



U3ASC NEWSLETTER - FEBRUARY 2019



Cathy Baker, Deborah Brown, Sandra Coates, Vicki Corlett, Mary Coyle, Sandy Gordon, Christine Green, David Hall, Rob Hansen, Patrick Hazell, Russell

Jennings, Bev Koellner, Alister Lee, Alexander McArthur, Christine Neil, Suzanne Pointon, Lorraine Roach, Sue Terry, Greta Tilley, Stig Virtanen, Wendy Wait, Noelene Walsh, Graham Webber, Marie Worden.

U3ASC Membership Renewal/Enrolment

Just a reminder to those members who may have overlooked renewing their U3A membership for 2019 - now is the time! Please remember - you will be unable to enrol in a course of your choice if your membership has not been renewed.

There are instructions on the U3A Sapphire Coast website at <https://www.sapphirecoastu3a.org/join-us> where you have a:

1. PayPal® or a credit card option;
2. or you can drop into the Tura Beach Centre on a Friday between 1.00 pm and 3.30 pm for assistance from one of our wonderful Team Office;
3. You may also enclose your renewal payment of \$25 and your completed membership form (<https://www.sapphirecoastu3a.org/join-us>) in a sealed envelope and drop them into the mail slot on the front counter in the Tura Beach Centre;
4. or post to the U3A Treasurer at PO Box 798, Merimbula NSW, 2548.

U3ASC 2019 Annual General Meeting

It has been necessary to change the date, and our Annual General Meeting is now on:

Friday 15 March 2019, 2.00pm - 4.00pm

followed by afternoon tea.

The venue is the Lantern Room at the RSL Club in Main Street, Merimbula. By now, you would have received your Agenda for the day.

International Women's Day

The reason we changed the date for our AGM was to ensure members could participate in this annual event.



The Rotary Clubs of Merimbula and Pambula are pleased to invite you to the annual International Women's Day event to be held on **Friday 8 March 2019 at the Club Sapphire, Merimbula, 10.30am for 11am start**. Both men and women are cordially invited to attend.

This event will include two inspirational guest speakers, presentation of a Community Service Award, entertainment, and a two-course lunch, along with raffles, cash games and prizes. Tickets: \$35/pp. Tables up to 10 people. Ph: 6495 1306. Bookings to be finalised by Monday 4th March.

NEW COURSES FOR 2019

We have a number of new courses and some amendments to existing ones since our program was published in December 2018.

For full details on all our courses (including venues, time tables, cost), go online at: <https://www.sapphirecoastu3a.org/courses>

The Mahābhārata - DVD presentation



The Mahābhārata is one of the most important historical, philosophical and religious epics of India. It is thought to have been written in its origins

about 3000 years ago. It describes the fight between good and evil. This story is symbolic of the continuing fight within ourselves. In a sense, the Mahābhārata is a story of mankind.

Course Leader: Margit Spaeth on 0403 484 602.

NEW Mosaics for Beginners (Term 2)

This class is for the absolute beginner. If you've ever wanted to learn how to create mosaics in a fun and relaxed environment, why not come along? During the course, you will learn the basics of mosaicking and by the end of the term, each participant will have created three mosaic pieces. Course Leader: Christine Orman on 0410 943 851.



Change of Time - Conversational French

Please note: the times for Conversational French have been changed to 1.00 pm to 2.30 pm in lieu of 2.00 pm to 3.30 pm.

NEW Belly Dance for Beginners



Belly Dance is an individualistic form of dance where a dancer ultimately develops her own style once the range of movements are learned. It is also a great workout; it will improve, your posture and poise, increase your fitness, tone and strengthen muscles.

Course Leader: Kaye Dineen on 0424 731 195.

Dancing - Take Your Brain Dancing (Evening Course)

This course continues from last year and will start from absolute basics and emphasise the fun that can be enjoyed while dancing. No previous experience is needed. Those wishing to join the class for the first time must contact Course Leader, Wendy Colhoun, on 0412 997 769 or wendycolhoun@bigpond.com as numbers are limited and a waiting list will be created when full.

Linguistics

New students are very welcome to enrol for Linguistics for 2019. This includes phonetics, phonemics and morphology of Indo-European languages, etc. We learn the evolution of the English language with reference to other languages finding similarities wherever possible. We have free-ranging conversations where everyone takes part and all enjoy. This is a very popular class which is looking to include people who have a sense of wonderment for the delights of language and more.

Course Leader: Malcolm Privett on 6494 0022.

Calling Pool Players!



If you have a pool table at home begging to be used and enjoy playing with friends, we'd love to hear from you.

The idea would be to create a USA weekly, fortnightly or monthly pool afternoon (or morning), rotating in members' houses. Please email programs.u3asc@gmail.com if you have a pool table and would like to participate!

