

U3A Sapphire Coast

ABN: 85641263291

"WHAT'S HAPPENING IN U3A SAPPHIRE COAST?"

P.O. Box 798
Merimbula NSW 2548
Ph - 0491 099 570

www.sapphirecoastu3a.org

email - u3ascsec@gmail.com

 /U3ASapphireCoast/

U3ASC NEWSLETTER - FEBRUARY 2020



Lynden Bartlett, Jenny Bateman, Merryn Dowling, Sue Campbell, Lisa Flanagan, Kay Foulsham, Leigh Gray, Belinda Jermyn, Don McKeown, Linda McMorrow, Louise Maud, Louise Nadin, Zanetta Noter, Natasha Oates, Wendy Peisley, Brian Pollett, Anna Schinkel, Anthea Stewart, Craig Turing, Clare Whiter, Jon Webb.

U3ASC Annual General Meeting

Friday 6th March, 1:30pm

All members are encouraged to attend at the Tura Beach Library. Afterwards, please join other members for afternoon tea at the U3ASC Tura Beach Centre. For catering purposes, please call our Secretary on 0491 099 570.



Nominations for Positions on the 2020 Management Team - please note that nomination forms need to be with the Secretary by February 21, 2020.

Course Leader Welcome to their Year:

"The Year of the U3ASC Course Leader"

Friday 28th February, 4:00pm - 5:30pm



All Course Leaders are invited to join the Programs' Team on **Friday 28 February** for d&d (drinks and discussion), 4.00pm - 5.30pm, at the U3ASC Tura Beach Centre.

RSVP Kaye Separovic, Programs' Team,
programs.u3asc@gmail.com

***NEW - ONE-OFF* Walking the Camino Trails**

Friday 27th March, 1.30pm - 3.00pm

Join Wal and Sylvie Wolzak as they share their experience of walking a variety of Camino trails, some together and some solo. Wal walked his first Camino in 2008 with a Spanish colleague, Joe Vega, and together, they started the 'Canberra Friends of the Camino' where Wal was a coordinator and founder until moving to Merimbula.



The presentation will cover the following:

- The history and the various Camino routes,
- What to pack and what to leave behind.
- A general section about the pilgrimage in Spain and France, food, customs, accommodation, etc. and the best season to walk.
- A photo session(s), reading material, etc.

Enquiries to Wal - Mobile: 0419 918 329 or email wal.wolzak@gmail.com.

***ONE-OFF* Synchronised Swimming**

Tuesday 3rd March, 2:00pm - 3:00pm

This is a follow-up to the Synchronised Swimming class held in January and will cover the techniques attempted at that session so new members are welcome!



For more information, please contact our Course Leader, Catherine Haynes. Email: jhaynes57@hotmail.com.

***ONE-OFF* Spinning**

an Open Day Introduction

Tuesday 25th February, 11.00am - 2:30pm



Come and join the Eden Spinners for an Open Day introduction to the art of spinning, knitting, crochet, and related fibre crafts. If you are

fond of crafts, this is the day for you. Materials and equipment will be provided.

For more information, please contact Helen Gray on 6496 3641 or email: graham.helen71@bigpond.com

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

Profile of a Course Leader

Sue Middlewood



Hi all, I facilitate the writer's group which began a couple of years ago initially as a memoir writing group. It became clear that not all participants were wanting to write non-fiction. We broadened

the group to accommodate everyone and it has been flourishing ever since.

I say that I facilitate the group as I certainly don't see myself as a teacher. We hope to improve our writing by giving thoughtful feedback each week to the presenting writer. Then I present the group with a homework exercise. We have a confidentiality policy to ensure a safe space is maintained.

My previous writing experience is of academic papers and a Master's thesis but now, I am almost through the first draft of my memoir. I have always enjoyed working with people - as a nurse most of my life (eventually in Palliative Care) and now as a civil celebrant. I cherish being allowed into all those sacred parts of life.

Our writing in the group connects us in a beautiful way with each other's lives and it has become the highlight of my week.

