



U3ASC NEWSLETTER, October 2018

Course Cancellation



Welcome to our New Members: Heather Bond, Anne Ducray, Kerrie Freeman, Penny Hambling, Jenny Hobson, Jane Murdoch.

Please note the *'Introduction to Wine Appreciation'* course has been cancelled due to insufficient enrolments.



For Your Diary

How to Enrol in a Course on the Website

Firstly, you will need your member ID and password.

1. Go to the Website:
<https://www.sapphirecoastu3a.org>
2. Select MEMBER LOGIN
3. Enter Member ID and Password
4. Press Log-In
5. Scroll Down to *"If you want to enrol in 2018 classes"*
6. Click CLASSES 2018
7. Choose class by ticking 'Request' box
8. Scroll down and click 'Next'

Information will then be sent to your email address re. your enrolment.



Brains Trust Meeting
Wednesday 17 October,
1.30 pm,
U3A Tura Beach Centre

NSW Rural Women's Gathering, Country to Coast, Merimbula
19-21 October 2018.

Keep up-to-date with the Merimbula Women's Gathering news via the Sapphire Coast Connections website
<https://www.sapphirecoastconnections.org/> and Facebook page.

U3ASC Christmas Event

Friday 30 November, 12.00 pm - 3.00 pm
(more details to follow soon in a separate email).

Change of Session Time for "Introduction to Golf"



Please note that there has been a change of session time for the *'Introduction to Golf'* course scheduled to run on Fridays from 9th November until 14th December. The sessions will now run from 10:45 am to 11:45 am. All other details are unchanged. Sorry for any inconvenience this may have caused.



'Remembering Lynne'

Wednesday, 14th November 2018 at 12.30 pm. We were all saddened by the recent death of Lynne MacMillan earlier this year. U3A members have indicated a desire to celebrate Lynne's life by creating an opportunity to reflect and share

memories over an informal lunch. Come along and reminisce about Lynne's culinary expertise and the U3A overseas adventures she shared with members.

Wednesday, 14th November 2018 at 12.30 pm at the Tathra Hotel, 8-12 Bega Street, Tathra. Attendees to meet the cost of lunch and drinks. Contact for bookings: Lindy Fisher, mobile: 0478 152 877, email: lindy.fisher@outlook.com

"Merimbula Marine Rescue Base"

Monday 22 October 2018. 10.00 am -12:00



Our local Marine Rescue Merimbula volunteers invite you to visit their base at Spencer Park. You will see the training and radio rooms and the rescue vessel MB 30, learn about their history and rescues, see how boats are logged in and out of the bay, and gain an understanding of their policies and procedures and the role of the volunteers.

Meet at the Marine Rescue base, Spencer Park, Main Street Merimbula (Phone: 6495 3331) at 9.45 am.

Cost: \$4 - includes morning tea provided by the Marine Rescue volunteers.

Enquiries: Elle Millsted, 0434 799 644 or eloise.millsted@gmail.com

Please enrol online by Wednesday, 17th October 2018. Maximum of 20.

Drama/Theatre Course Leader



Anyone out there who could lead a U3ASC Drama/Theatre group for some very enthusiastic members? Please contact Fleur Dwyer on 0418 629 488 if you are interested.

Non-Member Participation in U3ASC Courses

Do you have non-members in your course? With fairness in mind, please do encourage them to become members of our U3A. If they enrol from October, they receive an extra 3 months free added to their 12 months! The rule is reasonable and allows non-members to participate in two sessions of a course, after which, to continue, they must become a member.

U3ASC Futures Plan (FP)



A number of consultation sessions have now been held, with a total of 45 members participating. In addition, several members have contacted John and Sue Mikus directly to convey their input/views.

The objective is to produce a blueprint for the future direction and sustainability of U3A Sapphire Coast. Member involvement is critical to the success of this endeavour. The FP team is currently analysing the results from the sessions conducted thus far, with a view to identifying short, medium and long term action items/strategies for consideration by the Management Team.

Sun Shelter / Gazebo

Do you have a sun shelter which you would be willing to share temporarily with Sue O'loughlin's Art Class, please?



They have been asked to participate in the Bega Spring Fair at the Old Bega Hospital on October 28. Do contact Sue if you can help: sue.oloughlin@gmail.com.



Q - How many Volunteers does it take to keep our U3A going? **A** - 81!

These are the members who did the work in the last month. Thank you! Thank you! Firstly, 43 Course Leaders; and then, last month, another 20 people contributed in various ways, as well as our 18 standing Program and Management Team members. Wow, what a wonderful community!

