



U3A BERMAGUI & DISTRICT

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

Term 3 Newsletter

Fishing for knowledge

June 2016

Information and
Registration Day for
Term 3
Wednesday 13th July
10am-12 noon
Bermagui Country Club

If you cannot attend on Wednesday 13th of July and wish to enrol in a class, please contact the presenter direct. Phone numbers are on the timetable. Preference is given to those who enrol in person on the day. However most classes will be fine.

President's report

Welcome to our Term 3 winter newsletter. I do believe there has been a profound enhancement in people's conversations in our district. Not many days go by here in Beauty Point before neighbours bump into one another while walking their dogs. After praise for each other's pooch, the conversation may change, for example, to issues in the Middle East thanks to Michael's Holton's informative talks in our U3A class. If it's not about world issues, then it might be about the concept of the hero in detective series on TV or even the poetry of Henry Lawson and Banjo Paterson. The latter especially so after the successful theatre production of Dead Men Talking and Dawn Hollins' class on bush poetry. Not many neighbourhoods in NSW have regular cerebral conversations on their walks!

I can't mention all classes in this small report, but I am proud of our U3A achievements and course quality. U3A has satisfied many needs in our community; to have valuable shared learning experiences available to hundreds of people in the Bermagui District. A good smattering of intellectual content is particularly welcome. Our magic special Dawn Hollins is responsible for sourcing most of our new course presenters. Thank you Dawn, for your dedication and skill in being so proactive!

Our next Information and Registration Day on Wednesday July 13th will be a buzz, I'm sure. If you cannot attend that particular day, please ring the presenter direct and ask to be enrolled in their course, but remember that priority must be given to those members who attend at enrolment. Presenters, please add phone enrolments to your sheet after I&R day. Also, please make sure you have covered your costs, including petrol, in the donations required at class time. And members, please remember to wear your 2016 blue badges.

Enjoy the photos of some of our classes and may you relish the new offerings for winter. See you at the Country Club on 13th July!

Kerry Davies, President
U3A Bermagui & District
Tel: 6493 4323



No telephone land line?

Many members are dropping their land lines but we still need to know how we can contact you! In many cases we don't have your mobile number. So, if you think your telephone or address details might need updating then please come to the Membership Desk at the upcoming Information & Registration Day or email our Membership Secretary Hans Wiedeman wiedmail1@optusnet.com.au

Please step forward

Would you like to find out more about how our organisation is run and how our committee works? Maybe you have specific skills—or just a strong interest—you could offer to help in the running of U3A Bermagui & District? New faces will be needed to keep our organisation fresh and moving forward. If you might be interested in committee work then please come to a committee meeting and 'feel the water'. Contact our President Kerry Davies on 6493 4323, email president.bermagui.u3a@gmail.com

Social Seniors Live Longer

Researchers from the University of Queensland's School of Psychology, Doctors Cruwys and Steffens, published findings in February 2016 showing that belonging to a social group after retirement greatly increases longevity and can extend life by as much as weekly exercises do!

Dr Steffens writes that retirees report a 10% drop in the quality of life for every group membership they lose after retiring. 'The research also shows that the more groups an individual belongs to in the first few years after they stop working, the lower their risk of death,' Dr Steffens said.

The report, which studied the health of over 420 seniors for six years after their retirement, found that the 'protective effect of maintaining group memberships in reducing the chance of death was similar to the effect of maintaining vigorous exercise over the same period'. The research is published in *BMJ Open*.

Do you wear a pacemaker?

Those who have a pacemaker fitted need to take special care near some data projectors. Our Epsom Data Projector carries a warning to those who have a pacemaker fitted. Please sit at the end of the room furthest from the data projector, and at least two metres away.

Membership Matters

It is not too late to join up to U3A for 2016. Please encourage your friends to join. Please remember that our 'bring a guest' policy should only be used on an occasional basis.

Make your photos memorable

Your Publicity Team strives to keep U3A Bermagui & District's name up there in our community. That way we not only attract more members, but we also attract new course presenters for your benefit.

