



**U3ASC NEWSLETTER - MAY 2019**

Leonie Barrett,  
Wendy McDonald,  
May Thompson  
and Pat Wilson



**Vietnam Retrospective - Australia's involvement in the Vietnam War**  
Thursday, 6th June @10.00 am - 12 noon

**Mother's Day Classic 2019 Merimbula**  
Spencer Park, Main Street, Merimbula  
Sunday 12 May 2019



The Mother's Day Classic is a nationwide community based event that raises funds for breast cancer research.

No matter how large or small the venue, we all come together on Mother's Day to remember, celebrate and honour those touched by breast cancer.

The Merimbula event is in its seventh year and offers participants a 5 km walk and 5 km & 10 km run! (more information on the course later).

For more information on the day, time table, fee, registration, etc. go to:  
<https://www.mothersdayclassic.com.au/events/event-map/merimbula/>

The Team Social will be participating in this fund-raising for breast cancer research event. If you'd like to join, please contact Penny Hambling on 6495 7616.

But please remember that though you will be participating with other U3Aers in this event, you must register yourself, as an individual, online.

**New ONE-OFF Course - Term 2**

For all information on our one-off events, please go to our webpage  
<https://www.sapphirecoastu3a.org/one-off-events>



*AWM Caption: Members of 5 Platoon, B Company, 7th Battalion, The Royal Australian Regiment (7RAR), just north of the village of Phuoc Hai, beside the road leading to Dat Do.*

This workshop deals with Australia's involvement in the Vietnam War in the early years between 1962 and 1967, why we committed forces and how that was implemented. It focuses on the intersection of politics, strategies and intelligence and the activities during our first 5 years in Vietnam.

The story continues with Australia's involvement in the Vietnam War from 1967 to our withdrawal in 1973. We discuss how Australia's level of political commitment to the war underwent change, and how the armed forces became involved in some much larger challenges of set-piece battles, while continuing aid to the civil population, before eventually withdrawing to Australia.

We finish by exploring Australia-Vietnam relationships now and looking to the future.

Don McDowell served in South Vietnam in 1964/65 and again briefly in 1967. He was Chief Strategic Intelligence Analyst on the Vietnam War at Army Headquarters following his return to Australia and remains a keen student of issues and developments about this conflict.

## NEW Course - Term 2

For all information on those courses, please go to our webpage <https://www.sapphirecoastu3a.org/courses>

### Dancing - Take Your Brain Dancing

Friday Evenings 6pm



This is a new evening class commencing Friday 10 May at 6.00pm for ten weeks.

We will be starting from absolute basics and emphasising the fun that can be enjoyed while dancing. No previous experience is

needed; just a willingness to have a go.

It is partner dancing, and all are welcome, couples and singles. Ladies can partner up and one can learn the lead dancer's role, it's not hard!! You will learn basic steps which will be combined into easy social dances. The dance style is New Vogue and is a set of sequence dances which use modern ballroom technique.

New dancers are welcome but please contact Wendy first: 0412 997 769 or [wendycolhoun@bigpond.com](mailto:wendycolhoun@bigpond.com)

### Changes to Dance Classes Times

Wendy has changed the times for her regular Dance class as follows, now starting earlier:

1:30pm - 2:15pm	Basics for Beginners
2:15pm - 3:00pm	Intermediate dancers
3:00pm - 3:15pm	Tea Break
3:15pm - 4:30pm	Social dancing practise of dances learnt so far.

**TECH TIPS**  
with Terry

### Opening Email Attachments

Be careful when you click on a link or attachment. Before you click on a link in an email or download an attachment, make sure you confirm the identity of the sender. If the email came from someone you know, it is likely safe to open the link or attachment.

However, it's always best to use caution when handling anything unknown on the internet.

## Intergenerational Playroom



**Bringing together the oldest and youngest of the Shire**

The Bega Valley Intergenerational Playroom continues in 2019 to bring together the youngest and oldest residents of our Shire, to enjoy each others company in a vibrant, caring and inclusive environment. Similar programs, both in Australia and overseas, have shown that these interactions provide wonderful therapeutic benefits for the elderly, as well as unique learning opportunities for children.

