

U3A Sapphire Coast

October 2020 Newsletter



Welcome

New Members:

Christine Goonrey
Gail Gould
Mick Donohue
Joe Weinhardt
Matt Fanning

Happy days



So good to see sunshine and see people starting to move around.

U3ASC extends your intellect and it provides friendship.

We have a couple of new classes for the fourth term organised; Astronomy and Slow Cooking. We are also looking for a course leader to organise a second walking group.

For U3ASC to return to some sort of normality we need members to return and course leaders to commit. May we

suggest that you tell a friend about our courses.

I would like to thank you in anticipation of our membership growing.

Enjoy the sunshine

Regards **Sue Fowler, President**

Memberships and Membership Renewals October 1st

U3A Sapphire Coast acknowledges its members and their valued support, who are the backbone of U3A. Without you we have no U3A.

Over the past year we have gone through one of the toughest years to date due to the bushfires, drought, and Covid-19 pandemic. Our members still volunteered hours of support, working out ways to run U3ASC courses/classes, for the benefit of our members.

As from the 1st of October all memberships and membership renewals are current until the 31st December 2021. Members and potential members can renew or complete their memberships online at: www.sapphirecoastu3a.org

Click on *Members Area*, click on *Join Us* scroll down and click on *Join or renew on-line*, or you can come into the office and renew or join with Team Office.

Office hours are Fridays at 1.30 – 3.30pm at the Tura Beach Centre. **The Office will be closed Friday 2nd and Friday 9th October for the school holidays.** Membership for 2021 is \$30.

Our Newsletters are proving extremely popular and contain updates and relevant information for our members about a range of topics.

We look forward to members getting back to more courses/classes and one offs in 2021.

While we have differed in our approach to learning in 2020, we have proven it can be done and we can look forward to taking U3ASC forward into 2021 in a Covid-19 safe way.

If you have any questions about the renewal process, or any feedback regarding your experience please contact Marg Nicoll u3ascoffice4@gmail.com

Margaret Nicoll, Member of Team Office, Management Team.

Profile on one of our much loved Course Leaders—Mike Warren



I started exploring wine from about the age of 20 and enjoyed visiting wineries to taste the range of wines available. With such a young palate and little wine experience, I didn't appreciate the big-name wines or wines made to improve after 5 or more years of cellaring, as was the standard in those days. It was Ben Ean Moselle and Cold Duck that I was familiar with and I had to find a soft style of shiraz that was more to my taste. So on a trip to the Barossa Valley, I turned up my nose at Henschke Wines and found a cheap shiraz that suited me better! Like me, my wine taste has "matured" since then.

At one stage I moved to a small country town with little in the way of entertainment. So with a few friends, we started a "Beef and Burgundy / Winelovers" club and took it in turns to choose wines to suit the members and the food being served for each dinner. It was a challenge, as tastes differed widely, but I learned a few lessons in wine and food matching. At this time port was still popular and that was something we had to get right – to always make sure there is plenty of port to "finish off the evening".

After about ten years I realised I had narrowed my wine drinking habits to mostly red wines and mostly shiraz from only several regions. I recalled I had enjoyed a wider taste in wines, but I was "self educated" about wine so I went looking for a course. The Wine Society (in Sydney) ran a course which was presented by a Master of Wine, promised to provide a range of white and red wines and to provide wine tastings of up to eight wines in a two hour class every week for eight weeks. So I went along and re-discovered my love of a wide range of wines and learned lots about the making and tasting of wine.

The Wine Appreciation Group started out as a classroom course based on that Wine Society course mentioned above but WAG has now evolved so that each month different members host the event, choosing a theme, selecting the wines and presenting information about each wine which the members enjoy tasting. It's interesting to see how different members select the wines and present the information. For some it is just another "party" with them pouring the wine. For others it is a more serious business as they haven't done something like it before, so they spend more time in selecting the wines and gathering lots of information to pass on to the other members.

I've been associated with U3A Sapphire Coast for about 8 years, as a course leader for WAG and as a participant/walk leader in the Adventure Walking Group. I've also attended some of the "One Off" presentations.

