



U3A BERMAGUI & DISTRICT

University of the Third Age in Bermagui & District Newsletter

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

Term 3, 2014
July



Registration Day
is at the
Country Club on
Wed 9 July
from
10am to 12noon

U3A Terms 2014

Term 3

Monday 14 July
to Friday 19 Sept

Term 4

Tuesday 7 Oct
to Friday 19 Dec



The Police & You!
see page 4

From the President

If you see anyone from the Curriculum Team, please stop and say thank you for the wonderful effort they put into organising courses for us each term.

The *Demystifying Death and Dying Forum* was full of interesting and previously unknown (to me at least) information: the self-decorated coffins were far from macabre. A big thank you to Debra Summer and her team for a great job.

A bit of housekeeping: we are looking for volunteers for the Curriculum Team as well as general helpers, so if you have some free time, contact Dawn Hollins, Kerry Davies or myself. Remember U3A Bermagui doesn't run on its own.

Anyone can visit a meeting, to see what goes on behind the scenes.

Please, if you are unable to attend a presentation or course, have the common courtesy to let the presenter know, especially if they are providing refreshments or photocopying.

A small sub-committee is currently reviewing and updating our Constitution (see U3A Bermagui & District website). If you have comments or suggestions, please contact me.

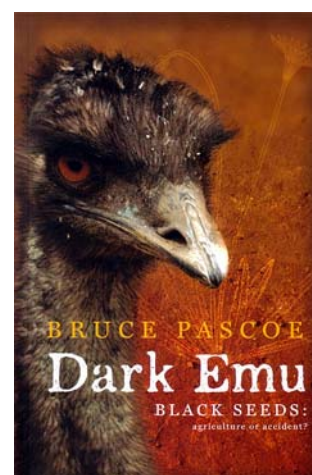
Looking forward to seeing you at Registration Day. Have a great term.

Lyn Van Kampen

Join author, Bruce Pascoe for lunch

Award winning author, Bruce Pascoe, will be our guest to talk about his latest book, *Dark Emu*. Bruce would like to see his book change how history is taught. He argues, "The common perception of Indigenous Australians leading a 'hunter-gatherer' lifestyle before European settlement is ignoring strong evidence of sophisticated farming and agriculture practices". *Dark Emu; black seeds: agriculture or accident* was published by Magabala in 2014.

Join Bruce Pascoe for lunch on Tuesday 2 September at the Country Club. \$4.00 registration fee, payable on Registration Day and lunch at your own cost.



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Courses for Term 3

The Wisdom of Tao de Ching Part 2

We will continue our study of the Tao, the classic art of living. This has nothing to do with East or West, but everything to do with Truth. This teaching is relevant, modern and timeless. New Taoists welcome to join. Cost \$3 per session.

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 per session covers room hire and photocopying.

Book Chat Narooma

Come and share whatever you are reading. We discuss a variety of interesting books and meet the 2nd Monday of each month. No cost.

Computer Club - Beginners Group

A self-help group where members learn from each other. Cost \$2 per session. Expertise for specialised subjects will be sourced from outside the group if needed and costs for this, discussed.

Computer Club—Intermediate Goup

A self-help group where members learn from each other. Cost \$2 per session. Expertise for specialised subjects will be sourced from outside the group if needed. Cost for this will be discussed.

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.

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. Share your own experiences as a traveller to a captivated audience over coffee, cake and camaraderie. Cost \$2 per session.

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 session.

Italian for Beginners

This course is for beginners and those who know a little Italian and want to refresh the basics. We will learn basic grammar and useful phrases. Bring pen and paper. Cost \$3 per session -covers room hire, photocopying and afternoon tea. Textbook can be purchased on Registration Day (\$11.50).

Collectors Group

Collectors are not hoarders. They are people with a passion for a particular kind of object and have a specialised knowledge of their subject. Whether you have a collection to share, want to learn more about collecting or how to get started, Ros Hewett will be your experienced guide. Home meetings and possible excursions. A continuing group but new members are most welcome.

Mah Jong

Join us in discovering the challenges, delights (and frustrations) of learning the ancient Chinese game of Mah Jong. Beginners welcome. Cost \$2 per session.

Book Chat

For those who enjoy reading, come to Book Chat and talk about the books you have read, on any subject, or just listen and join in the discussions. No cost.

Stitchers

Easy, enjoyable Friday mornings - bring your own handicraft, UFO or even mending! Or come along to learn something new that has taken your fancy. We are bound to have someone in the group who can guide you. Supply own materials and bring your machine if you wish. Ideal for those who pop in and out of town and can't commit to every week. No cost.

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 Friday 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.

Fly Fishing Basics

The course will cover the basics of fly casting, fly tying fresh and salt water flies and basic entomology for trout flies. Cost 0.50c per session payable at end of course (total \$4).

