



U3A BERMAGUI & DISTRICT

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

TERM 1 2015 NEWSLETTER

January, 2015



**INFORMATION &
REGISTRATION DAY
WED 28TH
JANUARY 2015
BERMAGUI
COUNTRY CLUB**

CAN YOU HELP?

Bringing you all these wonderful courses each term requires a lot of work.

From time to time we could use a little extra help.

If you can spare some time to help, we would love to hear from you. Our curriculum team is in need of extra hands, or you could simply take some photos of classes you attend. Please talk to a committee member on Registration Day.

Welcome to a New Year of Learning

U3A Bermagui & District welcomes you to another year of learning, of discovering new things, of challenging and stimulating your brain, and of meeting new people.

It is said that from a small acorn, a mighty oak will grow. This is how we see U3A Bermagui & District as we enter our 6th year. From a humble beginning in 2010 with a handful of members, we can now boast a membership of over 300. 2014 was a tremendously successful year for us as we organised many major events such as the Health and Wellbeing Forum, participation in the Cobargo ETC and hosting the Regional Gathering of South Coast U3As.

Our course list in 2014 was impressive, and in total, we brought you 128 courses - some were courses that continued term to term, many were new courses and lots of interesting 'one off' events.

The U3A committee wish to thank all our members for their support and participation during 2014 and look forward to your continued commitment in 2015. We particularly thank all our presenters, who willingly give their time to run something of interest for everyone.

2015 is starting with 36 different courses. So, see what is on offer and come along to our **Information and Registration** day where you can talk to many of the course presenters about their courses, renew your membership, and register for the course you want to join.

U3A RECEIVES GRANT FOR COMMUNITY ARTS PROJECT.

U3A Bermagui & District has been successful in obtaining a grant for \$2075 from the Mulbulla Foundation. The grant will be used to purchase materials for the *Rug Hooking Community Arts Project* that is being planned for 2015. The project will produce a large mural to be hung in the Bermagui Surf Club. The mural, which has been designed by local artist Rona Walker, will depict a panoramic scene of Horseshoe Bay, Bermagui Harbour with Gulaga in the background.

A group of "rug hookers" are being tutored in the craft by Lin Potter, and have been meeting every Friday throughout 2014, to practice the skills needed for the major project.

It is not too late to join the group! If you are interested in learning this cheap and easy craft and would like to be part of the group producing this mural please contact Dawn Hollins on 0429 923 005 for more information



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COURSES FOR TERM 1 2015

Tao de Ching - continuation (Part 3)

Let the Tao show you the simple model for living well. Use this ancient wisdom to guide you, even today. All are welcome. No cost.

French

This is a continuing French class for reading, conversation and grammar for students with a basic knowledge of the language. Cost \$2 per session

Book Chat and Swap - Narooma

Book lovers unite! We discuss a variety of interesting books and also share books amongst ourselves. Meet the 2nd Monday of each month. No cost.

Computer Club - Beginners Group

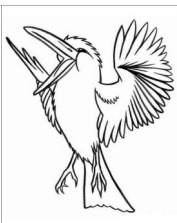
Computer Club is a self-help group where members learn from each other. Cost \$2 per session. Expertise for specialised subjects will be sourced from outside the group if needed.

Mah Jong and other Board Games

Discover the challenges, delights and frustrations of learning this ancient Chinese game. Continuing group but beginners welcome. BYO tiles (if you have them) or BYO board games.

U3A Birdwatching Group

A social, non-expert group which works together to identify the birds we see. Will continue visiting a range of locations in the district to look at sea-, shore- and wood-land birds. Good walking shoes and binoculars are recommended. No cost.



Gentle Morning Exercise

Gentle exercise, including warm up, aerobics, balance, arms, legs & meditation. Participants should wear comfortable clothing and footwear and bring water. Cost- gold coin.

Advanced Morning Exercise

More vigorous exercise, including use of weights and floor exercises. Participants should wear comfortable clothing and footwear and bring water. Cost- gold coin.

Preparation for the Seaside Fair

The group will meet to design and implement U3A representation at the Bermagui Seaside Fair to be held on Saturday 14 March 2015. Bring along your imagination to work on this group project. No

experience required, just a willingness to help portray U3A's presence in the local community celebration.

Contemplation, Meditation and Munchies

This course follows the Contemplating Life course, and will give participants the opportunity to share our experiences and ideas about the meaning and purpose of the second half of our lives.

Advanced Italian Conversation

This course is for students who already possess a reasonable level of Italian language skills. Opportunities for Italian conversation and the development of grammar and translation. Cost \$2

Computer Club-Intermediate Group

Computer Club is 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. Any additional costs for this will be discussed.

Writing Your Life Story

A circle of U3A members who are, or would like to begin writing their life story, sharing their knowledge and helping each other in achieving this. Joining a writing group helps create a network of writing friends that can offer support, advice and a fresh approach. And it's fun! Cost \$2.

Oil Painting

Rona Walker will once again teach oil painting from her Beauty Point studio. Continuing course, but new members are welcome. Learn the techniques of using oil paints. Materials purchased by participants.

Linguistics

Basic linguistics of Indo-European Languages with a particular emphasis on Standard Modern English. There are no textbooks, no homework and all participants need is a notebook, writing instrument and a quick wit! Cost \$1.50.

Stitchers

Enjoy easy, friendly, sociable Friday mornings. We work on our own projects (needlecraft, knitting, crochet, patchwork etc) and are happy to teach & learn new skills. Bring your new or unfinished project or even mending! Bring your own machine if needed. No cost but supply own materials.

