



U3ASC NEWSLETTER - APRIL 2020

Meg Dodson,
Cheryl Kesteven,
Garry Riddell,
Meredith Stanthorpe



Thank You, Kaye!

It's been a great pleasure to work collegially with Kaye Seporavic. She is a gentle, intelligent, creative woman who has held the vision for a vibrant, diverse, learning U3ASC whilst simultaneously working down and dirty in the detail of attendance rolls, MyU3A database and all that!



We'll miss her thoughtful and considered perspectives which enhanced the quality discussions in the Management Team.

Thankfully, Kaye has now commenced mentoring her replacement, Linda McMorrow, who will head up the Programs' Team. Welcome Linda.

NOTICE BOARD

Zoom App



Zoom is a remote online meeting service which combines video conferencing, chat and various other functions.

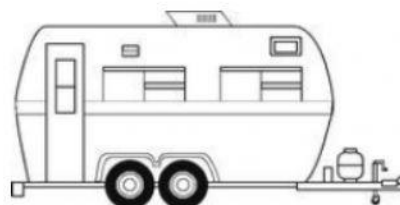
Our Italian course, led by Teresa

Hamer, has now resumed by using Zoom. The enrolled participants are invited into the online meeting room at the appointed time. All the participants can see each other and the course leader. Teresa uses material from her computer desktop and a virtual whiteboard to continue teaching Italian.

The Pro version of Zoom is now available for our course leaders to conduct U3ASC online courses. If you'd like to use the app for your course, please connect with your Programs' Team Contact (PTC) and they will help you to schedule a session to learn how to use Zoom. If you're already a practised user, contact your PTC for the U3ASC log-in detail to continue your course through this time of social isolation.

Social Justice

Crisis Accommodation Data Base



Mick Brosnan is calling out for caravans (donations or loans), units, houses, flats and any other temporary

accommodation at nil or reduced rents for those made homeless as a result of the fires or the coronavirus.

If you can help, please contact Mick on 0410 697 229.

Slow Food



A couple of weeks back now, we held a very small gathering in Tura Beach (prior to self-isolation) to explore the notion of a Slow Food group for U3A Sapphire Coast members.

What is Slow Food?

It is many things but includes the rediscovery of the rich varieties and aromas of local cuisine. It supports the philosophy of biodiversity, along with sustainable, ethical and fair food production. It counters fast food by revaluing how we spend our time producing, preparing, sharing and consuming food. It can create a greater connection between food producers and consumers, traditional foods and self-production.

Where did it begin?

Slow Food, as a global network, was founded in 1989 in Italy by Carlo Petrini. The manifesto of the international Slow Food movement is *“the International Movement for the defence of, and the right to, pleasure”*.

What might a U3A slow food group look like?

Among many things, we discussed the need to consider the inclusivity and benefits for a Slow Food group for our members and producers/food outlets - enhancing and not clashing with existing local events; engaging with various interest groups, cuisines and local producers, including indigenous food production; seeking passionate speakers along the ethical food production lifecycle (paddock to plate); and the possibility of doing educational sampling events/tours.

We are conscious that it may be some time before we can get together and share some wonderful Slow Food around a table. Nonetheless, there is quite a bit of work in the background to establishing a new group for U3ASC, so depending on interest, this new U3A group could mark the celebratory occasion of post COVID-19 isolation. In the coming months, we will seek contributions from U3ASC members around interest in joining, sourcing guest speakers, local growers and persons knowledgeable on indigenous foods.

No matter how we choose the group to function in the future, its principles will keep with those of the Slow Food movement, supporting biodiversity, sustainability, ethical and fair food production and sales, and sharing the pleasures of good food and fellowship.

Tracy Fleming

The Gift of COVID-19?

How can a global Pandemic Virus be a gift to humankind? Added to Australia's fires, droughts and floods, it seems like the Four Horsemen of the Apocalypse have arrived! My personal take on the situation was that the Pandemic might finally focus our Federal Government's attention on climate change and repairs to our ecosystems to bring our economy into balance, given the fragility of our natural environment.

Tim Hollo is currently a Visiting Fellow at ANU. The excerpt from his article in The Guardian seemed to cover the bases for me.



