



U3ASC NEWSLETTER - NOVEMBER 2019



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Helen Gray, Christine Kaine, Ursula
Smith, Kathy White, Terry White,
Pam Wilson, Stephen Withall

Renewing your Membership for 2020

Please renew your membership NOW for 2020.

You can renew online at our website:
www.sapphirecoastu3a.org or at the Tura Beach
centre on Fridays, 1.30pm-3.30pm.

***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.

***NEW - ONE OFF* Ancient Egypt**
Wednesday 20 November, 2:00pm-4:00pm



David Wardle, 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.

***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.

***NEW - ONE-OFF* Synchronised Swimming**
Tuesday 28 January 2020 - 10.30am - 11.30am

Would you like to glide like a
swan or plunge like a
porpoise? Why not come
and join a Synchronised
Swimming class and learn
the basics (i.e. spending
most of the time with your legs in the air and head
underwater!) with leader Catherine Haynes.
Prerequisite: the ability to float independently. This
one-off will be an introduction, with the view of
creating a U3ASC Synchronised Swimming Team if we
have enough interest and water-bound enthusiasm.



***NEW - ONE-OFF* Spinning An Open Day**
Introduction
Tuesday 25 February 2020, 11.00 am-2 30 pm



Come and join the Eden Spinners
for an Open Day intro-duction to
the art of spinning, knitting,
crochet, and related fibre crafts.
If you are fond of crafts, this is the day for you and an
opportunity to meet a group of dedicated spinners in
Eden, at the Log Cabin, Bass Street. Materials and
equipment will be provided. See course contact
details online and enrol after 1st December.

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!



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

Calling Book Lovers!!



Are you a book lover who'd love to share your passion with a group of avid readers? One of our U3ASC Course Leaders is stepping down as leader of the Book Discussion Group held on the 3rd Thursday of each month. If you're interested in joining this lively group of readers as their Course Leader in 2020, please contact the Program Team Leader at programs.u3asc@gmail.com for more information.

U3ASC Trippers



Our first meeting provided an opportunity for members to discuss their interests and preferences for travel in 2020. The following matters were discussed and were agreed to be key for the planning of any U3ASC trips:

- unique and distinct experiences with an emphasis on new trips and adventures. The U3ASC travel event needs to be different from those which travel organisations are already providing.
- trip leader or tour guide needs to have a high level of knowledge and expertise in travelling any particular chosen country.
- provision of different accommodation levels to meet needs.
- paced travel is preferred, with several days spent at each destination.

Other points discussed included:

- theming trip to focus on particular interests.
- financial advantage of a group booking to be spread across the members who are travelling.
- South-East Asia, Vietnam, China, India, Iran and Taiwan are all possible destinations for 2020.

We're looking for information: What agencies or guides have you travelled with in the past whom you would recommend for service, quality, uniqueness? Your recommendations to Fleur, please: dwyerfleur@gmail.com.

Next meeting: Wednesday 4 December @ Club Sapphire, 12.15pm, in Rockpool Café.

NOTICE BOARD

Update on the refurbishment of the U3ASC Tura Beach Centre

The final plans will be available for viewing at the Centre from November 18th.

How to enrol in a course

Every member is required to enrol in the course they wish to participate in. This can be done either online at our website www.sapphirecoastu3a.org, or you can enrol through the office on Friday afternoons, 1.30pm - 3.30pm.

Course Leaders, please note - for insurance purposes, all your participants must be currently enrolled in your course.

U3ASC Christmas Function 2019

Bookings close on Friday 15 November for our Christmas function. Come along and join the fun on **Monday 25 November at Club Sapphire, Merimbula, starting at 11.30am.**



Cost is only \$20 for members for a two-course Christmas luncheon. Non-members are welcome at \$30 per head.

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



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.



- **iPads 2 - Apps, Media & Podcasts**

Wednesday 13 November, 10:30am-12.30pm

- **All About Data**

Wednesday 20 November, 10:30am-1:00pm

- **Wi-Fi and Mobile Networks**

Wednesday 27 November, 10:30am-1:00pm

Profile of Course Leaders - Peter & Trish



Peter loves playing cards, especially '500'. It's safe to say - any day is a good day to play '500' - which is why the group meets every Monday, whether it's term

time or not! Peter finds it works well to share the commitment of leading '500' with co-leader Trish because he also has other interests, eg. dancing, art group and family, which can take him away from Merimbula from time to time. Peter enjoys good organisation skills and likes to start promptly at 9am every Monday.