Film & 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.

Community Arts Rug Hooking Project

This enthusiastic group will continue their handiwork to produce a large colourful wall hanging made by rug hooking. On completion, this masterpiece, capturing the full panorama of Horseshoe Bay and designed by local artist Rona Walker, will adorn the Bermagui Surf Life Saving Club as a permanent art work and sound absorber. Tuition to new members joining the group readily available. No cost, just fun and satisfaction.

Boules & BBQ

Boules (or Petanque) is such a simple bowling game that no experience is needed to be able to enjoy playing it. Come along for a fun evening followed by a barbecue. Bring your own food and drink for a shared meal. Tea and coffee supplied. Cost \$2.

Lunch with a Local Treasure

Our Local Treasure this term is David Anderson. David was born in Northern Ireland graduating from Dublin University as a civil engineer. His special interest is in infrastructure issues both nationally and internationally and David will talk us through the many projects in which he has been involved. A \$2 booking fee is required and lunch may be purchased at own expense

Book Chat - Bermagui

Love reading? Join a group of dedicated readers to chat about the books that have been enjoyed. Get great recommendations, talk about new books in the library, and have an enjoyable afternoon. No cost.



WHAT'S NEW IN 2015 - COURSES OR ONE—OFF EVENTS

I'm Puzzled : How to solve all kinds of puzzles

This 4 session course will improve your ability to do Sudoku, Kakuro, Alfadu and to play such games as Crib, Dominoes, Upwords etc. You will be able to bring along other puzzles or games for us to consider. The environment will be fun and supportive. Cost is \$10 for the full course.

Sourdough bread making (made easy)

Gain the confidence to get involved in sourdough bread making. Participants will taste bread, make a starter, make a loaf of bread and cook it at home, collect some recipes, and learn some tricks to experiment at home. There will be a list of materials to bring to each session. Cost \$3.

Norfolk Island Dreaming

Norfolk Island Dreaming is a preparatory course for those members who would like to represent our U3A and visit Norfolk Island's U3A in winter. We will organise the visit as a group and together work out how we can interact with their U3A. There is a commitment to participate fully in this. There will also be sharing of historical, cultural and political information on NI, so we will be well informed before the visit. No cost for preparatory course. It is expected that airfares will be around \$1500.



U3A Jane Austen Film and Book Club

Jane Austen's novels will be compared to a film adaptation. By comparing and contrasting novel to film should inspire lively debate. A small charge for tea and coffee - bring your own lunch.

The Australian Economy, how it works and how the Global Financial Crisis has affected us.

Dr Frances Perkins will outline the key players and sectors in a market economy over two sessions. First session will describe how the economy operates, microeconomics and its influence on consumption & employment. The second session will discuss why the Global Financial Crisis occurred and the impact it has had on world economy, and how Australia responded to the GFC. Q&A will follow each session for 30 minutes. Cost \$2.

The Effect of WW1 on South Coast Women and Children

During WW1, women and children from the NSW South Coast were left behind to fight their own battles, battles to survive and battles with the army and bureaucracy. Women were the local heroes of the war. Hear their amazing stories and discover the important roles they played in WW1. 90 minute session. Cost \$2

Cobargo during WW1.

During WW1 the *Cobargo Chronicle* detailed many fascinating day to day events: from mystery egg throwers, disrupting conscription meetings or the school's head teacher being forced to change his surname from Kaiser to King. This 90 minute session will reveal all - you'll go home amazed, and probably shaking your head in disbelief! Cost \$2

Marine Radio Operator's Certificate of Proficiency.

Would you like to join Marine Rescue Bermagui as a volunteer radio operator? To do so, you must complete an MROCP and this course is designed to assist you in gaining this qualification

Boat Licence Theory Tuition.

Would you like to obtain a licence to drive a power boat? This course will teach you the theory to obtain the licence.

Long Distance Grandparenting

Sessions designed to share successes and expand our abilities to develop loving and fun relationships with our far away grandchildren - from babies to adolescents. No cost.

Walking the Boards - Creating Theatre

Ever had the desire to try your hand at acting? If so, this is the course for you. This course will focus on improvisation, exercises and games to develop confidence and familiarity with performance, without the need to learn lines and cues. Improvisation relies on a person's creativity and willingness to explore ideas in performance with others. We will then move into creating short, group, self-devised performances based on a wide variety of stimulus materials. The only requirement for this course is a willingness to laugh and 'have a go'. There will be a small cost to cover any photocopying, but this should be minimal (max \$2 per session).

Technology Demystified: iPads, iPhones and Mac Computers.

One session by Michael Gross, who will help participants become more familiar with their devices. Details to be Advised.

Introduction to Beekeeping

If conditions are right we will look inside a hive and learn how to extract honey. Participants need to be aware if they are allergic to bee stings and take appropriate precautions. Bring your own lunch. Tea/coffee will be provided plus a sample of the 'golden nectar' to take home. Cost is \$10.



Art Masterpieces: Painting through the Ages.

The course will look at significant works of art created over the centuries. What makes a painting a masterpiece? Who decides if a work of art is a masterpiece? We shall be looking at art works by major artists and considering their art historical context, their artistic style and why they are considered masterpieces. Cost is 3 per class.

Late Inclusion: Mick Curry will offer an excursion to Lake Eucumbene in February for those who completed his Fly Fishing course last year. See details at Registration Day.