Are you NBN Ready?

nbn™ attends and hosts a range of events throughout Australia, giving local residents and business owners an opportunity to speak face-to-face with an nbn™ representative. Visit one of their stands at an upcoming event to learn more about the nbn™ access network, find out how the rollout of the network is progressing in your area and get tips on how to prepare.

NBN drop in sessions in the Bega Valley in March will be in **Bega**, 15th, 16th, 17th February 2019, 1pm - 9pm at the Bega Show.

For more information, please refer to website <https://www.nbnco.com.au/corporate-information/media-centre/events#tab1>

Internet Connection Information Session



Members have indicated they'd like some clarity about the approaching

NBN connection and other services that may be available in the area. *Splash Internet* is a local internet provider that has agreed to hold an informal Q&A session for our members as follows: **Thursday, 28th February between 10.00 am and 11.30 am at the U3ASC Tura Beach centre.** This session is to provide you with information about what *Splash Internet* offers and how it differs from the NBN.

Please email mail to: programs.u3asc@gmail.com with your intention to attend by 14th February 2019 so numbers can be finalised. See you there!

U3ASC Promotion in Bega during 'Seniors' Week'

NSW SENIORS FESTIVAL 2019

Never too Late to
MAKE IT
GET ACTIVE EXPO

WEAVING | WOODWORK | CRAFT | WRITING | TAI CHI
ARCHERY | HISTORY | POTTERY | CODING | GARDENING
& MUCH MUCH MORE from over 30 Local Exhibitors
Demos & Displays
Come along and get involved!

Wednesday 20 February 2019
10.30am - 2.30pm
Bega Valley Commemorative Civic Centre
Free Entry | Free refreshments | Free Sausage Sizzle
Seniors come and find your new creative pursuit!
For more information call Bega Library 6499 2127

Would you like to share information about our learning community? The Bega Valley Shire Library is putting on an event for Seniors Week

called "**Never Too Late to Make It**". This event is to showcase all of the different arts, craft and other groups in the Bega Valley Shire that Seniors might may enjoy.

Hopefully, some members will volunteer to take our banners, to set up a table and talk with other Seniors about enjoying and joining U3ASC. Please advise Carolyn Smith if you can help, email: u3ascsec@gmail.com.

2019 Seniors' Festival U3ASC Musical Compass

Still places available.....Last Call for Bookings

2019 U3ASC
Seniors' Festival
*Musical
Compass*

Have lunch with friends and enjoy an afternoon of Music at
Club Sapphire, 1.30pm - 3.00pm
FREE ENTRY

Music from the West, Wed. 13/2, -
Ricky Bloomfield sings Johnny Cash
Music from the East, Tues 19/2 -
Taiko Drummers
Music from the North, Wed 20/2 -
Lumiere Recorder Ensemble

Book for each event using the email:
u3ascsevents@gmail.com

Music from the South

The wonderful Cherie Glanville, with local pianist, Paul Dion, will take us on a tour of memories through her stylistic and inimitable Jazz renditions.

Come and enjoy this truly entertaining singer on Wednesday 6 March 6 at Club Sapphire, 1.30pm - 3.30pm.

Brigitte Kesterman is leaving Merimbula and our community

"Dear Fleur, I wanted to thank U3A for their fellowship. I am leaving Merimbula by the end of February to reside near my daughter in Canberra. I have made very good use of the programs of U3A and enjoyed it very much as it motivated me and gave me opportunity to be active after retirement of my working life. I hope U3A has a great future and thank you.

Brigitte Kesterman"

Team Social (TS) is on its way

A recommendation of the Futures' Planning Group was for U3ASC to become more social. For this end ... voilà! Team Social.

Pam Summerell is leading the Team with Penny Hambling, Tony Russell, Jane Beaumont, Stuart Edwards, Ann Wykes and Wendy Wait.

Team Social - March Event

Team Social's March event will be held on **Monday evening, 11th March.**



Gather by 4.30 pm for a Barbecue/ Picnic at the Pambula Lions Park. There are barbecues at the park for us to use.

We are planning a get-together for an early dinner to start cooking around 5.15pm. Bring your own drinks, meat for the BBQ and a salad to share. Bring chairs and a table if you have one and of course, your own plates, cups etc.

Please come along for a chat and get together to see what we have planned for this year. Feel free to make any suggestions for more social occasions.

For more information, please contact Pamela Summerell on 0418 247 863.



It is with great sadness and compassion for Judy and Bill's family we share the following: Bill left those he loved suddenly on Remembrance Day 2018.

Since moving to Merimbula in his later years, he enjoyed the activities of U3A, especially the philosophy group on Fridays and many current issue one-offs. He also contributed with his critical thinking sessions. His quirky humour, generosity of spirit and intellect are missed by all those who knew him.