Come and join us in a safe supportive environment to play games, make craft and have a rockin good time!

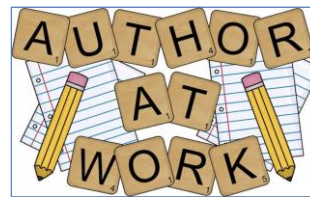
**10:30am 3rd Thursday of each month**  
16 May, 20 June, 18 July,  
15 Aug, 19 Sept, 17 Oct, 21 Nov & 12 Dec 2019

**at Tura Marrang Library**

For more information ring Tura Marrang Library 6499 2340

  Find us on: **facebook.**  
[facebook.com/begavalleyshirelibrary](https://www.facebook.com/begavalleyshirelibrary)  
[www.begavalley.nsw.gov.au](http://www.begavalley.nsw.gov.au) 

## The Writing Group (All Genres) Needs You



We would love a couple of new members to join us. Our group is about encouraging each other to write well. We review a member's writing and

usually do a writing exercise to get your words flowing each week. We have amassed an amazing amount of great work between us. The group meets Tuesday afternoons at the Tura Marrang Library.

See <https://www.sapphirecoastu3a.org/courses> for more info or give Sue Middlewood a ring/text on 0417 685 894 or email [smiddlew@internode.on.net](mailto:smiddlew@internode.on.net).

## When you are unable to enrol in a U3ASC Course online

There may be occasions when members who do not have access to a computer are unable to enrol in a course online. If this is the case, please advise the relevant Course Leader who can add your name to the online class list.

If the Course Leader is unable to access a computer, they are encouraged to contact their Program Team contact person who will happily add names to the online class list on their behalf.



## 'Team Social' April Outing



*A guided walk through Panboola Wetlands*

This April, Team Social outing started out as a beautiful day and just progressed from there with a nice walk round Panboola Wetlands, finishing with a cuppa at Oaklands.

Organiser, Pamela Summerell said "The weather is always kind to those who smile! We all laughed, talked, walked and even learned something today. Pambula volunteer Robyn Kesby gave us all an informative and interesting talk about the wetlands, shocking some of us with the bat numbers in Panboola and intriguing us with the happenings of this special place we have in Pambula".

"Many stories were exchanged over a cuppa and some very delicious morning tea at Oaklands where the group numbers had ballooned somewhat, but Oaklands took it in their stride and we all got a much needed cuppa", Pamela said.

"Thanks everyone for coming along. I feel we all had a great morning out and met some new and interesting people along the way. Let's do it again sometime".



*A cuppa at Oaklands Café after the morning walk for some of our members*

## Free Online Safety Presentations

The eSafety Commissioner is hosting free webinar presentations to help older Australians stay safer online.

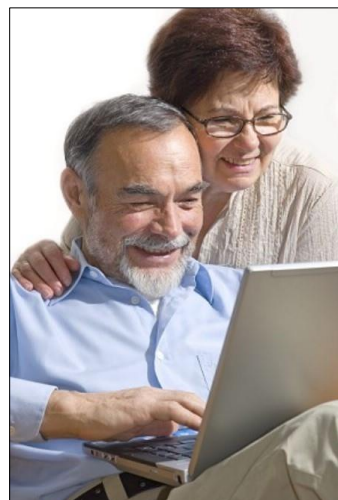
In May and June, their topics will cover:

- All about data and public Wi-Fi
- Can you spot a scam? Tax time edition
- Safer online shopping and banking
- Staying safe on Facebook



To register and book for any of the above eSafety topics, please visit the Be Connected bookings page: <https://beconnected.esafety.gov.au/bookings>

## Tech Savvy Seniors



Are you interested in learning about how to use technology such as the internet, email or even how to operate a tablet or smartphone? If so, Tech Savvy Seniors gives older people, particularly those in regional and remote areas of New South Wales, the opportunity to develop the skills and

confidence to use technology for socialising, accessing important services or conducting personal business.

