



U3A BERMAGUI NEWSLETTER

University of the Third Age in Bermagui

PO Box 160 Bermagui NSW 2546 Web: www.bermagui.u3anet.org.au

4th Term 2012

October



**Registration Day
is at the
Country Club on
Wed 26 Sept
from
10am to 12noon**

Term 4

Monday 8 Oct
to Friday 21 Dec



**AGM
Wed 14 Nov
2pm—4pm
Country Club
Auditorium**

From the President

Welcome to the Term 4 newsletter and an array of over 20 courses on offer!

This newsletter has been produced on our new U3A laptop, bought with the IMB grant we won. This grant also allowed us to buy the software we needed. A big thank you to IMB Building Society!

Registration Day for Term 4 is on Wednesday 26 September, 10am to 12 noon in the

Bermagui Country Club auditorium.

Course leaders will be present to answer questions about their courses. If you cannot attend, please ring the leader of the course you wish to attend BEFORE Registration Day so he/she can put you on the class list. Classes begin on Monday 8th October.

We have our Annual General Meeting on Wednesday 14th November 2pm—4pm at the Country Club. Put the AGM date on your calendar and come along.

The AGM is an opportunity to enjoy a showcase of our classes - participants

will talk about their course or demonstrate items.

Motria von Schreiber will be our guest speaker. She makes wonderful hats and

has a fun approach to costumes and design. She worked with Cirque de Soleil. Come and hear her story and experiment with her hats.

We also need

some new people to join our committee at the AGM, to help organise U3A. A lot of effort goes into running our small organisation of just over 200 members, and it is a case of more hands, less work. Inside are nomination forms to submit for executive roles. Please give them to our Membership Officer on Registration Day or post to U3A Box 160 Bermagui.

Now enjoy opening up the newsletter and dreaming about what you can do and learn in Term 4!

Kerry Davies



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Courses for Term 4 — Timetable is on page 4

Film and Lunch

Are you interested in coming to a good film in Narooma once a month? Meet at the Kinema in Narooma at 10.15am on the first Monday of the month. Details of the movie and lunch will be phoned or emailed beforehand. Movie is \$10 per person and lunch at own cost. Feedback welcome.

Fundamentals of Acting

Fundamentals of Acting is a practical course in which the student becomes aware of the nature of acting, the skills and methods necessary for a successful performance and acquires basic techniques which will enable him/her to prepare and perform anything from a 30 second sketch to a three hour play.

French

This is a course in conversational French with some necessary grammar for anyone who learned the long forgotten French basics in high school. The aim is to increase step-by-step the vocabulary to arrive at some fluency in talking in French.

Watercolour Painting

This is a watercolour painting course designed for beginning to advanced artists. Jenny will teach the basics of watercolour painting, including the best materials to use and the various techniques that can be applied.

Classical Music Appreciation

This popular course is for the relaxed listening of classical music. You will hear some works which are new to you, and, by doing so, broaden your appreciation and knowledge.

Computing

Andy will guide you through the mazes of basic computer maintenance and computer software. This is a workshop-style course where participants have their computing questions answered and demonstrations provided on a laptop computer.

Knitting and Crocheting for Charity

A course to teach knitting and crocheting, or if you already have these skills, an opportunity to use them to produce blankets, baby jumpers, and beanies to be sent to those in need. Enjoy a get-together and a coffee while knitting.

Travel Tales

Travel in an armchair to exotic places through the stories, photos, movies and artefacts of those who have been there and want to share their experiences. This term we will visit countries as diverse as Iceland, Italy, South Africa, Austria, Jordan, Syria and South America.

Beginning Computing

A course to teach the basics of computing. Tom will discuss all introductory aspects of computing, including both hardware and software issues. If you want to know about any computing issue from loading programs to using email, then this is the course for you.

Spanish

With an emphasis on group conversation, this course will teach the basics of the Spanish language. If you want to learn the third-most popular language in the world (after Mandarin and English), here is an opportunity to do so.

Beginning Italian

A short course to introduce beginners to the beauties of the Italian language and culture. The course is for participants with no or little previous knowledge and will, by the end of the term, provide a basis for communication in travel situations.

