

U3A Sapphire Coast July Newsletter

How do I become a Volunteer Tutor?

Tutors are very important to us, and we would not exist without them. If you have been thinking of becoming a tutor or starting a discussion group, please see our 'Offer a Course' page under the 'Take a Role' heading. On our web site <https://www.sapphirecoastu3a.org/>



Welcome

New Member

Helen Britten



Hi Members,

In this newsletter, you will find important information about our Term 3 program and the resumption of In-person courses. And, there is more good reading this month as the Newsletter Team has sifted through what's been happening and what's about to happen in U3ASC. If you have something you'd like to contribute to the newsletter, please forward by Monday of the second week of the month to:

Elizabeth - eastacey@bigpond.net.au or Patricia - u3ascoffice8@gmail.com

On July 30, I finish my 3 year term as President. It has been a great pleasure to collaborate with the many, many members and course leaders who contribute to the daily running of our organisation. In particular, I am very grateful to the current and past members of the Management Team, the Admin Team, our Tech Team, the Newsletter Team, the Brains' Trust, the Grants' group, Team Social (now completed) and the Futures' Planning group (now completed). Thank you sincerely for your continued cooperative work and your willingness to always lend a hand.

I trust U3ASC is in good working order, regenerative and ready for the next part of its development. Unfortunately, at this stage, we do not have a new president. I am hopeful someone will step up soon. In the meanwhile, I am absolutely confident that the Management Team and the many others involved in running U3ASC will do a great job.

Thank you
Fleur

Inside

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The Management Team

Seen here at their June meeting practising social distancing



Pam Summerell, Publicity & Marketing

Led our first information table for 2020 at the Bega Food Markets on the chilly Friday, 19 June. The large jar of jelly beans did attract quite a bit of attention.

Murray and Craig Rutting, organisation to interested persons. Total number of jelly beans was 534.

Pam, with members Anne

Vale

Thelma More long time member will be so missed by her U3ASC friends.



Geraldine Wilson unexpectedly passed away Thursday 2nd July. Many members will miss her generosity and kindness. As course leader of Tuesday Mah Jong Group for many years, Geraldine will be sadly missed by her companions.

U3A Sapphire Coast

Wanted President

Values driven, creative, leader to take U3ASC into the future.
Contact Vice President
Garry Clear: garrypcug@gmail.com

Team Office

U3ASC office is reopening Friday 24th July 1.30 to 3pm. Will be open every Friday after. Covid Safe Plan will be in place.

Margaret, Team Leader



Anne seen here enjoying the U3ASC Xmas Party.

Profile on one of our Fun Filled Course Leaders

Anne Murray

My introduction to Scottish Country Dancing was as a Scottish school child. A dedicated teacher visited the local primary schools after hours. If the pianist was unavailable, we had to sing nursery rhymes, so Tempo was rather ragged. Regretfully I lost sight of SCD after school. I arrived in Australia late 70s and found SCD again. I attended the residential schools, one overseas near Seattle. These are heady events with classes all day and Socials in the evening for a week. I danced with weekly dances in Cabramurra, Cooma, Canberra, Cobargo and Bateman's Bay and of course Bodalla with Janine and Max Holden who have been supportive.

The Wednesday Scottish Country Dancing session takes place at the Uniting Church Hall Merimbula. We are a small group, sufficient to form one and sometimes two sets. Scottish Country is a team effort with all dancers interacting. Having danced together for almost 3 terms now we feel proficient but remember what it was like to be a novice so welcome new dancers who can be sure of support.

As the course leader I am incredibly fortunate to have the backing of U3ASC and a coordinator, Carolyn Smith. I approached Carolyn with my need to dance more locally and sufficiently needy to offer instruction if that was required. I had no experience in teaching so felt very brave. Well Carolyn arranged the venue and spread the word. The wonderful U3A members responded, and we had a class. An experienced SCD teachers Jannie and Max Holden from Bodalla got us going and they ran our first session. Like all groups who share a passion for their activity there is always help at hand.

The Royal Scottish Country Dance Society is based in Edinburgh and has branches throughout the world. Members keep in touch with international Schools and attending Branch Socials. While we are coping with the pandemic and disallowing ourselves social dancing there are opportunities on line. Visit the RSCDS site and follow the links.