Sue Middlewood

Dominos 7/1/20



*Dragons breath licks
At the edges of our parched landscape
Grinning, engulfing, incinerating
Whirlpool
Soot, ash, embers
Birds, stock animals extinguished
A powder train
Ashes to ashes, dust to dust
Livelihoods snuffed
Poverty strikes fear into lives
Contagion
Supplies dwindle, food scarce
One by one jobs dissolve
Ecology blown to bits
Gone are the bees
Gobs of lifecycle vanished
Hopelessness, despair, sadness
But we are strong, capable, resilient
Adaptable, generous, supportive
Dominos stand tall, make ends
Time for a new game*

Be Stay and Keep Happy

Lisa Appleby

NOTICE BOARD

Back to the swinging
1960s
An Unforgettable Decade!
Re-live the music ... Re-live the history
1.45 pm Wednesday 8th April ~ Club Sapphire, Merimbula
10.15 am Thursday 9th April ~ Bega Commemorative Civic Centre
Featuring Sam Stevenson & Dr Merv Bendle
Refreshments included
★ **FREE** to Seniors & those accompanying them
★ Gold Coin Donation for Others
Seats are limited. **BOOKINGS ARE ESSENTIAL**
Email: southcoasthistory@yahoo.com
or phone 0448 160 852
VERY PROUDLY PRESENTED BY BEGA VALLEY SHIRE COUNCIL, BEGA VALLEY HISTORICAL SOCIETY & SOUTH COAST HISTORY SOCIETY as part of the 2020 Bega Valley Seniors Festival

Brains' Trust Meeting



The meeting has been postponed till
Wednesday, 28 February,
2.00pm - 4.00pm
at U3ASC Tura Beach Centre Office.

'Who, did you say, the Brains' Trust is?' They are a group of long-term members of U3ASC who provide wisdom, cultural perspectives and creative ideas about the activities and future directions of U3ASC. Come along if you're interested and qualify.

U3ASC Trippers

The U3ASC Trippers' first Trip for 2020 is a rail trail cycle trip in East Gippsland, from Sale to Orbost, Victoria, from Saturday, April 18 to Friday, April 24. You'll be riding with our member, Sally Rowan. Book through <https://www.snowyrivercycling.com.au/events/gippsland-trails-cycle-tour>. For more information, contact Sally on 0413 480 682 or r.smith@apex.net.au.

Next meeting: Wednesday 19 February, 12.15pm @ RockPool Café, Club Sapphire. All U3ASC travel enthusiasts welcome. For more information, please contact Fleur: dwyerfleur@gmail.com.



Internet Access at TBC



The Wi-Fi access is for the use of Course Leaders, course participants and Team Office to manage new registrations, course enrolments and digital storage. In the past, some members have actually come to the Tura Centre to download data and to upgrade systems on their devices using our internet service. Good grief! Unbelievable! Come on now! Fair suck of the sav!

Using the Tura Beach Centre

- Members are reminded to please switch off all appliances, particularly the air conditioner, and to clear the floor of all furniture and detritus.
- The dishwasher is run to sterilise cups after 'Taboo Topics' on Wednesday, and 'Team Office' on Friday afternoon.
- The switches to the under-sink hot water unit and to the Zip unit, are located on the wall on the outside of the toilet door. They are to be turned off on Friday afternoon, and '500' players will switch them back on Monday morning.

Scottish Country Dancing

All welcome at the Scottish Country Dancing class on Wednesday mornings, between 10:00am and 12:00noon, at the Uniting Church Hall, Merimbula. At present, we have about 16 dancers and space for as many more. We

started last year and now, have experienced dancers to show you the steps and formations. The class is energetic and sometimes chaotic and we laugh a lot.

Dancing is so good for one's wellbeing, physically, mentally and spiritually - all in the one package! A recent account from a frontline volunteer fighting the bushfires, was "I am going dancing to recharge". I do hope you will join us.

Anne Murray, Course Leader



Tech Savvy for Seniors 8-Week Course

TECH SAVVY SENIORS

A partnership between the NSW Government and Telstra



The South Coast Careers College is offering a Tech Savvy one day per week, eight-week course for Seniors in Merimbula.