Life Writing

An introductory course of three 2-hour sessions for people who want to learn how to write their life stories. We will concentrate on how to access your memories and write them down. It's a group for beginners or anyone who has already done the Life Writing course and wants to revise their knowledge. There is homework after sessions 2 and 3 and students will share their writing with the group. Bring a notebook or writing pad.

Bermagui Life Writers Circle also meets fortnightly on Friday mornings.



Marilyn Byrnes self published 'A Grandmother's Story' about growing up with her grandmother. She thanks Maggie Camfield and the writing group for inspiring her.

NEW Courses and Special Events

Old Dogs CAN Learn New Tricks

This is an introductory biology/psychology course that will examine how the brain works and what you can do to improve your thinking and learning. We will look at research and discover simple strategies to use to make it easier to learn. This course will improve your brain reserves and build your confidence. Each session will include instruction and practice with puzzles to stimulate the brain. As a bonus, you will gain insights into how to effectively share your knowledge with others (e.g. tutoring a U3A course). Cost is \$3 per session.

Are You Ready?

In our local area, there have been two tsunami alerts and two catastrophic fire warnings in the past decade. What items would you grab? What medication, documentation would you need to take with you if you were evacuated? A trained Red Cross Emergency Services team can help you prepare. Attend the FREE seminar and learn how to plan and be ready. REDIPLAN will also provide a free planning booklet. This community event is hosted jointly by Red Cross Emergency Services, CWA and U3A. It is open to all community members. Light refreshments. Tell your friends and family. This seminar could make a lifetime of a difference.

Advanced Colloquial Italian

Italian spoken with English translation and explanation, if and when required or requested. Assistance in correct pronunciation. No textbook required but pen and paper to revise and remember those important phrases.

Come Taste the Greek

This is your opportunity to taste the flavours of Greece, with a small sampling of the colours and flavours of everyday Greek cooking. Sessions will involve demonstration, some participation and lots of sampling! Suited to all skill levels and those who love life. Be prepared for anything. Possible dishes include mousaka, pastichio, tiropita and gemista, depending on seasonal availability. Cost of ingredients to be shared amongst attendees.

Folk Dancing from Sumatra

Kerry will offer to teach two folk dances, with at least one to performance standard. The dances come from Sumatra/Malaysia- a courting dance, a plate dance and a geometric dance. Kerry guarantees it will be lots of fun as well as an achievement. Members will choose two dances from Serampang dua belas, tari piring, Tari lilin, Saman dance. No physical conditions apply apart from being able to walk (and an ability to laugh). You'll become more graceful.

Prostate Cancer

Prostate cancer is the most common cancer in men in Australia after non-melanoma skin cancer. It is more common in older men, with 85% of cases diagnosed in men over 65 years. This session will tell you everything you need to know about prostate cancer. Men of any age should come along.

Marine Radio Operator's Certificate of Proficiency

Bermagui's Marine Rescue group requires volunteers to help man their radios. To be able to assist, you must acquire a MROCP qualification, and this series of three sessions will assist you to gain the knowledge to get that qualification.

Practical Journalism

This practical workshop day includes: identifying your audience; what makes a good story; interviewing; reviewing published articles; getting started; niche markets; making a 'pitch'; submitting work. We will be discussing writing and interviewing in this workshop. Please bring a notebook and two pens. In the finest tradition of journalism, we will have a 'working lunch' at Morrison's at participant's cost. There is a small charge for photocopying and room hire. Jane is a working writer. Her website (with some of her work) is: www.janesandilands.com.

Opera at the Kinema

The Metropolitan Opera of New York comes to the Kinema in Narooma. There will be two operas this term: *Otello* by Verdi on Saturday 17 November and *Clemenza di Tito* by Mozart on Saturday 15 December. Sessions start at 11am. Meet at the Kinema. Ticket prices: \$25 for Seniors and \$27 for adults.