Critiquing cinema



Hi Movie Lovers,

There are some indications that cinemas may open up soon. It will be great to meet up again and share our thoughts on the latest movie releases.

In the meantime, if you have access to a streaming service, there are many great films available. Netflix has classics such as *Raiders of the Lost Ark*, the original and the best with the lovely Karen Allen. *Rosemary's Baby*, as weird and frightening as ever and *Zodiac*, an intriguing film based on Robert Graysmith's obsession with finding the Zodiac killer. Netflix also has newer films that I haven't seen but have been well reviewed such as *The Irishman*, *Marriage Story* and *Dolemite is My Name*.

I don't have access to a streaming service but I've seen some great programs on SBS recently. A documentary series I can recommend is Ken Burn's latest, *Country Music*. On the SBS movie channel, films I've enjoyed are *45*, a beautiful film about a woman's questioning of her long term marriage, *Nightcrawler*, about the immoral/competitive world of news programming and two films by Jim Jarmusch, *Paterson*, a week in the life of a poetic bus driver played by Adam Driver and *Only Lovers Left Alive*, with the delicious Tilda Swinton and Tom Hiddleston. It's hard to know what the future holds for film as Covid 19 has really walloped the arts industry despite the resolve of many performers to provide much free content. Let's hope for better days ahead.

Molly Lehane
Course Leader, Critiquing Cinema

TECH TIPS for Outlook Windows 10!

This is a YouTube video presentation of short cuts for Microsoft Outlook email program. There are 20 easy to follow, clear tips. Not all of them will be useful for everyone. Choose the ones you would like to use, note the number of the tip so you can refer back to it by moving the slider along the bottom of the presentation until you reach the required tip. I would suggest saving the clip to a folder (computer?) so you can refer back to it at will. You can bypass the ads by waiting about 4 secs, then click on the 'skip add' box. This clip was from Karl Dietzel – thank you Karl.



<https://www.youtube.com/watch?v=zLK9QquVmGU&t=438s>

An update on classes as the COVID-19 Restrictions ease.

With the COVID-19 restrictions beginning to ease in NSW I am sure most of you already know the U3A Sapphire Coast management team has made the decision to reopen our Tura Beach Centre for Term 3. For some this news is exciting but for others it comes with a degree of trepidation. Please be assured we are progressing with caution and we have developed a COVID-19 Safety Plan for the centre as well as home venues. All clubs or halls that other classes use must do the same before any U3A Sapphire Coast classes can recommence in them. According to this Safety Plan and the size of the Tura Beach Centre the maximum number that can enter the centre at one time is 12 (including the course leader). This requirement has caused some classes to be rejigged and now will be operating at 2 different times - thank you to those course leaders for offering to present that 2nd timeslot. For those classes recommencing at the centre for Term 3 details of the Tura Beach Centre COVID-19 Safety Plan will be made available to the course leaders before the start of Term 3. Other classes are enjoying the Zoom platform and have decided to continue using it at present. Some classes however revolve around sharing equipment and for those the management team has strongly recommended that they should not recommence due to the difficulty in sanitizing the equipment used. I hope it will not be too long before they can also once again get together. These certainly are unusual times and the baseline seems to be continually shifting however we can all do our bit to stay safe and continue to socially distance.

Linda (Programs Team Leader).

Mindfulness Challenge for Term 3

The Mindful Practice Group takes on a 100 day Mindfulness Challenge for Term 3. We hope, through daily practice of about 15 minutes, for 100 consecutive days, we will establish the habit of being mindful. It will take commitment and consistency.

To support and guide you, each day, you'll receive via email:
A mindfulness audio meditation A mindfulness worksheet
Journaling prompts for your reflection

Throughout the 100 days, our U3ASC Mindful Practice Group will catch up,. Depending on restrictions, it will be either in person or on Zoom. We'll talk about the challenge, how we're travelling and any ideas to help us keep going.

Are you up for the challenge? Then we'd love to have you JOIN US.
We commence on the first day of Term 3, Monday 20 July. Enrolments online.