The Publicity Team love getting photos from participants of the various courses and activities. All we ask is that 'budding Lord Lichfields' be creative in their photography with high resolution, activity oriented and informative photos – we love to see and publicise people having fun in their involvement with U3A.

Send them to: Publicity U3A - Email: judgeschambers@bigpond.com

Culinary Creations in Corunna

In her well equipped kitchen Janine Halasz gave a wonderful Indian Cookery Course during Term 2. Eight dedicated students created some fabulously tasty dishes and all of them left her course participants with a much better understanding of spices and methods involved in Indian cooking than when they started. Not only did Janine give generously of her time and supplies but also sent the students away with masses of cuttings of several condiments growing in her garden vital for Indian food, either to plant in their gardens or spice up their Indian curries.

There were also copious copies of recipes she supplied, with everything from simple bread, to spiced tea, chilli jam and chutneys to chicken Korma imploring students to try different ones each week. She shopped for spices for the students and one came away laden with goodies Janine bought for her at the Indian spice store in Canberra.

All the students agreed it was a great course and can't wait to attend her next one, hopefully suggesting it could be on Thai food.

Journal 2, with Carol Hellmers

Carol Hellmer's classes on Calligraphy and Journals have a high professional reputation. New art designs and experimentation are inspirational.



Smoko in the Shed

Term 2 'Smoko in the Shed' was held at Steve Knight's 'urban shed' in Bermagui where Steve creates furniture and small items using recycled timbers. Steve demonstrated how modern equipment, machinery and finishing techniques can rejuvenate old timbers such as fence palings and house stumps and bring out their hidden natural beauty once more.

Photos show Steve sharing tips and tricks with the group; and Mary and Rita discussing modern dovetail joints



Woodwork for Women

This course was run during Term 2 and proved very popular and participants showed a lot of enthusiasm for the skills they learned.

Woodwork for Women with Ivan has had rave reviews, with participants appreciating Ivan's detailed knowledge, his safety and his practicality in teaching the basic principles behind good woodworking skills.



U3A Bermagui & District Management Committee 2016

All correspondence to
president.bermagui.u3a@gmail.com
or ring 6493 4323

President: Kerry Davies

Vice President: Jan Rivers

Treasurer: Jenny Stewart

Curriculum Coordinator: Jan Rivers

Secretary: Di Manning

Membership and Public Officer: Hans
Wiedeman

Newsletter: Graham Andrews

Media Coordinator: Anthony Judge

General Member: Sylvia Hibberd

Rosemary Knight

Courses for Term 3

Pliability

Exercise and physical activity is good for everyone. Pliability and resiliency are important characteristics of any fitness routine, particularly when we consider what happens to the our body as we age. This simple program, designed for older adults, combines the four main exercise types: aerobic, strength, balance and flexibility and is particularly suited to those who don't exercise regularly. Cost: gold coin.

Mathematics for Fun

This class will enable you to improve your mathematical skills in a fun filled, supportive environment. See how mathematics works in your everyday life and also to solve games and puzzles. \$10 for 4 sessions payable in advance at registration.

Shakespeare Lovers' Indulgence

We will watch a film of a Shakespeare play together and then discuss both the play and the production. This is a continuing course with limited numbers so everyone can have their say. Cost \$2. This course is fully booked.

The Janeite Book and Film Club

We will continue our eclectic analysis of the literary canon by reading a text selected by a group member. When we meet at a group member's home, with our lunch, we will first watch a film adaptation and then discuss the book. Numbers are limited to allow everyone to fully participate Cost \$2. This course is fully booked.