My Stroke of Insight

National Stroke Week is the first week of September. How much do you know about strokes? Do you know what to do?

We concentrate on the book *My Stroke of Insight* by Jill Bolte Taylor, a neuroscientist who had a massive stroke at age 38. It is a remarkable recovery story with scientific explanations. Each class will have some practical brain exercises related to the topic. This is an interactive class but you do not need to read the book beforehand as a chapter will be discussed each week. Cost \$1 each session.

Almost Organic

Learn about food security, how to grow your own vegetables without chemicals, how to worm farm and make your own sprays. Would you like to cuddle a new born goat and see how trees should be planted? How about learning to securely tie ropes over your trailer? You can do all this and support MS research. \$10 entry fee goes entirely to MS. Come along for a fun-filled, informative day on a working farm and feel free to bring your friends. Morning and afternoon tea provided but BYO lunch. This is NOT a child friendly event.

NEW Courses**Balance 'n' Bones Gentle Exercise class**

Start your week off well with this gentle but challenging group exercise session using a DVD produced by the U3A NSW Network. The program is suitable for active, mature-aged participants and the aim is to increase flexibility, balance, co-ordination and bone strength. Participants provide their own hand held weights and ball. No cost.

Our Precious Pets

Mary's talk earlier in the year about care of our ageing pets was so well received that we've invited her back. During these 2 sessions Mary will discuss the human-animal bond and the beneficial effects of pet ownership- a recap of the session held in Term 1. Mary will then talk about basic health care for our pets and some specific problems for our older companions- e.g. dog dementia, neoplasia (cancers), heart disease, arthritis and endocrine problems. Additionally in session 2 (19th August) Mary will discuss a 'bug-bear', skin disease. Cost \$3 covers morning tea and use of the room.

My Favourite Things (Mixed Media class)

With an emphasis on fun and remembering the aspects of life worth celebrating you are invited to create your own abstract painting using drawing, collage and various mixed media. Participants will be provided with a basic list of items to bring to class and tutor will provide other items. Enjoy! Cost \$2 per session.

Photography Group

A support group for keen photographers to share ideas, encourage and learn from each other. Whether you prefer taking stills or movies you will be welcome. Cost \$2 per session (afternoon tea supplied).

A Big Community Project

The Bermagui Surf Life Saving Club is a wonderful venue with poor acoustics. We have proposed a community project to make a large, colourful hooked wall hanging to be a permanent art work and sound absorber. This has been approved by the Surf Club. Lin Potter has agreed to teach us the simple craft of rug hooking and to guide us through the process. Small hessian panels can be worked on at home or as part of a group and will later be sewn together to make the panorama of Horseshoe Bay, as designed by Rona Walker. Funding will be sought to cover the cost of materials. Enquiries and expressions of interest from anyone in the community are welcome. No cost, just fun and satisfaction!

Introduction to Poetry

This course offers an introduction to the power and beauty of writing poetry based on the ancient Japanese Haiku and Tanka. These poetry forms enhance self awareness and can be used as a form of meditation. We will examine both ancient and modern forms of this genre as well as learning to write our own. Cost \$3 per session.

Lunch with a Local Treasure



Once a term we organise a casual lunch where a 'local treasure' talks about their life, work and passions, tells stories and answers questions. Our featured treasure this term is 'Uncle' Lou Davis, local indigenous identity who many of you will know from his Welcome to Country role at both Cobargo Folk and Four Winds Festivals. Here is an opportunity to learn more about this much loved and respected

local personality. Lou will talk about 'where I come from, my history and people', and what it is to be a Yuin Elder. Cost is \$2 reservation fee on Registration Day plus lunch at own expense at the Country Club.

Lunch with Bruce Pascoe

Bruce Pascoe is no stranger to Bermagui & District U3A. He gave us such a fantastic session in August 2012 that we've invited him back. Bruce is almost a local, living at Gipsy Point, and is the award-winning author of over 20 fiction and non-fiction books.

You may wish to read his latest work of non-fiction *Dark Emu* or a previous title *Convincing Ground* to prepare you for a dialogue with this multi-talented indigenous man and story-telling supremo. You will hear how the history we learnt in school did not tell the full story. There will be books for sale. Cost \$4 reservation payable on Registration Day plus lunch at own expense at the Country Club.



The Police and You

This presentation by Cobargo based Senior Constable Robert Dunlop will provide practical advice about security in the home, personal safety, fraud, disputes between neighbours and ways to prevent identity theft. There will be discussion around vehicle safety, road rules and the legal requirements if you are the driver of a vehicle involved in an accident. Additionally there will be time for a general question and answer session. Cost \$1

Photo Highlights of Term 2



Left: opening of Demystifying Death & Dying Forum with some hand-decorated coffins



Right: Brogo Underground House tour



Left: learning to play Bridge



Right: lunch with Chris Franks, local treasure and raconteur