



U3ASC NEWSLETTER - JANUARY 2019



Hans Dessens, Carla Gray, Bruce Guenon, Gai Jacobs, Sybella Kaye, Pamela Keenan, Kym le Riche, Sue Lakey, Keith Lakey, Lorraine Moss, Lyn

Murphy, Marie Oatley, Penny Skinner, Joyce Smith, Natasha Staker, Lesley Weekes.

U3ASC Memberships 2019



It's time to renew your membership for 2019. You can re-enrol online at our website:

<https://www.sapphirecoastu3a.org/>

or come in person to the following venues on the dates and times scheduled:

Tura Beach - U3ASC Tura Centre

Tuesday 22 Jan - 10am to 1 pm

Bega - The Fun House, 3 Hill St

Wednesday 23 Jan - 11 am to 1 pm

Eden - Community Access Centre, 116 Imlay St

Friday 25 Jan - 11am to 1pm

Correction to Weekly Schedule & Program

Please note: **French 3:**

Monday, 9.30am - 10.50am

Explore our Web Page - Monthly Prizes!



Our new web-page has been up and running for a year now and we'd like you to get to know it better. As well as running exploration courses (coming soon), we will run monthly competitions to encourage you to explore the site and see what it can do to support you.

Each month, the winner will receive a movie pass at the Picture Show Man, Merimbula. The first competition will begin in February.

For more information, check in regularly at:

<https://www.sapphirecoastu3a.org/>.



U3ASC 2019 Annual General Meeting

It has been necessary to change the date, and our Annual General Meeting is now on:

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. Please look out for the Agenda which will be sent to all members in February.



We're delighted to have received the maximum funding of \$1,000 from 'Seniors' Festival Grants' to conduct a musically themed program during Seniors' Festival Week, Wednesday 13 February to Sunday 24 February.

Why music you ask? Music is one of the suggested foci for 2019 Seniors' Festival, perhaps because research continues to inform us that music has the power to uplift us, generate a sense of wellbeing and shift negative thinking patterns.



We proposed a Compass of Music Program to be conducted through the Seniors' Festival to feature a diversity of various styles of music. Attendance is free for all members.

WEDNESDAY 13 FEBRUARY,
Club Sapphire, 1.30pm - 3.30pm.

Music from the West - a program of Country and Western. In Part 1, Ricky Bloomfield brings Johnny Cash to life through his music. Part 2 is by Peter O'Brien, a performance poet. He will enact various works of A.B. Paterson to a background of original music.

FRIDAY 15 FEBRUARY
Club Sapphire, 1.30pm - 3.00pm

Music from the South - 'Memories expressed through Jazz' is presented by Cherie Glanville and Paul Dion.

TUESDAY 19 FEBRUARY

Club Sapphire, 1.30pm - 3.00pm

Music from the East - Local drummers will present the spiritual and ritual origins of Japanese Taiko drumming.

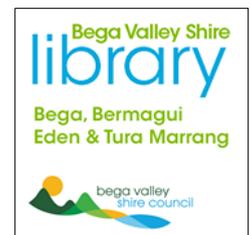
WEDNESDAY 20 FEBRUARY

Club Sapphire, 1.30pm - 3.00pm

Music from the North. European early and classical music presented by the locally acclaimed recorder ensemble, Lumiere.

U3ASC Promotion
in Bega during 'Seniors' Week'

Would you like to share information about our learning community?



The Bega Valley Shire Library is putting on an event for Seniors Week called "**Never Too Late to Make It**" at the **Bega Valley Civic Centre on Wednesday 20 February 2019 from 10.30am - 2.30pm.** This event is to showcase all of the different arts, craft and other groups in the Bega Valley Shire that Seniors might enjoy.

Hopefully, some members will volunteer to take our banners, to set up a table and talk with other Seniors about enjoying and joining U3ASC. Please advise Carolyn Smith if you can help: email: u3ascsec@gmail.com.

It's all about our members!

Welcome to a new year of learning, social activities and friendship. Our 2019 program is filled with a variety of interesting and sometimes challenging courses, with something for everyone.

We are always looking for feedback and if there's a course or activity you think could be added to our program, we'll endeavour to make it happen.

We are also very keen to welcome new Course Leaders. You might be surprised to find that our members may appreciate those special skills you have developed in your life. Please consider sharing them in a sociable, non-threatening environment - for the enjoyment of all.

If you'd prefer to be part of the daily running of our community, why not join one of our teams of volunteers? Again, your contribution would be most welcome.

U3A South Coast values your help and input; Please contact us on: email: u3ascsec@gmail.com or mobile: 0491 099 570.

Helping with U3ASC



Our community really does need you. Do you have a couple of hours a month to lend a hand

with our office or in other areas of organisation?

If you'd like to be more involved with the running of U3ASC and have a little time available, please do have a chat with Fleur about how you think you may be able to assist and the sort of time you could allocate. Contact Fleur at: dwyerfleur@gmail.com or 0418 629 488.

