



## U3ASC NEWSLETTER - MARCH 2019



Kerrie Brady, Nerida Bryson, Edward Dryden, Gaye Dryden, Shanne Fanning, Anthony Frost, Roz Hanson, Rhonda Leggett, John Logus, Sandy Macarthur,

Marian Machin, Greg Madden, Nirvana Nirvana, June Orr, Pauling Robertson, Hauke Schmitt, Fran Thornton, Fay Willard,

**U3ASC 2019 Annual General Meeting**

**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.

### **Dates to for your Calendar**

**Monday 11 March - from 4.30pm**

U3ASC BBQ Pambula Beach

**Monday 11 March**

Last clue for 'Winners are Grinners' on our website.

**Friday 15 March, 2.00pm - 4.00pm**

U3A Sapphire Coast AGM,  
Merimbula RSL, Main St

**Friday 15 March**

U3ASC Office closed for members to attend AGM

**Friday 22 March, 4.00pm - 5.30pm**

NBN presentation at U3ASC Tura Beach Centre

### **NBN Information Session**

**Friday 22 March - 4.00 pm**

The nbn™ rollout in our region is going ahead leaps and bound and most of us will be aware that the NBN connection is now "live", especially in the Merimbula/Tura Beach area.



nbn™ Local Manager - NSW South and ACT - Lachlan Ceeney, will be visiting our Tura Beach centre on **Friday 22 March 2019 at 4.00 pm** to meet with our members and answer all questions they may have relating to the new broadband service.

### **Profile of a Course Leader**

**Julie Walker - Line Dancing**



Julie started teaching line dancing with U3A in 2013. Dancing and music have always been a huge part of her life. She was about 4 years old when she first went on stage, performing all around the UK, right up until her family moved to Australia when she was 10.

Dancing is her passion and last year, Julie was privileged to be asked to participate in the Cancer Council's 'Stars of Bega Valley', teaching and performing with one of our local stars. It was a huge success and she was proud to have been a part of it.

Julie teaches line dancing 4 times a week and holds a regular 1:1 with another U3Aer.



Julie (pictured in black with one of her line dancing classes) acknowledges her classes are filled with dancers who have a joyful outlook on life and want to have fun.

"I am blessed to have such wonderful people to teach and hope that they will remain long time friends for many years to come, even when we are all dancing with our walking frames!"

"Anyone can dance and should. After all, if you don't use it, you lose it."

### Meet a Member - Val McAlpine



Val McAlpine plays Rummikub.

At 96, she is hearty, healthy and enjoys her independent life.

Val is quite inspiring and may well be our oldest member.

### Team Social March Event

#### U3ASC Barbecue - Monday 11 March

You would have received our recent correspondence regarding the U3ASC Barbecue at Lions' Park, Pambula Beach. (BYO for this first social event for 2019).

How to get there: turn right before the Pambula Beach Surf Life Saving Club and head towards Pambula River Mouth. Turn left at Lions' Park and drive down to the barbecue area.

### 2 x NEW One-Off Courses

#### Discover Bliss with Kirtan

**Thursday 2 May, 10am-11am (Tura Centre)**

Kirtan "to sing, to praise" is a folk form of Sanskrit mantra chanting that arose from the Bahkti yoga movement in 15th century India. The message of Bahkti is simple - to cultivate ecstasy and joy and

see the divine in one another. All arise from the same source and in love all are equal.

The Bahktis took mantras out of the temples and into the streets. Kirtan is a practice of group mantra chanting, the intention of which is to evoke and experience a state of blissful loving awareness. Learn something of, hear, and participate in a Kirtan. Easy to do. Drums and hand cymbals are welcome. Please bring a cushion to sit on the floor. Some chairs are available.

### The Politics of Walking

**Tuesday 7 May, 10am (Tura Centre)**

Linda Groom's most recent volunteer position was Convenor of 'Save Kosci Inc'. She was formerly Curator of Pictures at the National Library, Convenor of the National Photography Festival, past-President of the Canberra Bushwalking Club and president of a number of national professional organisations.

In November-December 2018, five people walked 560 kilometres from Sydney to the summit of Mt Kosciuszko. On the way, they were joined by hundreds of supporters, some strong-legged, some simply determined. Why bother? Come along and hear the reasons why.

### U3ASC Farewells Lee Govey



The special and delightful Lee Govey has moved to the Mornington Peninsula. She had a wonderful send-off by her friends and WAG group, Indian style. However, she says "they have not really gotten rid of her..."

*Lyn is seated third from the right, in black and gold.*

## U3ASC Community of Contributors Team Office (TO)

Thanks to Margaret Nicoll, Pat McKay, Chris Orman, Michele Patten, Lee Daynes, Katherine Harris and Erica Morrison, Team Office is up and running.

However, we do need more member contribution. Do you have just 3 hours per month to bring to the office one Friday of the month? Your job will be to welcome new and current members, maybe share a cuppa and do some admin tasks. We'll show you what to do and then, mentor you till you feel confident to work in the Team.

