. Please do get in touch with your programs team contact or Linda programs.u3asc1@gmail.com if you are interested in giving Zoom classes a try or if you would like some more information or just a look to see how it works.

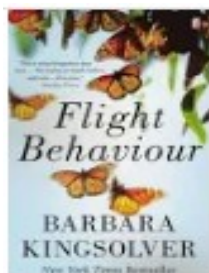
**Thank you** to the many Course Leaders who, through the shutdown, have continued to offer interactions and learnings online by various platforms. Your work is really appreciated.

## Elizabeth Stacey, Course leader, Fourth Wednesday Book Group

Our group found that local home delivery of groceries, medications and take away or restaurant meals, as well as efficiently delivered online shopping, has made this period more manageable. Access to hairdressers was agreed to be one of the most needed and welcomed facilities as restrictions have eased! One of our group has been tested for COVID 19 locally (with negative results) and in sharing her experience has made us less worried about being tested if needed. *"I must say I was quite impressed at how well organised the whole process was. I was able to arrange a test that day, I sat in my car for the testing procedure, which was very quick, I had the results in 1 1/2 days, via SMS, and had a follow up call from a community nurse to make sure I had received the results."*

Our group has 'met' in the last two months through the U3A Zoom platform and with some practice sessions we've improved our problem solving abilities and managed to successfully continue our discussions this way. In some ways these discussions, with the necessity for turn taking by each speaker, have been more on topic and focused on Zoom than when we meet although we've also been able to share our usual personal anecdotes and social chat online. This year we have read some absorbing books that have generated long interesting discussions and we highly recommend three of these described below.

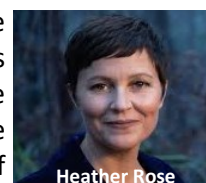
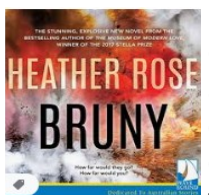
### Flight Behaviour by Barbara Kingsolver.



Barbara Kingsolver is an American author with a range of widely acclaimed and bestselling books with this her seventh novel published in 2012. Many of her books have an environmental theme and this book weaves a story about a poor Appalachian family whose land becomes invaded by monarch butterflies when their migratory path is affected by climate change. The many people drawn to study and publicise this phenomenon also impact on the lives of the family and their community and Kingsolver interweaves the issues with the characters in a beautifully written novel.

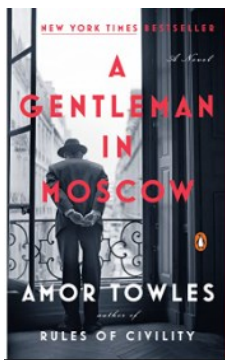
### Bruny by Heather Rose

Finally, an Australian author with a book published in late 2019 and set a couple of years into the future which tells a story which is also particularly appropriate in today's world events. It is written as a political satire about a bridge being built from mainland Tasmania to Bruny Island with help and huge investment from China. When the completion of the bridge is delayed by what is presumed to be a terrorist attack, the Chinese involvement is increased to ensure the bridge is completed in time for a coming state election. Part thriller, with ASIO type characters and corrupt politicians, Rose's characters are often recognisably close to some we know but also include the portrayal of an interesting family of siblings with leading roles in Tasmanian politics. She manages to bring this personal story believably into global events within a fictional background of Australian political parties and issues. Again, a book that divided our opinions at times but was the basis for interesting discussion.





## A Gentleman in Moscow by Amor Towles



This novel is particularly appropriate for our lockdown times telling the story of Count Alexander Ilych Rostov, a Russian aristocrat, who in 1922 is put on trial by the Bolshevik revolutionaries and saved from execution only because he was perceived to be a hero of the pre-revolutionary cause. Instead, he is put under house arrest in the luxurious Hotel Metropol in the centre of Moscow and the novel tells a fascinating story of his three decades living and eventually working in such captivity with a cast of characters several who become like a family to him. The historical changes in Russia in those decades are woven into the story with reality and depth but also with humour from the perspective of the charming Count Rostov.

Our group managed almost two hours of focused discussion on zoom with so many topics of interest that arose from the novel, from Russian history, to children as characters in novels, to classic movies, and life in the type of (almost) house arrest which many people in the world have recently been experiencing.



## Vision Problems with Parkinson's Disease



The Nature journal recently published a debate on a new paradigm for psychiatric diagnoses. At the close of last century the word was out: mind and body can no longer be regarded as separate spheres of medical expertise. General practitioners kept distinct boundaries between mental and physical conditions. However, with emotions firmly established as an integral component of cognitive and behavioural health, the term *emotional* may help to erase the stigma of *mental* health as if being 'all in the mind' and without physical validation. The recent research involving Parkinson's Disease is a good starting point for better understanding the new paradigm. The behavioural, emotional and cognitive symptoms involved in this distressing neurological condition are now being considered together as a system like cardiovascular system is portrayed. PD is also linked to ageing. Its impact on behavioural motor activities (neurological impact on bones and muscles) cognitive experiences (learning, hearing, communicating) and emotional impacts

(distress, depression and so on) now links these systemic functions together. The underlying *causes*, (rather than identifying symptoms) can now be studied systematically to identify appropriate treatments. The overall system of management can be seen as a functional program interacting together.

In this research program the initial investigation was to assess the ophthalmological *symptoms and their prevalence* in patients with PD. Ophthalmological symptoms such as double or blurred vision, watery eyes, and visual hallucinations are underreported by patients with PD and are often overlooked by the clinicians who treat them. Intact vision is essential for patients with PD in order to compensate for their loss of motor automaticity and balance related to *basal ganglia dysfunction*. These deeply placed centres in both hemispheres form masses of grey matter including the amygdala that plays so many roles in maintaining our safety from stress or danger.

In the first phase of the study, the symptoms were identified using a questionnaire given to over 1000 participants including those with and without PD. The group scores of those with PD were then compared too those without. Results showed that 82% of those with PD had at least one of the symptoms compared to 48% who did not. This initial research provided evidence for further research.

This study represents a 'first' in acknowledging PD as a complex systemic condition that often begins well before the familiar motor symptoms of PD. For example, the cognitive symptoms may begin a decade or more before the physical aspects begin. Identifying the neurological symptoms and dopamine deficiencies (another very complex system in its own right) can provide an early warning system for treatment.

Nan Kennedy

Newsletter

**Contributions to the Newsletter can be sent to the Newsletter Team by the 1st week of every month send by email to either:**  
**u3asoffice8@gmail.com or**  
**eastacey@bigpond.net.au**



**U3A Sapphire Coast**  
**P O Box 798, Merimbula NSW 2548**  
**0491 099 570**  
**ABN 85641263291**  
**Find us on the Web:**  
**www.sapphirecoastu3a.org**