Course Timetable Term 3

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DAY	COURSE	LEADER	SESSIONS	TIME	VENUE	PHONE
Mon	Film & Lunch	Jane Nevell	5 Nov; 3 Dec	10.30am— 1.30pm	Kinema Narooma	4473 7265 0402240214
Mon	Fundamentals of Acting	Peter Paige	15, 22, 29 Oct; 5, 12, 19, 26 Nov; 3, 10 Dec	2pm - 4.00pm	Bermagui Country Club	64935472
Mon	French	Monique Deprez	15, 22, 29 Oct; 5, 12, 19, 26 Nov; 3, 10 Dec	2pm—3.30pm	CTC Room 1	64933053
Tues	Old Dogs Can Learn New Tricks	Wilma Chinnock	13, 20, 27 Nov	1.30—3.30pm	CTC Room 1	64938310
Tues	Are You Ready?	Wilma Chinnock	23 October	10am—noon Cobargo 2—4pm Bermi	CWA Rooms Cobargo & Bermagui	64938310
Tues	Watercolour Painting	Jenny Halliday	9, 16, 23, 30 Oct; 6, 13, 20, 27 Nov; 4, 11 Dec	1.30—3.30pm	Bermagui Country Club	63938310
Tues	Classical Music Appreciation	Malcolm Halliday	9, 23 Oct; 6, 20 Nov; 4 Dec	2pm—4.30pm	108 Fairhaven Pt Way Fairhaven	63938310
Wed	Computing	Andy Goms	29 Aug; 12, 26 Sept; 10, 24 Oct; 7, 21 Nov; 5 Dec	10.30am - 12noon	CTC Room 1	64927335
Wed	Knitting & Crocheting for Charity	Leonie Southern	10, 17, 24, 31 Oct; 7, 14, 21, 28 Nov; 5, 12 Dec	10am—11.30	44 Mumbulla St, Bermagui	64934147
Wed	Advanced Colloquial Italian	Paolo Colombo	10, 17, 24, 31 Oct; 7, 14, 21, 28 Nov; 5 Dec	1pm—3pm	CTC Room 1	64937385
Wed	Travel Tales	Dawn Hollins	10, 31 Oct; 14, 28 Nov; 12 Dec	10am—12noon	7 Avernus St Cobargo	64936999 0429923005
Thu	Beginning Computing	Tom Gradwell	11, 18, 25 Oct; 1, 8, 15, 22, 29 Nov; 6, 13 Dec	1pm—3pm	CTC Room 1	64933287
Thu	Spanish	Ana Walker	11, 18, 25 Oct; 1, 8, 15, 22, 29 Nov; 6, 13 Dec	9.30am— 11.30am	CTC Room 1	64936746 0417936746
Thu	Come Taste the Greek	Teo Papa-theodorou	8, 15, 22, 29 Nov	11am—1pm	149 Black Marlin Drive Bermagui	64935980 0437368193
Thu	Folk Dancing from Sumatra	Kerry Davies	11, 18, 25 Oct; 1, 8, 15, 22 Nov	10am—12 noon	Country Club Sports Rm	64934323 0414243490
Fri	Beginning Italian	Malcolm Privett	12, 19, 26 Oct; 2, 9, 16, 23, 30 Nov; 7, 14 Dec	1.30—3.30pm	CTC Room 1	64940022
Fri	Prostate Cancer	Dr Ken Doust	12 October	2pm—3pm	CTC Room 1	44737265
Fri	Marine Radio Operator's Certificate	Ray McLeod	16, 23, 30 Nov	2pm—5pm	Marine Rescue Office Fishermen's Wharf	64935980 0418937475
Fri	Practical Journalism	Jane Sandilands	12 October	9.30am— 3.30pm	CTC Room 1	64933457
Fri	Bermagui Life Writers Circle	Jean Gradwell	12, 26 Oct; 9, 23 Nov; 7 Dec	10am—12 noon	CTC Room 1	64933287 0432273871
Fri	Life Writing	Doris Robinson	9, 23 Nov; 7 Dec	10am—12noon	CTC Room 1	44768478
Sat	Opera at the Kinema	Ines Judd	17 Nov; 15 Dec	11am start	Narooma Kinema	64933695 0429405605