Course Leader Mentoring

Do you have an idea for a course you would like to teach or a one-off presentation you could give? Are you a course leader looking for new approaches or ideas for solving issues with your group?

Elizabeth Stacey has been a teacher and academic for over 40 years with her most recent teaching and research in the development of a university course for teachers in adult and higher education. She has provided guidance and mentoring for a number of U3A members setting up new courses or planning presentations and is willing to discuss your ideas with you and recommend strategies to solve issues and help give you confidence in your teaching and presentation. Contact: eastacey@bigpond.net.au



Outdoor meetings now possible in the Spring sunshine.

After several months of video-conferenced meetings, being able to safely meet face to face in our groups in outdoor settings is a possibility at last. With careful social distancing, using sanitiser and often bringing our own chairs and food and drink some groups have met and enjoyed the relaxed social interaction that is such an important part of our U3A courses.



The Wine Appreciation Group (WAG) had their September meeting with lunch at Lions Park at Pambula Beach and enjoyed “A motionless journey” through Europe tasting and learning about wines from France, Spain, Italy and Germany, all available locally and reasonably priced. Sylvie Dubrulle and Wal Wolzak were our excellent guides and we learned about the different grapes, the regions where they are grown and how they are produced while enjoying our tastes of the wines. It is hard to choose from the very pleasant 4 white wines and 4 red wines we tasted but two I would especially recommend are:

Dr Loosen 2016 Riesling -a German wine which comes from the Mosel region –“refreshing and fruity with a fine mineral edge” – a very pleasant white wine to drink in summer;

M.Chapoutier 2017 Cotes du Rhone -a rich and intense French wine produced in the southern Rhone region is a red blend, dominantly Grenache and Syrah, medium bodied with good balance. Again, reasonably priced and locally available.

Further afield in Sue Mikus’ beautiful Wolumla garden, the **4th Wednesday Book Group** met face to face for the first time since February and enjoyed catching up over tea and cake (served with extreme covid caution) on a lovely spring afternoon.

We discussed Ian McEwan’s “The Children Act” a book we can recommend for this month’s newsletter. McEwan writes a compelling narrative (as well as writing the screenplay for the film of the same name starring Emma Thompson) about an English Family Court judge who struggles with many legally and emotionally difficult cases, particularly the book’s central case about her decision over whether a blood transfusion can be given by a hospital to save the life of a seventeen year old cancer patient against his beliefs and wishes and those of his parents and their church. The book also focuses on the personal difficulties of the characters and the impacts of this judicial decision.

This raised many interesting themes and issues in the story for us to discuss in this delightful setting.



The Adventure Walking Group has enjoyed meeting monthly in the outdoors since August and Lyn and Peter Wynn led the October walk along the Jiguma walking track at Pambula Beach. We walked from the main Pambula Beach along the Little Surf Beach to the mouth of the Pambula River at Pambula Bar beach before following the beautiful Pambula River into the Ben Boyd National Park. Peter kept us well informed about the history of the area and the potential effects of ocean warming and the changes which will affect the marine life in the river and the bay.

If any other groups are starting to meet in outdoor venues and would like to share their experiences with us please

send details to Elizabeth at eastacey@bigpond.net.au.

Elizabeth Stacey

3 September 2020 — Elle and Ian's Bournda Adventure



The weather was most kind to us as about 20 of us headed off from Hobart beach camping ground bound for the Bournda trig station and return. First stop was Bondi lagoon, a long way from Sydney's infamous sand strip, but probably most useful as a valuable source of fresh water for both wildlife and our aboriginal forebears so close to the ocean. Ian informed us that our recent

prolonged drought caused this lake to run dry. Our natural food chain was soon seen in action with a flock of black cockatoos attacking the bark of native trees in search of larvae. There was little regard for the survival of the trees!

Views of Bournda lagoon with its Pacific Ocean backdrop were worthy of a photo or two before we headed to the field study huts. These rather breezy huts would necessitate a decent down sleeping bag in the depths of winter. Perfect for the "millennials" but certainly not suitable for glamping "baby boomers"! The trig station, which once formed part of the backbone of the survey control network of NSW, seemed destined to rust to eternity as it was even bereft of a view!

