



"WHAT'S HAPPENING IN U3A SAPPHIRE COAST?"

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 /U3ASapphireCoast/

U3ASC NEWSLETTER - OCTOBER 2019



Gwen Jenkin, Frank Jenkin, Joy McArthur, Amanda Midlam, Kay Munro, Debbie Schubert.

2020 School Terms NSW

- Term 1 - Tuesday 28 January to Thursday 9 April
Term 2 - Monday 27 April to Friday 3 July
Term 3 - Monday 20 July to Friday 25 September
Term 4 - Monday 12 October to Friday 18 December

Renewals and New Membership Fee 2020 is \$30

New members may enrol now for membership till 31 December 2020.

Renewal for current members will commence on November 1, 2019. All members must renew their membership by December 31, 2019.

You are able to renew your membership online at our website www.sapphirecoastu3a.org/ or at our office Friday afternoons (1:30pm-3:30pm) till 13 December.

Enrolling in U3ASC Courses and One-Offs

Members seeking to participate in all U3ASC Courses and One-Offs are required to enrol using one of the following methods:

- 1. Online at our website:** www.sapphirecoastu3a.org (through the 'Member Login' section, using your Membership Number and your password).
- 2. Contact the Course Leader** (if the information is provided) who will enrol you in the course. If no contact information is available, you may contact U3ASC via mobile number: 0491 09 9570.
- 3. Call into the U3A Tura Beach centre** on a Friday afternoon between 1.30pm and 3.00pm and one of the Team Office members will guide you through the online enrolment process.

Remember - you need to be a financial member to enrol in a course.

NEW - ONE OFF 'Give Golf a Go!'

Monday 14 October, 1:00pm

Tura Beach Country Club is offering a free group coaching event which 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 Loraine Lambert, 0423 149 012 or email: loraine@sapphirecoastgolfschool.com

NEW - ONE OFF Touring Western Front

Battlefields - a personal odyssey.

Wednesday 23 October, 3:15pm - 4:30pm



Elizabeth Stacey completed an undergraduate degree in history and taught several years of secondary school history but at no stage, studied

Australia's part in either World War (so can claim no expertise as a war historian). However, family stories about her grandfather's and great uncles' experiences at the Western Front inspired her to join the commemoration of the 3rd Battle of Ypres as part of a battlefield tour.

This presentation is a visual travelogue describing her visit to France and Belgium, and she will describe the wartime stories of her grandfather and great uncles that she explored in the context of her tour.

Enquiries: Dr Elizabeth Stacey, email: eastacey@bigpond.net.au

NEW - ONE OFF* *Dementia Is it Aging or is it Dementia?

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

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. Are there such places as dementia-friendly environments or can we create one by becoming a dementia friend? Are all dementia patients a homogeneous group? Bring all your questions and Sally will be happy to answer them.

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

NEW - ONE OFF* *Origami Bag Workshop

Wednesday 13 November, 2:00pm - 4:00pm

Get ready for Christmas with this easy to make little bag, ideal as a gift or to pop something into it for that special someone. If you can sew a straight line, you can make this. Bring your sewing machine with some dark green thread on the bobbin and the reel on top, and some scissors. All other materials will be supplied.



Enquiries: Trish Goodwin, email trish.goodwin@bigpond.com.

NEW - ONE OFF* *Ancient Egypt

Wednesday 20 November, 2:00pm - 4:00pm



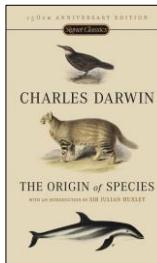
If you enjoyed David Wardle's one-off about the reign on the Romanovs, you're sure to be intrigued by his new presentation on Ancient Egypt.

David, who is from U3A Sydney, is looking forward to returning to talk about ancient Egypt: life and death, mummies and tombs, Pharaohs and Ptolemies. A fascinating 4000-year history, plus a short course in hieroglyphics.