"Everything is connected. We were still living in the age of disconnection when the environment and the economy could be seen as separate things, in competition with each other. But then the summer arrived, delivering one after the other two massive wake-up calls. In the age of consequences, with the climate crisis and a deadly pandemic bearing down on us, it's impossible to pretend that we are separate from each other and from the natural world. A pandemic, more than almost any other phenomenon, shows that all our lives are inextricably intertwined, for now and forever, whether we like it or not. It brings into sharp focus the impossibility of trying to keep economics, health, environment, education and social justice treated as separate questions with separate answers. It heightens awareness of our vital need, as social beings, to stay connected to each other as well as we possibly can while keeping our physical distance. It shows how the "efficient", on-demand world that capitalism has constructed is so incredibly fragile that a series of shocks can bring it to the point of collapse. And with the rules of neoliberal economics being broken by governments the world over, it demonstrates that massive policy interventions, shifting the entire structure of the global economy, are possible.

This summer's bushfires were far larger and fiercer than ever before, over a season that started when we were barely out of winter. The smoke blanketing Canberra, Sydney and Melbourne, and the repeated evacuation of summer holiday spots, meant that most Australians were affected. It heralded a shift in thinking that went deeper than personal impact. It focused attention on the billion or more mammals, birds and reptiles killed. We mourned the thousands of

koalas and the numerous species being pushed towards extinction if their habitats aren't restored. The environment is the air we breathe and the water we drink; it's the soil in which we grow our food; it's the animals we identify with and the landscapes imprinted on our souls; the environment is us, all of us, together, integrally connected with everyone and everything else on this beautiful blue marble floating in space. Damage the environment and we damage ourselves, all of us together. Continue to think in our compartmentalised, linear fashion, and we'll keep missing what's coming. We are only as healthy as the least healthy among us. The age of disconnection is over."

<https://www.theguardian.com/commentisfree/2020/mar/28/with-the-climate-crisis-and-coronavirus-bearing-down-on-us-the-age-of-disconnection-is-over>

Nan Kennedy,
New Initiatives

Keep Learning & Be Entertained Online

'GEMS' - monthly newsletter from U3A Online

<https://www.u3aonline.org.au/content/gems>
(click this link)

This is a great find, with lots of interesting research articles on diverse topics ranging from Physical Health through to Emotional Wellbeing and Puzzles online. Here's one for instance: *Music as medicine? 30 minutes a day shows benefits after heart attack*. Daily music sessions are found to reduce anxiety, pain and subsequent heart problems

Open Universities Australia

<https://www.open.edu/openlearn/free-courses>
(click this link)



Open Universities Australia is an online higher education organisation based in Australia

which offer courses online through many different universities. Its courses are both fee paying and free. There are many free courses across a broad range of topics, e.g. 'Creative Writing and Critical Reading' (8hrs) or 'Eutrophication' (12hrs) ... *What's that?*

For Arts/Culture 'In Depths'

www.artsandculture.google.com/explore
(click this link)

Liven up your Culinary Skills and eat it all yourself!

<https://www.delicious.com.au/recipes>
(click this link)

What about a free 7 day trial of Metropolitan Operas with Nightly Met Opera Streams?

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

And if that is not enough to keep you busy, here are a few more resources:

Amazon Global Audiobooks are free:



Audible Stories is available for children who are temporarily unable to go to school around the world. Listen to all audiobooks for free, with

content ranging from preschool to classic literature, no download of apps, no login required, no ads, with languages like English, German, French, Italian and Japanese.

stories.audible.com/discovery

Free online virtual visit to 17 international museums during the confinement due to the Covid-19:



<https://www.demotivateur.fr/article/visiter-des-musees-sans-bouger-de-son-canape-le-plan-parfait-pendant-la-quarantaine-19057>

In response to the epidemic, **Cambridge Publishing UK offers 700 online reading editions of their books**. The free reading period is until the end of May, and includes some Christian and theological works.

<https://www.cambridge.org/core/what-we-publish/textbooks#>

Online Broadway Musical, all FREE for a limited time:

<https://www.insider.com/stream-broadway-musicals-plays-for-free-online-limited-time-coronavirus-2020-3>

CORONAVIRUS (COVID-19) UPDATE

Until further notice, all U3ASC classes are still suspended, but please contact your Course Leaders as some may have implemented ways to conduct their classes via the Internet.

For all official information re. COVID-19, please refer to the Australian Government website:

<https://www.australia.gov.au/>