

U3A Sapphire Coast

ABN: 85641263291

"WHAT'S HAPPENING IN U3A SAPPHIRE COAST?"

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 /U3ASapphireCoast/

U3ASC NEWSLETTER - SEPTEMBER 2019



Robert Colson, Sylvie Dubrulle,
Wal Cornelis, Tracy Fleming,
Rosa Gibbs, Pam McCambridge,
Gail McCombie, Penny Todman,
Grant Wardell-Johnson, Mary
Whelan.

Brains' Trust Meeting

Wednesday 25 September,
U3ASC Tura Beach Centre,
3.15pm



Ever Wanted to Learn how to Play Guitar?



If so, come and learn the basics with Paul Daynes, U3ASC musician extraordinaire! Learn guitar basics and enough chords to get you quickly started on playing your favourite songs. Bring your own guitar and music stand. Class

suitable for beginners to intermediate alike.
Enquiries: Paul Daynes, 02 6495 9741.

*NEW - ONE OFF * Crazy Creative Fabrics

Wednesday 18 September, 1:00pm-4:00pm

We're offering another opportunity for you to get your creative juices flowing with another fun half-day workshop. You'll need to bring your own sewing machine and any scraps of fabric you have tucked away. Some sewing experience helpful.



Please contact Liz Allen on 0434 375 568 to enrol and to find out what you need to bring.

*NEW - ONE OFF * 'Give Golf a Go!' - FREE **Monday 14 October, 1:00pm**

Tura Beach Country Club is offering a FREE 'Give Golf a GO!' event for both women and men. The aim is to introduce people to, and encourage them to enjoy, not only the game of golf but also the social aspect of the game. Group coaching will be led by golf professional Loraine Lambert and will include some fun activities based on putting and the basic golf swing. Participants will play a few holes, accompanied by a Tura Beach Country Club member (golf equipment can be provided for free if required, but needs to be arranged prior to the event. Contact the Pro Shop on 6495 9068 to register your interest and if you require clubs for the session). Refreshments for all in the clubhouse concludes this afternoon session.



For details contact Sandy Coates, mobile: 0416 228 211 or email: sandy@selectours.com

*NEW - ONE OFF * Dementia

Is it Aging or is it Dementia?

Wednesday 30 October, 1:00 pm-4:00 pm

Join Sally Honey as she explores the facts and mysteries about dementia in Australia. Sally will answer your questions about forgetfulness and aging versus dementia, and if there are constructive strategies to prevent its onset.

Enquiries: Sally Honey: 0402 713 826 or email: sally.honey@bigpond.com.

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

Using Course Venues



Each day, we use at least 8-9 venues around our area. Please ensure you leave our venues in good condition. This includes the U3ASC Tura Beach centre. There is a stick vacuum cleaner and plenty of cleaning products for washing up and more. It is particularly disappointing to find people leave cups and plates in the sink and overflowing bins for others to clean up!

Team Social Floriade Coach Trip Monday 23rd September, 2019

Coach leaves Pambula interchange at 7.00am sharp and Merimbula Interchange at 7.15am. and returns by 5.30 pm. Bring your own picnic lunch or you can buy food at the Floriade. Cost is \$40/pp for members and \$50 for non-members.



Numbers are limited so get in quickly. Bookings close 16th September 2019 and can be made on: www.trybooking.com/BESVE or drop in at our Tura centre if you wish to pay by cash.

For more information, ring Pamela Summerell on 0418 247 863.

U3ASC Trippers



No, no - not tippers... journey makers! Are you interested in international tripping? (perhaps with some tipping on the side)? Does mysterious Morocco energise your mojo? What about scenic Scandinavia for stirring

your senses? Where's your interest? Would you like to accompany other like abroad-minded U3Aers?

Then come along and share your thoughts and experiences in the 'Trippers' Group' as they start planning for 2020. We're meeting for the first search of ideas at the U3ASC Tura Beach Centre on [Wednesday 16 October, 12:15pm at the Rockpool Café, Club Sapphire.](#) RSVP Fleur Dwyer - dwyerfleur@gmail.com.

Profile of a Course Leader: Christine Orman

Christine Orman is the Course Leader of our new Mosaics class which started in Term 2 this year. She now runs both a Beginners and Continuing class in her wonderfully set up studio at her home.



Every week this winter, U3ASC members have been warmly greeted with a very welcoming roaring fire, and Christine's homemade delicious (mostly gluten free) cakes for morning tea.

Christine's passion for mosaicking is contagious and all her students, including those who had never tried craftwork before, are very pleased with their mosaic pieces created under her skillful guidance.

"About 15 years ago, I was looking for something to do outside of the demands of work, so I enrolled into a beginners course in mosaics", said Christine. "Since then, I've attended a few courses, read books on the subject and smashed many tiles. I've completed many commissions around and beyond the Bega Valley and have also sold my art through several different markets and through my workshops at home."

"When I joined U3A a few years back, someone suggested I run a course teaching mosaics, which I now do. I am not university trained in the art of mosaics; I just love sharing what I know."

"Mosaics is a great art you can lose yourself in, and as long as you know the basic techniques, there are no rules - just create and have fun. A word of warning though; once you start, you won't stop!"

C. Thomas

BVSC Climate Resilience Strategy to Recognise a Climate Emergency

U3A members of the 'Ideas' Exchange' discussion group have recently written to the BVSC in support of the Councils' steps to create a substantial strategy to address the perceived climate emergency in our local environment.

