



U3A BERMAGUI & DISTRICT Inc.

University of the Third Age in Bermagui & District Newsletter

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

Term 2, 2014

April



**Registration Day
is at the
Country Club on
Wed 23 April
from
10am to 12noon**

**Term 2
Mon 28 April to
Friday 27 June**

**Term 3
Mon 14 July to
Friday 19 Sept**

**Term 4
Tuesday 7 Oct
to Fri 19 Dec**

From the President

Out of this World

Did you see the U3A entry in the parade for the Seaside Fair? The theme was 'out of this world' and we won 'Best on Foot' thanks to a dedicated and imaginative group of members under the guidance of Linda Pilton. I had the pleasure being in it and it was great fun. So all of you artistic members, join next year and let's win 'Best in the Parade'.

Another amazing thing happened on the way to the Fair. A very surprised and shocked Kerry Davies was named 'Bermagui Citizen of the Year 2014' for establishing U3A Bermagui & District. Congratulations for a well deserved



Far-sighted Kerry Davies, Citizen of the Year, leads the way for U3A

recognition of her achievement. Where would we be without U3A??

In Case of Emergency

On the reverse side of your name badge insert, you will find I.C.E. (In Case of Emergency). Please fill in a contact name and contact details as well as important medical information. For instance, you may have a pacemaker or are diabetic and put any medical alert information, such as taking Warfarin. This information may save your life so please wear it to all U3A events.

A very healthy 1st Term

Term 1 was full of riches. The Health and Well Being Forum was informative and professional. Lunch, catered by Carole Broadhead, was delicious. Thanks go to Deborah Williams, Dawn Hollins and the Curriculum Team, and of course, the presenters.

Term 2 a rich list of choices

Don't miss the forum on Demystifying Death and Dying. Learn how to Boost Your Mind. Find out about 'The Bundian Way'. Catch some trout with fly-fishing. Tour an underground house. Learn spinning. Take up Bridge. There's more in store—read on and enjoy.

Lyn Van Kampen

President	Lyn Van Kampen	6493 5139	president@bermagui.u3anet.org.au
Secretary	Rosemary Knight	6493 4308	secretary@bermagui.u3anet.org.au
Course Coordinator	Dawn Hollins	6493 6999	courses@bermagui.u3anet.org.au
Membership	Sylvia Hibberd	6494 0135	membership@bermagui.u3anet.org.au

Courses for Term 2

French

This is a continuing class. New members would need to have some facility with the French language. Some grammar, reading, translating and conversation on current topics. Cost \$2 covering hire of room and some printing.

Book Chat Narooma

Come and share whatever you are reading. We discuss a variety of interesting books each month.

Computer Club

Computer Club is a self-help group where members learn from each other. Cost \$2 per week. Expertise for specialised subjects will be sourced from outside the group if needed and costs discussed.

Film and Lunch

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

Classical Music Appreciation

Relaxed listening to classical music: some well known, some more obscure.

Oil Painting

This is a continuing course but new members are welcome. Learn to use oil paints with local artist and teacher Rona Walker. Cost relates to materials purchased by participants.

Watercolour

Learn and practice watercolour painting

Birdwatching

We are a social and enthusiastic if not expert group, helping each other to locate and identify the birds we see and hear, all learning together. We walk for about 2 hours, so some fitness is necessary, although we don't tackle big hills. Over the term we will visit a range of habitats so travel in the area is involved. Binoculars and strong walking shoes are desirable.

Advanced Colloquial Italian

This is a continuing class. New members would need to have some knowledge of the Italian language. Written work encouraged and corrected in class. Textbook required \$25. Gold coin donation to cover

booking fee, photocopies used in class, tea/coffee and refreshments provided.

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. You may prefer to give a session instead. Coffee, cake and camaraderie in Bermagui on the second Wednesday of the month. Cost is gold coin.

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. Cost \$2 per week.

Art History

This popular continuing course is led by well-known artist and teacher Rona Walker. This term the focus will be on Japanese Art. Cost \$2 per week.