Some Housekeeping Issues for Course Leaders

It has come to our attention that U3ASC is required to maintain class attendance records for insurance purposes. A revised Attendance Record form is available from the U3A website to download and copies will also be available from the Tura Beach Centre. Please return your completed copies to the Centre at the end of each term.

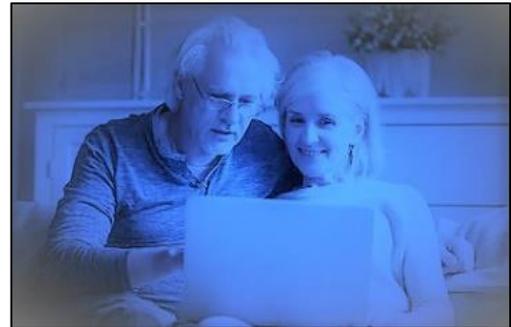
The organisation is also required to ensure that those Course Leaders who conduct classes in their own homes are covered by household public liability insurance as a means of protection in the

event of a mishap. In the normal course of events, Course Leaders have a duty of care to warn member attendees of any potential risks, e.g. loose doormat, trip hazard, etc., and to make a note of having done so. Thank you!



Staying in Contact When Travelling

Do you love to travel? Do you want to stay in touch with people at home without it costing you a fortune in roaming charges? You can use email but for more immediate contact, you can connect with your loved ones free of charge as long as you have a Wi-Fi connection.



You have quite a few options when choosing how you want to stay in contact. In most cases, the person you wish to contact will also need to have an account with one or each of the following: -

Skype - Enjoy free voice and video calls on Skype to help you stay connected with the people you care about. <https://www.skype.com/en/discover/>

WhatsApp - WhatsApp Messenger is a FREE messaging app. WhatsApp uses your phone's internet connection or Wi-Fi to let you message and call friends and family. Switch from SMS to WhatsApp to send and receive messages, calls, photos, videos, and voice messages.

<https://www.whatsapp.com>

Facebook Messenger - A simple way to text, call and video chat.

<https://www.messenger.com>

Viber - Viber is a calling and messaging app. All calls and chats are protected by built-in end-to-end encryption, so you can be sure that your conversations are always secure.

<https://www.viber.com/download/>

'For the Love of Drawing and Painting' New Venue for 2019



The Friday morning 'For the Love of Drawing and Painting' group is moving to a new venue this year.

Previously at the Old Bega Hospital, we'll be meeting at Bournda - a nice compromise for members who come from both Bega and Merimbula/Tura, and

perhaps more convenient for any new people hoping to join the group.

And if you thought drawing was an indulgence, think again. Researchers from the University of Waterloo have recently reported in Science Daily that drawing beats any other known technique for improving the memory in older adults.

It doesn't matter whether you're good at it, or not so good - drawing uses the visuospatial processing regions of the brain that are usually intact in normal ageing as well as in dementia, and results in better retention of information than information represented by, say, words.

If you are interested in drawing, watercolour or pastel painting and would like to join the group, call Sue O'Loughlin on 0439 809 237 or email: sue.oloughlin@gmail.com.

Emily's Abscess

When my daughter arrived for Christmas with her two cats, Yapa and Emily, she was concerned about a recent lump that she felt on Emily's shoulder. The next day, it appeared to be an abscess forming. In the



next few days, Emily had licked herself long and hard and also cleared the hair from the circumference of the site. (An internet search revealed that cats lick themselves because their saliva contains antibiotic properties). Her behaviour did not show any symptoms of discomfort and life went on as usual, as an indoor cat when at my house. However, we did call in to consult a vet (via photo) when business opened. She advised to let things be, but suggested Betadine if it got worse; it did not.

With cosmic synchronicity, my weekly email from Medscape (an online continuing medical education site) obliged with further information a few days later. Apparently, the new advice to humans is to ban the use of antiseptics and antibiotics because recent research has been focused on our skin and its protective microbiome.

It appears that the skin is the fundamental barrier between our immune system and the environment - part of nature's gift from the earliest life on our planet. We have more than 1,000 species of bacteria, mites, fungi, viruses and the basic biofilm that extends deeply into the epidermis. Its characteristics vary individually and continue to change with events like age, diet, exercise and general lifestyle changes.

Mice fulfilled their research duties and demonstrated how the interactions between immune and biofilm ecosystems occur.

The normal situation is a balance between the internal immune system and the competing population in the biofilm that extends via epithelial cells throughout our entire body. The totality is called the microbiome.

Trouble starts if antiseptics or antibiotics disrupt the normal situation of balance between these two systems. The internal immune system has a powerful influence on our basic health but the biofilm population, if unbalanced, allows mayhem to intercede. Warfare between competing microscopic entities can allow one or more to

become dominant, giving rise to inflammatory conditions of all kinds.

The article includes a complex discussion on micropore particle technology that will revolutionise the treatments of all sorts of conditions that disrupt our health and wellbeing. Voilà! Another paradigm change in medicine to be digested this century. For further information: https://www.medscape.com/viewarticle/904991?src=wnl_edit_tpal&uac=304321EK&impID=1850579&faf=1

Nanette Kennedy, *Wellbeing team*