



**U3ASC NEWSLETTER - JUNE 2019**



Denise Carey, Robert Cullen, Jayne Harrington, Sue Jellis, Michael Schmitt, Jane Thomson. Also, welcome to Associate Member, William East, who is visiting from Curtin, ACT.

**U3ASC Office Hours**

During the winter months, the office hours at the U3ASC Tura Centre will be: **Friday, 1.30pm - 3.00pm**. However, there is still sufficient time for you to drop in for a chat and a cuppa.



**\*\*\* One-Off Course - CANCELLED \*\*\***  
**Wellness and Self-Care Workshop**  
*(Thursday 27th June)*

**\*NEW One-Off\* Beekeeping for Beginners**  
**Thursday 20th June, 10:00am - 12.30pm**

This one-hour presentation by Course Leader and amateur beekeeper, John Fuary (Vice-President of the Bega Amateur



Beekeepers Inc), will provide you with an introduction to beekeeping and will cover the following:

- Information about the lifecycle of bees.
- Types of hives.
- So-called natural vs other types of hives.
- The advantages and disadvantages of each hive type.
- The cost of getting started.
- Legal requirements.
- Pests, etc.

For more information, please contact John at: [jfuary@internode.on.net](mailto:jfuary@internode.on.net).

**\*NEW One-Off\* The Reign of the Romanovs**  
**Wednesday, 31st July, 2:00pm - 4:00pm**



Emerging out of chaos and bloodshed in 1613 and ruling with an iron fist before descending again into chaos and bloodshed, the reign of the Romanovs is full of fascinating characters from the 'Terrible' Ivan to the 'Greats' Peter and Catherine. Failure to adapt to a changing world led to the revolution of 1917 and the massacre of the Romanov family. Did Anastasia survive?

Course Leader: David Wardle. For more information, please contact Program Team, Rosie Bunton: email: [rmb2315@yahoo.com.au](mailto:rmb2315@yahoo.com.au)

**\*NEW One-Off\* George Orwell & Political Humbug**  
**Thursday 25 July, 10:00am - 12.00pm**

What Orwell can teach us about political speak. An appreciation of the man, his life, his politics, his works and his legacy. Course Leader: Paul Strutynski



\*\*\*\*\*

For all information on our one-off events, please go to our webpage <https://www.sapphirecoastu3a.org/one-off-events>

### **\*NEW\* Mosaics Beginners - T3**

**Wednesdays, 10:00am - 1:00pm, from 31/07**

This class is for the absolute beginner. If you've ever wanted to learn how to create mosaics in a fun and relaxed environment, why not come along?



During the course, you will learn the basics of making mosaics and by the end of the term, each participant will have created three mosaic pieces.

Please contact Course Leader: Christine Orman on 0410 943 851 or email [yellowpinch@gmail.com](mailto:yellowpinch@gmail.com) before enrolling.

### **\*NEW\* Mosaics Continuing - T3**

**Tuesdays, 10:00pm-1:00pm, from 30/07**

This course is following on from 'Mosaics for Beginners' and is aimed at those who have completed the U3A beginners' class. During the course of the term, we will work on more projects, learning and improving on cutting techniques and moving onto more challenging projects.

### **Next 'Brains Trust' Meeting**



**Wednesday 19 June**  
**2.00pm**  
**@ U3ASC Tura Centre**

### **Who makes up the Team Office?**

Grateful thanks to our accomplished members who are running the U3ASC Office. They effectively manage a wide range of database and administrative tasks, which is keeping the whole show going efficiently. They are: Michele Patten, Margaret Nicoll, Pat McKay, Chris Orman, Sandy Coates, Lee Daynes, Trish Dive and Katherine Harris.

**TECH TIPS**  
with Terry

### **Public Wi-Fi**

The convenience of using the internet at various public places helps to keep you updated on information, but it is not secure enough for personal shopping, email, and online banking, even if it requires a password. Hackers can still gain access to your accounts and online activity.