If you can help, please contact Carolyn Smith, [u3ascsec@gmail.com](mailto:u3ascsec@gmail.com).

## "Winners are Grinners" U3ASC Website Competition

U3ASC website competition is rocking. 3 clues are now on the website home page. Just one to go on Monday 11 March - then email your 4 answers to Terry Prowse, our wise webmaster, at [u3asc.comps@gmail.com](mailto:u3asc.comps@gmail.com) to be in the draw for the one big prize!

## Third Party Liability Insurance

U3A Sapphire Coast Inc. maintains Third Party (sometimes called Public Liability) insurance via a group policy held by the NSW U3A Network to which we belong.

The policy is designed to respond to claims against U3A or its members for damage or injury to persons or property (the third party) caused by negligence or lack of care by U3A or its members during the carrying out of its normal operations.

Some examples of the type of events which could give rise to a claim are;

- Someone carrying an urn of boiling water which is dropped resulting in severe scalding to someone else. (This is part of the reason why the urn at the Tura Centre has been replaced by jugs).
- Carrying a table or other heavy object to a vehicle but dropping it and causing damage to another vehicle or person (or whilst

unloading a heavy item from the back of a ute).

- We leave a heater on in rented premises which results in a fire.

The possible scenarios are endless but a good defence, in all cases, is being able to show that we took all reasonable care.

Chris Bembrick



Finding the text on your Smartphone hard to read? Change your settings to readjust the size.

If you are an iPhone user, open Settings>Display & Brightness>Text Size. All you have to do is drag the slider to increase the text size to a setting that works best for you.

You can also use the Voice-Over feature and have content read out loud to you. This setting, as well as Zoom and Magnifier Tools, can be found under Settings>General>Accessibility.

Android phones have similar settings. To increase your phone's font size, go to Settings>Display>Font Size. Adjust your font size to your liking by selecting small, normal, large, or huge. However, the sizing will vary, depending on the phone you have.

## The Value of Reflection and Experience



Cheers for this article provided by Dr. Nancy A. Pachana - a clinical psychologist and neuropsychologist and Professor at the School of Psychology at the University of Queensland - and co-director, UQ 'Ageing Mind Initiative'. The article recognises that the second half of life, politically speaking, can provide opportunities for innovation and new ideas.

Our job market in regional Australia needs a boost, especially our magnificent Sapphire Coast. It would have been more inspiring if the following statistics came from our own government but for this one, we rely on U.S. statistics (see reference below).

According to the U.S. Bureau of Labor Statistics, between 1995 and 2016, the 55-to-64-year-old age cohort accounted for 25.5 percent of new entrepreneurs in 2016, up from 14.8 percent in 1996.

Increasing levels of research, since brain plasticity hit the headlines a decade ago, demonstrate that the second half of life can be as creative, innovative, and entrepreneurial as those of their younger peers.

The 50-plus demographic will start more businesses in the years ahead than any other sector. Thus, older adults are in the vanguard for breaking down barriers, staying employed, providing mentorships and offering their services as volunteers.

“Perhaps the greatest opportunity of the twenty-first century is to envision and create a society that nurtures longer lives, not only for the sake of the older generation, but also for the benefit of all age groups - what I call the ‘Third Demographic Dividend’”, writes Linda Fried, dean of the Mailman School of Public Health at Columbia University, USA. the Boomers are recognised as being better educated than previous generations”.

From the U3A perspective, I see this process as primarily based on changing gears. The energy of the first 50 years is shaped by experience to fine tune strategic focus and priority planning.

The value of reflection and experience may slow the pace of daily schedules, but this counterbalances the frantic demands of technology to constantly update. Instead of technology reigning supreme, our brains and mindfulness techniques provide time for qualitative judgment and wisdom to emerge.

With the outflow of retirees seeking the sea and trees along Australia’s extensive east coast, a myriad of opportunities is emerging. Regional Australia is never far from a coastline. What better place to showcase such opportunities than our Sapphire Coast?  
<https://www.fastcompany.com/90310785/advantages-of-hiring-older-workers>

Nan Kennedy, *Wellbeing Team*

### **2019 Seniors’ Festival “U3ASC Compass of Music”**

U3ASC “Compass of Music Program” was conducted through the 2019 NSW Seniors’ Festival, and featured a diversity of various styles of music. The free events, held at Club Sapphire, were very well received by our members.

#### **“Music from the East”**

David Hewitt, musical director of StoneWave, takes U3ASC members through historical and cultural foundations of Taiko Drumming.



#### **“Music from the North”**

European early and Classical music was presented by the locally acclaimed recorder ensemble, Lumiere.



#### **“Music from the South”**

Our very own, wonderfully talented jazz vocalist, Cherie Glanville, took her captive audience on a tour of memories through Jazz renditions of songs from the 1920s to 50s. Cherie was accompanied by local musician, Paul Dion.



#### **“Music from the West”**

Ricky Bloomfield performed a program of Country and Western music at the 2019 NSW Seniors Festival.