Course outline: Just purchased or have been given an iPad, Tablet, Smartphone (iPhone or Android) or do you have a Computer but have never used one before? Tech Savvy is a fun learning experience for anyone over the age of 60! If you want to learn how to email or skype, use a tablet, or even a smartphone then this course is for you! Our knowledgeable and patient tutors will help you with a range of topics.

- This training is subsidised by the NSW Government in partnership with Telstra.
- \$50 resource fee applies to all participants

Enrolments can be done by phoning Hilary at the Merimbula campus on 6495 2563.

Note: This is not a U3A Sapphire Coast event. Those interested can enrol by ringing the phone number shown above or going to their website

<http://southcoastcolleges.edu.au/course/techsavvyseniors/>

February 2020 - the Delayed New Year for Rural Australia.



The Christmas-New Year holidays devastated by the worst bushfires in living memory. ABC program Q&A aired on February 3rd - vivid in my memory. It was scheduled to be presented in Bega but moved to Queanbeyan when local fires demanded attention. As I walked along Tura Beach Monday morning, the foreshore black with ashes instead of seaweed, a lone helicopter trailing a water carrier to Wyndham passed overhead. The desolation of a black sky to the south and grey elsewhere added to the spooky sensation of walking ankle deep through dense swathes of black ash water.

Andrew Constance, a member of the Q&A panel, was visibly suffering with agony and frustration in the presence of another politician's denial of climate change. The audience sounded their disapproval. A conversation on my computer screen Tuesday morning gave me some words to reflect on the commitment we need to help recover.

Act local. Politics cannot be allowed to dominate the effort of our local communities who have leaped into action. "We must seize the moment" said the headlines.

<https://theconversation.com/lots-of-people-want-to-help-nature-after-the-bushfires-we-must-seize-the-moment-130874>

Donating money, leaving food and water for wildlife, or joining a bush regeneration group are small actions that all of us can undertake to make a start in the recovery process. Volunteering to help can be the first steps in the life-changing moments we are all experiencing. They "provide unique opportunities to disrupt habits and foster new behaviours". For those who may have moved here recently, it offers an opportunity to engage with local initiatives to ensure such devastation never happens again.

Our First Nation have the knowledge and skills, together with thousands of generations of experience, to protect our fragile environment. A local volunteer sharing his experience on the Q&A panel was clearly appreciated.

While politicians grind through the morass of self-absorbed tactics and lofty words, those on the front lines of reconstruction take immediate action. Andrew Constance has suffered first-hand the experience on his own doorstep - trauma of the first degree - and will fight to ensure that local initiatives will be recognised.

The months of smoke haze and devastation will remain while communities roll up their sleeves to get on with the job of rebuilding. Australians are strongly motivated to support social and environmental action. We can demonstrate how collective action and responsibility get the job done.

Nan Kennedy, *Wellbeing Team*

NSW Seniors Festival Wed. 12 - Sun. 23 February

Events, classes and workshops scheduled at all Bega Valley Shire library branches continue this week. Whether its art and crafts, social activities or health and fitness, there is something on for almost everyone, so get out there and join in the fun.

For more information, contact the Bega Library on 6499 2127, Tura Marrang Library on 6499 2340 or the Eden Library on 6499 2451.

**SAPPHIRE COAST, NSW
SUSTAINABILITY
FESTIVAL**

Saturday February 29th 2020
10am-4pm
Wolumla Hall

LET'S GET TOGETHER AND CELEBRATE THE GREAT THINGS HAPPENING ON THE SAPPHIRE COAST.

JOIN US FOR A DAY OF LIVELY DISPLAYS AND DISCUSSIONS ON ENVIRONMENT & COMMUNITY SUSTAINABILITY PROJECTS

GOLD COIN DONATION
Bring a plate to share ~ This is a zero waste event

small public volunteers of the sapphire coast inc.

The poster features a central graphic of a stylized human figure with arms raised, surrounded by green leaves, all within a circular frame. The text is arranged in a clear, hierarchical layout, with the event name and date at the top, followed by the location and time. The bottom section includes a call to action and a note about gold coin donations.