Cherie Glanville (Admin)
Rick Burns (maintenance Tura Centre)
Barb Perry (Friday Office)
Molly Lehane (Futures' Planning)
Garry Clear (Bega Working Party)
Carolyn Smith (Office, Bega Working Party)
Kaye Seporavic (Christmas Event,
Bega Working Party)
Margaret Evans (Christmas Event)
Stuart Edwards (Christmas Event)
John Beever (Grants' Group)
Chris Bembrick(Grants' Group)
Bill DeJong (Grants' Group)
Nan Kennedy (Grants' Group)
Carole Thomas (Editor Newsletter)
Christine Orman (Newsletter distribution)
Sue Mikus (Futures' Planning)
John Mikus (Futures' Planning)
Suzanne Simon (Futures' Planning)
Pam Summerell (Christmas Event)
Lee Daynes (Newsletter distribution)
Robbie West (Office)
+ 9 Program Team (below)
+ 9 Management Team (below)



Programs' Team

Abundant thanks for organising the timetabling and other details of the T4 Program. Margaret Evans; Barb Perry; Kim Mogridge; Sue O'Loughlin; Kaye Separovic; Carolyn Smith; Donna Uren; Robbie West; Fleur Dwyer. They are now on to planning Term 1 of 2019.

Management Team Meetings

Our volunteer Team Leaders, listed below, get together to discuss what they are doing now and

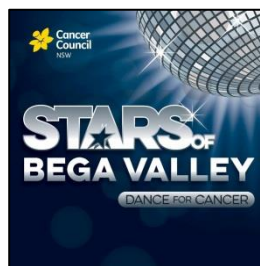
into the future for U3ASC, the second Thursday of each month.

Fleur Dwyer, *President* - dwyerfleur@gmail.com
Garry Clear, *Vice President* -
garrypcug@gmail.com
Carolyn Smith, *Secretary* - u3ascsec@gmail.com
Chris Bembrick, *Treasurer* -
u3ascctreas@gmail.com
Sue O'Loughlin, *Publicity* -
sue.oloughlin@gmail.com
Nan Kennedy, *Member Wellbeing* -
nankennedya@gmail.com
Barb Perry, *Resources* - bqa495@gmail.com
Terry Prowse, *Technology* -
u3ascweb@gmail.com
Kaye Seporavic, *Programs'* -
programs.u3asc@gmail.com



You are always welcome to attend the Management Meetings. If you would like to come along, please check time, venue and Agenda with our Secretary, Carolyn Smith, on 0491 099 570. Also, the Minutes are published on our website <https://www.sapphirecoastu3a.org>. Find them when you scroll down in 'About Us' under Team Meeting Minutes.

Stars of Bega Valley "Dance for Cancer"



Julie Walker has been leading our U3A Line Dancing for many years. Recently, she has been invited to participate in Cancer Council of NSW, Stars of Bega Valley "Dance

for Cancer".

If you want to support Julie, go to www.everydayhero.com.au and type the name of her dance partner: Rob Zelley. Good luck, Julie.

“Emotions, Health and Wellbeing”

Can you believe that it was only in the late 1980s that emotions were identified as psychological symptoms with a physical status in the medical sciences? No longer relegated to mere moodiness, they gained status as having a role in our intelligence. Our brains are now known to provide this connection.

The impact of emotions on our physical health reflects chemical interactions associated with a variety of genetic characteristics. Furthermore, the ways in which this interaction can manifest itself is associated with our experiences in utero as well as following birth. These are called ‘epigenetic influences’ - actions modifying our genetic inheritance.

An intimate participant in this activity is our microbiome - the millions of little helpers who reside in our tissues as a border guard for our immune system.

Our skin, with its epithelial cell structure, not only deals with sun to provide vitamin D, it participates in every sensory and excretory system in our body.

Before electron microscopes revealed the incredible chemistry and energy systems within every cell of our body, it was thought that the white blood cells alone did battle with the viruses and bacteria that led to inflammatory conditions and infections. It is now recognised that white cells come in many varieties, depending on the composition of our microbiome.

The great beneficiary so far has been cancer treatments. Mass blasting by chemical or energy weapons has been replaced by inserting vaccinator treatments into the immune system. The offending cells are treated with a vaccine that attacks the invaders. The vaccine is developed in the laboratory and may use white blood cells from the patient to mix the vaccine for personalised medicine. The early stages of this development were expensive but now, small biomedical laboratories are specialising in the high tech microscopes capable of undertaking

this work. For some, standard stem cells may be sufficient to grow the vaccines to keep the costs down.

As usual, it is the cost benefit analysis by pharmaceutical companies that dominate the market, but in time, these procedures will become an everyday event to ensure that developing countries can also be independent producers. Non-for-profit companies often support such ventures.

Nan Kennedy, *Wellbeing team*



At U3ASC, we value your input. If you wish to contribute to our monthly newsletter, please email

your article to Carole Thomas - carolethomas@bigpond.com - by the 1st Friday of the month.