



# U3A BERMAGUI NEWSLETTER

*University of the Third Age in Bermagui*

PO Box 160 Bermagui NSW 2546 Web: [www.bermagui.u3anet.org.au](http://www.bermagui.u3anet.org.au)

**Term Two 2012**

**April**



**Registration Day  
is at the  
Country Club on  
Wed 11 April  
from  
10am to 12noon**

## U3A Terms 2012

### Term 2

Monday 23 April  
to Friday 29 June  
(ten weeks)

### Term 3

Monday 16 July  
to Friday 21 Sept

### Term 4

Monday 8 Oct  
to Friday 21 Dec

Please remember to wear  
your yellow 2012  
U3A badge to class!

## From the President

Welcome to Term 2. After Bermagui's crazy schedule of the Seaside Fair, Sculpture on the Edge, Senior's Week and the Four Winds Festival, we hope you recover, sit back and choose your U3A courses.

We had good feedback from our request to send newsletters by email, with nearly half our members opting for the email version! Thank you so much! It does make a big difference to our finances.

Have you seen the latest South Coast Style magazine? Look at page 37 with the picture of the boy with the trilobite fossil. Thank you Jane Sandilands, for such an interesting article on the Third Age and our U3A!

We've had positive feedback from the courses offered in term one but, please, if you enrol in a course at registration, think seriously about your commitment. If you don't turn up after putting your name down, it's discouraging for the leader and those who do attend. The course leaders voluntarily prepare and present their program. Also, it's polite to contact the leader if you cannot attend a session.

Some of our members have been unwell

recently. We send you best wishes for a quick recovery. Friendships blossom in classes and can become great support for people who live alone. The courses offer mental and social stimulation. For those recently arrived in the area, it's a great way to make friends.

Sadly, one of our valued members passed away last month. Jean Mackintosh, from Central Tilba, will be sadly missed by her fellow participants in art history.

The committee has been busy applying for grants, creating new publicity, adjusting membership rolls for newsletters and encouraging new programs. This term we have five new workshops/courses and our term excursion will be a day trip to Mogo Zoo. So sit down with a cup of tea and enjoy reading through the options.

See you at Registration Day on Wednesday 11th April, 10am-12 noon at the Country Club. If you haven't renewed, please bring along \$20 cash as otherwise this will be your last newsletter.

Cheerio! See you then!

*Kerry Davies*

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## Courses for Term 2 — Timetable is on page 4

### Film and Lunch

Are you interested in coming to a good film in Narooma once a month? We will organise a recommended film for the first Monday of each month at 10.30am, followed by lunch in Narooma, Tilba or Kianga. Film recommendations come from John, who runs the Kinema, or from you. This is a good chance to catch a film you wanted to see. Please phone Jane with suggestions. Car pooling is possible, so if you can assist, or need a ride, please advise.

### 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. Sounds incredible, but it is true!

### Mathematical Magic

This course is guaranteed to take the hardship out of mathematics. In a supportive environment we will explore rates, ratios, number work and even some algebra. Students will gain confidence and enjoy the company of others who are on the same journey. This seven week course is the only mathematics course that I will be offering for 2012. A weekly fee of \$3 will cover hire of the room, photocopying and afternoon tea.

### 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.

### 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.

### 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 see the highlights of Cambodia, China and Asia.

### 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.

### 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.

### Art History

This popular course, led by Rona, studies the works of a different painter, sculptor or architect each term. In 2nd term, 2012, the study will focus on Australian male painters.

### Cooking for One

This practical course will be held at Rona's house and will demonstrate healthy and cost effective ways to cook nutritious lunch-time meals for a person living on their own.

## Stop Press!

**Monique Deprez is back! She resumes teaching FRENCH on Mondays from 2pm to 3.30. Details at Registration or phone Monique 6493 3053.**

## NEW Courses and Special Events

### Pinging Paper Bags

Calling all (semi) retirees who would like to help save planet earth by recycling old newspapers into useful paper bags. Each bag we make will be used by a retailer to help cut the usage of plastic bags, and will earn a small return for our U3A group.

### Learning to Spin with Fibres

Diane is an experienced craftswoman with a passion for teaching. Beginners do not need their own spinning wheels. Those with some experience and their own wheels are encouraged to join this group to share friendship, information and fibres.



### Walker and Talkers

This walking group is for those who enjoy walking and talking as they go. Walks will be for about an hour and we shall go on walks along the coast and through the forests around Bermagui. Stout footwear is advised and we can walk at our own pace. Optional coffee break at the end of each walk. Meeting place: Horseshoe Bay car park under the trees behind the Bermagui Surf Life Saving Club.

### Celebrating Charles Dickens

This course aims to celebrate the 200th Anniversary of Charles Dickens' birth. We shall examine the life and times of Charles Dickens and the characters he created in some of his novels: eg *David Copperfield*, *Great Expectations*, *Oliver Twist*. We'll read relevant sections of his works, watch sections of DVDs, discuss our findings and do some writing.

### Seabird Rescue

Australian Seabird Rescue volunteers will show a DVD about how the organisation was established, will give a power point presentation on seabird injuries and discuss how we can reduce these. The group will then move outside where the catching and handling of a pelican will be demonstrated.