### **Profile of a Course Leader - Paul Daynes**

Paul Daynes is the Musical Director and Coach of our (still unnamed, and coming up to one-year-old) ukulele and singing groups, two hugely popular courses that raise the roof of the hall at the Anglican Church in Merimbula every Wednesday.

Paul began playing guitar in 1964 and has performed as a solo act and in duets, trios and full rock bands since 1966. He is a founding member of Sydney-based rock band Nightfall (1975-1990), a successful 50-50 cover/original rock band; plays bass for the Ulladulla-based rock band "The Ruins"; is currently Musical Director of, and musician in, three groups; and plays guitar and bass in two other bands.



Since all of that doesn't keep him busy enough, he is also a published songwriter, poet, composer and short story writer; teaches ukulele, guitar and songwriting; and enjoys developing self-directed musical and singing groups.

In 1973, Paul composed music for a full Catholic mass which was performed in its entirety on Channel 9, and which included a musical accompaniment for the first Australian Catholic approved version of "the Lord's Prayer". Long may he rock on with U3ASC!

*Sue O'Loughlin*

**ADULT SWIMMING WORKSHOP**  
SWIM EASIER AND IMPROVE YOUR STYLE

Freestyle Workshop & Clinic for Adult Swimmers  
Aged 18 y/old to 88+ y/old



**SAPPHIRE AQUATIC CENTRE - PAMBULA NSW**  
**SATURDAY JUNE 8th 2019**

Small groups of 1.5hrs with accredited swim coaches for adults.  
Some theory then guidance in-water for body, arm, kick & breath control.  
Refine your stroke for efficiency and best technique.  
Suitable for pool and open water swimmers.  
Cost: \$5.00 (includes workshop & pool entry) payable on the day.

**TIME TRIALS FOR FUN! SUNDAY JUNE 9th 2019**

Come along to do a time trial for fun (25m to 400m) with the local adult club!  
Book your place or find out more by contacting the Sapphire Aquatic Centre on  
02 6494 3100. Email Bruce at [willowsefbega@yahoo.com.au](mailto:willowsefbega@yahoo.com.au) or  
phone Bruce on 0418503050.  
Event hosted by Masters Swimming New South Wales. Further information at  
[www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au)



## **Free Online University Course** **"Understanding Dementia"**

There are some free online courses offered by the University of Tasmania on dementia (*see link*) that members may be interested in. The next course opens 9 July 2019.

[http://www.utas.edu.au/wicking?fbclid=IwAR1PQbTPPZd1MnyVg\\_27OPPnyZBkUDuFdYO8cKBQDiF7WaAbSdztc6sj\\_U0](http://www.utas.edu.au/wicking?fbclid=IwAR1PQbTPPZd1MnyVg_27OPPnyZBkUDuFdYO8cKBQDiF7WaAbSdztc6sj_U0)

'Understanding Dementia MOOC' is a FREE, online 7-week course. It examines the diseases that cause dementia, how they impact the person with dementia and the treatments and care practices that enhance quality of life across the trajectory of dementia for people with the condition, their families and carers. The course will address issues around the ageing populations across the globe which are contributing to dementia being identified as one of the major public health issues of the 21st century.

## **Reclaim Kosci**

**"Kosciuszko: it's a park, not a paddock!"**



On Tuesday 7 May, Linda Groom, from Canberra, gave a one-off talk on a campaign she is participating in to influence policy on the management of Kosciuszko National Park and, in particular, to have the Wild Horse Heritage Act 2018 repealed.

She began by showing images of the beauty of Kosciuszko National Park and followed them with images of damage done to those beautiful areas by those highly controversial icons of Kosciuszko, the brumbies.

Linda's talk looked at the arguments for and against the culling of feral horses in Kosciuszko National Park and described the role of Alpine plants in ensuring the quality of the Kosciuszko water catchment.