Enquiries: Rosie Bunton, 6495 9193 or email: rbmb2315@yahoo.com.au

NEW - ONE OFF* *Five Books That Changed the Western World

Wednesday 11 December, 1:00pm - 3:30pm



A short introduction to five books that changed the western world: The Bible; Charles Darwin's 'Origin of Species'; Adam Smith's 'Wealth of Nations'; Karl Marx's 'Das Kapital'; and one mystery book (to be revealed on the day). The presenter, Paul Strutynski, will give a brief summary of each book, their strengths and weaknesses, the links between them, and their impact on human history.

Enquiries: Paul Strutynski, 0413 123 721 or email: paul.strutynski@gmail.com

NEW* *Table Trivia

Table Trivia is a Trivia Quiz of six rounds of ten questions each. Join us for some fun, don't worry if you don't have a team. The winning team each week gets an extra biscuit!



Enquiries: Bridget O'Hanlon, mobile: 0421 796 422.

NEW* *Poetry Aloud!



'Poetry Aloud!' is intended as a short course of five sessions, presenting poetry through the ages according to themes like love, loss or nature. Participants will be encouraged to read aloud poems of their choice, as poems, like music, must be heard to be fully appreciated. Men are strongly urged to come along as, historically, most poets have been men and we would love to hear their sonorous voices. Of course, the gentler voices of women do any poem justice! A minimum of 6 members required to run the course.

Enquiries: Regine Kasper, 0402 647 811 or email: reginekasper13@gmail.com

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

NOTICE BOARD

Attendance Sheets

Course Leaders need to return completed Term 3 attendance sheets to Team Office, at the U3ASC Tura Beach centre, as soon as possible.

Name Tags

When you have your name tag on, it really does help new members assimilate more readily. If you do not have a current name tag (with beach scene), please contact our Secretary, Carolyn, on 0419 009 570 and she will help you.

Refurbishment of the U3ASC Tura Beach Centre

... is on its way! Just waiting for the completion of plans, now.

Mahjong (Group 2)

Welcome back to 'experienced hands' Anita Paget and Trish Goodwin who have taken over from long time co-leaders of Mahjong, Sue Birks and Pat McKay. Thanks to Sue and Pat.

U3ASC Trippers



Looking for unforgettable moments and experiences? Value your independence but do enjoy company? Love sharing interests and joys of your adventures? Then what about travelling with like-minded U3ASCers?

Come along to the first meeting of the Trippers to discuss your preferences for what and when in 2020.
Wednesday 16 October, 12:15pm at the Rockpool Café, Club Sapphire.

RSVP Fleur Dwyer - dwyerfleur@gmail.com.

Management Team 2020

The current 3-year term of many members of the Management Team is coming to an end.

Have something you can contribute or think you would enjoy leading this growing and developing organisation of 560 members? Then contact Fleur: dwyerfleur@gmail.com

Bookings Open for U3ASC Christmas Function



Organised by *Team Social*, the Christmas function will be held at Club Sapphire on Monday 25 November. Bookings are now open and will close on Friday 15 November. For financial members, the cost is \$20

for a 2-course Christmas lunch plus tea/coffee.

For non-members, the cost is \$30. (Please note: all bookings incur a 50c booking charge).

Special dietary requirements need to be emailed to Pam Summerell by 15 November emmaw35@gmail.com

Book in either of 2 ways:

- (1) online at our website www.sapphirecoastu3a.org or at the Tura Beach office, with credit card, or
- (2) come to the Tura centre on Friday afternoon, 1.30pm-3.00pm, and book in person with cash or credit card.

Tech Training @ Tura Marrang Library

These sessions run for approximately two hours and are free. All classes have limited places. To book, go to www.begavalleyshirelibrary.eventbrite.com.au or call Tura Marrang Library on (02) 6499 2340.