### Self Care

We'll look at all aspects of self-care - health, nutrition, exercise, massage, yoga and meditation. The focus will be on skin, bone, visuals, smells, sounds, touch, taste etc. We will also have plenty of time for discussion and try out some happiness exercises. The book we will be using is *Happiness For No Reason* by Marci Shimoff. If people wish to purchase it, the easiest and cheapest way is through amazon.com.

### Feeling Useful in the Third Age

We can often feel impotent at this stage of our lives. We are bombarded with news of poverty and injustice in our own and other countries, and feel overwhelmed. Take heart - you can feel better while making a difference! Carole is the founder of the Loom Growers, a small but effective group of local seniors who have raised over \$90,000 in the past nine years for small, socially responsible projects. Learn how to provide valuable, direct aid to worthwhile projects while having fun!

### Visit to Mogo Zoo



Meet at Rona's by 8.30am on Saturday 5 May, and carpool to Mogo Zoo for a day with the animals. They are fed at 10.30 am and 1.45 pm. There are barbecue and picnic facilities where we'll have a BYO lunch. Entrance fee is \$19 for seniors.

### Wine-making Workshop

Ivan has been making wine at home for 10 years using grapes and other fruits and berries. He has simplified the process and will demonstrate the necessary steps in this workshop. Participants will sample several wines with cheese and biscuits and receive printed notes to enable them to create their own vintages. There is a fee of \$5, payable at registration, for this unique workshop.



## Course Timetable Term 2

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DAY	COURSE	LEADER	SESSIONS	TIME	VENUE	PHONE
Mon	Film & Lunch	Jane Nevell	7 May, 4 June	10.30am— 1.30pm	Kinema Narooma	4473 7265 0402240214
Mon	Fundamentals of acting	Peter Paige	23, 30 April; 7, 14, 21, 28 May; 4, 11, 18, 25 June	2pm - 4.00pm	Bermagui Country Club	64935472
Mon	Pinging paper bags	Lorraine Schmaman	23, 30 April; 7, 14, 21, 28 May; 4, 11, 18, 25 June	10am - noon	CTC Room 1	44763714 0410289052
Mon	Learning to spin with fibres	Diane Jee	23, 30 April; 7, 14, 21, 28 May; 4, 11, 18, 25 June	10am - noon	15 Rilys Rd Bermagui	0429936415
Tue	Walkers and talkers	Suzanne Sherwood	24 April; 1, 8, 15, 22 May; 5, 12, 19, 26 June	9am - 10am	Meet car park Bermagui Surf Life Saving Club	64935817 0477972702
Tue	Celebrating Charles Dickens	Suzanne Sherwood	24 April; 1, 8 May	11.30am - 1pm	CTC Room 1	64935817 0477972702
Tue	Mathematical magic	Wilma Chinnock	24 April; 1, 8, 15, 22, 29 May; 5 June	2pm - 3.30pm	CTC Room 1	64938310
Tue	Watercolour painting	Jenny Halliday	24 April; 1, 8, 15, 22, 29 May; 5, 12, 19, 26 June	1.30 - 3.30pm	Bermagui Country Club	64934537
Tue	Classical music appreciation	Malcolm Halliday	1, 15, 29 May; 12, 26 June	2.00 - 4.30pm	108 Fairhaven Point Way Fairhaven	64934537
Wed	Seabird rescue	Peter West	23 May	10am - 12noon	CTC Room 1	0406696179
Wed	Travel tales	Dawn Hollins	2, 16, 30 May; 6 June	10am - 12noon	7 Avernus Street Cobargo	64936999 0429923005
Wed	Computing	Andy Goms	11, 25 April; 9, 23 May; 6, 20 June	10.30am - 12noon	CTC Room 1	64927335
Wed	Knitting & crocheting for charity	Margaret Marshall	25 April; 2, 9, 16, 23, 30 May; 6, 13, 20, 27 June	10am - 11.30am	15 Young Street	64934943
Wed	Self care	Maggie Camfield	25 April; 2, 9, 16, 23, 30 May; 6, 13, 20, 27 June	10.30am - 12.30pm	CTC Room 1/2	0488517200
Thu	Beginning computing	Tom Gradwell	26 April; 3, 10, 17, 24, 31 May; 7, 14, 21, 28 June	1pm - 3pm	CTC Room 1	64933287
Thu	Art history	Rona Walker	26 April; 3, 10, 17, 24, 31 May; 7, 14, 21, 28 June	10am - 11.30am	31 Beauty Point Road, Beauty Point	64935605
Thu	Spanish	Ana Walker	26 April; 3, 10, 17, 24, 31 May; 7, 14, 21, 28 June	9.30 - 11.30am	CTC Room 1	64936746 0417936746
Fri	Cooking for one	Rona Walker	27 April; 4, 11, 18, 25 May; 1, 8, 15, 22, 29 June	11.30am - 2pm	31 Beauty Point Road,	64935605
Fri	Feeling useful in the Third Age	Carole Broadhead	TBA	10am - 12noon	1 Welsh Street Bermagui	64933678
Sat	Visit to Mogo Zoo	Rona Walker	5 May	8.30am - 5.00pm	Day Trip	64935605
Sat	Wine-making workshop	Ivan Hollins	2 June	2pm - 4pm	7 Avernus Street Cobargo	64936999 0429923005