I also have a love of cards, especially '500' and 'Euchre'. Our dad used to play 'Euchre' with us when we were kids and I've enjoyed playing cards ever

since. I've been playing with the U3ASC '500' group for nine years, taking on the role of co-course leader with Peter three years ago. I always look forward to Mondays. It's a friendly, fun group to belong to and everyone pitches in to help with anything that needs doing.

Apart from '500', I belong to the Sociable Scrabble group. I'm a keen sewer, occasional quitter/patch worker and spend many hours in my extensive gardens, enjoying the sharing of excess produce with the '500' group.

Trish Hazell



Recover a lost or stolen device

One of the first things you should do when you receive your phone or tablet is to set up the '*Find My Mobile*' (Android) or '*Find My iPhone*' (iPad) service.

To set up the '*Find My Mobile*' service on your **Android**, open '*Apps > Settings > Lock screen and security > Find My Mobile*'. From there, you will be prompted to enter your Samsung account password. Once you click '*Confirm*', you are all set! If you lose track of your device, simply go to <https://findmymobile.samsung.com/>, sign in with your Samsung account information, and the website will find it. Remote controls and Google location service must be activated for this service to work properly.

To setup '*Find my iPhone*' on your **iPad**, open '*Settings > [your name] > iCloud > Find My iPhone*' and enable the feature. If you happen to lose your iPad, sign into icloud.com/find on your computer. Open '*Find My iPhone*' and select a device to view its location on a map. If it is nearby, you can have it play a sound to help find it.

Cancers, Tumours and Malignancy

Breaking News - cancer is not always malignant despite its name. Pathologists are now asserting their knowledge, skills and authority to advise all members of the medical profession who deal directly with patients to consult on a regular basis with pathologists. Medscape, a primary source for online continuing education for all US professionals involved in medical services, recently published current research outcomes in the field of cancers and neoplasia generally.

All “cancers” are not malignant. New technologies have contributed to the emergence of new paradigms associated with inflammatory conditions throughout the human body and the interacting roles of the microbiome and the immune system. Research has revealed that such neoplasma may also insinuate themselves into the brain and nervous system. In the brain tissue, this may involve a filigree of new tissue that defies safe surgery.

“Cancerous” growths of this kind are not necessarily malignant but still impact on health and wellbeing. Until a new nomenclature is developed for this rapidly expanding field, the current names persist. Fields already include thyroid tumors, breast, prostate melanoma and other cancers.

Medical practitioners often confuse over-diagnosis with mis-diagnosis but pathologists warn that this is not always the case. For example, a test diagnosis of papillary thyroid microcarcinoma by a range of pathologists “is accurate but the tumor itself was never destined to harm the patient,” they say.

They further argue that labelling tumors as ‘malignant’ or ‘benign’ exacerbates the problem because there is a wide range of aggressiveness and a similar increasing spectrum of interventions. Thus, multiple evidence-based surveillance or treatment options are emerging. It enables treatments to be tailored to meet their personal views of these risks. The best test before choosing is a second opinion. Expertise, previous experience and familiarity with the particular diagnosis also plays an important role. Sub-specialties in this expanding field are also emerging. Recent evidence of disagreements re different types of skin cancers have also arisen – ‘benign mole’ or ‘malignant melanoma’, for example.

The key issue revolves around the available microscopic technology and identification of precise bacteria, viruses or yeasts in the microbiome that are interacting with the individual genomic blueprint associated with its epigenetic inheritance of ‘junk DNA’ having a stoush with the patient’s immune system.

While all Western biomedical research eventually targets a magic bullet in the form of a specific chemical treatment that can be widely marketed, society itself is moving towards options involving lifestyles and self-managed diet and exercise programs.

Nan Kennedy
Wellbeing Team

Mindfulness Practice



From left: Denise, Rosie, Lee and Neil of Mindfulness Practice exploring Top Lake foreshore with Lee Dayne’s artist’s eye.

‘Think Pink’ Fundraising Dance



Organised and run by Wendy and Peter Colhoun, the “Think Pink’ Social Dance held on October 18th at the Uniting Church Hall, Merimbula, was a huge success. Our members in ‘Take Your Brain Dancing’ had a wonderful time dancing the evening away, and more than \$1,132 was raised for the McGrath Foundation.

U3ASC Team Office Welcome



Every Friday afternoon, at our Tura Beach centre, members of our ‘Team Office’ are at hand to welcome you and help you with your enquiries. *Pictured above are four of our volunteers: (l-r) Kerrie Dean, Marg Nicoll, Anne Murray, Trish Dive.*