Merimbula Yarn Bombing

Congratulations to the 'CraftWorkers' Group' who lately did a mighty job of yarn bombing Merimbula.

Check out the great pics on our website, www.sapphirecoastu3a.org



Social Dance



Social Dance will become a regular 'Take Your Brain Dancing' event organised by Wendy and Peter Colhoun. If you'd like to join the fun, then don your pink gear and come along to the Uniting Church Hall in Merimbula on Friday 18 October from 7pm for the 'Think Pink' Social Dance.

Cost \$5. Need more info? Contact Wendy: 0412 997 769 or wendycolhoun@bigpond.com.

(Pictured above: Trish & Chris Sly in Bemboka)

Would you Like to Become Involved?

Fancy playing a role in U3ASC? What about working in the Management Team? There are a number of positions becoming vacant in 2020, including President. If you think you have something to contribute to our growing and our thriving organisation, through your leadership, then contact Fleur: dwyerfleur@gmail.com or 0418 629 488.

Accommodation for U3ASC - Update

We first made forays to the Bega Valley Shire Council, requesting assistance for our accommodation needs, in 2002. Since then, we've been 'dating' very regularly. Over the last two years, our relationship with Council had taken on a new dimension. It had become quite serious and at times, hopeful. We have waltzed many garden paths with the Mayor, Councillors and various other managers, etc. We've entertained politicians, local developers and real estate agents. Now, it is over!

At last, we're delighted to announce that we will stay at Tura Beach Shopping Centre. Our lease has been negotiated for 5 years, with two 3-year options.

With this new level of surety, the Centre will be renewed to be more functional, for efficient use of the space and with an increase in the storage capacity. More about this shortly.

Christmas Function

Organised by 'Team Social', U3ASC end of year celebration will be held on Monday 25 November at Club Sapphire. The Management Team has approved all members receive financial support to attend. This will reduce the total cost to \$20 per head for a two-course meal with tea and coffee. Come along and join in the dancing, singing and funning!



Bookings available online through our website, www.sapphirecoastu3a.org or at the Tura Beach office, Fridays 1.30pm-3.00pm.

We Farewell Pat McKay

We will shortly be saying farewell to Pat McKay who is heading for warmer climates. Pat has been in U3A since 2010 and from the first, she has enthusiastically embraced various courses, including Mah-Jong, Linguistics, Scrabble, Taboo Topics, to name but a few. Pat also served on the Management Committee for three years, and it was this Committee that set up the present Tura Beach Centre as our base. She still serves U3A in the Friday Team Office and as a course leader for Mah-Jong.



We were so very lucky that she is a bit of a computer buff because Pat was able to assist in supporting our transition to the MyU3A database which manages our membership registrations and course enrolments. Pat will be sorely missed and we all wish her well in her new life.

Jennie Smith



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.

Vale, Robert Leigh

Robert Leigh was a member of the U3A Wine Appreciation Group (WAG).

Prior to Robert's surgery on 19th June, he suggested it would be fitting for members of WAG to toast to his health and recovery, which as the photo reveals, we certainly did. Unfortunately, Robert did not recover and died on Sunday night, 1st September 2019. He will be sadly missed and fondly remembered by all WAG members.



are sensitive to any trips or jolts from any parts of our skeleton and the resonance travels through the spine to the brain, causing it to hit the inner skull. The soft, dense neural tissue suffers an injury that involves inflammation. The symptoms include headaches, dizziness, cognitive impairment, nausea and other neuropsychiatric symptoms like irritability, brain fog, anxiety and insomnia. Overall, for older people, it is the shakiness that lingers the longest.

The susceptibility of our brains to inflammatory conditions has emerged from the research on dementias of various kinds and auto-immune conditions, like Parkinson's disease.

The immune system operates via the epithelial cells throughout the entire body. The skin is our primary defence from injury but it does not stop there. Epithelial cells and tissue fluid carry the myriad of white cells involved in defence from bacteria, viruses, moulds and cancers.

It is only recently, due to new technologies, that the interconnection with the brain via the peripheral nervous system has been understood. The pain receptors in our skin are only the beginning of the story that alerts the brain and immune system to take action.

The authors stated that "This research opens many doors for so many different patients. We are excited to be starting a totally new approach in this field that will make a difference in the future."

Nan Kennedy, *Wellbeing Team*

Use Private Messaging

Let's say you want to use social media to invite a small group of your friends over for dinner, but you don't want to post the invitation to your entire friend network. In this case, you can use private messaging to send correspondence directly to the recipient(s). Learn how here:
<https://www.facebook.com/help/154917244574299>

Post-Inflammatory Brain Syndrome

A very mild head injury, no head injury at all, or an injury to another part of the body, can sometimes display symptoms of post-concussion syndrome. Those of us who experience falls due to dizziness or lack of secure balance know this only too well. The whole body seems to resonate with the shockwaves for some time.

Rather than concussion, the researchers propose a unifying umbrella-term called 'post-inflammatory brain syndrome'.

Recent research related to inflammatory conditions within the brain have recognised the vulnerability of the brain tissue to this type of resonance. Our brains

Team Social August Outing



On Friday 30 August, around twenty U3ASC members had the privilege to get a comprehensive guided tour of the Sapphire Coast Historic Vehicle Club. A big 'Thank you' to our hosts for the day: Max Sinclair (President), Neville Leech and Peter Learmont. Organised by our Team Social, the tour was followed by lunch at the Settlers Cottage & Diner in South Pambula.