• Introduction to Internet 1

Wednesday 16 October, 10:30am

• Introduction to Internet 2

Wednesday 23 October, 10:30am

• Introduction to Smartphones

Wednesday 30 October, 10:30am

• Introduction to iPads

Wednesday 6 November, 10:30am

• iPads 2 - Apps, Media & Podcasts

Wednesday 13 November, 10:30am

• All About Data

Wednesday 20 November, 10:30am

• Wi-Fi and Mobile Networks

Wednesday 27 November, 10:30am

Intergenerational Playroom @ Tura Marrang Library

Thursday 17 October, 10:30am - 11:30am



Bringing together the youngest and oldest residents of our Shire, to enjoy each other's company in a vibrant, caring and inclusive environment. For more information, call Tura Marrang Library on 6499 2340.

Pinterest

Pinterest is an online ideas tool you can use to save things you want to look at or try later, as well as to find things that other people who share your interests have saved.

- You cook - and you have a folder stuffed with recipes you'd like to try;
- You're planning to redecorate and want to remember ideas you've seen;
- You just love flipping through online magazines for inspiration;
- You're planning a trip and are researching destinations online;
- You have lots of crafty projects on your 'to-do' list;
- You're helping your kid plan a wedding or prepare for a birth and want to share ideas and info you've found online;
- You bookmark lots of websites to come back to later, but then have trouble finding what you were looking for.
<https://seniorplanet.org/how-to-use-pinterest-5-tips-for-getting-started/>

Water!

The kidneys are essential for regulating the volume and composition of bodily fluids.

Key regulatory systems are required to control volume, sodium and potassium concentrations, and the pH of body fluids. Sodium is the primary salt for general fluid balance. Understanding the way water and sodium regulation integrate to defend the body against all possible disturbances helps us to develop safe habits to avoid dehydration.

Balance is achieved by ensuring that the water consumed in food and drink equals the amount of water eliminated. The consumption side is regulated by behavioral mechanisms, including thirst and salt cravings. While almost a litre of water per day is lost through the skin, lungs and faeces, it is the urine volume that reflects whether or not this balance is adequately regulated.

The control of water eliminated by the kidneys is undertaken by a hormone produced by the hypothalamus located in the temporal region of the brain. This ensures that minute water channels feeding our cell membranes throughout the body receive a regular supply. Subatomic ions regulate neural, hormonal, protein, endocrine and other chemistry, and provide the electrolytes needed in water management.

It is easy to imagine that water is needed to flush toxins and satisfy thirst, but that is only a fraction of the story. The trillions of cells, and an active microbiome, demand extra care during our hot weather. If humidity levels are high, we may perspire more than usual but when the air is dry, it is easy to overlook the evaporation factor across bare skin.

My mother, in her 90s, decided to not drink after lunch to avoid the nightly demands. One particularly hot summer, she became increasingly disoriented, lethargic and dizzy, to the point she thought she had had a stroke or was dying. The diagnosis was dehydration. From that point on, she always had electrolytes on the kitchen bench as a reminder.

High quality water is essential for health and wellbeing. Contamination is inevitable in our industrialised world, and the insidious residues of plastics at subatomic levels confirm this. But surprisingly, the flora and fauna of oceans and waterways are revealing that the planetary microbiome itself is fighting back. It even does it in our own immune systems. Our electrolytes are part of a vast army that stabilise our bodies to maintain health and wellbeing.

Nan Kennedy - *Wellbeing Team*

Team Social September Outing



U3ASC members and friends travelled to Floriade on Monday 23 September - a fabulous day out on an otherwise chilly day. We all had a great time.

Bus games kept us all busy and informed on the trip. Winners of 'Name the Famous Face' were Mike and Jan O'Han, second were Reg Dew and Ursula Smith. Winner of the 'Local Aussie Trivia' was Natalie Lyons.

Pamela Summerell - *Team Social*

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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 - by the 1st Friday of the month.