Once we returned to our car park, we had clocked up over 9km. This was a great workout for which we were self-rewarded with copious cups of tea and coffee sadly at separate venues. But never fear, we will be together again for our post walk confabs to resolve all the world issues in 2021.

Thanks Elle and Ian.

Lyn and Peter Wynn, U3A Adventure Walking Group

Philosophy and Ethics

Michael Quinlan is recommencing his lively thought-provoking discussions in Term 4.

The class meets each Friday from 11:30 to 12:30 beginning on **16th October** at Club Sapphire.

If you are interested in joining this class please head to the website where you can enrol online.

Michael please accept our apologies for incorrectly reporting that you were standing down as leader of this course.

Linda McMorrow

Programs Team Leader



New Online Course on Memory Strategies for Older Adults: OPTIMiSE If you . . .

Are 60 years of age or older

Think your memory is worse than it was 10 years ago

Do **not** have a diagnosis of dementia, neurological conditions, or a current psychiatric disorder

. . . then **OPTIMiSE** might be for you.

OPTIMiSE is an innovative **online** memory course for older adults, providing a **personalised** approach, and practical strategies that have **immediate application** to daily life.

What does it involve?

Free online 6-module course (approx. 2 hours per module) completed within an 8-week period.

Online questionnaires before and after the course, regarding personal memory goals, memory ability, knowledge, and contentment.

A follow up booster module 3 months after course completion.

If you are interested in participating in OPTIMiSE, we invite you to complete a short questionnaire to see if you are eligible. Please go to: optimise.mooc.utas.edu.au

For any enquiries about OPTIMiSE, please contact the Project Coordinator, Carl Moller at:

optimise@latrobe.edu.au

Film Afternoon - Walking the Camino Trails.



As a follow-up to Wal Wolzak and Sylvie Dubrulle's previous film afternoon watching 'The Way', we are showing an additional film followed by a discussion about the film 'Walking the Camino - Six Ways to Santiago'. This film follows half a dozen people and their companions as they hike, saunter, limp, and otherwise make their way through the scenic countryside and ancient villages in all kinds of weather.

Presenters: Wal Wolzak and Sylvie Dubrulle: wal.wolzak@gmail.com

When: Friday, 16th October 2020 at 1.30 pm

Where: U3ASC Tura Beach Centre.

Cost: \$3.00 (as the kitchen is closed please feel free to bring your own refreshments).

Enrol online to secure your place.

Program Team Contact: kayeseparovic@gmail.com

SLEEP

Don't be misled into thinking that we need less sleep as we age. The last two decades have produced an ever-increasing amount of information on brain health. Even the blood-brain barrier that keeps bacteria or viral activity out of the brain is a myth. Parkinson's, Alzheimer's and Multiple Sclerosis to name a few culprits of ageing processes are inflammatory conditions caused initially by infections from our microbiome. Sleep deprivation is a key stressor. Survey data from almost 2,000 adults between the ages of 33-84 was used to assess baseline daily fluctuations in sleep patterns following which the participants were questioned. For eight consecutive days they answered questions about their sleep duration, daily stresses, and experiences of positive and negative events. Daily stresses and positive or negative events had consequences the following day. When sleep duration was longer, the positive events next day had a protective impact, and stressors were easier to manage, especially for those suffering from chronic health conditions.

Poor sleep interlinked with stress, impacted negatively on neurological and physiological processes. Even dreaming was important. Disturbances in the natural sleep cycles due to shift work, multiple jobs, loneliness or nightmares means we should take short naps during the day. Alternatively, a short burst of self-hypnosis or meditation can work wonders. Pause in a comfortable seat, close your eyes, breathe deeply while counting backwards from five to one, and **visualise or feel** yourself waking up refreshed and energised. A five minute pause is all it takes. Still breathing slowly, with eyes closed, count back from five to one and open your eyes. Bravo!

Nan Kennedy, Wellness Team



Contributions & Feedback to the Newsletter can be sent to the Newsletter Team by the 1st week of every month send by email to either:
Patricia: u3asoffice8@gmail.com or
Elizabeth: 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