Mindfulness Challenge for Term 3



Wine Appreciation Group (WAG)

We are holding our monthly "meeting" online via video conference call, which has been an interesting challenge. Over the last two monthly meetings we first each shared details of wines we recommend that are available online or locally and in our second meeting we identified our favourite wines with our reasons for choice even though these wines may not always be so easy to find. After the meetings we've documented these details and we now have an interesting list of potential wines to taste. Not quite the way we usually share our wine tastings with accompanying savouries and social chat but a way to continue learning about wine in these times of social isolation.

Some wines available locally or online that we recommend include:

Bird in Hand Winery - "Two in the Bush" Shiraz 2017, from the Adelaide Hills (Mt Lofty region). It's a good example of a cool climate shiraz that's nice now but I think will be even better in a few more years. It's 'big' at 14.5% alcohol but doesn't come across that way selling around \$22 (Mike Warren)

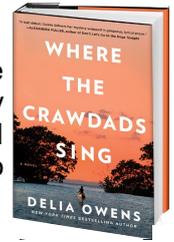
Red Hill Estate Chardonnay 2018 from the Mornington Peninsula, Victoria is a favourite of ours with reliable vintages. Described as having "a concentration of white peach, nectarine" in aroma and with a taste of tropical fruits, it is a light chardonnay with 13.5% alcohol and a clean finish selling around \$15 -17 (Elizabeth Stacey).

Mike Warren
Course leader, Wine Appreciation Group

Book recommendations from the Third Thursday Book Club.

Where the Crawdads Sing by Delia Owens

The story follows two timelines that slowly come together. It is the life of Kya Clark as she grows up alone in a shack in the swamplands of North Carolina after being abandoned by her family, and later becoming involved in a murder mystery. Well written, nicely developed characters. Gorgeous descriptive scenes of the swampland. No doubt this will be made into a movie.

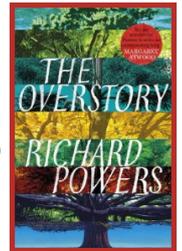


The Weekend by Charlotte Wood

Three long term friends in their 70s gather at Christmas to empty the holiday house for sale of a mutual friend who has recently died. The Weekend explores growing old and female friendships. It is beautifully written with humour, and Baby Boomers are sure to recognise themselves in one of the characters.

Overstory by Richard Powers

For all people concerned with our destruction of our planet. A story of passion for trees told through several viewpoints which all come together (or fall apart) in the end. This book should be on the reading list for schools.



Lindy Fisher

Course leader, Third Thursday Book Club

Gourmet Traveller

Because we could not meet for our usual dining out, I suggested we could exchange some favourite recipes to chat about. Sylvie's exotic Italian Zucchini dish was welcomed by our members who were growing their own vegetables. Bad luck for Nancy however, as she had just eaten the last crop from her zucchini patch.

Cutting your own hair!

Who's game enough to admit to that? Well, I did, cut a bit of hair here, chop a bit of hair there, when it became too unruly. Some of us practised similar hair control. Just slip on a beanie to cover up a mistake. Thankfully Gourmet Travellers are now returning to our hairdressers, albeit within social distancing rules, with only one or two clients in salons at once. Actually we are all in favour of that, and applaud no more untidy hair dos.

Margaret Evans, Course leader Gourmet Traveller

The Covid-19 Pandemic is wrecking our social life as never before experienced.

The lockdown regime includes those becoming depressed and those becoming angry and rebellious. The medical profession is offering mollifying messages on the TV and social media to seek counselling for any mental health problems. Contact phone numbers are offered.

The term Mental Health began to go out of fashion during the last decade. It is now recognised that our thinking (cognitive) and emotional (mental) brain has an 11-dimensional structure of neural circuits that monitor the health of the entire body! Yes, the immune system not only starts with our skin as protection against germs. It also works throughout the mucous membranes of the entire body to tackle nasty viruses and bacteria that try to get into noses, eyes, ears, evacuation channels, cuts that bleed or bites that infect. In 2012 the emotional brain was identified as having six dimensions: Resilience, Attention, Outlook, Self-Awareness, Social Intuition and Sensitivity to Context.

Welcome to the 21st century. A united body for our GPs to heal at last.

Nan Kennedy, Wellness Team

Newsletter

Contributions & Feedback

to the Newsletter can be sent to the Newsletter Team by the 1st Monday of every month send by email to either: Patricia: u3asoffice8@gmail.com or Elizabeth: eastacey@bigpond.net.au



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