Book Chat and Swap

If you love reading, come and discuss titles you have recently read. We make recommendations and share books amongst ourselves. No cost

Indian Cookery Courses 1 and 2 (2 courses of 4 sessions each)

Over the four sessions the recipes will include: raitas, chutneys, different spice mixtures, samosas, potato fritters, vegetable, beef and chicken curry, rices and bread. Courses need not be hot but hot accompaniments can be provided with the meal to cater for all tastes. Session and total course costs will vary based on the number of participants. Cost approx. \$15 to \$25 per session



Meditation and Age-ing to Sage-ing

Most societies have used meditation in some form or another to benefit and enhance individual emotional and mental strength. This term we are combining mindfulness as a healing practice for the mind and body and also enjoying a friendly group atmosphere. Everyone will learn something from our gentle practice whether they have had previous experience or not. Cost \$3 and \$27 for a textbook.

Resolving Dreams and Personal Issues through Sandplay

Dreams give us guidance. When we learn how to listen to them we can follow their messages. Sandplay is the most effective and natural tool for working with adults and children who are interested in more deeply understanding their lives. The synchronicity of it is astounding. Cost \$2 per session.

Classical Music Appreciation

Relaxed listening to a selection of Classical Music. No cost. This class is fully booked.

Watercolour painting

Watercolour tuition and coaching from Beginners to Experts. Cost \$2.

Computers for Beginners

Beginners Computer Group is for people who have no or hardly any experience with Windows computers and want to learn basic computer skills. We will cover filing of documents and pictures, Word, Excel, email and the Internet. Cost \$2.50.

Fly Fishing

Participants will learn how to set up a fly rod, reel and line and learn the basics of fly casting. We will also learn the basics of fly tying for fresh and salt water flies. No cost.

Meditation & Psychic Development

Rita is a Medium with over forty years work in the field. In this Meditation course you will be taught a Visualisation Technique and then discuss the experience with the group. We will also experiment with Sensing in various ways and look for our Spiritual Guides in a safe and supportive way. \$4 per session.

Poetry Reading

If you enjoy poetry, this class will be an indulgence. We will decide on a theme and bring favourite poems to read to each other. We will extend our knowledge, learn new poetry forms, share with the group and enjoy the experience of hearing poetry being read aloud. Cost \$2.

Is this the game you want to play?

Think about those long winter afternoons ahead. Do you enjoy a good game of Chess? How about Mahjong, Trivial Pursuit, Backgammon or Scrabble? Do you know any other good board games? We will play in various participants' homes or other suitable venues, keep the brain cells active and beat those winter blues! Come once, come again - it's up to you. Cost \$2.

Latin Dance

Learn the basics of the Rhumba, Cha, Jive and Salsa. Suits any level of fitness. A fun way to get some exercise. Cost \$1.

Computers Intermediate

Intermediate Computer Group is for people who have some experience with Window computers and want to refresh and/or extend their basic computer skills. We will cover the filing system (documents/pictures), Word, Excel, e-mail and the Internet. Cost \$2.50.

Linguistics

General Linguistics with particular focus on local language peculiarities. Cost \$1.

Voice Dialogue : A Training Course

Voice Dialogue raises your self-awareness and consciousness so you know yourself more fully. We are inhabited (and inhibited!) by a whole family of energies and they all want our attention. Each has a distinctive voice and posture and they long to be discovered. Meeting them is a marvellous experience. Cost \$2.

Electricity for those who know nothing

In this course you will find out everything you always wanted to know about electricity. Where it comes from, how it is distributed, what it does and the terms used. We will demystify salesperson jargon and labels on equipment and look at appliances, lights, heating, protection devices and of course your bill. You will not be bombarded with mathematics or tech talk (well very little). On Day 1, please bring your electricity bill, There will also be one short field trip. Cost \$3 per session.

Taboo Topics

Taboo Topics is a discussion group which meets fortnightly to provide a stimulating, non-judgmental avenue for participants to hear, discuss and shape personal views on a number of issues. We choose controversial topics together and try to learn more about them through conversation. Cost \$1.

Film & Lunch

Are you interested in seeing a good film once a month? Meet at the Kinema in Narooma at 10.00am 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.