Linguistics

General linguistics with particular emphasis on the socio-linguistics of the English and other Indo-European languages. For beginners as well as aficionados. Cost: \$1 per week

Book Chat

Get together with other readers once a month to talk about books - fiction and non-fiction. Choose to talk or just listen.

Stitchers

Forget those worries for 2 hours on Friday mornings. Come join our small friendly, unstructured group and work on your favourite handicraft. We share our knowledge and can help with tips on knitting, crochet, embroidery, patchwork or any small handicraft. Dig out those UFO's or start something new! You are welcome to bring your machine. Ideal for those who can't come every week.

English Historic Houses and Palaces

This is a continuation of the Term 1 course on English Historic Houses. New members welcome. This term we will look at 18th and 19th century homes; examining their architectural styles and historical context. Cost \$10 for whole term to cover room, projector hire, and photocopying.

Ethics

A discussion group on concepts such as: personal responsibility; individual commitment; authenticity and universal moral values. Includes an introduction to the history of existentialism in ethical thinking which lends itself to the individual. We choose topical discussion subjects and blend in personal perspectives. Cost \$2 per week

Tips For Tutors

Have you ever wanted to present a course (even a short one) but felt you couldn't do it? Or, are you already presenting courses but would like to do it

better? This workshop looks at techniques of teaching. You will gain practical skills to enhance your ability to present courses or give talks. It will be held on Registration Day Wednesday 23 April so pre-enrolment is essential. Register before 21 April by either: phone after 7pm 6493 8310 or email wilmachinnock1@bigpond.com

The Wisdom of Tao De Ching

Come along, and work through and experience the wisdom of Tao De Ching, written by Chinese prophet Lao Tzu over 2500 years ago. Cost \$3 to cover tea/coffee/biscuits.

NEW Courses**WW1- Finding the Boys from Bermagui on the World War One Memorial**

This 3 session course will explore the history and service record of local boys who fought and died in WW1. Session 1, we search the national archive and battalion diaries on the internet. Sessions 2 & 3 will identify where Australians fought and where they are laid to rest, with tips for travellers wanting to visit these sites. Cost \$2 per session.

Boost Your Mind Power

As well as the 3R's that we learnt at school, we need to become Resourceful, Responsive, Reflective and capable of Remembering better. This four week course will be an inspiring, fun filled, satisfying start. Cost \$10 for course payable week 1

Spinning into the Future

Session 1: Mal will share his knowledge and experience of spinning, both manual and automatic. He will discuss the development of the spinning industry with demonstrations of his own inventions including a number of portable electric spinning wheels. Session 2: Spinners (experienced and beginners) can bring their spinning wheels to be fixed, modified or maintained, or just to learn how to spin.

Learn to Play Bridge

Contrary to what you might have heard, bridge is an easy game to learn. By the end of the course, you can expect to be playing a good basic game of bridge. No prior knowledge is needed, so come and join us in a relaxed atmosphere and exercise your mind. Leader will provide textbook for \$20. Morning tea provided.

Introduction to Decoupage

Decoupage is the art of decorating household items with paper cut-outs which are glued onto the surface and then varnished. Anyone who can hold a pair of scissors can decorate items such as terracotta pots, tea trays, small items of furniture or other wooden items. A range of wooden items will be available or students can bring their own project to work on. Cost \$3—\$4 per week to cover costs of materials.

Collectors Group

Collectors are people with a passion for a particular kind of object be it cacti, clocks or china teapots and they have a specialised knowledge of their subject. Whether you have a collection to share or want to learn about collecting Ros Hewett will be your guide. Home meetings and possible excursions.

Mah Jong

First term was spent discovering the delights (and frustrations) of learning the ancient Chinese game of Mah Jong. We still have a way to go but we are all enjoying the process. Join us—beginners welcome for Term 2. Cost \$2

Botany with an Australian Flavour

We will start by looking at the basic concepts of botany- photosynthesis and adaptation. No prior knowledge is needed. We then look at Australian plants, the major groups, the groups found only in Australia, and the iconic species to see if our plants are as bizarre and unique as our animals. Cost around \$5 for whole course.

