



U3A BERMAGUI NEWSLETTER

University of the Third Age in Bermagui

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From the President



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Courses for Term 2

Film and Lunch

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

Understanding Our Neighbour - Indonesia

This is an on-going course bringing the culture and history alive through discussion, activities and instruction. Each weekly class is self contained, however the knowledge is sequential. Last term we started with early migrations and Sumatra. Term 2 will study Java, the cradle of civilization in SE Asia.

French

Continuing French class. This year, the class will mainly read and discuss French news articles and a French novel, and cover some grammar.

Old Dogs Can Learn Even More New Tricks

Discover how you learn and some simple things you can do to improve your ability to think, analyse and remember. This term we will discover even more about the science and psychology of learning. New enrolments are welcome because week 1 will revise the material encountered in 2012. Then enjoy three new sessions in a class which is full with information and techniques that will increase your success in everyday learning. Cost is \$10, payable on registration day, to cover afternoon tea and photocopying.

Watercolour Painting

A course designed for people to learn and further their experience in Watercolour Painting. Students must supply their own paints and brushes. Paper will be supplied at the students' cost as necessary.

Classical Music Appreciation

Relaxed listening to Classical Music, with the opportunity to hear some less familiar works.

Oil Painting

Rona offered three sessions of oil painting in Term 1. This course proved so popular that she is offering it in Term 2 on a weekly basis. New and continuing students are welcome to come to learn from an artist who has become a local legend. Contact Rona (see timetable) for a list of suggested materials.

Knitting and Crocheting for Charity

This course is full but someone may wish to start a second one: teach knitting and crocheting, or if you already have these skills, use them to produce blankets, baby jumpers, and beanies to be sent to those in need. Enjoy a get-together while knitting.

Conversational Italian

Assumes a basic knowledge of the language, beyond beginners. Improve your understanding and pronunciation of Italian, with conversation, grammar, readings and translation. Fun sessions for those who aspire to understand Italian culture. Textbook required and available at cost for new students.

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 continuing course is led by well-known artist and teacher Rona Walker. This term the focus will be on German art through the ages.

Computers For Beginners

For first time users of Windows: using the keyboard, mouse and the screen; Windows accessories such as Paint, Wordpad, Windows Explorer including files and folders.

Linguistics - The Science of Language

Have you ever wondered about the differences and similarities of the languages of the world? This is a free-flowing course which will deal with phonetics, phonemics, morphology, syntax and socio-linguistics of languages in an easy and understandable way.

Petanque/Boules and Barbecue

This simple bowling game is easy to learn and fun to play. Bring barbecue food for after the game.

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. New venue this term at Lyn's place Bermagui.

NEW Courses

Computer Technology Q and A

Jonathon has vast experience in this field and has come to the rescue of many locals with computer problems. He will explain how computers communicate with you, will answer your technology questions and help you understand the complexities of the hi-tech world we now live in. In order to maximise individual attention this will be a small group. Depending on the participants, this class may extend from one to two or even three sessions.

Book Chat Bermagui Library

Why do we read? What is the value of literature? Do we read just for enjoyment or something more? Get together with other readers once a month to talk about books, fiction and non-fiction. Hear recommendations and maybe read books you would not have thought of reading. Discussion often leads in directions such as questions of ethics, philosophy and society. You can talk or just listen.

One Day Courses & Special Events

Local Pioneers and the History of Agriculture in the Bega Valley—Wed 1st May

Peter Ubrihien is a fourth generation dairy farmer and well-known raconteur. His stories date from the 1850's when German immigrants were contracted to grow wine grapes at Kameruka, then left for the goldfields at Adelong causing the collapse of viticulture in the valley. This largely unknown aspect of our agricultural heritage will be brought to life by Peter, who has a keen interest in local history, an appreciation of old farm machinery and the ability to spin a good yarn.

Cruise on Wagonga Inlet— Friday 3 May

The Wagonga Princess is a 100 year old Huon pine ferry converted to an electrically powered vessel. We board her in Narooma at 1 pm for a 3 hour cruise. Tour guide Charlie will share his knowledge of the estuarine environment, show



Book Chat Narooma Library

Read, talk, laugh, think! Informal get together at Narooma Library for book lovers to discuss books on a different theme each month.