Stitchers

Stitchers is a small friendly group who work on our own projects but also teach and learn new skills with each other. We meet most Fridays depending on group members' other commitments This is the ideal group for those who can't attend every week. Any handy-crafter is welcome to join us as we are not limited to needle and thread! Supply own materials. Cost \$2 per attendance to cover room hire.

Bermagui Book Chat

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

Community Arts Project (Rug Hooking)

This is a group which has been meeting since July 2014 to learn rag rug hooking and to create an amazing community asset: a large rug-hooked wall hanging in seven panels which will hang in the Bermagui Surf Club to beautify the club and absorb sound. Tuition is available for new members. Cost 50 cents.

Lunch with a Local Treasure

Naomi (Nom) Coulson is an active member of our U3A with a fascinating life story to share. She was raised in New Zealand and Australia, trained as a nurse and became an air hostess. She and her husband then ran hotels in NSW country towns - a rich source of Nom's stories. Join her for lunch at Carole Broadhead's. Cost \$16 per person payable in advance at Information & Registration Day.

The Search for Oil off the Coast of Western Australia

A drillship is a merchant vessel designed for use in exploratory offshore drilling. We will focus on the Drillship Energy Searcher, its equipment and how it was used in the search for oil off the coast of Western Australia. We will discuss the history of its operation from the mid 70's to 90's, and although much has been superseded since then, the basic principles remain unchanged. Cost \$2.

Demystifying Apple Technology

Demystifying Apple Technology covers a variety of everyday problems faced by Apple users on all Apple products as well as related technologies, eg, Internet access, printers, scanners and anything else you can connect to a MAC. Cost \$1.

Pruning Workshop

Local garden guru, Lindy Marshall, loves to Prune! She will show you how to tackle roses, shrubs and perennials in a beautiful country garden in Coolagolite. Hosts John and Dea Quirk will provide morning tea. No cost.

Merimbula Aquarium

Join fellow U3A members for an excursion to the Merimbula Wharf Aquarium. Those who wish to carpool should meet at the Bermagui CTC at 9.30 am. We will have a tour with fish feeding at 11.30 am. As well as familiar local marine species we will meet a green turtle and an octopus who can open jars. We'll also see the consequences of global warming when we view the tropical species that have arrived in Merimbula. The special group rate is \$12.50 per person. If you wish to stay for lunch in the Wharf Restaurant add \$15. Alternatively there are many eateries in Merimbula.

Travel Tales Special: The Syria that was!

Ted and Kerry visited Jordan and Syria in 2012. Many of the famous places have been under ISIS control or bombed by government forces. Syria was once a sophisticated and exciting area and Damascus was a peaceful blend of religions. Hear and see pictures of their trip, including the ancient city of Palmyra. Cost \$2.

Smoko in the Shed

Have you wondered about the large building with the tractor at the entrance next to the Narira Creek bridge? It's the old Cobargo Butter Factory, now home to Rowan Dixon. Rowan will show us around his fascinating place and Greg Tett, former Butter Factory employee, will talk to us about the days when the factory was the hub of the community. Cost \$2 for morning tea.

Legal Seminar

Julie Duce and Louise Allery, solicitors from Peter Tierney & Associates, will run a seminar on Estate Planning, covering topics such as Wills, Power of Attorney, Enduring Guardianship and Advance Care Directives. This is a rare chance to fully understand the issues, ask questions and learn the finer points of law from two experienced presenters. Cost \$2.

On the road 65 Plus—Staying independent and safe

On the road 65 Plus has advice and safety tips for people aged 65 or over to help make safer choices when driving, riding, walking or using a mobility scooter. The presentation includes information on developing safer driving habits, licensing options and road rules. Tea and coffee available from 2 PM. Presentation will start at 2:30 PM. Gold coin donation.

Weaving with natural materials

With craftswomen Carole and Bev as your guides learn useful techniques and explore your creativity using natural materials such as dried garden plants and vines to make a basket or decorative container. Soup and bread lunch, coffee and tea included. Cost \$10 .