Demystifying Death and Dying

Expo- June long weekend

We all know we are going to die, but talking about death is not something we find easy to do. With the aim of demystifying issues around dying, death and funerals, the expo will provide practical information to help you make informed choices. It will assist you to: better understand what is involved in the process of dying, death and bereavement; participate more fully in any of the stages; complete the relevant legal paperwork; clarify your or your loved one's instructions; create a funeral to honour and celebrate a life; cope with bereavement. Gold coin admission to Art exhibition and Open Forum (Sunday 1—3pm). Other workshops cost \$20 each session. Full program information available on Registration Day.

Fly Your Own Kite: Navigating an exciting and fulfilling life as an 'other'

'My father married my mother in 1943 and their respective parents met for the first time not long before the wedding. The story goes that my Anglican maternal Grandma sighted Nana and fainted on the spot, crying: "She's Aboriginal!" "You don't know the half of it," said Grandpa, fanning her with his hat. "She's also Catholic!". This is part of Social Ecologist, Dr Anne Marshall's story. Have you experienced feeling different? Learn to make the most of it.

Life in the Estuary Zone

Estuaries—areas where fresh and saltwater mix—are a transition zone between river and marine environments and, being rich in nutrients, are one of the most productive natural habitats in the world able to support a great diversity of plant and animal life. Following last term's highly successful 'life in the tidal zone' marine biologist Nick Gard returns to guide us through the ecosystem that is the estuary zone. Please wear appropriate footwear and clothing for an outdoor excursion. No cost.

A Visit to Sweet Home Cobargo

Sweet Home Cobargo is a community-owned and run store promoting healthy eating by providing affordable and chemical-free local food, with profits going back into the business and local community. One of the concepts of the business was to reduce food miles by encouraging locals to buy locally

produced food. Enjoy a delicious afternoon tea whilst one of the owner-directors talks about their mission and plans. Afternoon tea at own expense.

Lunch With A Local Treasure

Once a term we organise a casual lunch where a 'local treasure' talks about their life, tells stories and answers questions. Our featured treasure this term, Chris Franks, will 'reflect on a life worth living- a treasury of memories of a city migrant and his wife after more than half a century in Bermagui'. Chris is an entertaining storyteller. Coupled with Carole Broadhead's gourmet lunch this will be a thoroughly enjoyable event. Cost is \$15 payable at registration.

Brogo Underground House Tour

Tour an owner-built house that features acid etched floors, inner courtyards, a barrel vaulted singing room, stunning stonework and possesses remarkable thermal properties. The house sits in an integrated garden setting and there is also a labyrinth. Sturdy footwear is recommended if you wish to visit the enclosed orchard and rainforest gullies. Cost: \$15 payable on Registration Day. Proceeds donated to Cystic Fibrosis Foundation. Refreshments supplied.

Fly Fishing at Lake Eucumbene

By popular demand this trip is primarily for returning participants from last year's successful introductory course but is open to new fishermen with trout in their sights. Participants need to provide own fishing gear. Stay for a day or a week or anything in between.

The New South East Regional Hospital

Project Manager Kerry Abramowski will provide an informative overview of plan, layout and improved services of the new hospital due for completion early 2016. Cost \$2 for morning tea

The Bundian Way

Does an ancient pathway have any relevance for the greater SE region in the high-speed 21st Century? Last year the Bundian Way was listed on the NSW State Heritage Register for its cultural and shared history values. John Blay, writer, historian, naturalist and now Project Manager for Eden Aboriginal Land Council talks about the 265km route that goes from Mt Kosciuszko, across the plains of the Monaro, to the ranges of tall forests behind Twofold Bay.



Left: getting ready for the Seaside Fair parade

Clockwise from below: fitness session at the Health and Wellbeing Forum; birdwatching at Mundui Farm; our stall at the Seaside Fair; guided tour of Sculpture on the Edge; massage class