Stitchers Group

For all needleworkers and all ability levels. Patchwork, quilting, embroidery, soft toy making, cross-stitch etc. We will work on our own projects and share our skills



and knowledge. The group will decide on new skills to be learned via guest demonstrators, and we can plan outings to local exhibitions. Bring along your work-in-progress. Beginners are most welcome and we'll help you set up your desired project. Participants are to supply their own 'materials'. Sewing Machines are not available.

us mangroves and wildlife, and tell stories of local history and oyster cultivation. At Paradise Point we land for a short walk in a sub-tropical rainforest and visit an Aboriginal midden on the foreshore. Then it's time for fresh baked scones, jam and cream with billy tea. There is a limit of 30 passengers and a cost of \$28 if we have more than 20. Less than 20 in the group will cost each of us \$30.

Basic Car Maintenance—Monday 6 May

Is what goes on under the bonnet of your car a mystery? Bring it to Cobargo where Chris King will give you the benefit of his many years of experience as a mechanic. In this practical session he will show you where things are located, explain their function and how to check or refill as necessary. If time permits Chris will move on to tyres, checking the pressure and demonstrating how to change a tyre. Morning tea will be served. There will be a \$5 charge for this workshop.

Lunch With A Wildlife Guru— Tuesday 14 May

Ray Alcock from Bemboka has been a wildlife carer and trainer for many years. He is full of stories about rescued native mammals and birds and may bring a four-legged friend to lunch with us in Cobargo. Come along for homemade soup, bread and dessert, listen to Ray's tales, and contribute to the work of Wildlife Rescue in this region. \$15 donation.



Making Marmalade—Tuesday 7 May

Learn to make marmalade and experience the rewards of creating your own quality product. Evelyne will guide you through the process in her own kitchen and serve afternoon tea. Take home a jar and recipe for only \$5. Class limited to six participants.

Making Pickles—Tuesday 21 May



In this workshop Evelyne will teach us how to make Sweet Mustard Pickles, an old-fashioned favourite. The class is limited to six, and participants will take home a jar of pickles and the recipe. \$5 cost.

Generic Medicines - How They Can Affect You Wednesday 22 May

Generic medicines are copies of brand-name medicines that have the same dosage, intended use, effects, side effects, risks, safety and strength as the original. Generic medicines are cheaper than their brand-name equivalents so we need to know if quality and effectiveness are compromised. Who better to ask than Terry Irvine, a retired pharmacist? Terry will answer your questions and de-mystify the complex subject so that you can make informed decisions about your medications.

First Aid for Seniors—Saturday 25 May

Participants will be given instruction on what to do in an emergency. Topics covered include CPR, defibrillation, shock, heart attack, stroke, fainting,

anaphylaxis and asthma. Participants are advised to wear trousers or track pants as floor work is included.



Calendula Skin Balm Workshop—Friday 31 May

Participants will learn about the healing properties of calendula and make soothing calendula skin balm using the flowers steeped in olive oil and with added beeswax. Participants will take home a jar along with the recipe and seeds to plant calendula in their gardens. This is a cooperative workshop shared with members of the Sapphire Coast U3A. Morning tea will be provided. Cost \$10.

Sapphire Coast U3A is offering two courses to Bermagui members:

Green Magic Workshop—Saturday 4 May

A workshop on the uses of herbs from the home garden. Includes herbs for cooking, tea, beauty, health, dyes and pest control. We will make tea blends, lotions/salves, bath salts, foot scrubs, facial masks and creams. Cost \$25 includes sample pots, teas, handouts and a great lunch.



Are you Mixing but Mismatching Medicines? Wednesday 22 May

Pharmacist, Vernon McNeil and Naturopath, Jessica Tomlinson will look at both medically prescribed pharmacy medicines and natural remedies, including vitamins and minerals, safety issues related to their intake, their concurrent usage, and will answer your questions.