The Tech Savvy Seniors program is a NSW Government initiative in partnership with Telstra.

For more information on the Tech Savvy Seniors program or to find a training location near you, please visit the Tech Savvy Seniors website.

<https://www.telstra.com.au/tech-savvy-seniors>

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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](mailto:carolethomas@bigpond.com) - by the 1<sup>st</sup> Friday of the month.



## Have you Watched a TEDx Talk Lately?

If not, why not create some time to explore the amazing library of TEDx Talks about everything from politics to pollination? The range is quite extraordinary; just click on the link to see an extensive alphabetical list of topics: <https://www.ted.com/topics>.

If there is sufficient interest amongst members, U3ASC Programs could organise group discussion around specific TEDx topics. If you would like to participate in TEDx Discussion Groups, please let us know at [programs.u3asc@gmail.com](mailto:programs.u3asc@gmail.com).

## Deep Mind - The Journey from Childhood



These days, we are hearing about the rising levels of both depression and suicide. Ages range from children to the elderly, and across many cultures and ethnicities.

Suicide databases include both

ideation and deaths. The most worrying trend is that suicidal ideation begins in children under ten years of age.

Recent research at Flinders University has revealed that a high percentage of those who take their own lives have not had any history of mental illness. However, Western medicine focuses on causes such as depression and anxiety being the first steps towards suicide.

The Flinders researchers argued that medicalising emotional difficulties has left an important gap. That gap fails to include the environmental experiences that contribute to health and wellbeing. It is not only the genetic contribution so frequently investigated when looking at family patterns of symptoms, but also the everyday environmental experiences that impact on health.

Epigenetics has only more recently been added to the mix. Epigenetics is an outer layer of the human genome that reflects all the changes undergone by the DNA blueprint throughout the life of each person from birth onwards. Note the word "*blueprint*". This is the cell's encyclo-pedic information base to be drawn on by each cell for the life of each person.

Some of the changes wrought by the epigenetic processes may be passed on to the next generation but many are not. The environmental outcomes impact on emotional resilience.

Early learning develops skills, competencies, confidence and a sense of mastery and achievement. When the environment during early childhood is filled

with emotionally damaging experiences that are beyond the power of an infant or child to take protective action such as crying, tantrums, running away, stealing food... apathy sets in. Apathy is a symptom of powerlessness, not just laziness or lack of initiative. The behaviours are symptoms while the underlying deep learning reflects the contexts in which powerlessness was experienced.

Deep learning is coded into the fundamental foundation of the newborn's learning experiences. This period lasts about 6 or 7 years during which time the brain is like a sponge absorbing every detail of every day.

The expressions of connections within the brain is fairly basic, such as learning that an animal of a certain size, shape and texture is either a dog, a cat or a teddy bear. At around 7, a hefty period of brain pruning goes on. Highly connected areas are maintained but lots of assorted 'bits and pieces' are pruned and discarded. Emotional experiences are deeply connected to reflect specific patterns.

This basic structure can be found in a book published in 2011 - "*The Emotional Life of your Brain*" - reflecting the lifelong research of Richard J. Davidson, a neuroscientist.

To be continued.... However, as an introduction to Part 2, you may enjoy listening to a 5-minute YouTube: <https://youtu.be/szz7ShYgiRI>. Enjoy!

Nan Kennedy, *Wellbeing Team*

## Did you Know?

Did you know that all of the U3ASC Course Leaders and organising groups are volunteers? No one receives payment for their contribution in running courses, activities or any of the managing and admin roles. We rely entirely on the very high rate of volunteerism in our organisation, which currently is at nearly 20% of our total membership! And, that's impressive!

Thank you to all those who, every day or month, make our U3ASC interesting, productive and fun. And, a special note of appreciation for those people who have been helping and supporting, in a range of different capacities, for many years.

How will you contribute in the future? Please do contact our secretary, Carolyn Smith, to let her know how you can help in the future: 0491 099 570 or [u3ascsec@gmail.com](mailto:u3ascsec@gmail.com).

Fleur Dwyer, *President*