"Winners are Grinners" U3ASC Website Competition

Join in the fun of U3ASC's Website Competition and polish up your web skills. Every Monday starting 18/02, for the next 4 Mondays (until 11/03), a clue will be posted on the front page of our website www.sapphirecoastu3a.org by Terry Prowse, our wicked webmaster. Your job is to track the 4 answers, record them and after the 4th Monday, email your 4 answers to: u3asc.comps@gmail.com. All correct answers will be in the draw for the prize of the month. Get ready for your first clue!



Instagram is a free photo sharing app designed for mobile devices, that allows you to share yours or see photos of people you follow instantly. You can keep your account private if you want so only the people you want can see your photos, or you can share with the world - it's up to you. What a great way to keep up to date with fast growing grandchildren.



To find out how to sign up and use Instagram, go to: <https://seniorplanet.org/how-to-get-started-on-instagram/>

U3ASC TURA BEACH CENTRE

To all users of our room at Tura Beach, thank you for keeping it in good order. Thanks also to Barb Perry (Resources) and Jacqui Goodman (contact for our cleaner) for ensuring it is regularly cleaned and maintained. Two things:

- Please remember not to lock the screen doors, front or back.
- Also, do take care using the card table locking device. It's an easy movement that does not require the application of any force. (Several tables have had to be repaired due to boisterous treatment).

Keys to U3ASC Tura Centre

Are you nurturing a key from some previous involvement where you needed entry to U3ASC Centre at Tura? However, if you no longer need the key, could you please return it to the Centre by placing it, with your name, in the counter slot near the front door?

Team Office (TO)

Come along and meet members of Team Office each Friday afternoon, 1.00pm - 3.30pm at U3ASC Tura Beach Centre. Have a chat, enrol in a course and pick up your name tag with holder.

Brains' Trust Meeting

Thursday 7 March, 10.00am - 11.30am

Human Brain Organoid Research

Today, an interesting topic to explore is human ethics. Recently, it arose from the Royal Commission into Banking but its foundations begin with the human brain. Artificial intelligence, robotics and all its combinations are now entering the medical sciences. Philosophical debate on ethics is crucial if legal parameters are required to reinforce human integrity. Medical researchers have grown groups of brain cells in the lab - known as 'organoids' - that produce brain waves resembling those found in premature infants.

In 2014, I ran a course involving the biology of beliefs and work of Bruce Lipton. His insight, decades ago, was the way in which human stem cells reflected the same characteristics as those in his new television set; both were based on liquid crystals. He demonstrated that he could use a human cell instead of an electronic one to produce an image on a TV screen.

Julian Koplin (Melbourne University) in a recent conversation (*reference below*) argues that today's research on organoids promises to revolutionise medical research and healing. Early brain neuro-developmental disorders such as microcephaly, autism and schizophrenia, require human research cells. The creation of brain organoids that spontaneously produce brain waves resembling those found in premature infants was recently reported. Although the electrical activity did not mean these organoids are conscious, it demonstrates that we need to think through the ethics of this research sooner rather than later.



Not all conscious beings have equal moral status. Dolphins and bees, together with plants and corals,

now provide YouTube viewers with an endless stream of fascinating programs. Even plants can regulate their outputs to entice bees to help them procreate, or poison animals threatening their survival by overstocking of pastures. Environmental ecosystems are high on climate change agendas. If organoids develop sophisticated cognitive capacities beyond mere consciousness - such as displaying forms of self-awareness - we are stepping way beyond last century's concerns about genetic modification of plants, fish or chickens. Today's research paradigms argue that our survival on the planet depends on expanding these developments.

We now accept heart and kidney transplants but are a long way from brain transplants. However, face transplants have actually been undertaken.

Personhood involves complex cognitive capacities such as autonomy, moral agency, and sophisticated forms of self-awareness. In the words of Jeremy Bentham referring to animal liberation, "The question is not 'Can they reason?' nor 'Can they talk?' but 'Can they suffer?'"

We also need some means of screening for consciousness. Research involving anaesthesia reveals heart-stopping evidence of awareness without the power of speech or movement. The deep neural circuits of the human brain, and evidence of consciousness itself, is more complex than previously anticipated. At what point does the learning process between environment and individual become sentient? Koplin reports it is currently estimated to be at 20 weeks into gestational development, but will that suffice for reverse engineering after significant injury?

Researchers are beginning to connect brain organoids to robotic bodies, and implant brain organoids into the brains of non-human animals. Could such beings develop a richer mental life than organoids that are confined to cell culture? Star Trek may keep us informed? Ethically, Koplin believes we should err on the side of over-estimating, rather than under-estimating, the moral status or such research.

<http://theconversation.com/fresh-urgency-in-mapping-out-ethics-of-brain-organoid-research-107186>

Nan Kennedy, *Wellbeing Team*