She then described how, in 2018, to get media coverage for the campaign, she used her bushwalking experience to organise a 560 km walk from Sydney to the summit of Mt Kosciuszko. Five walkers - all retirees - walked the full distance between 3rd November and the 8th December, while more than 500 people participated at some stage, drove support cars or provided other help.

According to one member of the audience, "Linda's talk was excellent. We all got a lot out of it for a variety of reasons. The damage caused by the brumbies and their sheer numbers was absolutely mindboggling. Linda's talk was well founded on some pretty sound research and really got to the bottom of the issues involved and the threat to plants and animals that live in that area".

If you were unable to attend the talk but are interested in learning more about the 'Reclaim Kosci' campaign which is supported by, among others, the National Parks Associations of the ACT and NSW, visit [www.ReclaimKosci.org.au](http://www.ReclaimKosci.org.au) or email [info@reclaimkosci.org.au](mailto:info@reclaimkosci.org.au).

## **Deep Mind - The Journey from Childhood** **(Continued)**

Psychology, when taught as a subject or discipline at university, includes the topic of personality. Personality included patterns of behaviour and emotional reactions that were grouped into patterns, with labels like extravert, introvert, paranoid, narcissistic, and so on. Eventually, the Big 5 were identified to classify social behaviour within various settings and contexts. The 5 letters in 'OCEAN' represented Openness to experience, Conscientiousness, Extraversion, Agreeableness and Neuroticism.

In 2011, Richard Davidson's book "The Emotional Life of the Brain" explored the neurological structure of the brain and identified six bipolar dimensions or 'styles' of thought that reflected these personality characteristics. These were: outlook style (positive or negative), resilient style (fast to recover or surrender), socially intuitive (intuitive or confused by situations), self-aware (understand own reactions or blind to them), sensitivity to context (tuned in to social signals or oblivious), attention style (ability to focus or easily distracted).

The key issue for Davidson was the wide disparity between the poles of these dimensions and the blandness of 'averages' and 'generalisations' when emotions are involved.

These styles are brain circuits that are laid down in childhood and form the foundation of your emotional reactions to all your experiences throughout life. The intensity of these experiences is also recorded in the circuits, hence the sudden unexpected triggering of a reaction or flash of a happy memory.

When a sense of powerlessness, hopelessness or intensity of loss overwhelms a child, animal or adult, there are no averages or generalities. The feelings are all-consuming.

Can you imagine the waves of loss consuming those experiencing a bombing or being enclosed in a prison, or taken from a life in the bush to a world of rooms and small windows? For an infant, it is the instant scents and sounds associated with birth - from the womb to the external environment. The instant, intense connections to anchor mother and baby to each other are there for life. Separation leaves a sense of loss and emptiness that for some people, is neither understood nor resolved.

A diagnosis of depression covers a great deal of personal territory - physical and emotional - to reconcile both environmental and internal experiences. Many decades may pass while such burdens are carried. However, the more we learn about the human ecosystem and our relationships to our environment, the more the chance of ultimate

resolution and peace, or at least an understanding. Australia's First Nation needs our support. For now, this knowledge is being used to understand the need for recognising the enormous impact of colonisation on our First Nation. Their deep learning embedded from birth between Country, kinship and spirituality is far beyond the epigenetic history of northern hemisphere genetics.

For colonial Australia, ten thousand years of archaeological history based on building cities, empires, wealth and power mined the planet's resources. Think of the tens of thousands of years the custodianship of our First Nation embedded their emotions deep in their DNA; spirituality embedded in Country, mother and child embedded in both.

Nan Kennedy, *Wellbeing Team*

\*\*\*\*\*

At U3ASC, we value your input.

If you wish to contribute to our monthly newsletter, please email your article to Carole Thomas - [carolethomas@bigpond.com](mailto:carolethomas@bigpond.com) - by the 1<sup>st</sup> Friday of the month.

